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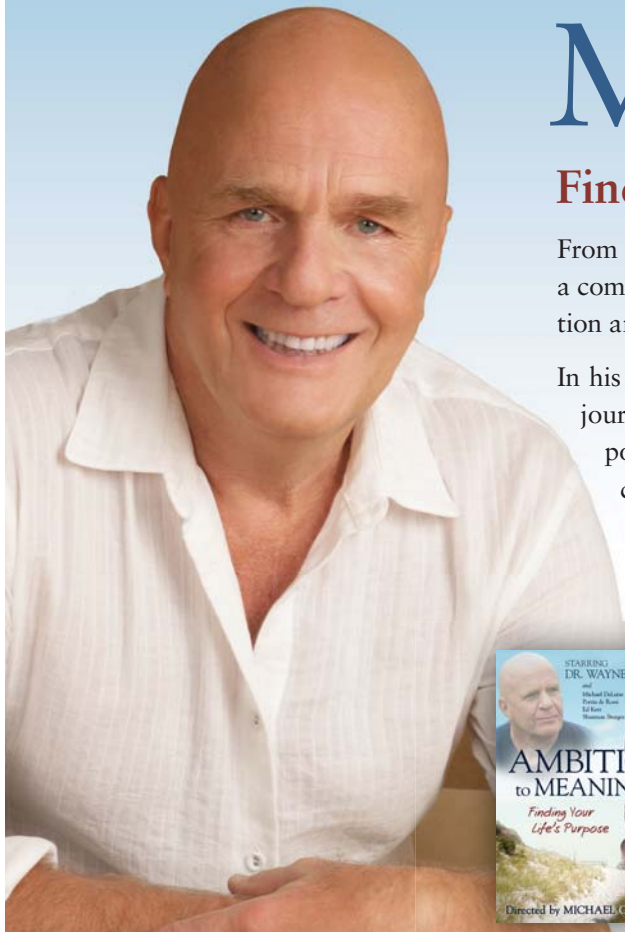
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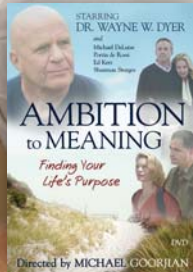
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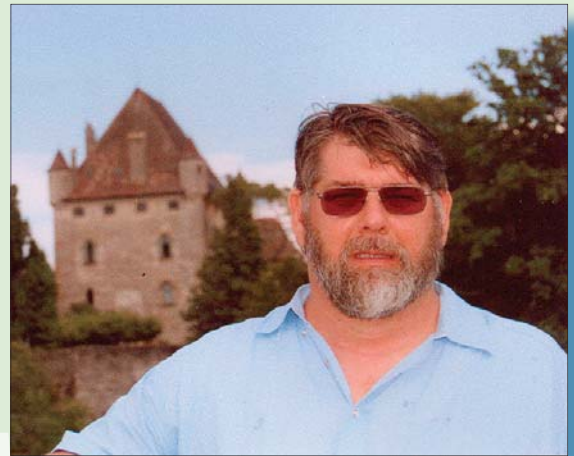
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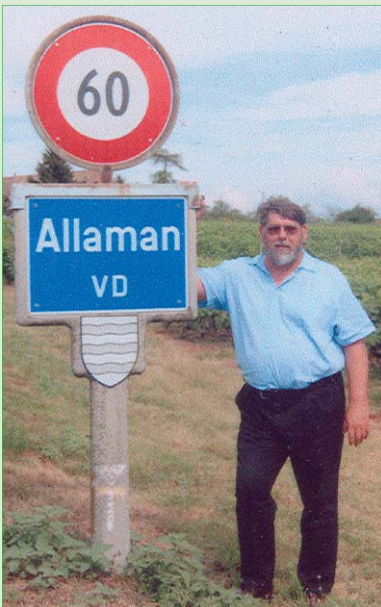


CREDENTIALS:

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

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

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



Albert Bowes is a **REAL** psychic detective who has worked with local and national law enforcement agencies. Visit him online at www.psychicconsultant.org

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SEE is a Spiritual Education and Enrichment program in conjunction with Unity Institute, Unity Village, MO. For complete information, see our web-site: www.unityofmelbourne.com. The following classes are being offered Monday through Friday. Rev. Dr. Paul Hasselbeck, Unity Institute Dean of Spiritual Education and Enrichment, will be teaching The Twelve Powers of Man (from 8:00-9:50am) and Meditation Practices (from 10:00 until noon). Rev. Linda Machesic, minister at Unity Church of Vero Beach, will be teaching Bible Interpretation: Hebrew Scriptures (from 1:00-2:50 pm) and The Christ in the Bible (from 3:00-5:00pm).

Sunday through Wednesday evening at 6:30pm, Rev. Therese Lee, associate minister of Unity Southeast in Kansas City, MO, will be teaching Loving What Is, based on Byron Katie's book. These classes are open to anyone and will be a blessing to you in your spiritual growth. The daytime classes are considered required classes and the evening class an elective for people who wish to become a Licensed Unity Teachers or a minister.

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HORIZONS

Publisher/Editor/Layout:
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Cha Cha La Belle
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Sally Carmany
Gerald Head
Denise Marr

Cover art (see page 34):
Renaissance Goddess
by Sharon George

Contributing writers:

Patricia J. Crane, Ph.D.
Michelle Whitedove
Richard A. Singer, Jr.
Esther & Jerry Hicks
Cecelia Avitable
Karen Williams
June K. Brown
Morgana Starr
Steve Pavlina
Barbara Lee
Sharon Janis
Alan Cohen
Mike Dooley
Tom Sannar

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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.

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email 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...

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

Hello and welcome to the **January 2009** edition of **Horizons Magazine**. I had 4 days of a tummy flu during final layout week for this issue, so I lifted this month's article from my blog.

Oh, right, I now have a blog online at <http://horizonsmagazine.com/blog/>. It just gives my daily ramblings. Also, by the time you are reading this, you should be able to sign up for our newsletter at <http://horizonsmagazine.com>. The newsletter will simply be items of interest in the new age/personal growth genre, we may send one a month. We will not be sending you solicitations or forwarding anyone else's posts to you. Promise!

I had a dream once, once of those dreams that sticks with you forever. In the dream, I am wandering around an open pasture kind of landscape, not really seeing anything, but not particularly seeking anything either. In the dream, along comes my father, who was a carpenter, and he's wearing the khakis he always wore. He's also carrying his carpenter's box, you know the kind, long and slim to fit saws, hammers, nails, rulers and maybe a couple of lengths of wood.

In the dream I am asking him for money. In real life at that time, my father was in Baptist Hospital in Miami, FL in June 1987 in a coma after a suicide attempt, and he would die a week later on Father's Day. In real life, I never asked my dad for money as he had none and I earned good money as a criminal defense paralegal. I was, however, at an intense stage in my life of asking, "what next?"

So in the dream, here comes Daddy while I'm wandering aimlessly in an empty field and I'm asking him to loan me some money. He's ignoring my request or, rather in answer to it, he opens me his tool chest. I look into it and think "what on earth will I do with this?" since I'm not a carpenter. So then it becomes like this magic box that anything came come out of and even though it just looks like 3 boards and a handful of nails and hammers and saws, out of those few items he could create all sorts of things. He could put it all together one way and it would be a ladder; another way, a bridge; another way, a rocking horse for a kid.

Then suddenly in the dream he's gone and I can either take the box with me, or just leave it. For the sake of sentiment, I figure I'll take it for awhile until I figure out what to do with it. First I dismantle the ladder he built last, since it fits in the box when I take it apart and seems to feel lighter. I save the nails since I am not sure how many there are.

The box gets a little heavy as I walk along and it gets a little more awkward once I'm no longer in an open field but now maneuvering through wooded trails. Twice I came to streams that I built a bridge to cross and once I made this never-ending ladder to scale a wall and get over on the other side. I was starting to appreciate this tool box. After I scaled the wall, I went to dis-assemble the ladder and remove the

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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, *Money and the Law of Attraction* and their dvd, *The Secret Behind "The Secret"!* www.abraham-hicks.com.

I Make the Best of Every Situation

Do you know what you are wanting? Are you enjoying the evolution of your desire? Do you like that fresh, new feeling of a new desire just hatched; the awareness that there is something more to move toward, even before it is manifested? Do you still like that?

That is the most significant question, and your coming to a confident answer of yes is a most significant thing for you, because when you have reached the place where a new, unfulfilled desire feels life-giving to you, then you have completely reconnected with who you really are.

When there is something that you desire and it has not yet manifested, and you cannot yet see the path through which it will manifest, and you are discouraged, then you are forgetting that you are an Eternal Being and that you never get it done. But when there is a new, unfulfilled desire, and instead of torturing you with its absence, instead it calls you with its idea--then you are Source Energy, physically embodied, and right on track.



Rev. Dr. Janet Claire Moore
Spiritual Reader, Channel and Counselor
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So often, our physical friends feel frustration in their unachievement of something, as if once it manifests, then everything will be better. And while we do agree that it is fun to manifest, and we wish for you that your every desire be fulfilled, we want to remind you that when each desire is fulfilled, many more will be newly hatched.

And when you finally relax and accept that you and we are all Eternal Beings, and that we never get it done, then sometimes, perhaps if you will let it, it will take the sting out of what is not fulfilled. When you are no longer feeling uncomfortable about what is not fulfilled, but are satisfied with what-is, while you are eagerly reaching for more, now you are in the perfect vibrational stance to allow steady fulfillment of ever-evolving new ideas.

