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Saturday, January 8th, 9:30AM Learn about your communication style and how to interact with other communications styles. This will help each individual at home, at work and at church.

Financial Peace University -- Tuesdays Beginning 1/11/2011 6:30PM
FPU is a 13-week life-changing program that empowers and teaches you how to make the right money decisions to achieve your financial goals and God's plan for your life. The course includes practical lessons on eliminating debt, building wealth, giving like never before, and much, much more! FPU is for EVERYONE!...from the financially secure to the financially distressed. Over 1 million families and individuals have attended Financial Peace University. On average, FPU graduates have paid off over \$5,300 in debt and saved \$2,700 during the 91-day program!

Live Your Dreams -- 4 Thursdays Beginning 1/13/2011 7:00-9:00PM
Let's start the New Year with the dance of energetic transformation, of Abundance. Spiritual Counselor, MEd and Clinical Hypnotherapist, Joan Marie Barringer will assist you in celebrating your authentic life by teaching techniques for raising your consciousness. Professional Dreamer, a book by Ghalil, will guide the discussion for co-creating in areas of health, relationships, financial freedom and individual purpose. You can bring a notebook to create new visions for action.

The Art & Practice of Living with Nothing and No One Against You
Facilitator: Lloyd Reiser & Rev Beth Head Friday, Jan 14th 7-9pm Saturday 9am-5pm This class is offered as part of the Transformation Experience. Our goal is to have a significant number of people complete this class to help us realize our vision of a world that works for all.

Rev Beth's personal testimony: "With the Art and Practice class I had a breakthrough about one of the myths that I grew up with. Somewhere as a child I learned that I was responsible for my alcoholic father's behavior - his tirades. How this has shown up as an adult is that whenever anything goes haywire (and stuff does happen!) I immediately feel guilt. No wonder I try to control my environment. This is a big ah ha for me." You can find out more about the Art & Practice program and its creators at: www.theqeffect.com.

Comedy Concert with Greg Tamblyn Wednesday, January 19th 7:00PM
"Ha Ha" with an "Aha!" Elevate your endorphins, amplify your amusement and improve your digestion with hilarious songs and stories that help us celebrate the best in ourselves, and laugh at the rest of ourselves. They're like WD-40 for our relationships, our moments of confusion, the things we want to accomplish in life and our connection to the Big Mystery.

Karl Anthony -- Special Music Sunday January 16th 10:00AM
Karl Anthony is a master song leader, songwriter, producer and humanitarian who has toured the world. He has performed in Moscow in the Kremlin. He sang for former president Mikhail Gorbachev and first lady Raisa Gorbachev and once Anthony was nearly arrested in China for an impromptu human rights performance on Tiananmen Square shortly after the Tiananmen Square tragedy. As a musical spokesman for cooperation and unity, Karl Anthony sings for all of us who are concerned with the present state of our world.

Coming February 7th 7:00-9:00 PM Learn How To Play The Native American Flute Beginning Level Workshop by "Flutist of the Year"
Douglas Blue Feather Admission Fee of \$20.00 Per Person (Scholarship available for sacred service - See Rev. Beth) Sign up requested
This is a hands-on workshop designed for those interested in learning how to play the Native American flute. Basic techniques, scales and creating songs will be focused upon as well as adding embellishments to your playing. Flutes are provided so that the student can learn the basic techniques necessary in order to begin playing and enjoying the instrument. The class fee includes practice materials and a practice CD by Douglas Blue Feather. Approximate length of the workshop is 2 hours. Music is an important part of our lives and the Native flute is a very spiritual and healing instrument that anyone can learn how to play in a very short time.

Rev. Chris Chenoweth Sunday February 13th 10:00AM
Spiritual Transformation: One of the core values of this ministry examined by Christopher Ian Chenoweth founder of Positive Christianity. He shares famous true stories of the touch of God upon people's lives and the resulting miracles (VERY entertaining and inspirational). He shares how your own life can be transformed by the miraculous touch of God, leading to the famous seminar that has changed so many lives held this Sunday afternoon -

The Process Of Advanced Prosperity 2011.
Workshop Sunday 2-13-2011 1:00PM
If you have taken the seminar before, it is time for a refresher - so you can spiritually move higher than conditions, and not be held down anymore by the economy. Offered on a love offering basis.

Ongoing Events

Healing Prayer Service Tuesdays and Thursdays at Noon. Open to all.

Transformation Experience Leadership Group January 2nd noon

Revolutionary Agreement Groups 1st Wednesday of the month (January 5th) at 7:00pm

A Course In Miracles Facilitator: Darlene Capinha Tuesdays 7:30pm

Reiki Healing Service Facilitator: Lloyd Reiser Sunday January 2nd, 4:30pm Sunday February 6th, 4:30pm

Always check www.unityofmelbourne.com for possible event date or time changes

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HORIZONS

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

Anais Nin

*Horizons thanks
everyone willing
to take the risk*

HORIZONS MAGAZINE is distributed FREE each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life. Please write us with your comments.

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ 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...

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

Hello and welcome to the January 2011 edition of Horizons Magazine. Lately I've been watching some of the fashion makeover shows on tv and it's been my Fashion 101 tutorial. I've been writing about it in my daily blog at <http://horizonsmagazine.com/blog/>. Back in the 70's and 80's when I worked for law offices, the women dressed competitively. I wasn't into fashion, so I simply shopped where they shopped and bought the same brands and didn't give much thought to it otherwise. But lately I've been wanting a change, so I've been educating myself so I know basic things, like what shapes of clothes to wear with what shapes of bodies. How a deep or wide neckline is much more slimming to a larger upper body than a button down collar or a crew neck. How a shorter jacket is more slimming than a long one and gives a more flattering silhouette. So, lately I've been paying attention to what people wear and seeing what I like, what shapes I like, what colors I like, what colors I might like to wear. I'm being drawn to lighter, pastel colors. After doing my research, it was time to revamp my wardrobe.

I went through the closets and gave away things I no longer wore. I had to make room in the closet before I could bring anything else in. I'm not a big shopper. I shop in spurts,

every few years. Being self employed from home, my typical daily uniform the past 10 years had been my mens' oversized Hawaiian-style Walmart shirt with jeans and deck shoes or sneaks. I usually let comfort win if I went out to run errands, and I'm sure the post office and bank staff wondered if I owned anything other than the only outfit they ever saw me in. It was time for a new look since I'd clearly fallen into a rut.

I went shopping the first day and spent a whopping \$131 at Kohl's. I got there on a big sale day. I got an 18" silver chain for a turquoise pendant I have - the chain was marked \$60 but on sale for \$23, which is what it is worth. I also got 2 cardigans and 2 camisoles - which is what I set out to buy - and four blouses. I shopped methodically. I determined what look I was going for, and I determined what colors, since I wanted to specifically have outfits to wear with my turquoise and silver jewelry.

I also wanted a fitted black cardigan, since the one I had was long and oversized. I got one in black and one in a teal and black print. I wanted some blue/teal/green tops and decided on plain scoop necked shells to layer under the cardigans. I can wear all the tops under both cardigans, with skirts, dress slacks or jeans, and they all coordinate with my turquoise jewelry.

I hung my new purchases up in a staging area where I could look at them for a few days and decide if I needed to return anything. I tried everything on again. I pulled tops from my closet to pair with the new cardigans, and pulled skirts and slacks and jeans to try on with the new blouses. I tried everything with and without the silver neckpieces. Interesting. I never thought of that as a look for me. So I suddenly have several new outfits in greens and blues.

As I shopped and tried on several things, I was reminded why I began sewing. I learned to sew when I was a kid and always enjoyed it. I like to buy something that is almost what I want and make it into exactly what I want. I've always been like that.

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Let's have a Seance

Psychic Readings

with Dennis Hollin



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As Vital at 102 As at 2

If you were allowing Source Energy to pour through you in the abundant way that it would if you were not resisting it, you would experience utter Well-being. If you were allowing Source Energy to pour through you in the abundant way that it would if you were not resisting it, you would experience utter Well-being. Your physical body would be in optimum condition at all times. You would feel vital and alive and fueled, and eager. You would feel like those 2-year olds, who just can't get enough of this wonderful stuff called physical life. You would feel the vitality that would carry you through all the days of your experience, compounding more in every day, because everything that you see, and every desire that is therefore born within you, causes a conclusion that summons the Life Force that is the eternal fuel.

It is Eternal Energy. It's not a set amount that is limited, that is rationed out to you little by little; and so you use it up when you are young -- and then when you are older there is no more for you to use. It is something that comes forth abundantly in every moment that you are physically focused.


There is not a reason for you to feel less vital, or less flexible, or less adventurous, or less eager when you are 120, than when you are 20 or 5, or 2 -- because the Life Force is available to all of you. There are plenty of physical human beings that are in their 60's and 70's and 80's and 90's, and 100's that are finding things that are of enough interest that they are still summoning Life Force through.

