

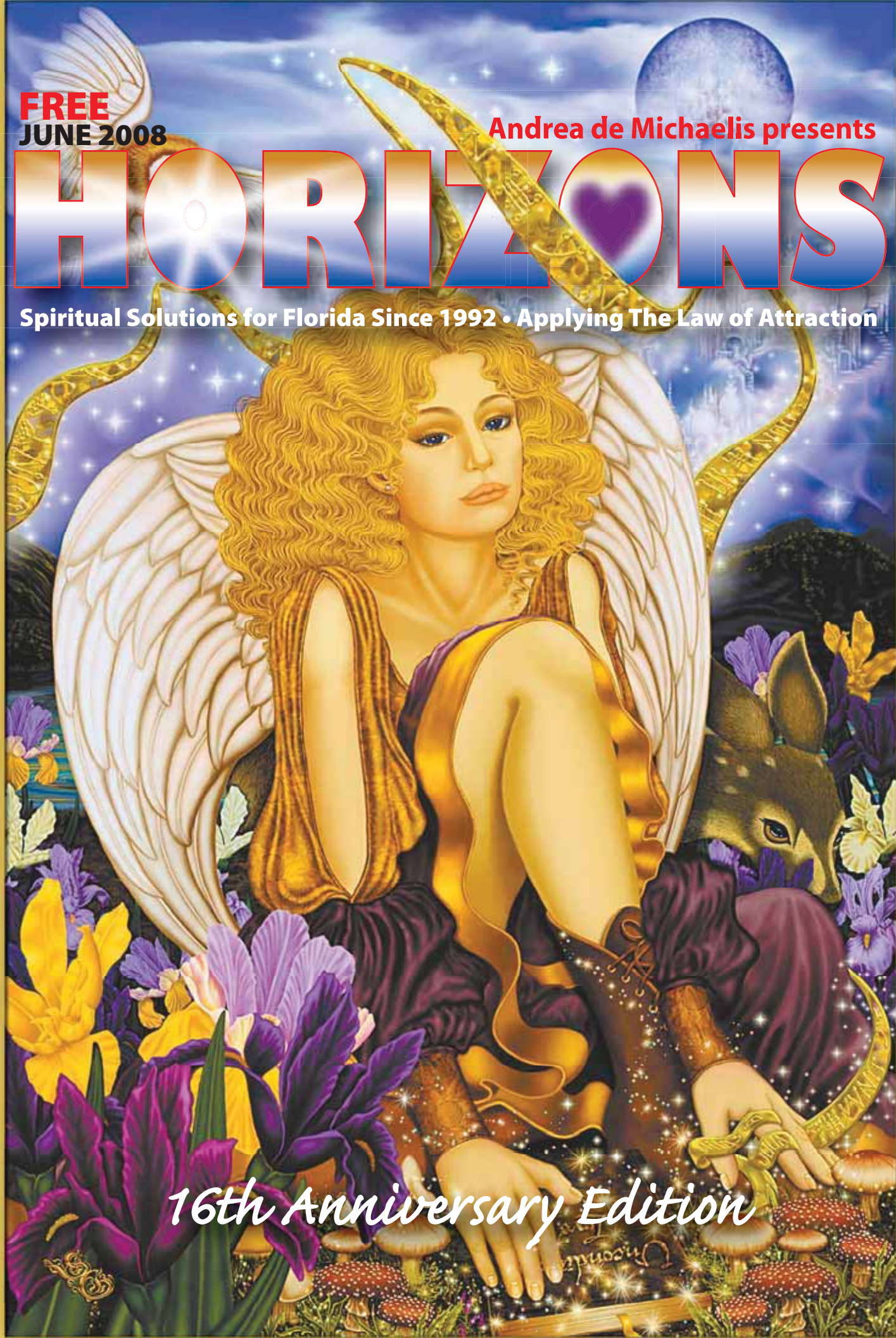
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- 6/22 Recognize Abundance
- 6/29 Look For the Possibilities
- 7/6 Unleash Your Energy To Fix What's Wrong
- 7/13 Ride the Changes
- 7/20 Take Yourself To Your Edge
- 7/27 Be Your Best For The World

**DEEPEN YOUR CONNECTION TO SPIRIT,  
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Join us for the couples retreat 9:00am – 4:30pm facilitated by Paul and Ronnie Kenney \$100 per couple, includes lunch. Paul and Ronnie have been happily married for 5 years. Together they have been teaching couple's courses and couple's retreats. They feel their biggest contribution to the world is their spiritual connection that expresses as a happy and fulfilled couple.



**FRED GOODNIGHT  
JUNE 1ST**

WILL BE SPEAKING  
AT 9:15 & 11:00am  
"IN THE MEANTIME"

Many of us have goals and dreams not yet realized so...what do we do in the meantime? The talk has suggestions as to some things we can do and it points out that the "meantime" is Now... and Now... is all that we really have.

**The Power Of Principle  
Sundays 9:00 – 10:30am  
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with Maggie Rosche and Rev. Beth  
We will use explore the living process of what Unity calls Truth, and how our practice of Truth principles can change our lives. We will divide into small groups to discuss these principles to anchor them in our own lives.

**MICHAEL MIRDAD JUNE 8TH**

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**HEALING SERVICES**

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# THE GREATEST OPTICAL ILLUSION IS SEPARATION

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

Cha Cha La Belle  
Buff Brandon  
Rev. Beth Head  
Gerald Head

**Cover art (see page 34):**  
**Angel of Unconditional Love**  
by Sharon George

## Contributing writers:

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Michael Mirdad, Ph.D.  
Patricia Cota-Robles  
Michelle Whitedove  
Esther & Jerry Hicks  
Cecelia Auitable  
Roger Coleman  
Karen Williams  
Barbara Lee  
Sharon Janis  
Alan Cohen  
Mike Dooley  
Tom Sannar  
June Brown  
Lori Gear

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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 June 2008 \*16th Anniversary Edition\* of **Horizons Magazine**. Sixteen years, good grief, I never thought I'd have a job last this long - pretty neat! I used to think a job was something I had to do to make money to be able to take time off to do what I really wanted to do. When it occurred to me that a "job" could also be a career path I decided to pursue because it was fun, my world changed. When I considered the notion that I could make my own hours and discipline my own self to be my own boss, I got really excited. It never occurred to me before. I thought I'd be a criminal defense paralegal forever since it was all I knew. Not so!

I was surprised that I knew more than I thought I did. I was surprised at what new ideas and skills I picked up quickly. I was surprised to see that I was attracting it all to me and surprised to learn I could control what I attracted. Life began getting good pretty quickly, and it continues to get better every day. Really :)

Just two weeks ago I decided it was time to get another car. I loved my Hyundai Santa Fe, but I no longer needed the cargo space and I wanted to drive a car like a regular person again. For the past 15 years I'd driven a van or SUV. I wanted something that got good gas mileage. My last foray into an auto dealership had left me not wanting to repeat the experience - do you know the feeling? Then I was reminded that doesn't have to be my experience this time. I was reminded that I can prepay what I want my future experience to be. I can envision it and replay it in my head and feel as though I was in the situation already, and "practice" it into being.

I had a couple of days off and wanted to do the job quickly. I decided between a **Honda Civic** hybrid and a **Toyota Prius** hybrid. As I was researching online, I came across **Greenwise Motors** [www.greenwisemotors.com](http://www.greenwisemotors.com) in **Melbourne**. They carry only "green" vehicles and are focusing on hybrids. I got a good feeling about them as I reviewed their used car inventory online. I went in to see them and ended up having the first enjoyable car buying experience of my life. They had a gently used 2007 Toyota Prius hybrid fairly priced and gave me a generous trade in for my vehicle. I would recommend anyone to go see **Richard** and **Gina** at **Greenwise** and tell them what you are looking for. They are fair, honest, enjoyable, believe in their work and talk to you like you're family.



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

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

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# 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).

## WHATEVER FLOATS YOUR CORK

**Y**ou are Creators who came forth to identify new desires, not just to observe that which already is. You came forth to experience the value of contrast, and out of that contrast to feel your new decision erupt. And there is such power in your decision, because once a decision is born within you — that new decision literally summons Life Force.

You might say that contrast is essential to decision, and decision is essential to the summoning of Energy. Therefore, contrast and decision are essential to the perpetuation of life. The coming up with the new ideas, the feeling of the new desire — that's what puts the Eternality in Eternity.



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Most physical beings do not have any real sense of how their life unfolds and what vibrational creative control each hold. Most do not understand that everything is about vibration. And the reason that you don't understand that everything is about vibration is that you have come to rely on only your five physical senses.

The vibration that you interpret as vision, the vibration that you interpret as sound, or the vibrations that you interpret as smell or taste or touch, these are all vibrations that you have learned to translate through your five physical senses. But there are other vibrations that you cannot decipher through those senses. And so, you must use another sense. Some call it your sixth sense; we are calling it your emotional center, that feeling that you get in your solar plexus. Those emotions that you feel are also interpreters of vibration.