When you stand in your place, observing what-is, and letting what-is be primarily the reason, or the basis, for the vibration that you offer, what-is cannot change, because your vibration is only about what-is.

*An attitude of
satisfaction about
what-is, an attitude
of making the best of
what-is while
you are eagerly
anticipating an
evolution of
what-is ~ that's the
perfect vibrational
stance*

Law of Attraction says, that which is like unto itself is drawn. So, if you stand in an awareness that you don't have enough money, and you talk about it and you feel around it, and you perpetuate a continuing vibration of not enough money, even though you're asking for more, and even though you may be offering action which should accommodate more--more cannot come because it is vibrationally different from the vibration that you are usually offering.

And so, an attitude of satisfaction about what-is, an attitude of making the best of what-is while you are eagerly anticipating an evolution of what-is--that's the perfect vibrational stance.

Optimism brings you so much; pessimism keeps it from coming. Eagerness brings you so much; disappointment keeps it from coming. Happy anticipation brings you so much; discouragement keeps it from coming. Joy and love and appreciation brings you so much, while anger and depression and fear keep it from coming.

Now, those emotions don't actually keep it from coming. They are just indicators that while you feel that way--it's not coming. In other words, your emotions are your indicator of what you are doing with your vibrational mix. Emotions are indicators of your Vibrational mix.

So, the happier you are, the more you are allowing who you really are and what you really want to come. The more unhappy you are, the more you are resisting it.

...continued on page 19...



PERSONAL DEVELOPMENT FOR SMART PEOPLE

The following is taken from StevePavlina.com, Personal Development for Smart People. Steve has also authored a book by the same name which is available at all bookstores or online at: www.hayhouse.com. Visit online at www.stevepavlina.com

How to stop Complaining

Perhaps the most important step in quitting the habit of complaining is to disconnect the undesirable behavior from your identity. A common mistake chronic complainers make is to self-identify with the negative thoughts running through their minds. Such a person might admit, "I know I'm responsible for my thoughts, but I don't know how to stop myself from thinking negatively so often." That seems like a step in the right direction, and to a certain degree it is, but it's also a trap. It's good to take responsibility for your thoughts, but you don't want to identify with those thoughts to the point you end up blaming yourself and feeling even worse.

A better statement might be, "I recognize these negative thoughts going through my mind. But those thoughts are not me. As I raise my awareness, I can replace those thoughts with positive alternatives." You have the power to recondition your thoughts, but the trick is to keep your consciousness out of the quagmire of blame. Realize that while these thoughts are flowing through your mind, they are not you. You are the conscious conduit through which they flow.

Mental conditioning

Although your thoughts are not you, if you repeat the same thoughts over and over again, they will condition your mind to a large extent. It's almost accurate to say that we become our dominant thoughts, but I think that's taking it a bit too far.

Consider how the foods you eat condition your body. You aren't really going to become the next meal you eat, but that meal is going to influence your physiology, and if you keep eating the same meals over and over, they'll have a major impact on your body over time. Your body will crave and expect those same foods. However, your body remains separate and distinct from the foods you eat, and you're still free to change what you eat, which will gradually recondition your physiology in accordance with the new inputs.

This is why negative thinking is so addictive. If you keep holding negative thoughts, you condition your mind to expect and even crave those continued inputs. Your neurons will even learn to predict the reoccurrence of negative stimuli. You'll practically become a negativity magnet.



Charles Lightwalker

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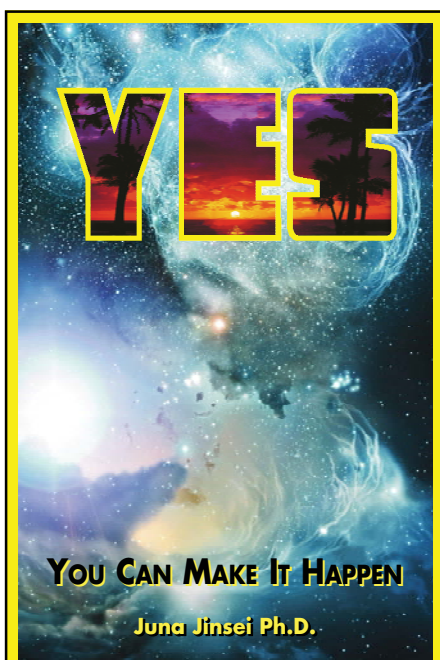
The trap of negative thinking

This is a tough situation to escape because it's self-perpetuating, as anyone stuck in negative thinking knows all too well. Your negative experiences feed your negative expectations, which then attract new negative experiences.

In truth most people who enter this pattern never escape it in their entire lives. It's just that difficult to escape. Even as they rail against their own negativity, they unknowingly perpetuate it by continuing to identify with it. If you beat yourself up for being too negative, you're simply reinforcing the pattern, not breaking out of it.

I think most people who are stuck in this trap will remain stuck until they experience an elevation in their consciousness. They have to recognize that they're trapped and that continuing to fight their own negativity while still identifying with it is a battle that can never be won. Think about it. If beating yourself up for being too whiny was going to work, wouldn't it have worked a long time ago? Are you any closer to a solution for all the effort you've invested in this plan of attack?

...continued on page 31...



This remarkable motivational book is the key to bringing balance and wholeness into your life so you can achieve your goals of perfect health, abundant wealth, and inner peace. It contains over a dozen metaphysical practices to open your mind, increase your awareness, and develop your seeking spirit. Juna shares the sufferings and joys from numerous heartfelt experiences that are excellent examples of how you can tap into, and apply your powerful personal energy as you journey on your path to enlightenment.



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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 JBr340@aol.com

TURTLE • MOTHER EARTH

As I was driving down a street in my neighborhood today, I saw a turtle making her way across the road in the distance. I slowed down to let her pass, but she stopped where she was, blocking my path. So I stopped to take a look at her.

I really didn't have time for this, though. I was in a hurry to get my cabinet delivery to it's destination and was wondering when Turtle would move on. She refused to budge so I put my truck in park and watched her. I could have gone around her, but I thought, "Well, if you are going block my path I guess I need pay attention." I noticed green pond scum covering her shell and the way her neck stretched out as she looked around. It reminded me of my grandmothers neck, which made me laugh when I realized that I was well on my way to having that same neck.

It seems I am always in a hurry. Everyday there is something pressing that needs to be done and it has to be done by a certain time. I have to be at the bus stop by a certain time to get my kids, or the bus driver won't let them off. I have to be at jobsites by a certain time or the builder will be unhappy. I have to write my articles by a certain time, or Andrea will be panicky! (Ha-ha!) It's just go, go, go all the time.

When I am in that mode of moving too fast, I miss out on a lot of good stuff. I don't see the world around me. The very world that we were all

born from becomes just a place for my feet to walk across. I end up ignoring Mother Earth and all that she has given to me just so I can make that deadline.

Turtle represents Mother Earth.



She reminds us to slow down, take our shoes off and feel the grass between our toes. She reminds us to stay grounded and to go within our shell to recuperate from the stresses of life and to connect to our spirit

guides. She reminds us to take care of the earth so that we can all enjoy this gift. She reminded me to stop and have a good laugh at myself.

Abundance follows those that take the time to develop their mind, body, and spirit. With the arrival of the New Year, I have decided to forgo the usual resolutions. Instead I am going to honor Mother Earth Turtle by...

1) Slowing down a little bit and going within.

2) Eating better so that I can live a long life.

3) Staying grounded to Mother Earth so that I can feel her vibrations.

4) Cleaning up the trash along the streets in my neighborhood.

What can you do to make Mother Earth a better place?

Be Well and Do Great Things!

WRITING AND LIVING YOUR NEW STORY

Patricia J Crane, Ph.D., is an author, speaker, and trainer. Her book, *Ordering From the Cosmic Kitchen: The Essential Guide to Powerful, Nourishing Affirmations*, is available on amazon.com or www.drpatriciacrane.com. You can also reach her at 800-969-4584. See ad page 21.



Throughout childhood, our unconscious mind is continually storing information, experiences and feelings about every area of life. As the various experiences combine, they become the stories that run us. We each have an internal story about money, relationships, career potential, health, and our own self-worth and abilities. Uncovering these internal stories is the key to transforming them. You have probably already done some inner work to discover some of your negative beliefs. But these internal stories are more complex than just negative beliefs because they also involve the emotional aspect of the story. They are like holograms inside you.

Take a moment to think quickly about some of the beliefs you learned about money growing up. You probably heard things like, "Money doesn't grow on trees. Rich people aren't nice. Easy come, easy go. There's never enough to go around." Now go beyond the thoughts to the feelings that stir within you when you remember those comments or the experiences that created the thoughts. You may realize there are feel-

...continued on page 30...