It isn't the shortage of Life Force, or the shortage of desire on your part, that makes you tired or sick. It is only one thing: it is the resistance or the pinching off of the very Life Force that you are summoning. And that pinching off of Life Force is what we are calling resistance. Resistance as opposed to allowing.


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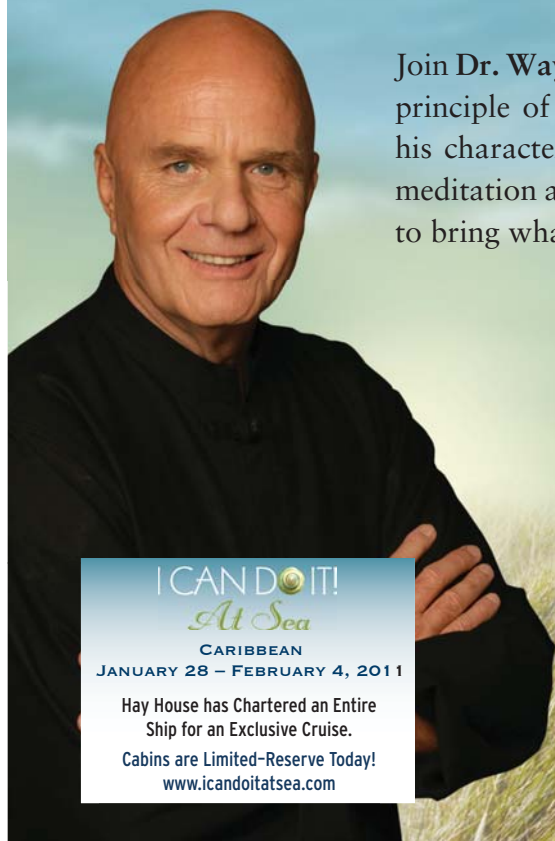
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DARSHAN WITH MOTHER MEERA

By Leela Sivsammie

Excitedly my friend recounted her experience. "You must go to her website and see for yourself. I have not experienced so much love from one person, I feel like a brand new being." A few days went by and I forgot our conversation, until she sent me the link. When I clicked it open I felt moved in subtle ways that I cannot explain. I felt compelled to help, to be part of this divine work and so without a thought as to the enormity of the undertaking I asked for Darshan in my community.

I have never met this beautiful being and I did not know what a darshan was but I booked a facility and spread the word. When I entered the building it was exactly as I saw it in an earlier dream, including her sitting on a round stage. **Mother Meera** is an enlightened being from India who is described as an incarnation of the Divine Mother. She is on a mission of consciousness. Her purpose is to open people into the divine light and help them surrender to this light with their heart, mind and soul. She is not interested in conversations, as it has no meaning, nor is she is interested in followers and often says, "If you can, pray to the Supreme directly, you do not need an intermediary."

I learned that a darshan takes about two hours and is free. Each person takes a turn approaching in front of **Mother Meera**, who then takes their head between her hands and blesses them.

She says, a human being has two lines along the legs, they join at the base of the spine and become a single line reaching to the top of the head. This line is thinner than a hair, and has knots in it which divine personalities can help undo. It is delicate work and great care has to be taken. *When I hold your head I am untying those knots. I am removing obstacles to your sadhana, your practice. When I touch your head, the light moves upwards in the white line and will indicate, like a meter, the development of your sadhana.*

The day after the Darshan, I was quite agitated about my son. I felt like a runaway freight train of emotions and could feel no peace. **Mother Meera** listened and just held my hands as I ranted on. Slowly, I felt this energy pulsing through from my hands into my body. I became silent and conscious of every thought as the energy increased in intensity.

I had never experienced this deep meditative state while staying conscious at the same time. A space where there is no time, only the awareness of being one with all that is. In that state all is resolved and I opened my eyes to the world of



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T.J.

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illusion with no pain or grief, only a feeling of acceptance, of peace and knowing that I was touched by the divine and I felt humbly thankful.

Mother Meera explained "*In silence one can receive more. I give exactly what is needed to each person. God is silent. Everything comes out of silence. The true experience of bliss is without words. Darshan is the bestowal of Love, Light and Grace, a gift to humanity.*"

I was struck with the thought that this is what it is like to live with someone who has no ego. She is simplicity herself, in thought, word and actions. From moment to moment her presence exudes the "Nowness" of living.

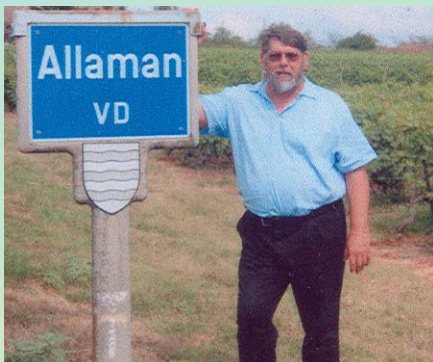
Mother Meera USA Tour in 2011 begins in Hawaii, Phoenix, Austin (Texas) and on January 30, 2011, in Orlando and February 1, 2011 in Fort Lauderdale. Darshan is Free. **Advance Reservations required at <http://MotherMeeraflorida.com>**

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Albert, professional psychic over 35 years, is an Ordained Minister, Certified Psychic from Cassadaga, FL. He was a Project Manager and Lecturer with Edgar Cayce Foundation and Association for Research and Enlightenment. He hosted a TV show, and made many television guest appearances. He taught Parapsychology 1 & 2 at the University of Florida and was invited to Russia to study the Paranormal with Psychics and Scientists.

Nellie



PSYCHIC DEVELOPMENT CLASSES

Saturday Jan 22 10am-4pm

Saturday Feb 05 10am-4pm

Saturday Feb 26 10am-4pm

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TESTIMONIAL:

Nellie, I was so impressed with you when we met in March for a reading that I felt I had to see you again. You told me many personal things about family and friends that only I knew about. You also told me about changes that would happen that would effect my business. One by one the changes did start happening just as you described. You have a wonderful gift, Nellie and I am looking so forward to our next appointment in October!

Thanks, Janette

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Email alway snellie@yahoo.com

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Cecelia Avitabile 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. Call 321-757-7522

OVERCOMING WINTER WOES

Winter has barely begun and I've seen quite a few cases of sinus infections, bronchitis, walking pneumonia. **So what can you and I do to lessen the chances of getting sick?**

Eating well can make a big difference. Eating fried foods or foods that are high in sugar tend to weaken the immune system. Likewise eating foods that are naturally high in Vitamin C, A, E and antioxidants will help to boost the immune system. At this time I make sure that I get at least between 500- 1000mg of Vitamin C every day.

I also use herbs like Garlic, Astragalus and Ginseng on a daily basis to help keep my immune system toned and built up so that I am less vulnerable to colds and flu. Along with these I drink a blend of tea that contains Cinnamon, Lemongrass, Hibiscus, Nettle, Rosehips, Orange Peel, Spearmint, Wintergreen and Stevia. All of these herbs are high in Vitamin C it provides the fluids, vitamins and antioxidants that I need, plus it tastes good.

If I start to feel bad I begin increasing fluids. This can be in the form of teas, soups, juices or water. This helps to keep the body hydrated, it thins out mucosal secretions so that excess mucous is easier to expel and it helps to keep the respiratory system moist. The extra fluids also help to flush out the toxins from the body that are making you sick, so you can heal quicker.

At this is the time I begin using an Immune Tincture with Echinacea angustifolia, Echinacea purpurea, Oregon Grape root, Astragalus, Goldenseal and Red Clover I take about 1 teaspoon every two hours to boost my body's immune system. It helps to increase its own production of macrophage cells. These are the cells that go around the body eating up antigens, bacteria and microorganisms.

Another thing that I do is increase my intake of Garlic and Vitamin C, sometimes as much as every four hours. I have noticed that if I am sick and I don't taste the garlic. But as soon as I start to feel better I begin to burp Garlic. It's an interesting way to gauge my recovery.

Finally I keep the air in the house moist with a humidifier or just a pot on the stove. The moist air helps to thin secretions easing the discomfort of congested lungs and sinuses. Thyme is an excellent herb to put into a pot of boiling water. When the herb boils it releases droplets containing volatile oils that have the ability to kill off bacteria. When I travel I carry a Pure Air Spritzer made with the essential oils of Bergamot, Lavender and Eucalyptus, it helps to destroy air borne bacteria and has a nicer smell than just the thyme.

I've found that these few simple steps have helped me get through many of the past cold and flu seasons and I will be doing this again to keep me going through this year as well.



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UPCOMING EVENTS:

Jan. 8- Herb Class - 9:00 am-11:30 am - Herbs for the Urinary System

Jan. 15 - Body, Mind & Spirit Fair - 10 am-3 pm

Jan. 15 - Gemstone Class - 3:30-5:00 pm

Jan. 22 - Herb Class - 9:00 am -11:30 am - Herbs for The Male Reproductive Systems

Jan. 23 & Jan. 30 - Quantum Touch Class - Call for Details!



