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~ to be *here*.

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~Steve Hagen

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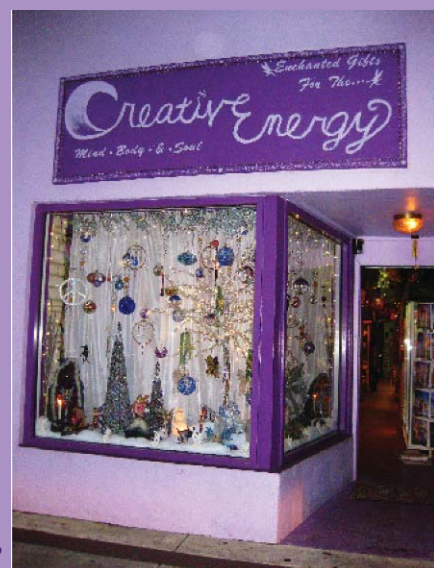
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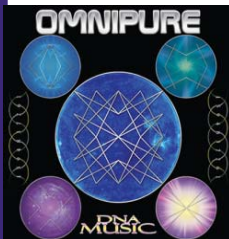
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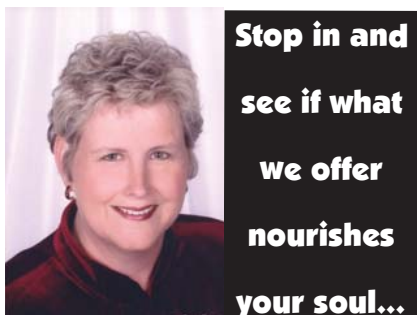
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SUNDAYS at 10:00am

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During 2012, Unity's theme is "Discover the Power Within You." We invite you to join us as we lay the groundwork for this to be the year for positive change in every area of your life. Each Sunday we teach spiritual laws and we practice the presence of God through prayer and meditation. As we embrace our own divinity and our connection with the Christ within we are able to experience all of life's challenges as opportunities.

Special Guests Jan Garrett & J D Martin Sunday, January 15th 10:00AM The Heart of Harmony: Stay Tuned!"

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Jan Garrett and JD Martin are Multi-award-winning singer songwriters who live and create their music in the mountains of Colorado near Aspen. All the songs they sing are their original compositions available at: www.Garrett-Martin.com. Their music is described as "rich and intelligent, a velvet-hammer wake-up call as satisfying to the soul as it is to the ear....songs to open the heart and refresh the spirit."

FAMILY DAY

Saturday, 1/21 from 10am - 12pm

Sign up now and join us at the Brevard Zoo. We will start the day participating in Brevard Zoo's Oyster Restoration Community Outreach Project. Adults and children ages 10 and up may volunteer. Sign-up sheet is in the hospitality area. (Volunteer opportunities may be available for younger children with parental participation) After working on oyster mats stroll around the zoo.

PROSPERITY PLUS... A NEW WAY OF LIVING • Rev. Beth Head •

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Course materials are approximately \$54.00 per student (\$49.00 plus shipping). Financial arrangements may be made for course materials. This prosperity class qualifies as one of the classes required for partner membership.

Art and Practice of Nothing and No One Against You • Lloyd Reiser

Friday 1/6/2012 7-9pm and Saturday 1/7/2012 9-5:00pm and 3 follow-up sessions (dates & times to be determined by group). 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. This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. It helps us to be in integrity with who we have come here to be in every aspect of our lives. You can find out more about the Art & Practice program and its creators at: www.theqeffect.com. This qualifies as a communication class for Partner Membership.

Cruising with the Cosmic Christ: Exploring the Christ in the Bible • Maggie Rosche

6 Mondays 1/16-2/20/2012 10:00 - noon You may come to this class with ideas about both Jesus and the Christ, but be willing to re-examine them as you engage the texts we will study. Using the Bible as a primary text, as well as other sacred literature, we will explore the Christ idea as it relates to Jesus, humankind, and creation. We will look at what the Christ idea is, the differences and similarities between the Christ idea and Jesus Christ, cite biblical evidence for the Christhood of all people, and use the example of Jesus as a basis for putting on the Christ and seeing the Christ in others. This qualifies as a Unity Basics class for Partner Membership.