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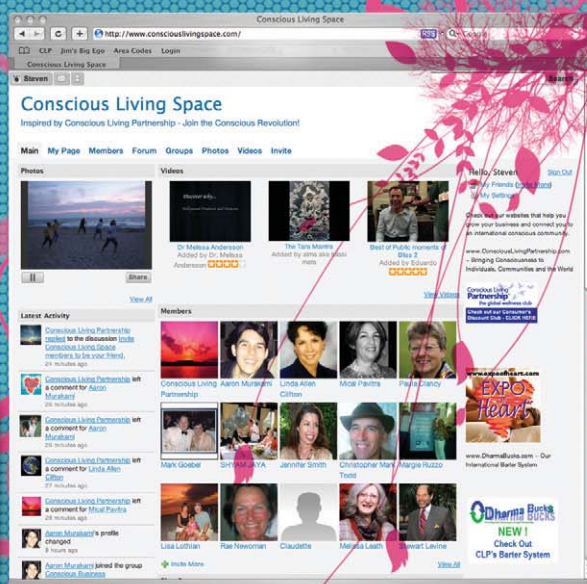
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Saturday, February 28th

*Find out what 2009
holds for you!*

HERB CORNER



Cecelia Avitable of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. For more information call 321-757-7522

OUTSMARTING THE BUG

The holidays are over, your guests have gone home and you have a whopper of a cold. Instead of turning to pharmaceuticals this year, why not give herbs a try.

In my opinion, herbs work much better for colds and the flu than pharmaceuticals because herbs increase the activity of the whole immune system including the cells that trigger an immune response in the thymus, tonsils, bone marrow, white blood cells, the lymphatic system, the spleen and your natural production of stem cells. Herbs have the advantage here because they are so complex; containing upwards of 100 different compounds in a single herb engaging all of the immune system.

For instance **Echinacea** has antiviral, antibacterial, anti-inflammatory and spleen enhancing properties making it an excellent herb for fighting a cold or the flu especially if you begin using it at the first sign of feeling ill. I have found that I get the best results when I take **Echinacea** every hour this way my white blood cell count remains high and my natural killer cells are always on guard.

Another herb for your immune arsenal is **Garlic** for thousands of years it has been known as one of the top herbs in the fight against many strains of viruses and bacteria's. It activates the immune system helping prevent infections from taking hold especially within the respiratory system. It was the herb of choice long before the discovery of penicillin I use **Garlic** on a daily basis since I am around many sick people in the course of the day. I have found that since I have been using **Garlic** I rarely get sick and if I should feel something starting up I take more **Garlic**. I have taken the equivalent of 10 cloves of **Garlic** in the course of one day and never burped **Garlic**; however when I am not ill I will burp just one clove.

Boneset is used when you have the flu and you are experiencing bone pain, fever and the chills; especially if you have had the flu for a long time or if you have a relapse. **Red Root** is especially useful if you have swollen glands or if you've been sick and nothing else seems to be working then I add **Red Root** into my protocol with additional herbs giving greater action to all the other herbs in the formula. I don't start with the **Red Root** I only use it when absolutely necessary.

RECIPE My favorite IMMUNE FORMULA contains

$\frac{1}{2}$ part Echinacea angustifolia root $\frac{1}{2}$ part Echinacea purpera root, $\frac{1}{4}$ part Goldenseal, $\frac{1}{2}$ part Astragalus, 1 part Oregon Grape root and $\frac{1}{2}$ part Red Clover Whole Blossom.

When we get sick at home, I begin simmering a large pot of water with a hand full of **Thyme**. This releases water droplets in the air containing antiviral, antimicrobial and antibacterial substances killing air-borne germs.

These are just a few herbs to enhance the immune system there are others like **Thyme**, **Elder Berry**, **Oregano**, **Licorice**, **Eluthero**, **Rhodiloa** and even **Green Tea** that help to out-wit bacteria and viruses.

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CONNECTING WITH YOUR ANGELS, GUIDES & TEACHERS \$10 mp3 file at www.horizonsmagazine.com. Designed to activate the third eye, expand awareness, develop psychic perception See page 46.

CHANGE YOUR EATING HABITS \$10 mp3 file at www.horizonsmagazine.com. By the power of suggestion, your desire to overeat will be replaced by increased willpower: your craving for unhealthy foods will be replaced See page 46.

SLEEPYTIME RECHARGE \$10 mp3 file at www.horizonsmagazine.com. Play this recording as you are falling asleep for restful rejuvenation. We can retrain our consciousness to create healthy beliefs. See pg 46.

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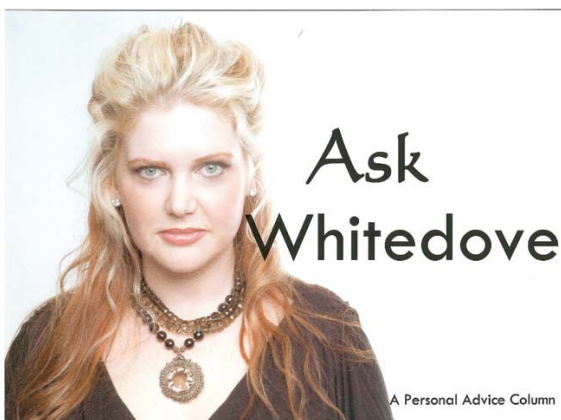
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Got a Burning Question, New Age terms nagging at you? Celebrity psychic Michelle White dove is a world-class medium whose mission is to empower humanity as a spiritual teacher and visionary. She has been featured on ABC, CBS, FOX, and PBS-TV. Lifetime Television named her America's #1 Psychic, Giving clarity on topics from Archangels to Zodiac, just ASK WHITE DOVE your specific questions www.MichelleWhitedove.com. Subscribe to Michelle's Video Channel www.YouTube.com/MichelleWhitedove. **Michelle is a Featured Speaker at EXPOofHEART.com on Sun Feb 22nd at the Broward Convention Center.**

Dear White dove, I am wondering what people are talking about when they refer to the Fairy Kingdom? I have to admit the idea is intriguing but I've never seen a fairy flitter by me either. On the other hand, I don't see how it's much different to believe in fairies than angels. Please shed some light on this for me. **Cosmically confused in CA**


Dear Cosmically Confused, I can understand how people would misconstrue the idea of the fairy kingdom into some out of this world fantasy fest, but that is not what we mean when we refer to the Fairy Kingdom. The fairy kingdom consists of all spiritual creatures that are earthbound, this means, Elemental Spirits (meaning spirits governed by the Elements of Earth such as water, air, fire) the animals and plants and of course the ever elusive fairies (also known as the angels of the Earth) not everyone will see Tinkerbell flying by with a sparkly wand, but their energy exists here just the same. They are in charge of protecting and aiding Mother Earth and all her inhabitants. Children are much more apt to see these spirits as their minds have not been programmed to disbelieve. I cannot stress enough to people that just because something is not in your view doesn't mean it does not exist.

Dear White dove, Please enlighten us, my friend and I disagree as to why predictions from psychics are sometimes accurate and other times so off the mark. How can I explain it to him? Why would the information that's coming from "The Other Side" end up wrong? **Seeker from Miami**

Dear Seeker, There is only one being that is omnipotent, and that is the Great Spirit. There are several factors that determine the accuracy of a psychic message or prediction. First there is Free Will. Psychics "see" the most probable future. Many psychic messages that are relayed to clients are given as a warning, not a predestined fate. If a psychic tells someone



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that they have a car accident in their energy that's not to say it will happen for sure, it is suppose to help them be aware of the danger and do things to prevent an accident from occurring at all: buckle up, be more cautious and drive with awareness.

...continued on page 22 ...

SECRETS

Excerpts from
Secrets of Spiritual Happiness



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

TRUST THE PERFECTION IN IMPERFECTION

The true work of art is but a shadow
 of the divine perfection.
 - Michelangelo

One concept that has been especially helpful to me on my journey of spiritual happiness is the idea that everything is always perfect - that this whole universe is perfect in a profoundly ultimate sense. One Hindi poem says that not even a leaf moves without God's will. Another poet declared that God can even hear the footsteps of an ant - imagine that! The idea behind these images is that God is all-perfect and all-knowing, and that this universe is God's creation.

The awareness of universal perfection within the appearance of imperfection is a magical key to faith, and faith is a magical key to spiritual happiness.

It is easy to accept that anything that has taken form in this world is inherently imperfect, including people and institutions. This is obvious from watching the doings of everyone from large corporations, to world politicians, to celebrities, to just about every kind of person who has lived on this earth. Imperfection is quite obvious in this world. However, what allows us to be spiritually happy, even in the face of worldly imperfection, is to open our eyes, minds, and hearts to discerning and accepting the idea of universal perfection. A vision of universal perfection allows us to relax into the deepest levels of our spiritual selves.

Just watch nature taking her disciplined courses of events, with seasons arising and subsiding with great steadiness (aside from a few ice ages and a bit of global warming here and there.) With our newest telescopes, we can see galaxies and universes being created and destroyed in grand dances of massive beauty. On this magnificent

...continued on page 29...



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Moon Ceremonies Full Moon Saturday, January 10th., New Moon Monday, January 26th, and Full Moon Monday February 9th. Starts 7:30pm. Bring a stick & Rattle, drum and a dish to share.

Shamanic Sand Painting Class Wednesday, January 14th, 7-9pm Journey and create a visual representation of your own sacred symbols. Materials will be provided RSVP \$20.00.

Munay-Ki Shamanic Rites of Initiation Free Introduction Thursday, January 15th, 7-9:00 pm. Learn about and how you can receive the 9 rites of initiation transmitted by the Inka Shamans of Peru. These rites accelerate the transformation process of human consciousness and awakens the "seer" within and the ancient and future wisdom within you.

Shaman's Community Tuesday, January 20th, 6:30-8:30pm
 Local Shamanic Practitioners providing healing work **free** to the community.

Drum Classes Every Tues. \$15. Ask about our free Community Drum Circle.

FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including *I Had it All the Time*. This January Alan inaugurates *All About U.*, a university without wall for people without limits. For more information on *All About U.*, Alan's free inspirational quote program, or his daily Wisdom for Today lessons via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



What a Difference a Degree Makes

When you set out on a journey, the direction in which you are pointed at its outset makes a huge difference where and when you arrive at your destination. If you alter your course by one degree when you begin, where you end up could be altered by a hundred or a thousand miles.

So it is when we begin a new year. If you are clear on where you want to go, you will get there far more rapidly and efficiently than if you harbor intentions that are mixed or other than your true choices.

To upgrade your year, begin by upgrading your expectations. I know a woman whose father was the vice president of **TWA Airlines**. When she was a girl, her father took her on lots of flights with him. Since he was a VIP, the two always flew first class. When this girl grew up and travelled on her own, lots of airlines gave her upgrades without her even asking. "It's sort of a miracle," she told me. "They just put me up front." The airlines did not know who her father was, but the **Law of Attraction** was operating flawlessly. The experience of flying first class was imbedded deep in her psyche. Although she did not think about it consciously, her expectation created results. The folks who gave her the passes had little idea they were agents of a system far broader than the airlines.

Take a few precious moments this month to decide where you really want to go this year. When touch typing on a keyboard, the first step is to position your right index finger on the letter "J." From that point your other fingers are aligned with the keys they are intended to press. Once your fingers are on the right keys, you can type for an entire session without having to look at the keyboard again.

If you misplace your starting finger, all of your other fingers are out of position and nothing you type will make sense. The word "hello" will be printed as "jr::p" and "love" will come out as ":pbr." When you at the right place, everything that follows makes sense.

...continued on page 30 ...

Gregg Braden in Naples

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NIGHT SNACKERS LOSE THE URGE!

"I'm down 15 pounds and I no longer have the urge to snack in front of the tv. Who knew it could be this easy? I don't know how it works, but it works. Thank you." See Page 46

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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 runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, and happiness. Visit www.tut.com to sign up for free daily Notes from the Universe!

*For those who are truly enlightened,
they have but to open their eyes upon
making a "wish," to see the entire Uni-
verse conspiring on their behalf.*

*For those not so enlightened, it's the ex-
act same, except upon opening their eyes,
they usually just see "stuff" - and so they
lose faith, forget to give thanks, and are
just too frightened to "buy the shoes."*

Such a pity.

*Tallyho,
The Universe*

FEEL ICKY FOR NO REASON? SEE PAGE 46

*"I used to think I had chronic fatigue or
was depressed, but I think now it was all
related to my habit of thinking. I have
more energy now, more clarity and feel
motivated. Thank you."*





ABRAHAM-HICKS

...continued from page 8...

We call this gathering the Art of Allowing as compared to the art of resisting. In other words, allowing your connection with who you are, allowing the receiving of what you've been asking for. And the easiest way to hear "Allowing" is, letting in the good stuff--letting in what is naturally Well-Being, and what is naturally yours.

Sometimes when we talk about Allowing, people misunderstand and they think that Allowing means finding something unwanted and just putting up with it--allowing whatever is to be, and not fussing over it. That isn't what we mean by Allowing at all. By Allowing, we mean, finding, through choosing thought, things that feel good when you think them, and practicing those kinds of thoughts that feel good, so often, that they become the dominant vibrational proclivity within you. In other words, you just practice it until it's easiest to go there.

The Art of Allowing, is deliberately choosing thoughts that feel good, with an ear to how the thought feels as it evolves within you. The Art of Allowing, is wanting so much to feel good, that whether you are perusing the past or the present, or the future, you're deliberately looking for the best-feeling thought that you can find. And as you choose the best-feeling thought and practice it until it becomes a sort of natural feeling within you, then more and more of that which you want flows to you.

There is not a source of illness and there is not a source of poverty, and there is not a source of darkness. You know that. You don't say, "The sun came up this morning and brought the light, and the blob came up tonight and brought the darkness." You understand that there is a Source that can be muted or resisted, or disallowed, and that's how it is with Well-Being. Well-Being is natural to you.

...continued on page 28...

By Allowing, we mean, finding, through choosing thought, things that feel good when you think them, and practicing those kinds of thoughts that feel good, so often, that they become the dominant vibrational proclivity within you

Rev. Clara Gross

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Rev Scott Sherman 1:00 - 2:30 PM Sacred
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2:40 - 7:00 PM Individual Healing Sessions
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Monday Feb 2: Rev Scott Sherman
9:20AM - 6:00PM Individual Healing
Sessions (suggested offering \$60 but no
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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 www.yourdailywalk.org/ or E-Mail him at RAS9999@aol.com.

"The wisest mind has something yet to learn."
George Santayana

MEDITATION

To truly believe that you know the entirety of anything is pure foolishness. We only have knowledge of what our mind believes to be the truth, but we all possess our individualized truths. Always be open and willing to learn other human being's truths and beliefs.

Our truths are always changing and evolving and this is the pure beauty of life and our vast range of experiences. Never close your mind to the world; this is the one mistake that you cannot afford to make.

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How will you open yourself up today to a new reality?

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**CAN'T MEDITATE?
BET YOU CAN.**

SEE PAGE 46

"I never felt very successful at meditating until now... things don't worry me as much now. Thanks for the kickstart."

GIVING WITH A THANKFUL HEART WITHOUT GIVING YOURSELF AWAY

Raised in Africa as a missionary child, Morgana Starr is Third Generation Reiki Master/Teacher, Usui Method, Psychic/Medium, Licensed Minister and Melchizedek Healing. Morgana specializes in Dragon classes. Morgana is the author of *DRAGONS LEGACY*, Book One in the Path of the Dragons Series. For excerpts and more information: <http://www.morganastarr.com>



"Oh, my gosh!" Mary exclaimed loudly as she went to pick up the phone. The caller ID showed Suzie's name. "Just one evening to myself, that is all I want!" She took a deep breath, trying to center herself like she had learned last night in her stress relief class.

As she exhaled, she answered, "Hi, Suzie, how are you?"

"Oh, not so good. I had a bad day at work and a lot of stuff has been going on lately. I just needed someone to talk to," Suzie said sadly.

Every time she had talked to Suzie, it was the same subject. The conversation always ended by Mary feeling exhausted! She tried to give her good advice, though Suzie rarely took it.

Bracing herself Mary replied, "So what is going on?"

The next few minutes were filled with the details of the drama in Suzie's life. It seemed that Suzie invited drama and wallowed in it. Mary felt herself getting more and more tired.

Earlier in the evening Mary had felt energized as she listed all the things she was thankful for on a piece of paper. As she reflected on her blessings taking slow deep breaths, she actually felt tingles of energy going through her body. The night before her teacher had said that if you focused on the things you were grateful for, you would open yourself as a divine channel of love. Then when you gave to another person, it was not your energy being used, but divine energy coursing through your body, energizing you and helping another. This seemed rather distant in Mary's mind as she listened to Suzie ramble on about her troubles.

Mary's head started to pound, just as Suzie said, "On top of everything I have had this horrible headache for the past three days!"

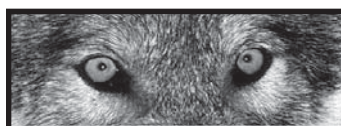
This reminded her of her teacher telling the class that sometimes you can actually take on another's pain if not properly shielded.

"I am sorry," Mary managed to say before Suzie continued her dissertation.

This gave Mary time to practice what she had learned last night. She visualized herself in an impregnable tube of light. The top reached up to the Heavens, the bottom in Mother Earth. She took a deep breath in, visualizing that it was entering the top of her head filled with golden unconditional love. As the breath flowed down her body she could feel the weariness and even her headache leaving with it as it exited through the bottom of her feet.

"I just don't know what I am going to do," Suzie whined as she seemed to have finished her discourse.

...continued on page 42...



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Ask
Whitedove

...continued from page 15...

On global predictions: Due to the Free Will of all the billions of souls who are focused on the same global issues and unifying their thoughts future predictions can often be swayed according to what our collective consciousness is creating. The 2008 US Election is a perfect example of the collective consciousness in action. Remember Psychics and Visionaries give predictions based on the most probable outcome at the time, BUT the future is always shifting!

Another thing to consider is that psychics glean their messages through communication with Great Spirit, their Angels and their guides. Great Spirit is never wrong but the reader can be. Heavenly Spirits do not have a set of vocal cords, so a psychic medium that is "plugged into" the divine intelligence receives the information as a Knowing. But if the readers' intellect or ego gets in the way, this will influence the information.

But I'd like to remind you that everyone has intuition and psychic abilities. You have the answers with in. Though prayer you are speaking to the Great Spirit. And once you practice the art of meditation, then you will begin to hear the solutions to your personal issues. God speaks to all of us, it's just that some people have forgotten how to listen.