See www.herbcorner.net for a full detailed listing

Please stop in for a cup of tea!

THINNING DOWN in the New Year



Taking a quiet sideways glance at life, Marlene Buffa offers insight through her words from experiences. A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships. Sometimes playful, sometimes poignant, always thought-provoking, her writing inspires readers in meaningful ways. www.wordsofmind.com.

A new calendar year urges us to set new intentions for the coming twelve months. Often playful, sometimes serious, these resolutions allow us to focus on what we hope to accomplish and also allow us an opportunity to ponder the possibilities we map out for ourselves. Faced with a pencil and blank sheet of paper, we look up towards the ceiling as we strive to articulate our dreams, aspirations adventures for the coming year.

One popular goal, appearing for many of us year to year, is to lose weight. We try one diet after another, struggle with exercise programs that get boring after a few weeks, and deny ourselves even infrequent simple indulgences, to lower that number on the ever truth-revealing scale. We believe achieving a lower body weight in our earthly vehicle, raises our value on life's scale. Our spiritual weight hopefully increases, thereby improving our chances of satisfaction and contentment in all of life. In the divine balance of our consciousness, we learn that by releasing one unit of measurement, we gain in other, more powerful aspects of who we truly are.

Thinly Veiled

Very often, the essence of our humanity hides behind a thin veil we generate to separate us from the world around us. Holding up a translucent shield, just thin enough for us to

view life from the inside out, projects the illusion of mystery or secrecy. Somehow, we believe that others can't see through the armor of a thinly shielded persona, so we allow it to float around us like the dance of scarves as a coy partner with life.

When we examine what we are hiding by holding up a veil, we realize the answers reveal more than the veil disguises. The parts of ourselves we reluctantly divulge to outsiders, hide from clear view, yet cannot muster the courage to openly appear as components of our true self. When we realize that others seem intrigued by the illusions we set forth, we later know we cannot hide from the Infinite, or, more authentically, ourselves.

Thinning Out

Beginnings as with endings, finds us making choices of things we choose to keep in our lives and that which we freely release. From people who no longer empower us, to bad habits, to possessions which will better serve others, we consciously make decisions for our new year by thinning out the herd of our life.

Forgiving, removing and releasing the old worn out patterns of thought and beliefs, taking a stand for yourself in a new beginning speaks loudly your resolution for change. No matter what you choose to discard in your life, it all points to your

...continued on page 27...



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Ask Whitedove



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Dear Whitedove: As an LPN my job is to help others heal. Many times it's not only a physical healing, patients will sometimes reveal very personal emotional issues too. So there's a psychological and spiritual healing that's needed too. I feel that I'm very good at my job, but someone commented that I am a wounded healer. Would that explain why I'm not so keen on attending to my own health needs? **Wounded Healer in WI**

Dear Healer, Most people that are humanitarians relate to people as an empath, but in your case, you connect to your patients on even a deeper level. You are a Wounded Healer. This means that in your "Soul Contract" you chose to experience some very difficult lessons, not so much for your own growth but so that would have first-hand knowledge to help others. A wounded healer can relate because of their own experiences. Many times these hard knocks are the very catalyst to help others. Your empathy, guides you to understand the patients issues on an intuitive level. Many Healers and Psychic Mediums have this common thread: they have overcome many major obstacles such as illness, abuse, abandonment and even atrocities. As they work through their issues they become victorious instead of a victim. These lessons were planned so that you could become your patients' teacher. As a healer, once you understand your souls' need to experience these hardships then you will want to care for and even pamper yourself. Make yourself a priority, you deserve it!

Dear Whitedove: This year I need to set my priorities and focus on what I really want out of life. I seem to get caught up in other people's drama. Can you give me a daily exercise to help me focus on what I want to create? **Good Girl in RI**

Dear Good Girl: It's a new year which is the perfect time to create a new vision. As a co-creator of your reality it's important to actively participate in manifesting a positive future. With a pure intent, know what you want, then you can begin to visualize it, believe it, invoke it by talking about it, and then do the work needed to make your goals a reality. To help focus, I'd suggest that you create a Vision Board. It's a collage of positive images and affirmations to help manifest your personal dreams. Vision boards are easy to make. Get a piece of cardboard from an old box; cut it into a rectangle. Now you need images to glue onto it. Get clear on what you want to manifest in 2011. What does your new life look like? Use old magazines to clip photos and go to internet for specific



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pictures and print positive affirmations too. Divide your rectangle into four sections. Paste a big photo of you right in the center. Utilize one quarter of the space for Love: tailor the photos and affirmations for your new vision. Use the second quarter for finances, career, and education. One quarter for Home and family. Use the last quarter for your vision of the world: what you can do to create a better world...even if it's only prayers and affirmations. Once you are finished with your collage, place it in a location where you will see it every day. Each day, drink in the vision of your future, repeat your affirmations. Then in your daily prayers, give thanks. Vision Boards are one method of concentrated focus that will help you to consciously create your future. I wish you much success ^i^

Dear Whitedove: This is a weird question but I'm sure that you get them all the time. This morning, I took my dogs outside as usual. As I stood there a little bird, a Wren started to fly around me. It was flying low then high and swooping down to get my attention. It was really a very cool experience, I feel blessed because it went on for a long while till it landed on the fence and was just watching me. It was like the little bird was trying to tell me something. Any insight? **Feathered Friend in Miami**

Dear Friend: There's truth to the saying "a little birdie told me." Every animal has a message: Native Americans call it a medicine. Spiritually speaking birds represent flight to the higher realms. So it's good that you saw the fly-by as a good omen and message. When you are able to identify the type of bird then you can hone in on the individual meaning. Here are some to remember: The Dove represents peace and prophecy, the Hummingbird represents joy and new relationships, the Crow is about magic, the Hawk is a warning to be more aware and your little Wren is a message to be resourceful and bold. So take note and continue your friendship with nature.

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LIFE'S PROMISE



Reverend Ron Fox is an ordained minister in the Centers for Spiritual Living. He has led churches in Northern California and Arizona and is in the process of relocating to our area this month. Reverend Fox is a frequent contributor to Science of Mind Magazine. He is an inspirational speaker who makes good use of his wonderful sense of humor. His wife, Becky, is an artist and graphic designer and a CSL Practitioner. Center for Spiritual Living - Space Coast. Email Rev. Ron at slyrgf@aol.com.

I once read that the phrase which appears in the Bible most often is, "It came to pass." So all things that we experience are transient in nature. At this moment these words ring very true to my wife and I as we are preparing to move to this community after living in Arizona for the past six and a half years. For us this is a time of great excitement and expectation. Change doesn't always feel so good however; at times it can be tense and even frightening. This need not be so, if we stay plugged into our spiritual roots.

Spirit wants only the best for all of us. So even when change feels daunting, know that you are not alone. Ernest Holmes, the founder of the Church of Religious Science wrote, "There is a power for good in the universe available to everyone. You can use it." For me these words are very comforting. They say that the creator of all that is will work with me to create the life I choose to live. I am not alone, I am not living in a universe that seeks to keep me bound. I am at choice.

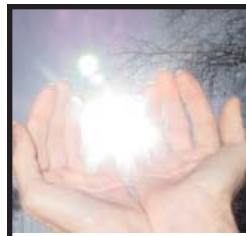
As we approach the new year with its promise of new beginnings, we can take comfort in knowing it is never too late to begin again. We are not bound by anything that has gone before. Life always awaits our call. So take some time this week to sit in the silence and think about your dreams and desires for 2011 and beyond. Let go of any thoughts of lack or limitation. Visualize your life in its fullest. Then ask yourself, "What is the first step I must take to make this happen?" When you begin moving in the direction of your dreams you will be supported. Somehow the right people will show up in your life, you will be led to read the right book, seek the perfect teacher and on and on. In other words, synchronicity will happen,

We grow because we change. Attempting to hold onto the past is not only counter productive it is not possible. It has been written, "What we resist persists." Letting go is almost always the best strategy for living a healthy, spiritual life. Trust in God. Know that even though we can't always see it, the universe is unfolding perfectly and our part is to live a full, loving joy-filled life.

As Joseph Campbell once wrote, "Follow your bliss." When we do we cannot lose.

From the Heart

Alan Cohen is the author of many popular inspirational books, including his new metaphysical thriller, *Linden's Last Life*. Listen to Alan's weekly radio show *Get Real* on Hay House Radio at www.hayhouseradio.com, and join him in Maui in March 2011 for the Life Mastery Training. For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



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Picture Perfect

As we enter our new year, what kind of mental pictures are you holding about it? Are you enthusiastically envisioning how well it could go, or are you worrying about what could go wrong? Do the images you focus on represent your authentic intentions, or are you adopting the thoughts, feelings, and expectations that others feed or try to impose on you?

You might be inspired by an anecdote from a Ken Burns documentary on the evolution of the radio industry. When television began to replace radio as the household entertainment medium, an interviewer asked a boy, "Which do you like better - radio or television?"