ONGOING EVENTS

Sunday, 11:15 to noon. Adult Sunday school – Join us as we have a metaphysical discussion. Childcare available Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.

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

1st Sunday of the month (Jan 1st and Feb 5th) 4:00pm Reiki Healing Service with Lloyd Reiser

2nd Sunday of the month (Jan 8th and Feb 12th) 4:00pm Chanting with Lloyd Reiser

3rd Sunday of the month (Jan 15th and Feb 19th) at 2:30pm Unity's Licensed Teachers conduct a mini Sunday Service at Carnegie Gardens

2nd and 3rd Wednesdays of the month (Jan 11th and 18th) Rev Beth conducts a mini service at Trinity Towers East

Returning in February: Douglas Bluefeather

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

DIRECTIONS TO US: I-95 exit 72, follow Eau Gallie Blvd (518) to Wickham Rd & go left, then left on Trimble. Trimble is north of Eau Gallie Cswy, south of Aurora.

**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head
Jeremy James Bonner
Morgana Starr

On the Cover (see page 29)

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by Jane Taylor

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Wayne Wirs

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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 2012 edition of Horizons Magazine. I joined Planet Fitness the day before Thanksgiving and I can already tell a difference in how I look and feel. Just a month in, I'm already stronger, have more energy and get better sleep. I wake up some days thinking today is too busy, so I'll skip the gym or go later. *I know what that means.* Then I get dressed and drive over there and do 20 minutes on the treadmill while I wake up and decide if I want to work out. *Heck, I'm here, I may as well.* I'm glad Planet Fitness is just 2 miles away. I know I can be there and back before I can finish arguing with myself whether to go or not. I've done that too often with too many previous gyms throughout my life.

I can feel which muscles are being worked and that makes me excited about what they'll be like several weeks from now, in their new incarnation, stronger and better. I'm learning the importance of keeping muscles strong and how muscle tissue is broken down and reforms as I work them out. How it's important to work particular muscle groups first and why.

How muscle can rebuild in 6 weeks, how muscle tissue is broken down and reforms as you exercise. Muscles supports the bones, giving the body a stronger, more resilient frame. *Why is rest between workouts important?* During the process of working out, small tears are formed in the muscle fibre. Muscles get bigger and stronger as the body repairs these tears. Therefore, it's important to remember that muscles are technically built during your rest period, not your workout period. I'm real good at the resting part. For 2012, I'm going to get real good at the working out part.

One muscle of mine that could use more working out is the *forgiveness* muscle and the *nonjudgment* muscle. I unfriended someone on Facebook a month ago because she was really unfair to a good buddy when divorce time came, publicly slamming him, etc. Now she makes comments on my public Facebook posts and I thought *well, I'll just block her.* Then I thought, *why bother?* *Let me instead learn to see her name and her words without being triggered or thinking she should do anything to please me. Let me use my aggravation to practice not being attached to what she does or did or did not do.*

A good friend, a platonic spiritual brother, has a non-local girlfriend who friended me on Facebook this August. Shortly after I wrote a blog entitled "*My two cents about working toward being together,*" she blocked me. In essence, I said (relative to her) "If the two of you have made an agreement about when to be together, work toward it. Whoever is not working toward it has a different agenda." Am I irked that she blocked me? Obviously since I'm writing this. And yes, it's none of my business, no matter how much I want to protect a pal. But is my ego disappointed that she won't see the sometimes snarky comments I make on her man's wall?

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MATRIX



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CELEBRATING JERRY HICKS

As most know, Jerry "had his croaking experience" on November 18, 2011. While Esther has been the gracious conduit for The Teachings of Abraham, Jerry was the catalyst—the asker. Asking the perfect questions to call these brilliant answers forth. Jerry started something that would change countless lives. A beautiful fire that the rest of the world now has the honor to continue to stoke and receive the subsequent warmth of these teachings.