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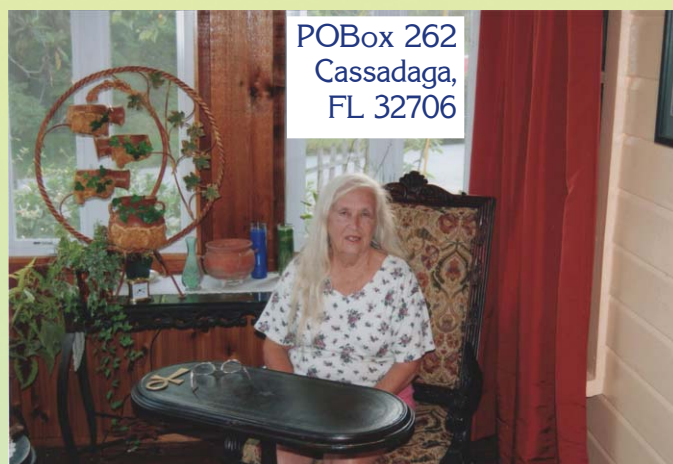
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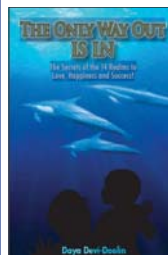
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ABRAHAM-HICKS

...continued from page 19...

Comparatively speaking, proportionately speaking, Well-Being is so huge and the lack of it is so small. So how does lack

*How does
lack of
Well-Being
get such a
foothold in
anyone's
experience?
It all has to
do with the
vibrational
airtime you
give it.*

of Well-Being get such a foothold in anyone's experience? It all has to do with the vibrational airtime you give it. In other words, the more you look for reasons to feel good, the more you find the vibration of that. And the more you find the vibration of that, the more Law of Attraction brings you other things that match it. Haven't you noticed that sometimes you can get on a positive roll? And haven't you noticed that sometimes you can get on a negative roll? When you get focused upon something that doesn't feel good--Law of Attraction will bring you more things like it.

As humans become more observers and less deliberate thinkers, then you can get more of what-is and less of what you are wanting. In other words, most people offer a tremendous amount of their vibrational outpouring in response to what they are observing. And

that's why you want so much to control the circumstances around you. When you look at circumstances that make you feel good, it feels good. When you look at circumstances that don't make you feel good, it doesn't feel good. And then you say, "We've got to do something about controlling these circumstances. We need more laws. We need more rules. We need to contain the others. We need more parental guidance. We need more governmental control. We need more protection against this and this, and this."

And what we want you to realize, is that there is no protection against a vibration that you achieve, because Law of Attraction says, that which is like unto itself is drawn. So, if you look at that thing that you want, often, and you talk about it, and you say yes to it, then you achieve vibrational harmony with it--and it must come into your experience.

But when you look at that thing that you don't want, and you shout no at it, it must come into your experience, because this is a Universe based upon attraction--it is all about inclusion. There is no exclusion in an attraction-based Universe.

Every time you spend time looking at something unwanted, you just practice the vibration that attracts it to you. That's why diseases get worse after diagnosis, usually, for awhile, until somebody convinces you that there is a remedy that you can focus upon.

Our encouragement to you is that you make a decision today and practice it every day from now on, that says: I am one who makes the best of every situation.

When you are making the best of something, no matter how bad it is, it's got to get better. And as it gets a little better, and you still make the best of it, it's got to get better. And as it's still not very good, but you're making the best of it--it's got to get better.

Sometimes, you catch yourself deliberately making the worst of something, and exaggerating your problem. And we know where you got that. When you were little, you had to plead a pretty needy case to your parents who appeared to be the vortex through which all your Well-Being came. And when you said, "I really want something," their answer was often, "But you don't need that." And so, you developed, very carefully, deliberately calculated patterns of expressing need to those that you believed were the givers of the goods. "I neeed it! See how I'm suffering without it?" And we say, it might have worked a little bit with your parents as you eked out a mediocre improved life, but it does not work with the Universe that has the ability to grant all desires.

Whatever it is you are achieving vibrational harmony with is what you are living. If you ever want to know what the vibrational content of your outpouring is, just look at the manifesting around you, because the manifesting around you is always a perfect Vibrational Match to the vibration that is dominant within you.

You are here because you are wanting to really be Deliberate Creators. And we want you to know that a Deliberate Creator is really a deliberate feeler. A Deliberate Creator is one who says, "I want so much to feel good, because when I feel good, I'm in alignment with that which is my Source." A Deliberate Creator does not demand that circumstances change so that you can have a better-feeling response to the circumstances.

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into your
experience*

...continued on page 32...

SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 16...

planet earth, oceans stay in their place, mountains remain firm, and animals of every species are born equipped with just the right instinctual knowledge to take care of themselves and their young. These are just a few hints of what universal perfection looks like in action.

On one hand, we must accept the imperfection of this world. This is important, because it keeps us from having unrealistic expectations that would become broken again and again, thus bringing unhappiness. With an acceptance of the imperfect nature of this world, we can actually attain more peace, contentment, and happiness, because we are no longer having our expectations broken and disappointed at every turn.

At the same time, we can trust in an ultimate perfection beyond the grasp of the limited structures and abilities of our minds. We can trust that, in some way, this entire creation simply must be perfect, even if it doesn't always appear so to our limited minds. This trust is a porthole into a different kind of knowing that brings faith, optimism, and hope to support and maintain our spiritual happiness.

Eventually, steeped in the vision of universal perfection, we swim in the faith and trust that everything in every moment is absolutely perfect, destined, and meant to be. Even while making efforts in the world, we rest in knowing that only the great universal power acts through us. No blame, no shame, no gain, no pain — just universal perfection dancing in front of us, around us, and inside of us, as us. It's not that everything has to always look perfect for us to choose to trust this perfection. Nor does it mean we wouldn't continue to make efforts to improve ourselves.

The awareness of perfection in imperfection is an inner knowing, an inner trust, and a soothing place of inner rest. We all know this perfection deep inside, because we are all one with the universal flow of perfection deep inside. It is like a thread, and we are all like beads on that one thread. Everything in this whole magnificent universe — from the tiniest revolving electrons to massive exploding galaxies — is strung on this thread of universal perfection. When you know that you too are an integral element of this amazing dance of universal perfection, then spiritual happiness is in your hand — and you are in the hand of spiritual happiness.

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LIVING YOUR NEW STORY

...continued from page 11 ...

ings of despair, resignation, or frustration. In your adult life, these feelings will be unconsciously triggered whenever you are dealing with money issues and you will sabotage yourself every time. This is why just thinking a positive affirmation isn't enough. First you need to uncover as much as possible of the internal story about money. Then the positive affirmation must also be FELT with feelings of trust and confidence.

Sudden memories can occur even after working on issues for years. One of our prosperity workshop members suddenly remembered an overwhelming sense of lack when her father was laid off from his job when she was six years old. Her parents panicked. Even though the family didn't starve and kept a roof over their heads, her feelings of fear and the belief that life could become unsafe at any moment, kept sabotaging her life in adulthood. Once she could release the fear and change her childhood decision, her life began to change dramatically.

Our unconscious minds are amazing. The often used image of an iceberg, with most of it below the surface, is a compelling one for understanding how much there is to uncover!

Two powerful methods for uncovering the old stories and then re-writing them are guided meditation and journal writing. These take some time and commitment, but it is worth the effort if you truly want to change your life.

Set aside some quiet time where you won't be disturbed. Play relaxing music in the background to help you get to an alpha state. Have a journal, pen and Kleenex nearby. Begin with one topic- your self-worth and abilities, money, relationships, etc. Close your eyes, breathe deeply for a few minutes to relax, and then ask yourself, "What did I learn about..... as a child?" Then let your mind drift back in time, allowing the memories and feelings to surface. As each memory comes up, talk to your inner child and tell him/her that it is safe to release the past and create what you want as an adult. Tell the child the new reality you want.

Imagine yourself with what you want in your life. When you feel complete with this part, open your eyes and begin to write your new story. Be as detailed as you can and use strong emotional words to anchor the new feelings and beliefs. Read your new story EVERY DAY for at least 21 days, morning and evening. As you experience your life changing, feel a powerful sense of gratitude to yourself and Spirit that this transformation is happening.

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FROM THE HEART

...continued from page 17 ...



If you really want to make your year extraordinary, consider not just the material things you wish to accomplish, but place your spiritual experience at the top of your list of priorities. In addition to your "to do" list, make a "to feel" or "to be" list. Each morning choose a word that describes the primary experience you would like to enjoy during your day. Flow. . . ease. . . joy. . . connection. . . exhilaration. . . inner peace. . . wholeness. . . self-honoring. . . and expanded life are all good choices. Then decide that no matter how many items you check off of your "to do" list that day, you will consider your day a success if you stay true to your "to feel" list. What's the use of getting 12 out of 15 things done if you feel harried, stressed, and lackful as you go? Behold the blessed contrast between ongoing frustration and a sense of having danced through your day. This is the difference between hell on earth and heaven on earth.

The only true measure of success is happiness. If you grow happier this year than you were last year, the year will be a huge success. If you achieve more in the outer world but are no happier, you cannot count the year as a success. Imagine how different our lives would be if we all placed spirit at the top of our priority list! In Paul's famous letter to the **Corinthians**, he notes, "When I was a child, I used to talk as a child, think as a child, reason as a child; when I became a man, I put aside childish things." Paul is not speaking of material things. He is speaking of spiritual growth. When we are spiritually immature we seek answers and fulfillment primarily from the outer world. As we mature, we find satisfaction in inner wholeness. We move from a standard of material nourishment to a standard of soul nourishment. That is the degree of shift that makes all the difference.

It matters not how many mistakes you made last year or in previous years. Regretting or bemoaning what happened will only keep you stuck in that energy and move you to repeat those experiences. It matters only what you want to do this year. Back to our typewriter analogy, if you find you have been typing on the wrong keys, the only reasonable action is to shift your fingers to the proper keys as quickly as possible. You don't need to apologize to the typewriter, flagellate yourself, or make an offering for your sin. You just need to get back on track. Any time you spend other than getting on the right keys is just more time wasted.