Your Inner Being — that from which you came — that Nonphysical Energy, that Source that is really you...that part of you vibrates at a very high, pure, fast frequency. And when you introduce a lower, slower vibration to that higher, faster one, the result of that resistance is a slowing of the vibration — and the way your sensors tell you that you have done that is through the way you feel.

When you feel elation, when you feel joy, when you feel passion, when you feel love, when you feel appreciation... when you feel those emotions that you would call positive emotions — those emotions are your indicator, your "sixth sense", telling you that whatever it is that you are focused upon right now is, in this moment, vibrationally up to speed with your Source Energy.

So, as you are embracing this thing that you are observing or remembering or imagining — whatever it is that is producing that positive emotion within you, is a vibrational equivalent to your Core Energy. So there's no slowing of your vibration. You remain connected to your Core Energy. But when you feel anger or fear or frustration or guilt or loneliness... or any of those emotions that you've come to describe as negative emotions — what that always means is that whatever it is that you are giving your attention to, in this moment, is not vibrationally up to speed with who you are. But because you are observing it and you've maintained your interaction with this thought for longer than 17 seconds — it takes about 17 seconds before it begins to register within your vibration — now you have included this lower, slower vibration in your mix. It is slowing the vibration of your being and causing what feels to you like a separation between your vibrational current and your Source Energy.

Imagine a cork floating on a body of water, and it's bobbing up there right on the surface. That is like the high vibration of your Source Energy. Now take that cork and hold it under the water. That's what negative emotion is. It means that you are focusing on something that is causing you to vibrate at a lower vibration than is natural to you.

Now, the reason we offer this cork analogy is because we want you to recognize that if you let go of the cork, it bobs right back to the top. In other words, you don't have to work at your high vibration. Your higher, purer vibration is natural to you. But you do have to let go of the thought that

...continued on page 28...



# WHEN YOU NEED HEALING

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.**

**E**very existing situation has a corresponding cause. When you need healing of a physical illness, mental or emotional unrest, inharmonious relationships, troublesome circumstances, or unpleasant or restrictive environmental conditions, discover the cause of the problem and remove it. To quicken the healing process, assume states of consciousness, mental attitudes, and feelings that empower you to perform the constructive actions that may be necessary.

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I know what it is like to experience illness and be restored to health. When I was eighteen years of age, I was confined to bed for five months with painful rheumatic fever. I read nutrition magazines, chose a vegetarian diet,

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

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

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# Empress feng shui



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



I am about to be moved into an office where my cubicle 'space' will be a concrete wall on the East, a window on the South, a cubicle wall on the West and open on the North. I am required to sit so that I can see the door to the office. What little I know about Feng Shui says that I should have a solid wall behind me for support. How to I arrange my space so provide the best atmosphere for me to work in and keep my computer screen from prying eyes? Or how do I compensate and cure the problem?



Sitting facing the door to the office is a good start; it will allow you to see what is coming at you and should place you in a strong position. In feng shui, we consider doors to be the mouths of chi, the place where energy enters the space. By sitting in alignment with the door, we say you are placed "in the dragon's mouth". Hang a small, round faceted crystal within the doorway to the office space, to keep energy from moving in a straight line. Use plants to soften the feeling of the concrete wall, and get a great chair that gives you the 'mountain at the back' feeling. I purchased a car and since I parked it in the garage, things




have been happening! First, the timer went on our water system, then my wife's job went crazy, and now our phone lines went dead last Monday. I placed a crystal on the mirror, but what else can I do to end the bad mojo? The car was in the rental fleet before I got it. Any suggestions?



Hi. It's not as weird as it seems. You have to space clear the car, the garage, the house, and lastly the property. Put a bowl of sea salt in the car (outside the garage) for 24 hours. Dump the salt. Burn sage inside the garage and the house, and after the 24 hours, then sprinkle fresh sea salt around the perimeter of the property.

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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 bestseller *Don't Get Lucky — Get Smart*. Join Alan for his life-changing Life Mastery Training in Fiji, July 20-27, 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.



## HOW TO PRODUCE A CLASSIC SCENE

**W**ho you say are the three most memorable movie cinematic history? My answer would be:

- (1) The chariot race in **Ben-Hur**;
- (2) Moses parting the Red Sea in **The Ten Commandments**;
- (3) Meg Ryan's faked orgasm in **When Harry Met Sally**.

When I recently re-viewed these classic films on DVD I watched some of the special features accompanying the films and did some research on the **Internet Movie Database** ([imdb.com](http://imdb.com) — a fabulous resource). In the process I learned some fascinating facts about these famous scenes:

(1) The **Ben-Hur** chariot race occupied about twelve minutes of the movie, but required five weeks to shoot. The scene holds the record for film-shot-to-film-used ratio: 268:1. For every 268 feet of celluloid used to shoot the scene, only one foot of film was included in the final cut.

(2) Over 300,000 gallons of water was poured into a tank to create the special effects for **The Ten Commandments** Red Sea parting scene. Then the film was played in reverse to create the illusion. (To this day the tank remains on the Paramount studio grounds.)

(3) Although the **When Harry Met Sally** orgasm scene occupied but three minutes of the movie, it took an entire day to film until director **Rob Reiner** felt it was just right.

These facts tell me that sometimes it takes lots of tries and angles before you get something right — but when you eventually do get what you want, the final product is awesome.

Let's take relationships, for example. Many of us have gone through a bunch of them. Some of us might be critical of ourselves for not getting it right the first (or the tenth) time. You might think there is something wrong with you for not being able to stick it out "until death do us part." Or you might think you have a faulty "picker." Or the universe suffers from lack and is unable to provide you with a sufficient supply of healthy or available partners. ("The odds are good but the goods are odd." Or, "All the good ones are taken or gay.")

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

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## HONORING THE MEN IN OUR LIVES

**J**une is the month that gives honor to the men in our lives, our fathers, husbands and sons. More and more articles are being written concerning prostate health and herbal healing for men. It's not one of the largest organs in the male body but it can cause some big problems if it becomes enflamed or enlarged. Symptoms of prostate problems are: painful urination, difficulty in completely emptying the bladder, getting up frequently to urinate at night when you would normally sleep through the night. If you think you are having prostate problems please get it checked immediately so that cancer can be ruled out. Don't wait for the pain to go away by itself; chances are it won't. If it turns out to be inflammation then you can make your choice for treatment, either alternative or pharmaceutical.

The herbs that aid in preventing prostate inflammation are Saw Palmetto, Red Raspberry, Damiana, Nettle, Dandelion, Cornsilk, Echinacea, Parsley root and Red Clover.

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Saw palmetto helps to reduce swelling, pain and discharge. It is also used to strengthen the muscles of the urinary system especially the bladder muscles, this allows for an easier flow of urine. Chickweed and Dandelion both act as diuretics helping to prevent the build up of infectious materials in the urine. They are loaded with vitamins and minerals therefore rejuvenating the whole body enabling it to heal quicker. Red clover helps to restore the body by cleansing the blood removing congestion. A formula that helps to tone, strengthen and nourish all of the male reproductive organs, helps to cleanse the urinary system removing obstructions and reduces inflammations would contain these herbs.



**RECIPE:** An example blend may be 5 parts Saw Palmetto, 1part Red Clover blossom, 1part Dandelion, 1part Astragalus and 1part Eluthero because of their flavors this would work well as a tincture. To make tinctures, place the herbs in a jar along with a menstrum of alcohol, vinegar or glycerin. It should steep for at least 2 weeks. After 2 weeks the herbs are strained off and the liquid is put in a dark bottle.

If you prefer a tea 1part Cornsilk, 1part Marshmallow, 3parts Damiana and 1part Nettle root makes a nice blend.

Beyond herbs, drinking more water flushes out debris and infectious bacteria's and increasing zinc helps slow down the production of prolactin; preventing prostate enlargement and increasing testosterone production.