NOTE FROM ESTHER ABOUT JERRY

Dear, dear Friends, Our sweet Jerry made his transition into Nonphysical November 18, 2011. How sweet the Vortex is feeling to him today! Jerry said to me when we came together over 30 years ago that given the difference in our ages that it was likely "that I will cut out on you early," to which I replied, "I don't mind." His joy of life and continual new discovery of purpose kept his life feeling fresh and we shared such joyous eagerness for life.

Over the years, Abraham has consistently insisted that there is no death. Again and again they have reminded us that there is only life and more life and more life. It has taken me some time to understand this, and I honestly must say I have not yet fully come to terms with it, but I do believe that in what we are calling Jerry's death he is discovering the next logical step of life that Abraham has always been talking about. And at times I am catching a glimpse of the bigness of what Jerry is feeling and while I am still pretty mad at him for not sticking around longer to surprise and delight me in all the ways he has been doing throughout our 30 years together I accept fully that the next logical step of joyous life for Jerry was to be found in his re-emergence into Nonphysical.

...continued on page 26...



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Sunday Service 10:30am Join us for our weekly church Service. All welcome!

Sunday Message Service 12:30-1:30pm This is a public message service where our students and mediums demonstrate the continuity of life.

Wednesday Night Message Service 7:00 - 9:00 pm Healing will be offered from 7:00 - 7:25pm. The Message Service consists of a brief talk or meditation followed by professional and student messages ending at approximately 9:00pm.

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Testimonial I've been thinking about my reading Sunday, and things just seem to be falling right into place. Thanks for shining some light on the world around me! I now have an open mind to accept the changes that are about to take place. Thank you, Sonya G.

Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies.

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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.



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NELLIE: you said some things about an uncle my mother had that I never knew about. You mentioned that he was a musician, and that he was very well known. The next day I called my mom in Hungary and she started to cry, she verified everything you said. I never knew he existed up until you told me about him. At the time of the reading, you told me that he was there with me, it was a life turning experience for me. Thank you so much. **Klara**

NELLIE: You told me that my great grandmother Gaetano Salito came from the Bari area. I have found a young relative named Roberta Salito from the Salerno area and she will be contacting me about the family. There are many relatives from Bari area and the Salerno province. In Bari are the names of my family members: Grimaldi, Salito, Amodeo, and guess what the Fama family into whom my son Charlie, married! Best Regards, **Eileen D.**

NELLIE: I wanted to tell you how much I appreciated the time you spent with me on last week. Patti LaBelle was Kelly's favorite singer and he was really surprised when we pulled into the theater. It was the day after Valentine's day and I made an excuse that we were going to drive to Sarasota to eat at a really nice restaurant. How seats in the 5th row were available just 3 days before the concert is beyond me -- it really was just meant to be.

It's funny that this particular event came up in the reading Sunday because Sunday and Monday are the Mexican celebration for departed loved ones -- and I was just wondering to myself what the greatest moment we had together was in our short 6 years together, and for some reason I didn't think of this concert. This WAS definitely our best activity together and it took me coming to see you to remind me of that. You are a dear, special person and you will always have a special place in my heart. Thank you so much for the piece of mind you have given me. **Chris C.**



Email alwaysnellie@yahoo.com

BECOMING ONE WITH THE DIVINE



Wayne Wirs is the author of "Fading Toward Enlightenment" and "The Implications of the Soul." He has been blogging continuously—before, during, and after enlightenment—for over nine years. Wayne's complete works—his five books, photography and online journal—can be found online at <http://waynewirs.com>.

For the new year, do you want to be one with God (Her, the Divine, the Beloved, ...)? Do you want to feel in love? Do you want to be overwhelmed with joy, appreciation, and gratitude? Do you want whatever psychic, healing, or magical powers you have to increase a thousand-fold?