"Radio, for sure," the boy answered.

"Why is that?" the interviewer asked.

"Because with radio, the pictures are clearer."

We live in an age when we are bombarded with thousands of images a day via television, Internet, print media, and many other forms of advertising. One social scientist determined that if you live in a city environment you observe about 22,000 advertising impressions per day. We might do well, then, to take a lesson from the boy who preferred the clearer images of radio. When you conjure your own mental images, you build a matrix of focus and intention that strengthens your power to draw unto you the experiences that match those images. When you let others feed you images, you tend to attract the experiences selected for you by them. If you would rather live your life than the one(s) chosen for you by others, you must draw your dreams from inside yourself, not borrowed from advertisers.

"In the beginning was the word," we are told in the Bible. Most people interpret this beginning solely as the initiation of the universe, as if God created the world, went on vacation, and that was the only act of creation there ever was. Nothing could be further from the truth. The act of creation goes on at every moment, with every thought you think and every word you speak. Whenever you think, speak, or act, you are creating. Most people create by default. Others create consciously and deliberately. Which would choose to do?

Now, at the beginning of the year, would be the perfect time to make choices that befit your intentions. One

helpful tool you can use is a treasure map. Choose a specific goal you would like to manifest during the year to come. This might represent a career or financial objective, a happy, healthy relationship, or a state of excellent health, to name a few. Then take several magazines and cut out photos and phrases that represent your chosen goal. Make a collage of the cutouts on a piece of poster board and place your treasure map in a conspicuous place you will see often, such as over your desk or on your refrigerator. When you look at your treasure map, absorb the images as if you are ingesting a delicious meal. Try to get the feeling of already having or experiencing the object the map presents. As you align with the energy of your treasure map over time, you significantly enhance your power to bring your vision to life.

Take care, as well, to monitor and select the images you absorb through news and entertainment media. Most public broadcasts contain images of violence, conflict, and drama. If you would prefer to manifest harmony, well-being, and success, switch the channel to shows or movies that represent where you want to go. You will feel healthier, sleep better, and amplify your power to go where you want to go in life. You are in charge of your destiny. Do not give that sacred power to anyone or anything outside you.

Once you have identified your goals and selected images to match them, the Law of Attraction will help you with the details. When you are clear on the "what," the "how" will take care of itself. If there is something you need to do or can do to manifest your vision, you will know it. Then do it with a sense of flow and ease, and enjoy the process. If you find yourself in struggle mode, then stop, step back, and reclaim your sense of ease. Hold the big picture and don't fret over the details or the avenue of expression. Sometimes your vision will come to life through the avenue you expect, and many times it may come through another channel. Be open and stay aligned with your vision, not any obstacles you may encounter. A strong vision will bestow the power and methods to overcome any challenges.

Great works of art, creation, and invention are not limited to an elite corps of masters. Your life is a great work of art, creation, and invention. No matter what you have created or not created, now is your moment of power to create. Pay no attention to the past, and little attention to the future. Pay attention to where your greatest joy lives, and act from it. Hold a clear picture in your mind of what brings you life, and stay focused on a year that is picture perfect.

CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 30c per word, due the 10th (of the month before) at 575 Escarole St SE Palm Bay FL 32909-4802. Email to HorizonsMagazine@aol.com - call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location. Just \$10 extra for color or a box around your listing

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

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

Saturdays ORLANDO Pranic Healing Circle 2-4pm Meditation, healing at Christ Church Unity 771 Holden Ave. Call 407 852-3940

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

Sundays MELBOURNE 10:00am Sunday Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (see pg 4)

Sundays MELBOURNE 10AM Spiritualist Chapel of Melbourne, 1924 Melody La, behind the Melb. Auditorium 321-733-1555

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

Sundays MELBOURNE Metaphysicians' Circle meets at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7-8:45pm \$3 321-537-3843

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7:00 to 9:00pm \$3 admission 321-537-3843 \$10 for 15 minute readings 321-474-7348

Sundays, Jan. 9, 16, 23, & 30, CASSADAGA Introduction to Astrology, 5:30 to 7:30 Rev. Sandra Helton, Astrologer to the Stars. \$10 each at Cassadaga Spiritualist Camp Bookstore (386) 228-2880

Wednesdays, CASSADAGA Ongoing Development Class 7:00-9:00 Joan Piper, \$11 ea. Cassadaga Spiritualist Camp Bookstore 386-228-2880

Jan. 14 thru Jan. 22 CASSADAGA Special Guests from Lily Dale, New York (HBO "Nobody Dies in Lily Dale") Rev.(s) John Lilek and Kathleen Hoffman-Lilek. Physical Phenomena Mediums and Teachers. Seances, Demonstrations and Classes. Private Readings by appointment. Rev. Kathleen Hoffman-Lilek (774)-454-3985 or Rev. John Lilek (419)-787-2787. Transfiguration Workshop & Seances, January 15-19, 9:00-10:30pm must RSVP LIMITED TO FIVE NIGHT SEATING, \$25 per session (\$100 advance for 5 sessions) Colby Memorial Temple Séance Room. Seminars: Saturday Jan. 15, 1:30 -4:00pm Manifesting in Motion; 6- 8:30pm Spirit Guides, Teachers and Light Identification. Sunday, Jan. 16, 2:30-5pm Physical Mediumship. Tuesday, Jan. 18, 6:30-8:30pm Remote Viewing

January 15 & 16 CASSADAGA 2-5pm MESSAGES OF UNIVERSAL WISDOM - A Journey of Connection Through the Heart BARBARA EVANS Sacred geometry of the image keys. Learn about this new energetic art form. www.CrystalWingsHealingArt.com \$25 preregistered. Cassadaga Spiritualist Camp Bookstore (386) 228-2880

January 21-23, 2011 ORMOND BEACH 20th Annual Native American Festival at the Casements. Info (386)676-3216 Sponsored by The Department of Leisure Services; Intertribal Native Dancers, Aztec Dancers from Mexico, Reptile & Wildlife Exhibits, Native American Cuisine, Over 30 Trading Booths; Friday 10am-9pm, Saturday 10am-9pm, Sunday 10am-5pm - Daily Admission: Adult \$6; Senior \$5; Child \$4 Take I-95 and exit at Hwy 40 (exit 268) heading east. Cross over US1 and continue east over the causeway. Turn right into the Casements. Also see at Google Maps search "Casements Drive, Ormond Beach, FL 32176"

Thursdays, Jan. 27-May 26, CASSADAGA Development Class 7:00-9:00 Rev. Diane Davis, \$10 ea. Cassadaga Spiritualist Camp Bookstore (386) 228-2880

Friday January 28th - Sunday January 30th - Melbourne -- Layne Redmond -- Bee Priestess Intensive Levels I & II -- join Layne Redmond, author of "When the Drummers Were Women", for a weekend workshop celebrating her new CD release of music made with the bees "Hymns From the Hive". Using practices of the ancient bee priestesses, we will create sacred space through ritual chanting, overtone singing, and humming sacred sounds to the rhythms of the frame drum to help bring balance and healing to the bees, ourselves, our culture, and our world. Beginner Level I - Friday 6pm - 9pm (required for new-bees) and Level II - Saturday 9am - 12:30pm, 2:30pm to 6pm AND Sunday 10am - 2pm. Cost: Levels I & II: \$220 before Jan. 10th, then \$245; Level II \$185 before Jan. 10th, then \$200. Location: private residence in Melbourne Beach. Contact: Sharan Miller at 321-720-1505 or itstimetodrum@yahoo.com or see www.ItsTimeToDrum.com for details.

CALENDAR OF EVENTS CONTINUED

January 29 CASSADAGA 10am-5pm, History of Spiritualism 10-5 Rev Ben Cox \$45. Learn about the history of this remarkable religion. Cassadaga Spiritualist Camp Bookstore (386) 228-2880

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January 30th WEST PALM BEACH Meditation Seminar and Kriya Yoga Initiation at Crowne Plaza Hotel Ballroom. All Welcome. Donation basis. Meditation Seminar 2-3:30pm and from 4-5pm there will be Kriya Yoga Initiation conducted by Roy Eugene Davis, ordained by Paramahansa Yogananda in 1951 www.csa-davis.org info@csa-davis.org 706-782-4723 See back cover for details.

January 30th ORLANDO Mother Meera, a Divine Emanation and Enlightened Being is giving Sacred, Silent and Beautiful Darshan Blessings. In order to attend this special experience, reservations must be made in advance at www.mothermeeraflorida.com. The entire event is free. Call 386-307-2455. See page 11.

February 1 FORT LAUDERDALE Mother Meera, a Divine Emanation and Enlightened Being is giving Sacred, Silent and Beautiful Darshan Blessings. In order to attend this special experience, reservations must be made in advance at www.mothermeeraflorida.com. The entire event is free. Call 386-307-2455. See page 11.