Imagine how powerfully your life and all of our lives would change if we all agreed to make this the best year of our life! The year will be great because we choose it to be so. As Thomas Paine declared, "We have it in our power to begin the world again." Now that feels like the right finger on the "J."



PERSONAL DEVELOPMENT FOR SMART PEOPLE

...continued from page 9...

Consequently, the solution I like best is to stop fighting and surrender. Instead of resisting the negativity head-on, acknowledge and accept its presence. This will actually have the effect of raising your consciousness.

Overcoming negativity

You can actually learn to embrace the negative thoughts running through your head and thereby transcend them. Allow them to be, but don't identify with them because those thoughts are not you. Begin to interact with them like an observer.

It's been said that the mind is like a hyperactive monkey. The more you fight with the monkey, the more hyper it becomes. So instead just relax and observe the monkey until it wears itself out.

Recognize also that this is the very reason you're here, living out your current life as a human being. Your reason for being here is to develop your consciousness. If you're mired in negativity, your job is to develop your consciousness to the point where you can learn to stay focused on what you want, to create positively instead of destructively. It may take you more than a lifetime to accomplish that, and that's OK. Your life is always reflecting back to you the contents of your consciousness. If you don't like what you're experiencing, that's because your skill at conscious creation remains underdeveloped. That's not a problem though because you're here to develop it. You're experiencing exactly what you're supposed to be experiencing so you can learn.

Conscious creation

If you need a few more lifetimes to work through your negativity, you're free to take your time. Conscious creation is a big responsibility, and maybe you don't feel ready for it yet. So until then you're going to perpetuate the pattern of negative thinking to keep yourself away from that realization. You must admit that the idea of being the primary creator of everything in your current reality is a bit daunting. What are you going to make of your life? What if you screw up? What if you make a big mess of everything? What if you try your best and fail? Those self-doubts will keep you in a pattern of negativity as a way of avoiding that responsibility.

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Negativity needn't be a permanent condition. You still have the freedom to choose otherwise. In practice this realization normally happens in layers of unfolding awareness. You begin to accept and embrace more and more responsibility for your life.

Assuming total responsibility

You see... the real solution to complaining is responsibility. You must say to the universe (and mean it), "I want to accept more responsibility for everything in my experience." Here are some examples of what I mean by accepting responsibility:

If I'm unhappy, it's because I'm creating it.
If there's a problem in the world that bothers me, I'm responsible for fixing it.
If someone is in need, I'm responsible for helping them.
If I want something, it's up to me to achieve it.
If I want certain people in my life, I must attract and invite them to be with me.
If I don't like my present circumstances, I must end them.

On the flip side, it may also help to take responsibility for all the good in your life. The good stuff didn't just happen to you. You created it. Well done.



ABRAHAM-HICKS

...continued from page 28...

A Deliberate Creator says, "I will choose--from what seems to be available--the very best-feeling thought, past, present or future, that I can find, and I will fixate on it until it becomes the reason for my vibrational offering. And I know that Law of Attraction will then accumulate around that vibrational offering. And then, I will reach for the better thought and the better thought, and the better thought."

And what you will discover is that there is always a better thought. There is always an even-happier thought than the happy thought you're thinking now. There is always even a better feeling--your capacity to achieve a better feeling is unlimited.

Source expands to the desire that is produced within you. So you said, "I love the idea of going forth into this physical time-space-leading-edge-reality on Planet Earth. I love the idea of the variety that is there. I love the idea of all of the others that I will co-create with. And together, we will, for one another, stimulate new ideas--new ideas that have never been before unto all of the Universe. And with each new idea that is born, I know that Source has the resources to flood to my new idea. All I have to do is flow with my new idea, too."

So, you stand in this place where contrast produces a desire within you--an unfulfilled desire--a desire that has not yet been manifested. And if you will, in the moment of the new, fresh desire being born, turn your attention to the new idea and think about how it will be, and feel the refreshment of the new idea, then Source flows through you and to you,

You could have 99 things going wrong in your life and one thing going right, and if you would beat the drum of that one thing going right, the other 99 would either have to go away, or improve, because Law of Attraction cannot abide in your vibration something that does not match

through you and to you, through you and to you, in this life-giving format. But if the contrast stimulates you to the new idea, and then you stand where you are, looking at where you stand, and you say, "Oh, I want this new thing, but look where I stand in relationship to it. I feel so far from this new thing that I want." Now you're beating the drum of what-is. And when you beat the drum of what-is, you are vibrationally resistant to the new idea.

When you find things that you appreciate and you use them as your point of focus, your world has to get better on all other fronts

So, the Art of Allowing is about recognizing the fresh, newness of the new idea, and as quickly as possible achieving vibrational alignment with the new idea. Deliberate Creating at its best.

Every time you practice the beating of the drum of something desired--Law of Attraction brings it closer. But every time you beat the drum of what-is, Law of Attraction holds it to you. There is much about your life that you want to keep--So beat those drums. There is much in your life you want to keep--So beat those drums.

Every day we hear Jerry and Esther talking about the perfection of their life. On and on and on, and on, they go. They have a motor coach that they travel in that delights them so much, because it is home away from home but always feeling as if they are home, and they talk about how wonderful it is over and over and over, and over. Anyone not understanding, listening to them, would think they had gone mad as they recount to one another how lovely this is, and how good that is, and how much they appreciate this.

When you find things that you appreciate and you use them as your point of focus, your world has to get better on all other fronts.

You could have 99 things going wrong in your life and one thing going right, and if you would beat the drum of that one thing going right, the other 99 would either have to go away, or improve, because Law of Attraction cannot abide in your vibration something that does not match.

You cannot feel good and be sick at the same time. You cannot appreciate something and blame something at the same time.

As you begin to practice, with a deliberate orientation, your vibration that feels good while you practice it, your life has to get better--Law of Attraction says that it must.

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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.

WHY AM I HERE?

I'm not here to fix a broken world,
I'm here to notice all the ways the world is not broken.

I'm not here to feel others' pain,
I'm here to applaud their triumphs.

I'm not here to grieve over the departed,
I'm here to know there is no death.

I'm not here to struggle my way to success,
I'm here to be happy - the greatest success of all.

I'm not here to compete for resources,
I'm here to know there is no lack.

I'm not here to search out the perfect partner,
I'm here to relax and let my partner appear.

I'm not here to forgive,
I'm here to forget it ever happened.

I'm not here to leave a legacy,
I'm here to live my legacy each day.

I'm not here to analyze the facts,
I'm here to view things with optimistic bias.

I'm not here to avoid trouble,
I'm here to focus on what I like and want.

I'm not here to envy others,
I'm here to concentrate on my own dreams.

I'm not here to preach a sermon,
I'm here to live with joy and let others draw conclusions.

I'm not here to control my environment,
I'm here to let it freely respond to my happy desires.

I'm not here to complain about the government,
I'm here to know I alone govern what enters my experience.

I'm not here to worry about the Earth,
I'm here to do my part and leave it at that.

I'm not here to await a compliment, promotion, or windfall,
I'm here to feel good right now.

I'm not here to reach an ultimate end-point,
I'm here to know there's eternally more.

I'm not here to humbly serve a Creator,
We are here to create together,
Thus expanding all-that-is.

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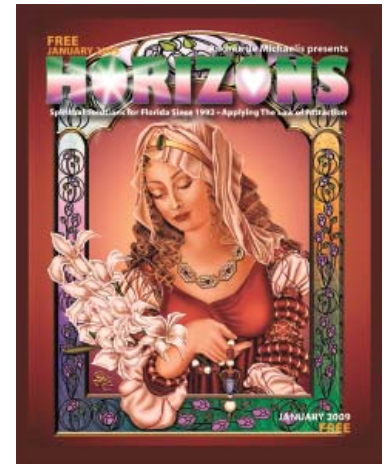
COVER ART

Renaissance Goddess
BY SHARON GEORGE

The Renaissance Goddess was licensed as a book cover by Hay House Publishers in 2002. The book, titled, "Archangels and Ascended Masters," was written by Dr. Doreen Virtue.

This image was also published in 2004 by Hay House as part of a goddess oracle deck by Dr. Doreen Virtue. You can discover more about Dr. Virtue's work here.

This image has shown and prints have sold in various galleries and shows, including the San Diego County Electronic Arts Show, where it won Honorable Mention, and the San Diego Museum of Arts Artists Guild Annual Show - 2002, and Comic Con International 2002 Art Show.



Sharon George: Award Winning Digital Painter of fantasy and goddess art. Her online portfolio is at 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.



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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

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

Wednesdays MELBOURNE 7:00 - 8:00 PM Body Types and the Enneagram Learn why some types are incompatible, while others are drawn together; why some want to be more intensely what they are, while others yearn to be their opposites. Various Melbourne area locations. FREE www.consciousregeneration.org or (877) 285-7142

Every Wednesday - KISSIMMEE - Meditation Circle 7:30 p.m. - \$5.00 donation. Spiritual Awakening 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

2nd Wed, PALM BAY, Laughter Yoga, 2:30p, \$10 fee, Izzy's Diner, 321-615-4678

2nd, 4th Thurs, COCOA VILLAGE, Joyful Movement and Sound, 7p, \$10 fee, What You Love To Do, 321-615-4678

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

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 Meditation, healing at Christ Church Unity 771 Holden Ave. Call 407 852-3940

Saturdays MELBOURNE 1:00 - 2:30 PM The Work - Do you feel like you are drifting aimlessly through life? Do you want to understand yourself and your purpose better? Overcome negative emotions? Make your everyday life more meaningful, more real? Learn about self transformation in the tradition of Gurdjieff and Ouspensky's teachings. www.consciousregeneration.org or (877) 285-7142

2nd Saturday - KISSIMMEE - "An Evening of Mediumship" - 7:00 p.m., \$10.00 donation. Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation appreciated. Hield Road is off Minton Road, just north of Palm Bay Road, go west a mile or so, it's on the right, look for name on mailbox.