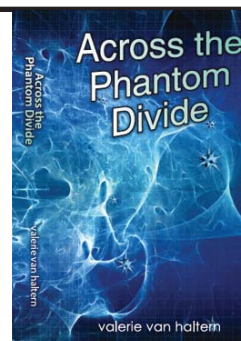
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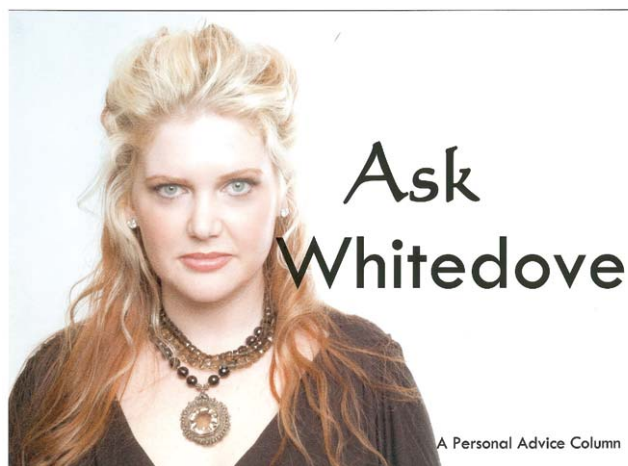
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**D**ear White dove, It seems the further along the spiritual path I get, the more long standing friends leave my life. It's confusing to me, although I understand my path is not necessarily their path. Sometimes it can be lonely but I am no longer happy with their way of life, so would not want to go back to it. Does this happen to everyone and how do I handle it? **Lonely in Boca**

**Dear Lonely,** As you move along your spiritual path, you learn and grow. This means outgrowing belief systems that no longer serve you and creating new ones. You my friend are going through a spiritual evolution. Likewise the World is in a quicken phase, On a subconscious level, humankind is working on their karmic lessons. You will find that people are coming in and out of your life like a revolving door. It's not just you. My advice is to honor those old friends bless them and move on. What about the new people that you are attracting? Look into their eyes and be present during your interactions. Ask yourself: "What am I to learn? What lessons am I teaching? Without judgment you can be at peace with your evolving relationships.

When we are feeling lonely, this is a call to action. To remove the focus from "Self", just jump in and help another. Get involved, from random acts of kindness to devoting yourself to a cause. This involvement will also become a catalyst for other doors to open. This is a universal truth for all.

**Dear White dove,** A US President once said that God chose him, based on that statement I have two questions. What part does God have in World Leadership? What have you seen for the 2008 Elections? **Blogger, PA**

...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)

## DO WHAT YOUR HEART KNOWS IS RIGHT

Happiness is the reward we get for living to the highest right we know. -Richard Bach

**A**n important secret of spiritual happiness is to always strive to do what you believe in your heart to be good and right.

Doing what you really believe is good and right automatically brings more spiritual happiness. The more you can live in a way that is consistent with what you believe is right, the more peace you will enjoy. You won't be walking around, plagued by nagging pains about all the ways that you may have violated your own morals. You won't be weighed down by mountains of guilt, shame, and disappointments.

If you go against what you know is right, you may sometimes create a semblance of temporary outer happiness - such as by gaining some material benefit from pulling one over on someone else, or from thinking that you're better than

someone else, or while laughing about having put somebody down. However, if you know deep inside that you have violated one of the important laws of goodness and decency, then your long-term spiritual happiness will become diminished and depleted, even if your outer happiness has temporarily increased.

Let's say that you've managed to acquire a whole bunch of money by ripping people off. You get to buy a big, brand-new house and expensive new cars. Your whole life has apparently improved, and you appear to be happy, happy, and happy. But, perhaps, your spiritual happiness is not so good. And truthfully, if your spiritual happiness is not so good, then that will eventually erode even the outer happiness. Either you will lose what you had, or you'll become dissatisfied regardless of everything you have. Eventually, you'll no longer be happy - inwardly, outwardly, relatively or spiritually. Nothing will be enough to fill the black hole of emptiness that comes from harming somebody else to benefit yourself. Your soul knows better.

On the other hand, if you go out of your way to be righteous and kind, and in the process end up with outer lacks that cause a certain amount of outer unhappiness, then your righteousness and kindness may still bring you greater spiritual happiness, in spite of the outer challenges.

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

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# WHERE YOUR ATTENTION IS, THERE YOU ARE



Patricia Cota-Robles 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. Visit Patti at <http://eraofpeace.org>

**T**he Light of God is increasing on Earth, and people everywhere are beginning to awaken to the Truth of who they are and why they are here. We are not just fragmented, limited, dysfunctional facets of our fear-based human egos. We are Beloved Sons and Daughters of God, and all that our Father-Mother God has is ours. By remembering this fact and acting out of this inner knowing, we can turn around what is happening in our lives and on Earth. Together, we can change the course of history.

We have the responsibility of cocreating our physical reality. Through lifetimes of misunderstandings, we have developed the erroneous belief that we are just powerless victims of circumstance when, in fact, we are powerful cocreators of circumstance. When we accept that we are on Earth during this unique moment to cocreate the wonders of Heaven on Earth, we become empowered instruments of God.

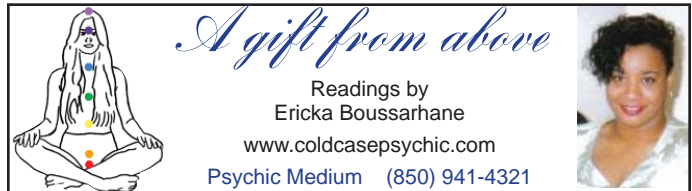
As the Light of God flows through us into the physical plane, it pushes to the surface anything that conflicts with its frequencies of harmony, love and balance. As the discordant frequencies of energy surface to be healed and transmuted back into Light, they often create the illusion that things are getting worse. We can easily see the surfacing negativity, but what we don't see is the incredible Light that is pushing the negativity to the surface. That phenomenon has the effect of keeping our attention focused on the problems instead of the solutions.

When we are focused on the negativity instead of the Light, we empower and sustain the negative things that are surfacing. Instead of eliminating the problems, we actually intensify them. This has the tendency to make us feel desperate, overwhelmed and hopeless. When we observe things through the eyes of our dysfunctional human egos, we mistakenly think that the physical plane is our only reality. Our human egos have forgotten that we are multidimensional and multifaceted Beings of Light who are functioning simultaneously in many diverse realities.

The physical plane is merely a reflection of our consciousness and, in fact, it is the least real of all of the realities we abide in. No matter how real our life challenges seem or how entrapped we are in the human miscreations of poverty, disease, low self-esteem, loveless relationships, hatred, corruption, ignorance, war, etcetera, those distorted expressions of life can manifest in our lives only if we sustain them through our thoughts, words, actions, feelings and beliefs. If we choose to empower the Light and all of the patterns of perfection contained in that Light instead of choosing to empower the things that cause our pain and suffering, our Earthly experiences will be transformed in "the twinkling of an eye."



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## 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!

**T**here's so much time in a day. You could have breakfast, lunch and dinner on 3 different continents.

*You could outline the book you're going to write, start the screenplay adaptation, and watch "Gone with the Wind," before the sun even sets.*

*Spend a day at work, and still have 16 hours left over. Or you could just think 10,000 different thoughts as you tool all over your neighborhood.*

*Hey, the record for climbing Mt. Everest is under 9 hours, leaving 15 to nap and go Yeti searching.*

*There's so much time in a day. So much. You're rich,*

*The Universe*

*P.S. Especially when one stops claiming there's so little of it, huh?*

# WHEN YOUR LIFE IS FALLING APART



**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.GrailProductions.com](http://www.GrailProductions.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.

**T**he stages of soul transformation are like a death and re-birth. This process is an elaboration on the experience commonly referred to as "The Dark Night of the Soul." To complete this natural process with any amount of commitment results in a soul transformation that we often call being "born again." This process is meant to cleanse your soul of illusions and unhealthy attachments, which awakens you to greater realities and to the truth of who you are. Although this process is mostly aimed at your heart and soul, it usually is most noticeable in either your body (and material life), your emotions (and relationships), and/or your mind (and attitudes).

There are five stages within the soul transformation process. They are as follows:

- 1. Dismantling:** Here the process begins. This stage is active in your life whenever you're experiencing a shift wherein part or all of your life is changing—perhaps even being taken away.
- 2. Emptiness:** Now that the illusions you held about your life have been exposed and have begun to be dismantled, you'll feel empty and depressed because of the time, effort, and (what you thought was) love you've invested in that illusion. This stage is like a psychological "hang-over" after being drunk on deceptions from self and others.
- 3. Disorientation:** Needless to say, since the life you thought you had was intact and it clearly wasn't, you will now be in a state of disorientation and doubt everything, including your abilities to do anything right or to make good decisions.
- 4. Re-building:** Now that you seem to have lost something (or maybe everything), you may have learned how to trust & surrender. In so doing, you are probably open to new ideas and inspirations, leading you to the potential of creating a new life.
- 5. A New Life:** This is the stage wherein you reap the obvious fruits of the healing, patience, and humility that you've developed. Here you are not made small but great, as you now have released your former identity as a human being with human achievements and see you are far more. Now, having set aside your humanness, you can take your divinity to a whole new level.