Sunday. Feb. 6 CASSADAGA Rev. Anne B. Gehman, Speaker 10:30. Seminar 2-4pm "Where Do We Go From Here? Cassadaga Spiritualist Camp Bookstore (386) 228-2880

Saturday. Feb. 12 CASSADAGA 1-4pm Michelle Whitedove "America's Most Accurate Psychic" "Messages from Spirit" Channeled lecture, question & answer, audience messages the last hour or more. A book signing will follow. Cost \$49 in advance / \$55 after Feb 10th Location Cassadaga Spiritualist Camp Bookstore (386) 228-2880

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Karen Williams is the author of *Soulsongs: Welcoming Your Deepest Desires* and distributes a bumper magnet, "Think Happy Thoughts & Good Things Will Happen." Karen and her partner, Mark, also host Abraham-Hicks discussion groups in Winter Springs, Florida. E-mail: soulsongkaren@cfl.rr.com. Karen's blog: www.abrahamfun.com.

COPING WITH PRICKLY PEOPLE

Perhaps I regularly encounter someone who isn't exactly a load-of-laughs. Maybe that person is a whiner, complainer, or blamer. Maybe he or she snarls and snaps at the slightest provocation and spews forth criticism and ridicule. Maybe I actually detest that person. While it's usually fruitless to try to change prickly people, it's worth every bit of effort to soften the way I react to them. For when I react with negative emotion to a "prickly" or to any of life's circumstances for that matter, I impair my connection to Source - my lifeline to all the good I seek.

So, the drill is to find a way to feel better about pricklies. I can tell myself, "They're hurting inside and that's why they act that way," or "That's their stuff. I don't need to let it affect me," or "Old Faithful is about to spout off again. What else is new?"

As I gradually lessen my internal reaction to pricklies, they will change the way they interact with me or they will no longer show up in my experience. It is my negative reactions that keep drawing unpleasant people and situations to me. Always. As I see people in a different light, I'll notice a nice, new side of them or else I'll see their backside as they exit.



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The Energetic Ease of Indifference

It's amazing to me how quickly and easily I can create or attract something into my life when I hold a feeling of indifference. For example, I might wonder how a friend is doing - perhaps someone I haven't heard from in a while. It's just a thought, a wondering - like picking up a card about them and then dropping it and letting it go. Usually within 24 hours I will receive an email or phone call from that person.

Or, I might wonder about a new store and within 24 hours, I'll receive coupons in the mail or in an email or I'll read about a sale they are having. Or, I might wonder about a new meditation technique and within a few days a friend will talk about a new meditation class, video or book. And when that quick response to my wondering happens, I'll then wonder about how easily some of the things that I'm indifferent about are manifesting so quickly.

Why is it that when we are indifferent - in a take it or leave it way - it can come to us with speed and ease; but when we really truly yearn for something, it seems to be withheld from our grasp?

And as I recently pondered this I realized, it's all about feeling. When I am indifferent towards something, when I "Ask and Let Go" I create without resistance.

But when I am wanting or wishing I am in effect pushing it away, because the very feeling of "wanting" is saying, "it's not here." And that feeling of "I don't have this" fuels the feeling of its lack.

It can be quite difficult to receive when our vibration is not in alignment with what we desire. We are quite magnetic beings. Like attracts like, and energy pulls to us what we are thinking about with e-motion.

So if we are thinking of how we are wanting a new car - perhaps right down to its color, make and model - that wanting feeling only further fuels a feeling of lack.

Wanting and needing is in effect the polar opposite of feeling grateful. Writing in a gratitude journal at night before bed, can help us shift our emotions. We might write something like:

- * I am grateful for my comfortable bed.
- * I am grateful for the walk I took with my dog today.
- * I am grateful for the quality time I spent with my family today.

It is good to acknowledge our good and give thanks, but what if we took the journal a step further.

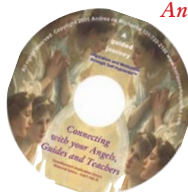
What if we used the gratitude journal in a different way and then combined that with affirmations to further release our resistance to that which we desire?

...continued to page 30...

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Connecting with your Angels, Guides & Teachers

Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. 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.



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

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For download, go to www.horizonsmagazine.com -- Go to "Andrea's Audio CD MP3 Page"
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Abraham-Hicks

...continued from page 9...

So here you are, no matter whether you are 2 or 102, summoning Energy through you. The question is, how much have you picked up along your physical trail, in the form of contradictory beliefs that now resist, rather than allow, the Energy that would flow otherwise?

We are calling this gathering the Art of Allowing, because we want you to rediscover how to allow the Energy, that is life itself, to flow through you in the way you so much want and in the way you certainly deserve.

Our most personal desire is that you learn -- little by little -- to release your feelings of unworthiness and replace them with feelings of worthiness. For as we see you, in your Energy Form, we notice that it is your opinion about you that serves as the strongest reason for you to not allow this life-giving Energy to flow. And it is also what is usually at the heart of your not getting along very well with one another. It's what's at the root of your jealousy or your blame, or your fear

The Perfect Food For My Befriended Body

What is the perfect food? We would say there is not one, other than water. We encourage lots of that for all of you. Drink as much water as you can get into your body, and then eat anything else that feels good to you.

We would, for a little while, step away from the subject of food altogether in terms of trying to make anything happen. And we'd get as happy as we can relative to other aspects of our life, until we could feel that our cork is floating mostly about most things. And then we would say, "I'm going to befriend my body. I'm going to become a friend with my body. I'm going to make my body my friend." That is so essential: making your body your friend.

Most of you are afraid of your body. Your body feels like something that might trick you. It might get run over, or it might make the wrong decision, or it might die too early, or it might get a disease in it, or it might do something, after all, it has all kinds of mysteries. You can't look into your body. You can't see metabolism. You can't see what's happening with the cells. You don't really understand your body. And your body frightens you in most cases.

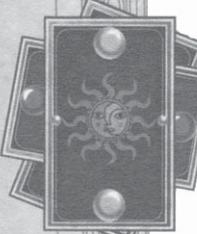
We would like to help you to know that your body is oh, so well meaning. Your body is so well orchestrated. You see, your body is trillions of cells that are vibrationally interacting with Source Energy. And if left to their own without a lot of static in your vibration, your body would only thrive.

In other words, the basis of your body is one of true and utter thriving. It has no reason to frighten you. It is the greatest evidence of Well-being that exists anywhere in your physical experience. It is an extraordinary mechanism that's come together from great deliberate intent from so many Non-Physical and physical creators.

And every one of you who stands in your body, continues to enhance the experience of the physical body. This is an evolution of a species that is extraordinary.

Your bodies are not to be feared. Your bodies are to be revered. Your bodies are to be applauded. Your bodies are to be maybe even amazed at. But they are never to be feared.

...continued on page 33 ...



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-Tod McNeal

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Thinning Down in the New Year

...continued from page 14...



spiritual center - what you allow - or don't allow - to exist and affect you in your world. With the cacophony of society rising every year, our culture demands more and more of our attention to both the subtle nuances of life as well as the clanging cymbals (symbols) of reality. While we cannot control what and how much life puts in our path, yet we hold the power to determine how much affects us. By thinning out that which negates our highest and best life experience, we declare to life our focus and intention to live fully within what matters.

Thin skinned

We're human. We take things personally. We allow the microscopic disturbances of life to permeate our spirit and burrow into our very being. Absorbing the positive and negative components swimming around us, we lack the filters necessary to differentiate between that which empowers us and that which may harm us. Thin skinned may present as gullibility, vulnerability or instability, resulting in an unfortunate adaptation and consumption of energy separate from ourselves.

Differentiating between toughening and thickening the barrier of our spirit to prevent the invasion of foreign negativity, offers a vital challenge throughout our life experience. While our perceptions may bring us a wide range of understanding and acknowledgement about what we choose to admit into our consciousness, thickness (or depth) still provides for an interaction between the world around us and our inner selves. If we toughen our essence, we no longer observe the impact of potential good - or bad - on our lives; we simply construct a defensive barrier to all new ideas, thereby possibly denying the gift of growth in the process. Most importantly, remember that which happens outside of us, need not be incorporated into our spirit.

Whether who you are hiding behind a superficial veil of illusion, or you make conscious choices to simplify your pool of options, or you strive to allow life to impact your spirit, remember a new calendar year presents opportunities for growth and for thinning out your life. Return to the basics of your nature - acknowledge who you are and proudly display your unique qualities! Keep those people, things and attitudes in your life which empower and bolster your journey, and finally, know what to absorb and to repel when the energies around you appear as a challenging opportunity for growth!