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 4725 N. Courtenay Pkwy 321-452-2625. Inspirational, uplifting music with professional keyboardist, composer and vocalist J D Daniel with the UCSL band and choir

Sunday Church Services - KISSIMMEE - Healing & Meditation 10:00 a.m., Worship & Messages 11:00 a.m. Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

Sundays COCOA VILLAGE - Sunday Celebration begins at 10:30 am - Center for Spiritual Awareness - A Spiritual Community of like-minded individuals who come together to celebrate the presence of God as life itself - 5 Rosa L Jones Dr. (Community Women's Club building) - 321/634-5188 - www.cfsabrevard.org

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (see ad pg 4)
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

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313

3rd Sunday DELAND Pranic Healing Circle at Blue Sky Yoga Center pranichealingcircles@gmail.com

3rd Sunday - KISSIMMEE - Mini-Reading Sunday after service at 12:00 noon - 12 min. reading \$15.00 donation, lunch available - Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

January 5 - March 9, 2009 Each Monday Vero Beach "Live Your Intention Workshops" Learn how to put your space to work for you through intention with Feng Shui. These will be fun interactive workshops in a group setting. Each participant receives items to use and take home. For additional information www.AwakenYourSpace.com or call 772-299-0705

Jan 9th - "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL 32168 7 PM. Speaker Keith Depan from New Smyrna Beach will speak on communicating to the other side. Call Judson for more information 386-847-2367

Sat., Jan. 10, 2009 CASSADAGA Attention Healers: Wellness Fair at Cassadaga Spiritualist Camp 10 am to 4 pm Share your knowledge And Work with the Public as they Come to explore and obtain information on +Mental +Emotional +Spiritual Healing Methods + Feel + See + Experience. Demonstrations and Lectures. Sample of vendors: Etheric Weavers, Massage Therapy, Reflexology, Reiki, BioGenesis, BioAcoustics, Crystal Healing, Spiritual Healing, Tuning Forks, Drumming, Consciousness Healing "Sourcing", Meditation, Energy Healing, Shamans, Hemi-Sync sound therapy, traditional therapies represented. Reserve your space today. No Vendor or Admission Fees. Cassadaga Spiritualist Camp, 1112 Stevens St., Cassadaga (386) 228-3171 or Info@Cassadaga.ORG

Jan 16th - 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self- transformation. 7 AM 758 navigators Way, FL (Edgewater Landing), For more information call Barbara at 386-663-1900

January 17-18, 2009 Awaken Your Space will sponsor the Art of Living Green festival celebrating greener living. Held at Backus Museum's grounds in Fort Pierce. Kandi Phillips, owner of Awaken Your Space, will talk on Saturday and also present Carter Oosterhouse, host of HGTV's new show Red Hot & Green. He will also sign autographs after his presentation on Saturday. Enter for a chance to win tickets to the event and a private party, which Carter Oosterhouse will be attending, through our website www.AwakenYourSpace.com

January 19 EDGEWATER Pathwork is a spiritual program of self-Transformation. For more information call Barbara Richford at 386-509-0004 or 386-683-4878

January 22, COCOA VILLAGE 7-8pm-DRAGONS AWAKE CLASS with Reverend Morgana Starr \$20pre-paid/\$25at door Dragons Legacy BOOK SIGNING begins at 6pm Location: What You Love To Do. 317/525-2605 www.morganastarr.com

January 23, COCOA VILLAGE 7-8PM, FREE INTRODUCTION TO REIKI with Reverend Morgana Starr Location: What You Love To Do. 317/525-2605 www.morganastarr.com

January 24, COCOA VILLAGE 12-4pm REIKI LEVEL ONE with Reverend Morgana Starr, Third Generation Direct Lineage \$75pre-paid/\$100 at door Location: What You Love To Do. 317/525-2605 www.morganastarr.com

February 22nd, 2009, FORT LAUDERDALE The 9th Annual Expo of Heart Expo 10am - 7pm Broward County Convention Center. EXHIBITOR SPACE STILL AVAILABLE. Plan your booth now - the newest and best products, services and info about Personal Growth, Metaphysics, Holistic Wellness Centers, Zen, Reiki, Angels, Animal Communication, Visionary Art and Handcrafts, Feng Shui, Crystal and Jewelry, Intuitive Counselors, Health Products, Acupuncture, Yoga, Raw Food, Skin Care, Energy Treatments, Massage, Environmental Resources, and Creating Abundance in your life. email info@expoofofheart.com Offer to volunteer. www.expoofofheart.com 888-292-1116

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**1st Sunday Jan 4 & Feb 1
Dec. 7th Spirit Walk with
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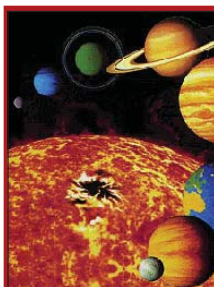
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**2nd Saturday
Jan 10th Feb 14th
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**3rd Sunday of month
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CREATE YOUR OWN HORIZONS MAGAZINE COMMUNITY GROUP

**Let us know when your group meets so we can
list it in the calendar for others to join you**

- 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.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it.

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 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 or www.ironoak.us

JANUARY 2009

January (named for the Roman god Janus, the two-headed god of the doorways)

My father gave me the heavens,
Gave me the earth,
I am Inanna!

Poem for Inanna, Sumerian goddess of sexuality,
love and war, 2300 BCE

The highest goddess of the ancient Sumerians tells us who She is. She is the goddess of sexuality, love and war. Isn't that a strange combination? (Well, I've had my share of relationships, so maybe it's not so strange after all, but just play along with me, OK?) Inanna is not alone here. There are many goddesses that have the same combination of qualities such as Babylonian Ishtar, Semitic Astarte, Norse Freya, Phoenician Anath and the Egyptian Isis. So, what's with that?

The first clue is this: Miguel Cervantes (sometimes spelled "Cervantes") a contemporary of Shakespeare wrote "Love and war are the same thing, and stratagems and policy are as allowable in the one as in the others". OK, well, here's another sobering thought: There have been roughly two and a half wars going on for every year of recorded history.

Love is a drive for creation; war is a drive for destruction. The thought of war is disturbing to those at peace; but the thought of peace is disturbing to those at war. Two sides of the same coin, or is that just a too-trite truism?

Red lips are not so red
As the stained stones kissed by the English dead.
Kindness of wooed and wooer
Seems shame to their love pure.

A FACTOID WITH WHICH TO END THE MONTH:

The shortest war on record took place in 1896 when Zanzibar surrendered to Britain after 38 minutes. The longest was the "100-years War" between Britain and France that actually lasted 116 years. Here's one for lovers of Saturday Night Live: Chevy Chase was a battle that took place on the English-Scottish border in 1388. Jeez, can't get away from it!

O Love, your eyes lose lure
When I behold eyes blinded in my stead!
Greater Love by Wilfred Edward Salter Owen (1893
- 1918)

Will it always be our nature to fight, to go to war often over silly things? We have the most advanced technology the world has ever seen, but our ability to get along has not kept pace. True now as has ever been before: Ares, the God of War always lies down with Aphrodite, the Goddess of Love.

Happy New Year!

JANUARY 2009

Jan 1st - New Year for many in the Western world

Jan 1st - Japan: Ganjitsu, the first day of the first month

Jan 2nd - Sumerian: Birthday of Inanna

Jan 5th - Sikh: Guru Govind's Singh Ji's birthday

Jan 6th - Christian: Epiphany

Jan 10th - Full Ice Moon at 10:27 PM EST

Jan 14th - Hindu: Makar Sankrant/Lohri, celebration of the return of the god of the sun

Jan 15th - India, Sri Lanka: Pongol Harvest Festival, thanks for the bounty of the sun

Jan 20th - Muslim: Al-Hijra, the Muslim New Year

Jan 23rd - Hindu: Vasant Panchami/Saraswati Puja, celebration of the Goddess Saraswati

Jan 26th - New Moon at 2:56 AM EST

Jan 26th - Chinese: New Year, Year of the Ox

Jan 26th - Vietnam: Tet Nguyen Dan, New Year

GIVING WITH A THANKFUL HEART



...continued from page 21...

This time as Mary answered her, she felt energy go from the top of the tube through her body and into the phone to Suzie. She said, "Suzie, you are the only one that knows the struggles you have gone through and the only one that knows the answers. All I can tell you is that you need to take care of yourself. Why don't you come to my stress relief class next week?"

"I'll have to let you know," Suzie said. "I may not have the money."

"Well call me and let me know. I need to let you go, I still have to do the dishes. It was good to hear from you," Mary answered.

"Okay, thanks for letting me talk. I actually feel a bit better. Good night," Suzie replied.