There are many reasons the soul has for activating the soul's transformation process, but generally speaking, it's the soul's way of expressing tough love; a way of getting a message across that you are otherwise ignoring. Again, this message is usually around the need to

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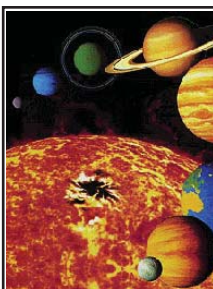
move to a new level of consciousness, but you are being held back by either some lesson you believe you need to learn or healing that is yet incomplete. Nearly all processes of learning and healing that the heart creates and/or experiences result in the opportunity to understand and experience greater levels of unconditional love. So, in the end, it's all about love.

Besides having many reasons to initiate this process, the soul also has numerous means of making the process manifest. For some people it comes in the form of a health crisis or accident; for others it might come as a death or other form of loss, such as a job; and still others might begin the soul transformation process through a relationship crisis or the entrance into your life of a man or woman who symbolizes your need to wake up to old wounds or perhaps to new possibilities.

So what should you do when the soul transformation process enters your life?

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





## PREDICTIVE ASTROLOGY FOR SPIRITUAL TRANSFORMATION

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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).

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

## MEDITATION

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

## PERSONAL JOURNALING

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

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

# 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)



## DOLPHIN

### CATCHING YOUR BREATH!

I am having a hard time writing today. I can't concentrate. My brain is fuzzy and my thoughts are all over the place. You see, I quit smoking on **May 7th** and as today is only **May 10th**, I am still feeling the pressure. I am emotional, jumpy, agitated, irritated and extremely cranky.

Take a deep breath, June, you'll survive.

Deep breathing is the only thing that is saving me right now. (Not to mention a lot of minty gum.) By deep breathing I am referring to **Dolphin breath**. No, I don't mean eating a bunch of fish and then running around breathing on people. I am talking about taking in a deep breath through your nose, filling your lungs to capacity and holding it for as long as you can. Just when you think your lungs will explode, you blow out the air, really hard, through your mouth. Much like the dolphin does when she surfaces from the depths of the ocean.

**Dolphin** is all about the breath of life and riding the waves of emotion. Oxygen feeds our organs and when we are emotional and holding back, we are essentially depriving ourselves of that much needed oxygen. It becomes a form of suffocation. Taking Dolphin breaths helps put you back into balance. Things that were freaking you out, become not so freaky. Your heart rate will slow down and becomes a steady, strong beat. A new rhythm will come to you.

A story about **Dolphin** goes something like this:

**Dolphin** was swimming around the ocean and came across **Grandmother Moon** while she was weaving the patterns of the tides. Grandmother Moon asked Dolphin to learn her rhythms so that he could open his female side. Dolphin began swimming within her weaving and found a whole new world. He found that he could enter the dreamtime and find new places and new people, just by following the rhythm of the tides. When he surfaced from the tides, he was sad.



He wanted to be able to go back, but **Grandmother Moon** had already left, her weaving complete. **Whale** swam to **Dolphin** and told him that he could go back, "...just follow the rhythm, it's always there for you."

Every time I am ready to scream (in my case, due to lack of nicotine which was stealing my breath anyway) I take a deep Dolphin breath, or twenty. I bring myself into balance, I steady my organ function and then I meditate. I might only go into a two minute meditation, as this has become a very spontaneous way of being for me. My emotions ride high and then low at the drop of a hat. I never know when it's going to hit me. But with every breath, with every beat of my heart, with every pulse of blood coursing through my veins, I am gaining control. I become more and more aware as every day passes. Even if it's only for two minutes.

Be the dolphin, breathe!

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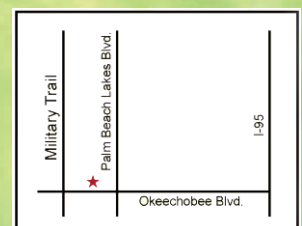
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# ABRAHAM-HICKS

...continued from page 8...

is holding your vibration down. That's where the expressions like, "Let go and let God."...That's really what allowing is. Allowing is the release of the resistance that keeps you from soaring. What you have to do is not focus upon those things that cause you to vibrate in a different vibration than is really you.

Now why would anybody choose a vibration that is lower and slower than their Source Energy? Well, you wouldn't do it if you knew you were doing it or if you knew how to maintain your higher vibration. You would always choose the higher vibration. But you do it, most of you, because you haven't come to understand vibration, and most physical humans don't really understand that Law of Attraction is the most powerful law in the Universe.

There is no such thing as law of detraction or exclusion. Law of Attraction, or Law of Inclusion, is the only Law that exists. When you say "yes" to something, whatever it is that you are focused upon, — you are including it in your vibration. When you say "no" to something, whatever it is that you are focused upon — you are including in your vibration.

It's that habit of saying "no" that trips more of you up than all other things put together. It's that looking around your physical contrast and seeing some things wanted and saying "yes" but seeing some things not wanted and saying "no".

Every time you say "no", every time you get into that resistant stance, every time you think, "Oh, I really do not want this" or "I hope that doesn't come to me" — by your attention to it, you are inviting it. You are including it. You are lowering your vibration. You are separating yourself from your Core. You are drowning your cork. You are not in vibrational harmony with who you are. And most of all — you don't feel good.

It would be a very short and effective seminar if we said to you, "The secret of creating anything that you want is get happy and stay there, because in your joy, you are always in the place of allowing that which is in vibrational harmony with who you are and what you are wanting." But even though you can hear it, it is a little difficult for you to apply it because as you've been banging around in this physical world, you have developed some habits of pushing against some things.

*The secret of creating anything that you want is get happy and stay there, because in your joy, you are always in the place of allowing that which is in vibrational harmony with who you are and what you are wanting.*

There are no unwanted things, no diseases, no accidents, no ill acts of fate, no perpetrators, no monsters, no bad things...nothing in the Universe has the power to assert itself into your experience. So, you never need again stand in a place of saying, "No, please not that." And it is ever so important that you come to understand that, because every time you pick out that stuff you don't want and focus upon it and feel your aversion to it, you are not avoiding it or averting it or excluding it. You are including it, inviting it, allowing it into your experience. And that's what causes you to, sometimes, without meaning to, offer a vibration that's not up to speed with who you are. You see, the formula for Deliberate Creation is really a very simple formula. It

says, "Identify your desire." Contrast helps you do that. "And then once you've identified the desire, achieve a vibrational match with the desire." And once your desire and you are vibrationally the same, it's a done deal. The Universe must give you that which you are wanting. If there is something that you want that is not coming to you, it is for only one reason: you are vibrationally different from it. If there is something you have that you don't want, it's for only one reason: you are vibrationally same as it. And the reason that so many of you are vibrating differently than you mean to is because of your habit of observation.

What you are experiencing is what you are observing, and what you are observing is reflected in your vibration, and what is reflected in your vibration is what the Universe is accepting as your point of attraction — and what the Universe is accepting

as your point of attraction becomes your future manifestations.

We are wanting to show you how to use your power of visualization, your power of imagination, to set the Tone of your own vibration.

We want to bring you to the place of recognizing that there is enormous Well-being in this sea of contrast, and that as you come to embrace and appreciate and adore the contrast, then from the contrast, you will be able to come to conclusions, and from coming to those conclusions, or decisions, you'll be able to set your own Tone — and by setting your own Tone, you'll be able to control what comes to you at all times.

We want to help you to bring your vibration from wherever it is into vibrational harmony with your desire. And we can't think of anything that will be more beneficial for you than to find ways to deliberately find vibrational matches with your heart's desire.

# SECRETS

*Excerpts from*  
Secrets of Spiritual Happiness

*...continued from page 16...*



Even when things appear to be going wrong in our lives, we can maintain a connection with spiritual happiness just by living according to our highest morals and aspirations. As spiritual happiness shines from within our hearts, amazing miracles may also take place in our outer lives, eventually creating more happiness all the way around. Therefore, if you had to choose between outer happiness and spiritual happiness, my suggestion would be to choose spiritual happiness.

Spiritual happiness comes from acting in accordance with our deepest knowledge and wisdom about what is good, what is true, and what is right. Somebody who becomes apparently happy by taking advantage of others may think that he or she is happy, but deep in their soul, there is not the kind of happiness that will remain throughout their life, or at the moment of their death. On the other hand, righteous living and spiritual happiness are beloved friends during our lives, and continue to give us great comfort and support when the time comes for us to leave this world.

Obviously, each of us is fallible as we walk through the path of life, so there is no need to berate yourself for falling short of your greatest aspirations and ideals. Just keep striving to do what you know in your heart is right, and to continue to learn and grow from your mistakes. Listen to the inner guide who tells you when you've done something wrong, as clearly as the dramatic music in a movie would tell you that something bad just happened. You can also learn to hear that music inside of you - a dramatic feeling, announcing that you've created something you don't want by doing something you know isn't right.

The more attuned we become to hearing, seeing, thinking, or feeling this nudging nag from our inner selves, the sooner we can change our mode of action to be in greater harmony with what we know is right - and the sooner we get to bask in the golden rays of spiritual happiness.