CASSADAGA SPIRITUALIST CAMP PRESENTS



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Wed., Ongoing Development Class 7:00-9:00 Joan Piper, \$11 ea

Jan. 14 thru Jan. 22, Special Guests from Lily Dale, New York (See the HBO Special "Nobody Dies in Lily

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Transfiguration Seances 1/15, 1/16, 1/17, 1/18, 1/19, 9:00pm-10:30pm must RSVP LIMITED TO FIVE NIGHT SEATING, \$25 per session (\$100 advance for 5 sessions)

Classes: Sat. Jan. 15 1:30 -4 Manifesting in Motion, 6- 8:30 Spirit Guides, Teachers and Light Identification

Sun. Jan. 16 2:30-5 Physical Mediumship Tues Jan. 18 6:30-8:30 Remote Viewing

January 15 & 16, 2-5pm Messages Of Universal Wisdom - A Journey Of Connection Through The Heart Barbara Evans Sacred geometry of the image keys. Learn about this new energetic art form. Interact and experience its loving supportive energy. www.CrystalWingsHealingArt.com \$25 fee preregistered at bookstore. Books Available

Thurs. Jan. 27-May 26 Development Class 7:00-9:00 Rev. Diane Davis, \$10 ea

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Sun. Jan 30 Improving your Mediumship through Inspiration Potts Brothers 2-4:00

Sun. Feb. 6, Rev. Anne B. Gehman, Speaker 10:30. Seminar, 2-4pm "Where Do We Go From Here?"

Sat. Feb. 12, 1-4pm Michelle Whitedove "Messages from Spirit". Channeled lecture, question & answer, then give messages to audience members during the last hour or more. A book signing will follow. Cost \$49 in advance / \$55 after Feb 10th



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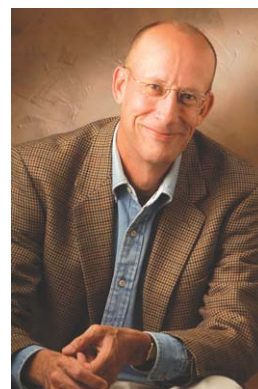
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There are only miracles and to one degree or another they all soothe, pamper, and enrich.

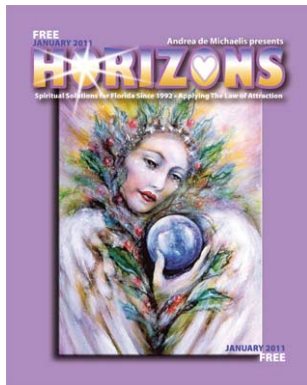
However, to avoid blowing too many minds at once, some are disguised as unpleasant surprises, botched circumstances, and twisted acquaintances that can rarely be seen for who or what they truly are until the pendulum has fully swung.

Yes... don't I think of everything?

Duck!

The Universe

COVER ART



PEACE by Lori Hlavsa



Residing in Florida with her husband, Lori Hlavsa is an accomplished artist. "I hope to take the viewer to a place where Imagination and Dreams really do exist"

At a young age, Lori began to sketch and imagine freely. She began to work as a freelance artist in high school. In the 80's, Hlavsa's airbrushed murals on motorcycles, and vehicles were popular. She earned a degree in Advertising Design, from the Fort Lauderdale Art Institute. In 1985 she and husband expanded their family, with a girl, and 1987 a boy. Working part-time, her signs and murals brightened up homes, daycares, and Broward County schools.

Through the 90's Lori worked with handmade papers, to escape the commercial art. The paper sculptures evolved into humanlike figures of clowns, fairies and dancers, sold in art shows, as the children grew up. After 2000, Lori returns to illustration and mixed-media painting. Much of Hlavsa's themes come from family, nature, and the inspiration that surrounds her.

Lori was a featured artist in South Florida and in her 25-year career, she has displayed her work in over 500 exhibits and has received several awards. Customers comment that her work is magical and inspirational. Visit her website at www.artbylori.com

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Soul Powered Life



...continued from page 25...

Affirmations can help tweak our vibrational state and shift us out of the emotion of resistance and into an emotional state that aligns us with what we desire to be, do or have. Affirmations can also help us tweak and define what it is we truly desire. By creating a daily gratitude list combined with a feeling of receiving our desires now, combined with powerful affirmations we can shift our emotions. So in addition to what we are grateful for today:

- * I am grateful for my comfortable bed.
- * I am grateful for the walk I took with my dog today.
- * I am grateful for the quality time I spent with my family today.

Let's then add to our list our desires - as if already here - not in a wanting or pleading way, but with gratitude and thanks:

- * I am grateful for my new Nissan Altima that is paid for easily.
- * I am grateful that my credit card balance is paid in full this month.
- * I am grateful that I am enjoying the holidays with my family.
- * I am grateful that everyday and in every way life is better and better.
- * I am grateful that I am at my ideal weight now.
- * I am grateful that I am receiving intuition.

By feeling grateful for already receiving, we fall away from the wanting. The affirmations help us define more clearly what it is we desire. By stating our desires with gratitude in the present moment - we shift our energetic state.

It is in an attitude of letting go and allowing - feeling somewhat similar to indifference - in which we just know, we accept and we receive. Thank you. Wanting creates resistance - like a wall between us and our desires. Letting go of wanting and needing by being grateful can align us with our desires.

It can be so powerful to move into the feeling of our desires by feeling and acknowledging them as being here now. Feel how wonderful it is to (already) have that which you desire as here now. Be grateful for its being in and occurring in your life now. Ask, Be Grateful, then Let Go and Trust.



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January 2011

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

Jan 1st - Shinto: Gantan-sai, Japanese New Year's Day ; the first day of the first month

Jan 2nd - Sumerian: Birthday of Inanna

January 2011

Ancient people saw the flow of time as circular, not linear, and the changes were understood as a great wheel. Woven together with the solar cycles are the monthly lunar cycles, which affect all life on Earth from the tides of the oceans, to the fluids within our bodies, to our emotions, to our unconscious. Many folk/ethnic/Indigenous religions and other traditions have been lost through time, destroyed by men who sought to establish a new God. Which is interesting since Christianity and most of its rituals is based on Egyptian mythology, whose source is pagan. I recognize that much myth and tradition isn't about worshipping gods or goddesses, rather about recognizing and honoring archetypes in a way that can be useful in our daily lives.

Much can be rediscovered through folk customs, legends and folktales. Our ancestors found comfort in the cycles of the seas and the stars. It gave them faith that when the sun left the sky, the moon would appear. It gave them faith that when a season of snow passed, a season of sunshine would follow. They learned by the phase of the moon and the cycle of the seasons the best times to plant and to harvest. My experience is that being in tune with the natural rhythms of our Universe helps me find my place in it. It helps me feel connected and supported by the natural world around me, no matter what human chaos may be happening at the time.

When we feel ourselves to be separate from nature, we feel fragmented and frazzled by our daily lives. If we're to change this, it helps to begin seeing ourselves and our relationship to the Earth, the moon and the sun with new eyes. To look for the natural patterns and cycles, and see what relevance they might have in your life. As a gardener and one who studies weather patterns, I find the cycles very relevant to my daily life. At new moon and full moon, I do a moon ceremony, to celebrate the last 14 days and welcome in the next 14. Observing the natural cycles teaches that every one and every thing is valuable and sacred.

You might want to Google the unfamiliar names you read here and see what some of the ancients believed, and how they celebrated the cycles.

-- Andrea de Michaelis, Editor

Jan 2nd - Egyptian: Advent of Isis

Jan 3rd - Ancient Greek: Lenaia, celebration of Dionysus, god of wine and fertility

Jan 4th - New Moon

Jan 5th - Ancient Italian: Feast of Befana, goddess of magic

Jan 5th - Roman: Festival of Befana, Goddess of magic, goodness, and ritual

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

Jan 6th - Hispanic Christian: Dia de los Reyes (3 Kings Day)

Jan 6th - Christian: Epiphany

Jan 7th - Fastafari: Ethiopian Christmas Day (Ganna)

Jan 8th - Norse: Feast of Freya, goddess of love and fertility

Jan 13th - Hindu: Makar Sankrant/Lohri, celebration of the return of the god of the sun

Jan 14th - Sikh: Maghi

Jan 14th - India, Sri Lanka: Pongol Harvest Festival, thanks for the bounty of the sun

Jan 16th - Hindu: Festival of Ganisha

Jan 17th - Baha'i: World Religion Day

Jan 19th - Norse: Festival of Thor, god of thunder

Jan 19th Full Wolf Moon also known as the Ice Moon

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

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

Jan 27th - Roman: Sementivae Feria

Jan 29th - Nepalese: Martyr's Day

Jan 30th - Buddhist: Mahayana New Year

Jan 30th - Christian: Holy Day of the Three Hierarchs (E. Orthodox)



SEASONAL COOKING *with spirit*

We've learned from science that our thoughts and intentions affect how water acts and reacts with other organisms, especially in our physical body. That gives it a metaphysical and spiritual component that I like to honor by cooking and eating in a conscious way. A way that encourages maximum health, such as renewed cell structure, and maximum enjoyment of flavor and texture. Our bodies respond to what we think, what we say, what we eat and what we think about what we eat. For me, healthy cooking and eating is part of my spiritual path. Andrea de Michaelis, Editor
See my cooking website at <http://goddessgrub.com>

MY HEALING ASPARAGUS SOUP

I eat this soup when I want a creamy soup without the fat, and when I want to feel nurtured by its green goodness. You can make a spicier version of this by doubling the spices.