Mary was relieved to put the phone down. She took a deep breath and let the tension flow out of her body.

She returned to her list of thankfulness. Why did she have to learn things the hard way she wondered? Reading each item aloud she began to feel the divine energy flood her body in a wave of peaceful love.

Mary determined to remain in a spirit of thankfulness, so she could be a pure channel for divine energy for others.

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Foreword by Christiane Northrup, M.D.

by Donna Eden with David Feinstein, Ph.D.

Summer's Path by new author Scott Blum, prequel to **Waiting for Autumn**, available free for limited time at www.scottblum.net

The Only Way Out Is In: The Secrets of the 14 Realms of Love, Happiness and Success by Daya Devi-Doolin published by Padaran Publications, www.amazon.com

From www.hayhouse.com by Esther & Jerry Hicks

Manifest Your Desires: 365 Ways to Make Your Dreams a Reality, Astonishing Power of Emotions Money and the Law of Attraction

From www.hayhouse.com

The Biology of Belief by Bruce Lipton

Overcoming Fears by Louise L. Hay

The Answer is Simple by Sonia Choquette

Personal Development for Smart People by Steve Pavlina

Forgiveness/Loving the Inner Child by Louise L. Hay

From www.newworldlibrary.com

The Hidden Spirituality of Men by Matthew Fox

Trager for Self-Healing by Audrey Mairi

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THIS MONTH'S THOUGHTS ABOUT THINGS...

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



...continued from page 7

nails, but it collapsed upon itself inside the tool box. My immediate thought was, "Ah, it knows I will need a ladder next so it's staying prepared."

It was then that I began to realize perhaps the box had a mind all its own and knew what I needed and contained whatever I needed. And all I had to do was keep the box with me and at the proper time, I would have everything I needed to do whatever needed to be done. My job was just to carry the tools, no matter how awkward and burdensome, and the rest would work itself out.

So that was what I was doing after this little flu bug. I knew my tools were: knowing to (1) keep my brain activated via oxygen and glucose and (2) keep my body cells hydrated via fluid. I knew that as long as I could do that, the rest would work itself out.

I realize in later years of course how symbolic the dream was on so many levels. I think right now, the main tools I strive to keep with me at all times are (1) discipline over my state of consciousness, and (2) my awareness of my connection with Source because, just like above, if I have those two, then everything else works itself out.

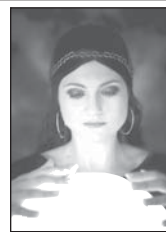
When I can bring myself into the awareness of my connection to my own internal guidance, I feel very powerful and motivated. My general goals are to have a happy life, to be healthy, to be self sufficient, to be well thought of, to share love with friends and to do meaningful work. So when I have the presence of mind to remember these things, it all falls into place. So I guess that's my tool box.

Enjoy our offering this month.
Hari Om.

Andrea



PSYCHIC FAIRS Calendar



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

Monthly Psychic Fair at 1924 Melody Lane behind the Melbourne Auditorium.

321-537-3843 \$10 for a 15 minute reading

2nd Sunday in Melbourne Noon-2pm

Medium's Day \$15 for 15 minute reading.
www.spirit-chapel.org. held behind Melbourne Auditorium.

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

Aries : March 20 to April 19/20 "I Am".

You will be happy to hear that transiting Mercury in Capricorn making a square to your Sun sign will be turing direct the last day of January PST or the first day of February EST. What this means is the communication problems that you have been having will soon be resolved. There have been some challenges but at least now you will understand why.

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

January 5th and 6th with the Moon in Taurus is a good time to connect your emotional side with your intuitive side. It's always better to know what the right hand is telling the left hand to do. Transiting Mars in Capricorn is making a positive trine to your Sun sign, helping you continue to stay motivated toward financial independence.

HOROSCOPES FOR

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

You may need to take some time to formulate your feelings into words, otherwise the translation may be extremely choppy. The good news is that the Solar Eclipse New Moon in Aquarius at 11:55 pm PST is making a positive trine to your Sun sign. After last month, communication will be smooth sailing!

Cancer: June 21 to July "I Feel".

January 10th a full Moon in Cancer will conjunct your Sun sign. Being ruled by the Moon you will be more sensitive than usual, and more than others - is it a blessing or a curse to feel so much? Don't allow your emotions to get the best of you today, any hypersensitivity can be used to nurture yourself and others, fuel for growth.

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

Mr. and Mrs. Flamboyant can only do so much when it comes to catering the event of a lifetime. Yes, 2009 is the year for you lions to have more then your share of fun. The intensity in your life continues on with Mercury in Aquarius turing Retrograde on January 12, the day after this Full Moon in Cancer. Reflection on self is the message.

Virgo: August 22/23 to Sept 22/23 "I Analyze".

With transiting Saturn in Virgo aspecting your sign, you are really being asked to step up to the plate and restructure your life. It behooves you to take charge of this before Saturn takes charge of you. Tough love can be painful to minister, but in the long run the person will be better off if you do not give in. Boundaries are needed here, so put your foot down or you will be the guilty one in trouble.

Libra: September 22/23 to October 23 "I Balance".

Your nervous system is on overload this month, so please be careful and avoid over indulgence in sugar. January 16th transiting Moon in Libra makes a mellow conjunction to your Sun as well as trines transiting Neptune in Aquarius. The planetary vibrations sensitize you by opening the unconscious and bring you lots of inspiration.



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Scorpio: October 23 to November 22 "I Create".

January 18 and 19, the transiting Moon is in Scorpio makes a conjunction to your Sun sign. This is a good time for you to reconnect with your emotional side. Pluto being your ruler makes you more prone to be aggressive, and impatient especially while the Moon is in Scorpio. So take some extra deep breaths and don't sweat the small stuff.

Sagittarius: November 22 to Dec 21 "I Perceive".

This January 20th and 21st is a good time to regroup and put your thinking cap on as far as ideas about how to promote your business overseas. You are a real diplomat, your ability to be professional and communicate with style is an asset to any firm. You bring wisdom and new ideas to the table.

Capricorn: December 21 to January 19/20 "I Use".

Lucky you, for the next 14 years your friend Pluto will be transiting your sign, oh boy this month Mars in Capricorn will be tagging along as well. Expect to undergo alot of change in the near future. It is change that is well over due Don't worry; Saturn in Virgo will help you reorganize your life.

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

January is a good month for you because there are at least six transiting planets in your sign, you feel welcomed and supported by all beings on all levels. The 25th of January is a Solar Eclipse New Moon 6 degrees at 11:55 PM PST. The eclipse makes an amazing new beginning for you in so many ways everything that you always dreamt of will come into fruition.

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

Transiting Uranus in Pisces will still be aspecting your Sun sign for several more years. There have been moments lately where you have felt like the rug has been pulled out from under you. If something had to leave your life it only did to make room for something bigger and better.

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Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



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Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.

While relaxing, does your body begin to hum or vibrate, sometimes so intensely you think the room itself is shaking? Learn how to manage this energy and use it for more expansive and experiences with your invisible helpers. Go into each session with questions you would like answered by your angels, guides and teachers.

Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic writing that has helped me focus myself careerwise, and my new ideas are creating more income. Thank you for the kickstart. Jennifer Hudson, Orlando

HEALTHY EATING HABITS

By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding interesting and fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen to this recording, you can experience a new and healthy vital energy flowing through body and mind. *Thank you! I downloaded the mp3 file in June and have been listening every night as I go to sleep. I'm down 15 pounds and I no longer have the urge to snack in front of the tv. I also find myself wanting to walk and be more active. Who knew it could be this easy? I don't know how it works, but it works. Thank you. Dee Watson, Tampa*



SLEEPYTIME RECHARGE

Play this recording as you are falling asleep for a refreshing segment of restful rejuvenation. Even when asleep, your subconscious mind is listening, so expect change to occur.

We've learned that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear around us. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. Our beliefs, true or false, positive or negative, affect our genetic activity and alter our genetic code.

We can retrain our consciousness to create healthy beliefs, and thus create a profoundly positive effect on our bodies and in our lives. We can not only regulate our own brain chemistry to overcome ailments and bad habits, we can reprogram our lives for more personal joy.

Our body is a community of 50 trillion living cells, all cooperating as a collective consciousness, and we speak to it and direct it every time we have a thought or reaction. The body is a biochemical machine and the driver is the mind. So dis-ease is merely a result of how we're driving our physiology.

Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health. Each time you listen to this recording, you will awaken refreshed, rejuvenated and motivated to get into your day.

I listen to Sleepytime Recharge every night as I fall asleep and sometimes let it repeat over and over. I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you for this. K. Crane, Cocoa



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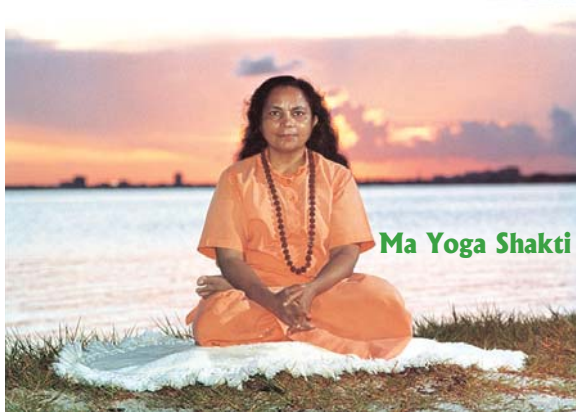
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Email HorizonsMagazine@aol.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

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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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