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

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

I'd taken advantage of my giant email list to send a notice out ahead of time to friends asking advice about buying a car. The best advice I received was to arrange for financing ahead of time with the **Space Coast Credit Union**. They gave me scads of information ahead of time about car values for my car and for the **Civic** and **Prius**. They helped me make the decisions that worked my deal. I closed later the same day and drove the new car home. I was delighted when I stopped by the next day, to have their detailer tell me what clean condition my traded in car was. He said he can tell the new buyer that "a **lady** drove this car." Wow, it felt good to hear that! Hearing that makes me want to keep this one clean, too.

I actually began saving money the moment I bought the car. It was almost time for an oil change with my **Santa Fe**, and I was going to buy new tires. My car payment was due in 2 days. Now my new payment is not due for 45 days, I don't need an oil change and my tires are almost new. I got gas a few days later and filled the 11.9 gallon tank for \$30. I'm told by other **Prius** owners I'll get over 40mpg. I'm stoked!

So it felt pretty good to realize that even with something as historically annoying to me as going into a car dealership and negotiating a car purchase, to know that I could consciously and deliberately turn that event around, and turn it into an enjoyable experience, that made me feel powerful. That made me feel I was stretching my wings and could now fly a little higher, that I was a little stronger for the experience. And it was another example of the law of attraction at work in my life, being applied in a practical fashion to achieve a specific desire. Far out!

 As this issue of **Horizons** was getting ready for press, we had several fires break out here in **Palm Bay**. It was all over the national news. The big fires were a mile south of me and I didn't even know about them until the second day when someone told me to turn on the news. My neighborhood and as far as I could see, everything was fine. Vibrational match with well-being, I guess! After I went into town and drove back south on I-95, I could see big plumes of smoke south of me, and they had I-95 south closed at my exit. I turned the tv on so I could see if they were tracking the locations so I could see how "safe" I was. If I trusted what I saw and felt, I was fine. If I trusted what the news showed me, I got anxious. But I promised my brother I wouldn't be foolish. (Yes, he's still laughing.)

I saw **FPL** trucks and so I prepared myself for power outage. I backed up my computer, readied my fridge and

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

## FROM THE HEART

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



Yet if you look at your relationships, or similarly your career path, as a journey rather than a destination, you can see that every experience has served to build your consciousness to the point where you can attract more and more of what you want. And if you create a relationship or career that really works, you can thank all of those that didn't work for contributing to your learning curve toward what ultimately serves you.

The story is told of a woman who recognized **Pablo Picasso** in an open-air market in **Nice** in **1959**. Being a huge fan, the woman approached Picasso and asked him if he would be willing to do a charcoal sketch of her, for which she would be happy to pay him.

**Picasso** studied the woman for a few moments and agreed. The two found a table at a sidewalk café, Picasso took out his materials, and went to work. The woman was in ecstasy! Fifteen minutes later he turned the pad around and showed the lady his finished work. It was spectacular - an authentic **Picasso**, and of her!

The woman clutched the portrait and thanked the master profusely. She opened her purse, removed her checkbook, and asked, "How much will that be?"

"Five thousand dollars," Picasso answered in a matter-of-fact voice.

The woman's jaw dropped. "But, sir, with all due respect, the picture took you only fifteen minutes to draw."

"No, madam," he answered quite seriously. "You don't understand. The painting took me eighty years and fifteen minutes to draw."

So it is that greatness is built — not overnight or in a flash, but through the steady development of skill, consciousness, and heart. If you want to produce a great scene in your life, whether it's a movie, a marriage, a business, or spiritual mastery, you may have to walk through many takes to get there. But when you do, what a scene it will be!

Meanwhile, enjoy the takes as they show up. The directors of the movies above could have taken shortcuts, settled for less than excellence, or walked off the set when they didn't get it right the first time. But they remained true to the Big Picture. They held a powerful vision of how they wanted it to turn out, they knew they would know it when they hit on it — and they did.

You have supremely memorable scenes developing in your life that will long outlive the time and effort it took to get there. When audiences talk about the chariot race, the Red Sea parting, or the orgasm scene, they think little of the ride it took to get to those destinations. Yet the directors savor those scenes above all else because they knew the journey required to arrive. The final cut is yours, and a classic one it will be.

# WHAT IS YOUR LIFE FOR?



...continued from page 9...

prayed and meditated, pondered what I would do in the future, and read **Paramahansa Yogananda's** book **Autobiography of a Yogi** several times, which dramatically influenced my life in a positive way. During those few months of enforced seclusion, I dedicated my life to serving others for their highest good and have never wavered from that commitment. My physical health has been excellent.

When you need healing of any kind, plan what you will do when you are completely well, rather than be entirely focused on troublesome conditions. By imagining what is possible to be experienced in the near and distant future, you will attract conditions that will hasten your healing.

**Cultivate Rational Thinking, Emotional Stability, and Spiritual Awareness.** When you need healing, if you allow yourself to feel helpless or hopeless, anxiety and fear may incline your thinking to be irrational, emotions to be conflicted, awareness to be blurred, and the body's immune system to be suppressed. Don't allow such conditions to prevail; rise above them.

Think rationally. Cultivate emotional stability. Clarify your awareness. Let your soul powers emerge to strengthen your will power and enliven your body. Know that, as a spiritual being, you are superior to your mental states, emotions, and mundane conditions. Cultivate an awareness of sustained inner joyousness.

Avoid talking with others about your personal challenges. If professional help is needed, obtain it, while continuing to nurture an inner conviction that your healing is rapidly progressing. Do not believe the misguided opinions of others.

Improve your awareness of your relationship with the Infinite by daily meditating until you are superconscious. Pray for guidance that will emerge from within you and also enable you to attract helpful information and supportive circumstances. Know that the omnipresent Power that enlivens all of nature can and will provide you with the healing that you need.

View difficult circumstances as opportunities to skillfully use creative imagination, will power, soul forces, and functional abilities to rise above or overcome them. Enthusiastically go forward with decisive, wisdom-directed intention to have the kind of life you deserve to have. Do the practical things that can be helpful. **While nurturing spiritual awareness, do these practical things:**

- Obtain enough sleep to rest and energize your body and have your mind refreshed. Sleep deprivation weakens the

body's immune system, can result in mental confusion and emotional instability, and impairs powers of concentration.

- Adhere to a wholesome, natural food diet.
- Exercise regularly to maintain muscle strength and nurture physical and psychological well-being.
- Nourish your mind with constructive ideas.
- Improve your understanding of your spiritual essence and of higher realities.
- Acquire the knowledge and skills that you need to have to do what you want to do. Diligently apply knowledge and skills until your right endeavors produce or attract ideal results.
- Adhere to routines of wisely organized activities that enable you to progressively achieve your goals and accomplish what you want to accomplish.
- Nurture your will to live, thrive, and flourish.

**To restore your awareness to wholeness and to have life-enhancing desires fulfilled:**

- Sit quietly for a few minutes until you are calm and poised.
- Know that you are an individualized unit of an omnipresent Reality in which you permanently abide.
- Experience the freedom of being without limitations.
- Know that your mind is one with an omnipresent cosmic mind that is responsive to your mental states, feelings, desires, needs, and intentions.
- Claim your healing or other conditions or circumstances that you want to have.
- Feel fulfilled. Be thankful.
- After the practice session, sustain your conviction. Feel that you are in tune with the Infinite while skillfully performing your duties.

Some people mildly hope to be spiritually conscious and freely functional without having to change their states of consciousness and habitual modes of thinking and behaving. They say, "If my circumstances were better, I could be happy and be able to live effectively." They may not yet understand that their modes of thinking and behaving and their circumstances reflect their states of consciousness. Or, knowing this, they may not be willing to discipline their thoughts, feelings, and behaviors.

Human consciousness includes beliefs, opinions, memories, and inclinations to respond or react to what is perceived or experienced. Not all of the contents of a person's consciousness may be known by them. One may sincerely endeavor to think constructively, imagine ideal circumstances, and pray to have troublesome conditions healed or wholesome desires fulfilled, yet be unable to have positive results because deeply impressed beliefs of limitation or feelings of unworthiness are strongly influential. In such instances, consciousness needs to be purified until all of the influences of restrictive subliminal conditions are neutralized and the mind is illumined.

Your consciousness can be purified by cultivating a positive mental attitude; doing things that enhance your life; improving your understanding (and awareness) of your essence of being; being alert and attentive; and not allowing moods to determine your thoughts and behaviors.



## 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 30 ...

freezer and located all flashlights. Almost immediately afterward, I lost power. I wasn't concerned, but packed a bag anyway. After all, I'd need to get somewhere I could finish this **June Horizons** if power stayed out for long. Almost as soon as the car was packed, power came back on. Yay!