INGREDIENTS:

1 tsp olive oil
2 medium onions
4 small organic carrots
2 large stalks of celery
1 package of fresh asparagus
32 oz fat free chicken broth
3 bay leaves
1 tsp sea salt

Dried basil, cumin, black pepper, 2 shakes each



DIRECTIONS:

Chop the vegetables fine since you will puree them before adding the asparagus. This makes it a real creamy soup with a cream of asparagus feel and taste, but without the fat.

In a 1 quart saucepan saute the onions, carrots and celery stalks in the olive oil til golden, keep stirring them to get them all a little browned.

Add the broth, the bay leaves and the herbs and spices. Simmer 25 minutes.

Remove bay leaves but do not discard them yet.

I use a handmixer to puree the soup to a nice smooth consistency. You don't have to puree it, but I do. Add the bay leaves back in.

Cut the bottom 2" off the asparagus and discard, then and dice the asparagus finely and add it in.

Simmer another 25 minutes. This soup has good natural flavor and is so healing to the body.



Sometimes I roast the veggies in the oven ahead of time -- 1/2 hour at 350 degrees -- for a roasted flavor



The Center for Spiritual Living Space Coast warmly welcomes their new minister, Rev. Ron Fox and his wife, Becky Fox, RScP, to Florida.

**YOU ARE INVITED to attend
Rev. Ron's first talk on Sunday,
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Music will be provided by Side By Side

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Abraham-Hicks

...continued from page 26...

Your bodies are not vulnerable. They're not fragile. They are resilient. They are flexible. You have the ability to come into alignment again and again and again, and if anyone in the Universe understands that, it's the cells of your body.

Befriending your body is the only way we know of coming to understand that your body is resilient and that it knows what to do, and that it will be whatever you ask it to be.

But you have to ask it to be that in a place of nonresistance. It's the most significant information that we have ever expressed relative to your physical body and food. You must love your body, and then lovingly give it the food. And when you love your body and lovingly give it the food, it matters not what food you give it.

Addressing the "Pursuit of Joy"

The reason that the pursuit of joy, or as some have said in such perfect words, following your bliss, is so valuable, is that when you are looking for the thought, word or action that feels joyful--what you are actually doing is holding yourself in vibrational harmony with Source Energy. That is what this Workshop is all about: Holding yourself in a place where you're letting it in.

Letting what in? Things that are a vibrational match to joy: Clarity, wellness, abundance, all things that you consider to be good. "And so, today, no matter where I'm going, no matter what I'm doing, and no matter who I'm doing it with--it is my dominant intent to look for those things that feel good."

This process of allowing the Well-being to flow to you is not difficult. It is as simple as wanting enough to feel good, that I'm looking for something that makes me feel good.

I might have to be tenacious in that idea for a little while. I might look at that and it might not make me feel good because it reminds me of something that didn't make me feel good before, or because it might remind me of something that I've wanted and I don't have.

And I might look outside, and it might not make me feel good because it might remind me that the winters are getting closer, and that the days are getting shorter.

...continued on page 34...



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Abraham-Hicks

... from page 33...

It might take some diligence at first. I might say, "That doesn't make me feel good, and that doesn't make me feel good," but if I want to feel good, then I will stay on my search.

And if I keep saying to the Manager, or to the Universe, "I want to find something that makes me feel good, I want to find something that makes me feel good." If I'm holding that intent, and I really, really mean it, the Universe will yield to me, sooner than later, something that makes me feel good-- and I will feel the relief and the release of feeling better.

And then I will say, "Ah, that makes me feel good." And as I focus upon that for as little as 17 seconds, now I'm off and running. Suddenly, the things that were in my vicinity that were not making me feel good, I do not have vibrational access to any more. Now, I'm on a rampage of things feeling good.

There is nothing more productive for any of you, than to get on a rampage of appreciation relative to any subject of your desire. Because you cannot be in the state of appreciation and at the same time hold yourself vibrationally apart from something you desire. They are two opposite vibrations.

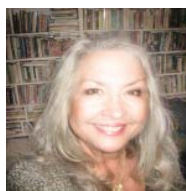
You cannot appreciate the idea of a relationship and hold yourself apart from one at the same time. You can't appreciate the idea of a healthy body, whether it is yours or someone else's, and hold yourself apart from it at the same time.

When you are in the vibration of appreciation, you are in the vibration of allowing. Whatever it is you are appreciating, you are allowing, with that much more emphasis, in the now. In other words, it speeds the process.

If we were wanting to reach for joyful experience, or the experience of connection, we would superimpose the word "appreciation", because it is a purer vibration for most. When you say, "I want that, or I have to have that," sometimes it can get messy. But when you say, "I surely do appreciate that," there is very little contradictory vibration within you. And you are much more likely to then use that as your excuse to allow what you've been telling the Universe, all along, with your yippees and yahoos, that you are wanting.

The art of letting it in says, "Well-being abounds, and I'm a worthy receiver of it. And when I think that thought, I don't let it in. When I think that thought, I let it in a little more.

...continued on page 35...



Thoughts about things...

... from page 7...

And I'm not doing it because I'm unhappy with how the garment is right now, it's just that I see so much more potential in it. That's how I am with life also.

As I purged my closets last month, I set aside favorite pieces that I could either redesign for a new look, or use as a pattern for a something new. I'm good at deconstructing a garment, such as seeing what about that blouse do I like? The color? The fabric? The fabric design? The details, like stitching or buttons or zipper? The fit? I've learned to make a pattern using my favorite pieces, to buy fabric that is silky and flowy in colors that flatter me. *News flash: I've learned that patterns and colors I like to look at are not necessarily the ones that look best on me.* I've learned if I like a basic piece, I can change out the buttons and redesign a sleeve or neckline and customize it to me.

When I get in the sewing mode, I'm *in the slot*, everything flows. I find great fabric at a great price and my designs and pattern-making are spot on. One night, I fell asleep with the question on my mind — what shall I make from the purple/blue chiffon with border print? I woke up with several ideas and ran them through my head. By the time I actually got the fabric on the cutting table, I'd already created it in my mind and knew just what I was going to do at every step.

I made a simple tank overtop with matching scarf. A bold and stunning contrasting border runs across the bodice, so I could keep the style simple. Since I pre-paved the design and cutting and sewing ahead of time, it went easily for me. *Just like in life.* Once that was done, I immediately began thinking of my next project. I had 2 yards of a tan and aqua silky sheer that I'd earlier made another overtop with. I thought a short open jacket of the same fabric would be cute. Short sleeves, to the waist, kimono collar. I began to search my closet mentally for what I might best use as a pattern. I fell asleep with that thought.

I dreamed I was going through my closet looking for a top to use as a pattern. I was in my own closet but there were interesting new pieces as well. In the dream I began trying on clothes. I woke up and went straight to my back closet and found a favorite red cotton kimono, circa 1973. After checking out the kimono for size and style, I'd found the perfect pattern. I love it when I can attract information that way.

...continued on page 38...

Abraham-Hicks



... from page 34...

And when I think that thought, I really let it in. I choose that thought." Do I choose that thought because it is reality? Do I choose that thought because my parents agree with it? No, but I choose that thought because it lets it in.

Do I choose that thought because statistics say it's the truth? Do I choose that thought because a lot of wise people choose that thought and therefore it must be a good thought? No, I choose that thought for only one reason: in choosing that thought, I feel better. This thought feels better than that thought. This thought feels better than that thought.

Art of Choosing Thoughts That Feel Better

So, "I'm a good person. I have so much to learn." Did one statement feel better than the other?

"I am incomplete. I'm an eternal being." One thought feel better than the other?

"There is sickness in my body. My body's ever-changing."

"There is sickness in my body. The Universe yields to my vibration."

"I don't have enough money. The Manager is lining things up."

"I don't know where to go. I will find the way."

"No one really understands me. It's not their job."

"I don't like the way you treat me. Law of Attraction is matching us up."

"I can't be happy if you do that. I'm the creator of my own experience."

It is not difficult for you to tell which thought feels better, is it? Those were similar vibrations, and yet you were able to discern a marked difference in the way they felt.

You are students of Deliberate Creation. You are in an advanced arena. You are doing enormously well. Have fun with all of this. Be easy about it. There are no trials. You cannot get it wrong, and you will never get it done.

Make a decision that in this moment, in this one, "I'm going to look for an excuse to let it in."

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*



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. Call Barbara at 1-208-773-7822, visit on the web at www.IntuitiveReflections.com, or email barbaralee21@roadrunner.com

HOROSCOPES

Aries: March 21 to April 19 "I Am"

January 10th and 12th will be powerful days for you to tune into what you want for your life. Some have said that how you spend the first 12 days of the New year will be a reflection of what your year will be like. Choose well because you will receive what you focus on. The lesson is to be open for new opportunities to flow your way in miraculous ways. All is in divine timing.

Taurus: April 20 to May 20 "I Have"

The life force within you is bringing up a lot of unresolved childhood issues; If you come from a place of pain and blame you will only sink deeper into unresolved states and anger and resentment. You are fortunate to have the new moon solar eclipse in Capricorn on January 4th making a positive trine to your sun sign. Now is the time to forgive the past and start really loving yourself.

Gemini: May 21 to June 20 "I Think"

January is a critical time for you because of the newness of the season. Your creative efforts are being challenged by transiting Saturn in Libra making a positive trine to

your Sun sign. So this is the time to pursue any creative outlets that you have always wanted to explore but have been too busy. Your goal for the year is to keep your energy moving in the right direction for your highest and greatest good.

Cancer: June 21 to July 22 "I Feel"

Your emotions may be all over the place, especially on the 1st and the 2nd and 3rd of January. Regrets can cause havoc with your organs especially your liver and gallbladder. Now that the New Year is here your body is telling you to get it healthy. The internet is an investigation tool, take the ball and run with it. Look up cleanses, diets and different exercise programs and affirmations for self healing. This is the year to get sufficient in all areas of your life.

Leo: July 21 to August 22 "I Will" You Leo's are really getting a good dose of get off your ass and get moving with transiting Mars in your sign on your tail. A huge amount of intense energy to deal with, use this amazing infusion of life force to exercise, clean, organize, and self healing. The full moon in Leo on January 19th will be nothing short than amazing. Create a nice balance of loving, playing and work to experience more peace.

Virgo: August 23 to September 22 "I Analyze" If fire burns wood and you are an earth sign you may feel a bit burned out after the last full moon in Leo, a fire sign on January 19th. Take some extra time for self healing and grounding. Next month the full moon in your sign Virgo will be February 18th. You have until then to resolve some of your most pressing issues. Stay present and don't allow others to talk you out of how you really feel.

Libra: September 23 to October 21/23 "I Balance" Do you feel structured yet Libra? With Saturn in Libra transiting your sign for 2-1/2 years you must feel like you are always getting in trouble. Don't worry, nobody is ever born under a bad sign, it is only lessons. I don't blame you for never wanting to grow up, don't. Always keep your relationship with your inner child alive and you will never stop growing.



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January 2011



SUGGESTED READING WATCHING LISTENING

Scorpio: October 23 to Nov 21/22 “I Transform”

You have overdone it again and this time you are really paying for it. This month, take time to heal yourself on all levels. Your Sun sign is smack dab in the middle of a T square, between Aquarius and Leo. You may feel like an outsider, but sometimes that is not such a bad thing. Ground yourself and fill yourself with light; being in the eye of the storm can be intense but you will come through it with flying colors.

Sagittarius: November 22 to Dec 21 “I Perceive”

The most important issue for you now is clearing the unresolved issues from childhood. The amount of nurturing you received as a child is equal to the capacity to nurture as an adult. Grow your relationships as you would a garden. Take care of things and people that are important to you and they’ll take care of you.

Capricorn: December 22 to January 19 “I Use” The lessons you are experiencing now all have to do with stabilizing your life force; and yes transiting Libra in Saturn squaring your Sun sign will see to it that you learn your lessons. In your efforts to be all you can and be the responsible one, you hate it when others don’t even try to live up to their potential. Continue to be a loving example and show the way.

Aquarius: January 20 to Feb 19 “I Know” Transiting Neptune and Jupiter conjuncting have a unique affect on your sun sign. The year 2011 is the year for “BIG” accomplishments as Jupiter and Neptune are positively aligned in your sign; you and your intuition will expand in a big way this year; and your gifts will be used by many. Follow your heart and trust what you know.

Pisces: February 19 to March 20 “I Believe”

You still have transiting Uranus in Pisces on your sign for a couple more years. This January you will be in a state of reevaluation and reassessment of your goals and what is important to you. Your biggest issue is, will be the 180 degree turn from where you are and where you will be going in the future. Yes change can be very scary, but sometimes you have to let go of the branch to grab on to the one in front of you. Take a leap of faith and you will be pleasantly surprised. Go with what feels expansive.

CDS:

Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

The Fifth Agreement by don Miguel Ruiz and don Jose Ruiz
Sixty Seconds by Phil Bolsta
The New Master Key System by Charles F. Haanel
Practicing Conscious Living or Dying by Annamaria Hemingway
Happy for No Reason by Marci Shimoff/Carol Kline

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From Grief To Joy: Moving Up The Emotional Scale
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Getting into the Vortex Guided Meditations CD and User Guide

[FROM WWW.BEYONWORD.COM](http://WWW.BEYONWORD.COM)

Intuitive Parenting by Debra J. Snyder, Ph.D.

WWW.HAYHOUSE.COM

Archangels 101 by Doreen Virtue
Angel Words: Visual Evidence by Doreen and Grant Virtue
Inspiration Deficit disorder by Jonathan H. Ellerby, Ph.D.

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The Three Only Things by Robert Moss
Courage & Craft by Barbara Abercrombie
Worst Enemy Best Teacher by Deidre Combs
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Living The Qabalistic Tarot by Amber Jayanti
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Ways: Thoughts On Living The Truth And The Life by Maggie Rosche

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The Secret Behind The Secret www.abraham-hicks.com

The Secret - the Original edition with Abraham-Hicks. It’s the one with “the secret” actually in it, although The Secret “extended version” (with Abraham-Hicks edited out) has good info in it also.



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

Thoughts about things...

... from page 34...

That's how we attract everything, you know. Just thinking on it. Spending time pondering something we want and basking in the feeling of having it. The more we do that, the less time we spend focusing on things we don't like and don't want. We ask ourselves, *"This thing I am focusing on -- this topic I am reading about or this show I am watching -- is it something I personally want to experience in my life? Does it make me feel happy when I watch it?"* When we ask these internal questions, answers and guidance start pouring into our mind from all corners of the Universe. This is how powerful we are as attractors of our own experience.

This is why you can trust that you have the power to make it even in challenging times. We all know someone who is worried about the state of the economy. The state of the economy does not determine your experience. Your conscious thought, expectation and belief does. Trust that you have the power to make it even in challenging times, trust that you can attract helpful thoughts that inspire you to action. Soon enough you'll have evidence and your belief will change.

When you use your self-talk to remind yourself that you have access to inner guidance that can lead you in the right direction for all decisions, you become very powerful. When you tell yourself that, your mind starts looking for evidence of it and attracting guidance and inspiration to you. And unless you drown out that inner guidance by having your attention on say tv or radio or news reports, you'll be inspired to action that can change your world — right now, right where you are — for the better.



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And if you spend 51% of your time looking all around you at everything that is going wrong with the world, and everyone that is pissing you off, you can't be attracting anything else. Just for one day cut the criticism and cut the pessimism and pretend that if you think of all the happy things that ever happened to you, you'll spend a few minutes vibing in a higher and happier place. And those minutes will lead to more minutes of happier thoughts and you'll attract even more happier thoughts. Let THAT be your snowball for the morning and your world can change by tomorrow. And there is no evidence anywhere to the contrary. I only speak from experience.

What if everyone simply began pre-paving their own future experience by thinking the best thoughts they can in the Now? Even when you see horrible things happening around you, you can find something better to focus on. When I was in the emergency room years ago writhing in pain from gallstone pancreatitis, the good thing I focused on was *"soon they'll give me a pain shot and I'll be on the other side of this."*

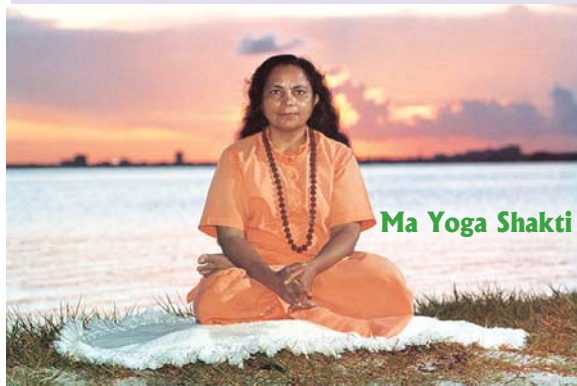
When my third husband died of liver cancer and I thought I'd never find love again, I reminded myself that love isn't just between me and one person, it's between me and everyone. No matter what the circumstance, there is always a better feeling thought you can choose to think. And it's all related.

Enjoy our offering this month.
Hari Om.

Andrea



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BOOKS BY MA YOGA SHAKTI

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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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Kriya Yoga Initiation 4 – 5 p.m. Conducted by **Roy Eugene Davis.** Ordained by Paramahansa Yogananda in 1951, Mr. Davis has taught spiritual growth processes for more than five decades in North and South America, Europe, West Africa, and India. His books, and free literature, will be at the seminar site.



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