I sat and meditated on my next step. I said some prayers and chanted and drummed a little in my meditation room. I began remembering everything I ever thought and felt about rain and chanted and drummed into the memory of it. I had an idea and emailed my group asking:

"Who's up for a group drumming on the beach about sundown with the intent to bring on some rain to help quench the fires? Perhaps we can all start now to imagine how great the quenching rains would feel as they come down. This is a great group intention exercise if you're game. If you can't be available, maybe have a small group at your place or set some time aside to do it on your own."

"REMEMBER, if you have the tv tuned to the news and are watching the fires, you are vibrating in a place of keeping the fires going.

REMEMBER the news will continue to show the most outrageous footage, like the one of the kids running screaming thru the school earlier today. That is not happening now! Right now they are getting it under control.

PLEASE THINK AND FEEL that things are being handled well.

PLEASE THINK AND FEEL that help is happening.

PLEASE THINK AND FEEL that as night falls, the rains are heading our way.

PLEASE THINK AND FEEL what a good downpour would feel like to our yards.

PLEASE THINK AND FEEL how fun to know we're getting a good soaking rain.

If you have to watch the news, just remember that **God/Goddess** is stronger than any fire. In **June 2004**, my block lost acres of woods and one home to fire. It stopped at my property. I know we can escape trouble even though it's all around us. **God/Goddess** is stronger than any fire!"

The response to my email was almost immediate and a drumming on the beach was set for sundown the next day.

The morning of the drumming, I was going to stay focused for our intention experiment. I began watering my yard, and moving the sprinklers every hour or so. That let me get sprinkled and splashed with water all day long, which was all the better to help me visualize and remember what rain feels like. When I walked barefoot on my grass, it felt cool and spongy and damp. Water dripped from the low hanging oak leaves and when I grabbed the camphor tree branch and shook it, I got a fullblown shower! As I walked through my yard, it felt like a rain forest oasis.

Just as the car salesman in the example above, I wasn't concerned about what anyone else around me was doing, I was doing what I thought was right, and I was tending to what was in front of me right here in the **Now**. And that gave me power to keep the tv off and hold thoughts of a good outcome for the situation. And yes there were a few hours where the smoke was very visible I could hear the emergency vehicles closeby and see the helicopters overhead and it was a bit like a scene from **Apocalypse Now**. But I asked within and felt safe and so just went on about my work and kept the tv off. We had a good group at the drum circle and even had fun doing rain songs. Did it rain? 2 days later we got some, but the fires abated dramatically and by morning the news reported they were contained.

So, okay, we didn't bring the rain immediately but **Spirit** saw fit to get the fires under control without it. Coincidence? Or did we work a little magic? What do you think? What do you prefer to believe?



**BUT WAIT, THERE'S MORE!** The next morning, I had a sudden urge to water the back yard at 7:30am and began setting my sprinklers out and was happily chanting the **Sarva Mangala** as I did it. Afterward as I stepped into my back porch, I heard a man's voice loudly say "I think I got the wrong one". I turned to see a man walking out of my east woods and 15 feet away from me as he walked alongside my porch toward the front of the house. Had he not spoken, I would not have turned and seen him. I first thought he was an **FPL** guy but he wasn't dressed for it, so I walked through the house and out onto the street to see what kind of vehicle he was in. No vehicle and no guy. Plus my cats were lounging in the pathway, which meant the man did not walk by them. Which meant he backtracked into my backyard or woods.

I saw a **Channel 2 News** helicopter low overhead and an unmarked police car with a uniformed officer sped by me on the street. I knew something was up. I went in and called the police and described the man I'd seen in my yard, then I turned on the news. Within a minute an officer was at my house and afterward they were broadcasting a description for the man as the arson suspect. They caught him an hour later several blocks away.

I saw the mugshot on **Channel 13 News** and it didn't look like who I saw, so I called the news department and asked if they had a video of the guy. I was told they did not however that **Channel 2** did, so I turned it on and confirmed that was who I saw. I joked later with friends that **Spirit** sent him through my yard so he could pass under my prayer tree and get a blessing. Since I'd seen him with something in his hand, a detective team arrived a few hours later with bloodhounds to do some tracking, so lots of blessings were had that day!

Last month's **Cosmic Mass** ([www.cosmicmassmelbourne.com](http://www.cosmicmassmelbourne.com)) was awesome and I look forward to it being an ever bigger and better event each year. Some of you have asked about the awesome dance music, and on page 42 I have printed the playlist for you.

This month I have been reminded that if the **Universe** wants me to be safe, someone with mal intent can walk right by me and I'm vibrationally invisible to them. Cool beans! 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).

## HOW CAN I HELP?

**A**s astounding as it may seem, every thought that I think, every emotion that I feel is eternal. For thoughts and emotions are energy, and energy lasts forever.

The greatest gift that I can give to humanity is the same as the greatest gift I can give to myself: happy thoughts and joyful feelings. When I feel good, I release good to the planet. Automatically. Easily. Just like that.

While I may not know how my inner peace and joy impacts the world, I can be certain that it combines with others' good feelings to somehow help where good is needed and ready to be received.

Today I watch for opportunities to feel happy: a neighbor's greeting, a proud parent with a stroller, a cool song on the radio, a compliment, a goal achieved, a cuddly pet. I relax more, stress less, and make excuses to pursue what I love. I do it for myself. I do it for others. My happiness is a blessing sent forth to the world.

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

### SCHEDULE OF EVENTS

**Gentle Healing Yoga w/ Earth Gong Meditation of Self Love:**

Wednesdays, 11:30am-1:00pm. \$40 for June. Registration Required.

**Drum Class.** Call Tiffany or Loki (386) 527-9666 for additional information.

**Drum Circle venue changed** All drummers invited to New Moon Ceremony.

**Moon Ceremonies** New: Tues. June 3rd. 7:30pm Full/Summer Solstice:

Wed. 18th, 7:30pm Despatcho!!! (prayer bundle ceremony).

**Munay-Ki 9 Inkan Rites of Passage Classes begin** Thurs. June 5th, 7:00pm.  
*A must for healers. A transformational course to empower yourself and heal others!*

**Trance Dance w/John Moore** Saturdays June 14th & 22nd, 7-9:00pm

Explore movement and journey utilizing tribal and culturally influenced music. \$10

**Sand Painting** Wed. June 25th 7 - 9:00pm Journey and experience a creating visual representation of your very own sacred symbols. \$20.00 Includes materials.

**Meditation for Emotional Release** Sat. June 28th 10am - 1pm Understand perspectives of your thoughts, actions and emotions. \$25 Pre-registration required.



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# COVER ART

Angel of Unconditional Love

BY SHARON GEORGE



*This is the angel of unconditional love. She was created as an oracle card for Dr. Doreen Virtue, Ph.D. [www.angeltherapy.com](http://www.angeltherapy.com). Surrounded by the flowers of kings and animals of gentle wisdom, she lays her hand upon the word of love, and vows to keep such in her heart. The full moon shines upon the cities in the sky.*

**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.

## CENTER FOR SPIRITUAL AWARENESS



Rev. Virgil Gfeller

**Sunday Services 10:30 AM**

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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

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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

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**[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.

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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)

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

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

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 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 MELBOURNE 7:00-9:00PM 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

Thursdays PT CHARLOTTE Chat room discussions with LisaF and ThomasM. Various Metaphysical topics. 10PM - 11PM Eastern. Starchild Message Board. 941-743-0800. [www.starchildbooks.Com](http://www.starchildbooks.Com)

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

3rd Thursdays MELBOURNE Just Say Yes to Laughter: Come Laugh Yourself Healthy with Pegatha, 11:30 am at Heaven Sent Wellness Institute, 4455 Pinewood Road. Call 951-2528 or visit [www.justsayyestolaughter.com](http://www.justsayyestolaughter.com) for details. Love Offering

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

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)

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



# OUR CALENDAR OF EVENTS

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

Fridays PT CHARLOTTE at Starchild: Check our online calendar for new events on Fridays. 7pm. Call to register. 941-743-0800 [www.starchildbooks.com](http://www.starchildbooks.com)

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 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)

Saturdays PT CHARLOTTE Messages Sessions with Starchild's Psychic Mediums and Channels. 7PM. 941-743-0800. [www.starchildbooks.com](http://www.starchildbooks.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.orlandopsychic.com](http://www.orlandopsychic.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 Dr. 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)

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](mailto:pranichealingcircles@gmail.com)

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

# OUR CALENDAR OF EVENTS

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

Tuesday, June 3rd WINTER PARK 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.

Tuesday, June 10th WINTER PARK 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 Road, Winter Park. 32792. www.ifsk.org 407-673-9776

June 13th NEW SMYRNA BEACH "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7 PM. Speaker Keith Depan is a physic in New Smyrna will speak on connecting to the other side. Call Judson for more information 386-847-2367

June 14 - Registration opens for James Arthur Ray's live FREE events in Florida! July 29 - Tallahassee; July 30 - Orlando, July 31 - Tampa. The Secret of Attracting the Life You Want. Are you ready to make a difference in your life and take it to the next level of success and achievement physically, emotionally, mentally and spiritually? Would you like to enrich your life and your pocketbook in the process? Register at [www.Living-My-Ideal-Life.com](http://www.Living-My-Ideal-Life.com) or call 1-866-646-3738. Free!

June 20th EDGEWATER 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 Barbara 386-663-4878

Sunday - June 22 - ALTAMONTE SPRINGS - Journeys-by-Design Special Edition Florida Retreat/Certification Program Segment "Manifestation & Mediumship." JBD Instructors provide hands-on tools and instruction in working with energy, intuition, clairvoyance, clairsentience, altered state, healing, mediumship and more. No matter your level of experience, this course provides a primary focus on deliberate creation tools, techniques, and understanding how to decipher the occurrences in your life. Explore the (4) primary pathways through which manifestation occurs, and shift to working more closely with your guides through in-the-moment mediumship and connection to Spirit. Reservations Required. \$95 pre-registration (until June 2nd)/\$110 after. 11am-5pm. Hampton Inn Altamonte. Complete info online at [www.journeys-by-design.com](http://www.journeys-by-design.com) or call 407-949-0472.

June 27th DAYTONA BEACH 6th Sensory Lightworkers - "Share Our Gift" gathering at 7PM - at 710 N. Oleander Ave. More info call Judson 386-847-2367

June 28th ~ WINTER PARK 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, held at Winter Park Church of Religious Science, 3425 N. Forsyth Road 407-673-9776 ~ [www.ifsk.org](http://www.ifsk.org)

July 18th ~ July 22nd 2008 ~OVEIDO/ORLANDO AREA 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](http://www.ifsk.org)

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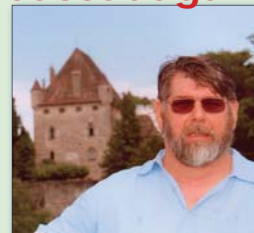
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*Albert has been a professional psychic*

*for 35 years. He 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. 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 Assn 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)*



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



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**Toll Free 1-866-904-PATH**

Rev. Violet 321-638-0194 Email Violet@cfl.rr.com  
Rev. Sigi 321-452-2079 Email Sigi340@aol.com



Ask  
Whitedove

*... from page 15 ...*

**Dear Blogger,** Before a human soul incarnates we make a contract with GOD, it's an agreement of the tasks, lessons, and goals that we are working to complete. World Leaders are a rare group of souls who come to make a difference. As we know, some get off their path and make unscrupulous decisions. But God has given humanity the gift of free will. At any time we can change our "Ideal" and have leaders that uplift humanity.

Here in America our two-party system no longer works as the founding fathers created. Big business and monopolies are now running our country. Our government is corrupt and no longer works for the middle class and the poor. But God will not interfere with our free will. It's up to us to step up to the plate and make the changes.

As a visionary and futurist, I give predictions based on the Most Probable Future. Even quantum physics tells us that there is always more than one possible future. Usually I see three possible outcomes to any situation. For the last two elections I predicted G.W. Bush as the winner. And those turned out to be very controversial wins. Even with my foresight I still went out and voted my conscious for another candidate, because I know that the future can change with enough souls joining together.

I've posted all the details for the 2008 election on my BLOG page. With that said, I don't claim to be an all knowing Oracle. It's not possible to be 100% accurate when looking into the future because human's have the gift of co-creation. The future is always shifting. Only God knows the true outcome and I'm just a humble messenger.

**Dear Whitedove,** You spoke at a local expo where they were doing aura photography. As an artist, I was intrigued by the colors and their size. What is your explanation of an aura? **An Artist in Miami**

**Dear Artist,** These specialty photos capture your bio magnetic field on film. I call the aura, "the Over-soul" it's the part of the soul that can be seen. Did you know that in the spirit world we are known by our colors and rank? The colors of an Aura all have significant meaning. During the Renaissance Period angels were depicted with halos in paintings. But the viewer had misinterpreted what he was seeing. The crown chakra is the strongest and angels imitate the golden light of Heaven and so their aura is always a golden color. During our time there is a group known as the indigo children, they are advanced souls who incarnated to help humanity evolve. Their Auras are a bluish-purple. Most people have two or three colors in their aura at all times, so I hope that you had your photo taken.


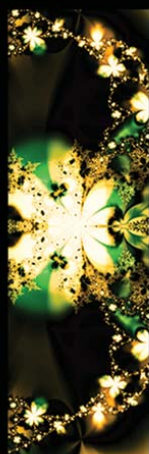


# WHEN LIFE IS FALLING APART



...continued from page 19...

1. Prepare in advance. Living a well balanced life will cause major shifts to occur less often and less dramatically.
2. When it strikes, do what you can to relax into the process and not deny, minimize, or blame. Also observe the natural stages of soul transformation—as outlined in this material. Do your best to work through each stage/phase.
3. Cultivate supportive friends who will NOT distract you but will instead support your process. Let them know you don't need them to "fix" you nor to tell you that their life is even worse. You just want them to listen and be supportive.
4. Don't be too hard on yourself. Give yourself credit for each moment of courage and each new insight. 5. Once it blows over, don't get too cocky, as it can swing back around and humble you. Also, during this phase, it's wise to listen and observe for either residual stuff that still needs to be processed or new inspirations that begin to appear, offering hints of some new direction.


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- 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)

## JUNE 2008

*June, June, sprightly June!  
The zephyrs dance to a magic tune  
As the swiftly fly o'er each mountain wild,  
And are kissed by the sunbeam undefiled!*

"The Poet's Song to the Month of June", William Heaton



es! This is the month dedicated to the **God-  
dess Juno, Queen of Heaven**. She was also the  
goddess of marriage and Her month is a wonder-  
ful time to get married. If you were ready for  
marriage in May, hold off! That month is for the gods and  
we mortals should wait until June to tie the knot.

"Tie the knot"? Where did that come from? Here are  
some theories:

1. Ancient Germanic Goths around 200 AD protected the virtue of the young woman by tying her in knots with a sort of corset which could only be untied on her the day of the consummation of the marriage, or
2. The Roman custom tying the girdles of women in a knot for their husbands to untie later, or
3. The ancient pagan custom of tying a knot during the marriage ceremony to signify the marriage. This practice is still done in the Wiccan Handfasting ceremony where the couple's hands are tied together during the exchange of their vows.

Whichever you choose, you can form that legal contract and seal it with a kiss as the Romans did. Afterwards, you can go out for a drink of mead, a drink of fermented honey and have your honeymoon just like the ancient Celts!

*June, June,  
fertile June!  
The wild birds are singing a  
joyful tune,  
Which rings through the  
woods in its wildest strains,  
Each valley its loveliest sound  
retains.  
Ibid.*

June is also the month to gather **St. John's Wort**, a herb of protection. On the day of the **Summer Solstice** (June 20th this year) people would gather St. John's Wort which they would hang over their doorways to keep out the devil. Young maidens would pick the plant to use in divination to determine their future lover.

## JUNE 2008

- Jun 3rd - New Moon at 3:23PM EDT
- Jun 9th - Jewish: Shavuot beginning at sundown
- Jun 13th - Egyptian: Ceremony of Heru (Gr. Horus) the Beloved
- Jun 15th - Orthodox Christian: Pentecost
- Jun 16th - Sikh: Guru Arjan Dev martyrdom
- Jun 18th - Full "Planting" Moon 1:31 PM EDT
- Jun 20th - Summer Solstice at 6:59 PM EDT
- Jun 20th - Wiccan, Neopagan: Litha (No. Hemisphere)
- Jun 20th - Wiccan, Neopagan: Yule (So. Hemisphere)
- Jun 26th - Egyptian: Holiday for the Shemsu of Heru (Shemsu-Hor) Warriors of Horus



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

Before the 1400's, the ring was placed on the index finger. This was changed to the third finger because it was believed that this finger had the "vein of love" that led directly to the heart!



*Since you've asked ...  
here it is*

## PLAYLIST APRIL 2008 COSMIC MASS MELBOURNE, FL

**DJ:** Chris Hess

**Walk-in Music:** Between Worlds by Hemi-Sync  
And live Didgeridoo by Glenn Owen

**Opening Song:** Awaken Spirit (live)  
With Rosalie Bianco and the Gathering Band  
Written by Rosalie Bianco

**Powwow Chant:** Ancient Spirit Drummers (live)  
Led by Tolly Tucker

**First Dance Segment:**  
Amma on **cd Drums on Fire**  
By James Asher and Sivamani  
Kotahitanga (Union) Beatmasters Mix  
on **cd Oceania** (music of New Zealand's native people, the  
Maori, brought into the modern world)  
Sous Le Soleil by Major Boys on **cd Rasa Exotica II**

**Communion/Healing Circle Music** (all live music)  
**Ave Maria** performed by Carmen Rodrigo & Ishtar  
**Imagine** (written by John Lennon) performed by Rosalie  
Bianco & Bo Frazer  
**Deliver Me** performed by Julie Hall and the New Way  
Choir, led by Melanie England

**Hand Dance Music:** Track 4 on **cd Goddess** by Troika

**Second Dance Segment:**  
Tracks 6, 7, 8 from **cd Buddha Bar VIII**  
Disc 2: New York  
6. Balkan Vocals by Sanja Ilic & Balkanika  
7. Angels in the Desert by Alberto "Beto" Una  
8. Good Morning Paris by Dan Mariciano

**Closing Song:** You Are Home from **cd Masters of Love**  
Performed live by Robin Krasny & the New Way Choir  
Written by Robin Krasny



## 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

From [www.newworldlibrary.com](http://www.newworldlibrary.com)  
Mental Resilience: The Power of Clarity - How to Develop  
the Focus of a Warrior and the Peace of a Monk by Kamal  
Sarma

Aromatherapy for the Soul by Valerie Ann Worwood  
Sit Down and Shut Up by Brad Warner  
Instinct for Freedom by Alan Clements  
Wisdom Walk by Sage Bennet

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  
The Key by Echo Bodine

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

From [www.soundstrue.com](http://www.soundstrue.com)  
**Gabrielle Roth dvds**  
**Ecstatic Dance Collection**  
**The Wave • Inner Wave • Power Wave**

# PSYCHIC FAIRS Calendar



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**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.

**Sat. June 21st 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. June 21st Port Charlotte Psychic Fair** at  
Starchild. 12pm - 5pm. First come, first read. 941-  
743-0800. [www.starchildbooks.com](http://www.starchildbooks.com)



**Sunday June 22 Cocoa Village**  
**at Earth Rhythms 11am-3pm**  
204 Brevard Avenue  
Corner 520 and Brevard Ave  
321-631-5700

**Sat. June 28 Vero Beach**  
**11am-5pm Psychic Fair \$25**  
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)

**3rd Saturday of month**  
**Table Tipping Seance**  
**Psychic Fair 2nd Weekend in Orlando**  
**In person Readings, Phone Readings**  
Dennis Hollin 407-721-3396



**June 14-15 at Melbourne auditorium**  
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astrologers, and stores that  
hold psychic fairs



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





## HOROSCOPES FOR

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".**

Think back this time four years ago to what you were going through, as you remember; the lesson will be perfectly clear. This time around you have an opportunity to rise to the occasion to make a difference in someone else's life, because of your experience.

### **Taurus: April 19/20 to May 20/21 "I Have".**

For you to experience the kind of success that you have been longing for, you have to be willing to give it all you got! Your emotional body is feeling very intense lately, your Solar return month is the perfect time to transform your old patterns into productivity.

### **Gemini: May 20/21 to June 21 "I Think".**

A short trip may be what the doctor ordered as a stress reducer, to ease your mind as you learn to take a fresh approach to solving problems. As a Gemini, you are very much inside your head. Others close to you do not enjoy being kept out of the loop. Your lesson this month has to do with effective communication.

### **Cancer: June 21 to July 22 "I Feel".**

This is not a good time to try and hide your real feelings, this is your owning up phase of life, where everything you've ever done gets thrown in your face, and you just have to deal with it the best you can. At some point in your future you will access a higher state of awareness that you cannot hide from any longer.

### **Leo: July 22 to August 22/23 "I Will".**

Transiting Mars in Leo will serve to fire up and activate your focus, as well as energize yourself a renewed sense of peace. Your time is being spent having fun with family and friends. Any creative adventure can be a very good learning experience.

### **Virgo: Aug. 22/23 to Sept. 22/23 "I Analyze".**

Why do you continue to torture yourself with too many details of what you should have, could have done? To ease your own crazy thoughts, the gift of gratitude is the place to plant many positive seeds of change. Your ability to pay attention to details helps you focus deeply with intent.

### **Libra: Sept. 22/23 to Oct. 23 "I Balance".**

You are the King or Queen of balance, or out of balance. You walk softly until such and such may disturb you for the very last time, so your patience ran out, you are only human. A modern day saint when it comes to giving life all you got. Balance is another word for Divine timing.



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# JUNE 2008

**Scorpio: Oct. 23 to Nov. 22 "I Transform".**

This month is very ruthless when it comes to having any personal time. Take advantage of being busy, it is times like these that help you get ahead, plus your amazing ability to stay on task. Create a vacuum to get rid of the old to make room for the new.

**Sagittarius: Nov. 22 to Dec. 21 "I Perceive".**

You are in a very positive Moon phase. Take advantage of the current line up of planets to understand the frequencies around you. You are in the biggest learning curve of your life, learn all you can because soon you will be teaching it. You feel nurtured when you learn.

**Capricorn: Dec. 21 to Jan. 19/20 "I Use".**

It is hard to fly when one has weights around their ankles, yet alone try to move forward in life. Your "steady, sure as you go" approach is very successful. You have worked through many a setback with delayed timing, but now is the time to move forward.

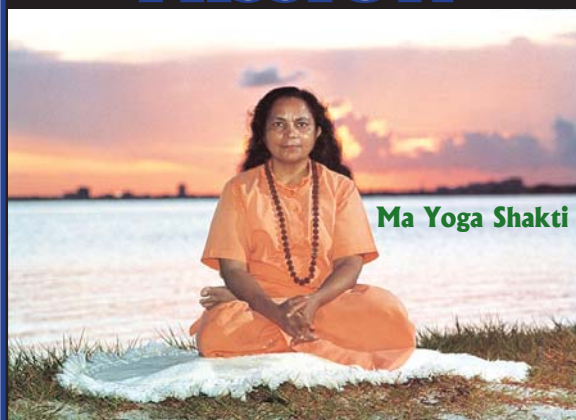
**Aquarius: January 19/20 to Feb. 18 "I Know".**

Intuition plays a huge part in your ability to trust yourself. Creativity is a state of mind as you tap into the flow of life force energy. You can become a sort of visionary when you focus on what you want your future to look like. As you continue to follow your passion, you will continue to feel fulfilled.

**Pisces: February 18 to March 20 "I Believe".**

If you find yourself changing jobs often, just remember that each job is a stepping stone towards a more fulfilling career. It could also be that you are having to work under hectic circumstances. It is all about flow, so just go with the flow.

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Val Anderson 9 -10 am

**Thursday 7-8 pm**

Chip & Shyama Iacona



**Ramayan**

**Chanting**

Sundays

10:15-11:15 am

**Bhajans**

**Kirtans First Wednesday**

of Month 6.45- 7 45 PM

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Avoiding repetitive personal mistakes.

Resolving guilt over past mistakes.

Knowing that a tough time in your life is happening for a good reason and has a beginning and an end.

Removing prejudice about others who are made up of the same ingredients as yourself even if they are arranged differently.

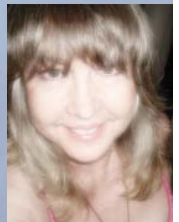
Being able to learn from history.

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## **SOUL CENTERED ASTROLOGY REPORTS**

**BY ANDREA DE MICHAELIS**

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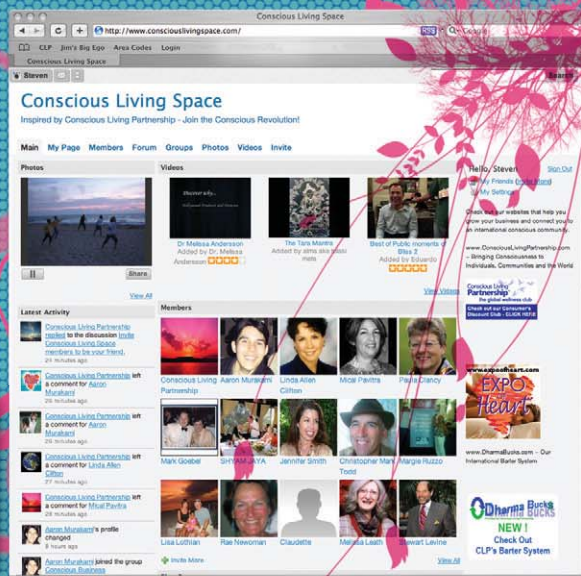
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As hopeless as any situation  
feels, it's really only your thoughts  
that you're dealing with. And you  
have the power to change those.

Louise Hay



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Ordained by Paramahansa Yogananda in 1951, Roy Eugene Davis has  
taught spiritual growth processes for more than five decades in North  
and South America, Europe, Japan, West Africa, and India.



Paramahansa Yogananda