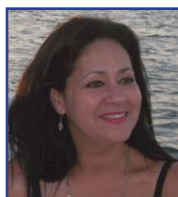
I call this state *Mystical Oneness* and it is actually quite simple: All that is required is for you to surrender. All you have to do is lose yourself in the "flow of God." Mystical Oneness is simply union with the Divine. No "you," just *Her*.

Mystical Oneness is sort of like "*Enlightenment for New-Agers*." Traditionally, the metaphysical community and the non-dual community have rarely seen eye-to-eye. To the New Age seeker, radical non-duality with its focus on emptiness, sounds cold, dark and lifeless: "there is no you, there is no thing, neti, neti, neti, (not this, not this, not this.)"

That the New Age movement has largely been ignored by the non-dual community is quite sad. Ironically, it is the metaphysical spiritual seeker who has a distinct edge over the more rational, inquiry-driven, non-dual folks: New Agers already believe in something greater than themselves.

Mystical Oneness approaches non-duality from a different direction. It focuses on the fullness aspect of enlightenment: The Love, the Light, Synchronicity, Harmony, Beauty, Joy, and Bliss. Think Rumi, think St. Theresa of Avila, think Brother Lawrence and Meister Eckhart. Mystics all. Mystics who sought, found, and surrendered to their Beloved.

...continued on page 27 ...



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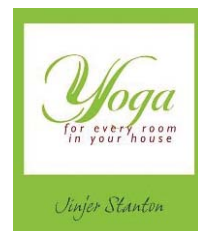
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Jinjer Stanton lives and teaches yoga in Minneapolis, Minnesota. She is also the author of Midwest Book Award Finalist *Yoga for Every Room in Your House* a practical, fun guide to building yoga into your life. www.jinjerstanton.com



Kitchen Warrior I

The warrior poses seem to me to be about owning our space in the universe. In a yoga class, with everyone doing it together, it may not seem that way, but in a kitchen, with the spatula in one hand and the hotpad in the other, you can really feel the power of the pose.

Before you start, make sure your feet aren't going to slip. Either barefoot or with non-skid shoes on, begin in the mountain pose (standing straight, arms at sides.)

Spread your legs as far apart as they will go without threatening pain or splitting your pants (if your pants threaten to give way, wear something knit next time).

Turn your right foot out 90°. Turn your left foot in 45° (see illustration on page 35).

Turn your body (from the hips on up) toward the right foot. As you inhale, lift your arms out to the side, parallel to the floor. From there, lift your arms straight up over your head and look up.

Bend your right knee so that the shin is perpendicular to the floor. Take deep, full breaths.

If you feel you can use a little enhancement to the pose, imagine angels are holding your hands and pulling you upward while you pull your tailbone down toward the floor. Feel the upward stretch.

...continued on page 35...

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RHODIOLA

While looking up herbs for stress I came upon **Rhodiola** also known as **Aaron's rod**, **Golden root** or **Rose root**. As far back as 40-90 AD it was listed in De Materia Medica by Dioscorides the Greek physician. In 1707 Carl Linnaeus believed it to be an herb for **hysteria** and **hernias**. Its astringent properties help to dry up **mucosal** secretions. Not long ago studies were done with **Rhodiola** finding it helps **fight fatigue** by improving the quality of sleep. It was also found to be helpful to students during exam week getting them through stress and mental fatigue.

Another study was done with soldiers; they found that the soldiers that were given **Rhodiola** were significantly less stressed and fatigued both mentally and physically.

Rhodiola use originated in **Europe, Asia and Siberia**; it was researched by many including **Chinese and Russian** physicians. It contains **rhodiolosides, rosavin, rosarin, flavanoids, tannins and phenolic glycosides**. But it's the **gallic acids, p-tyrosals and other flavanoids** that are strong antioxidants with **anti-carcinogenic, anti-tumor and anti-metastatic** properties making it helpful in **fighting cancer**.

In the nervous system **Rhodiola** appears to alter monoamine oxidase (MAO) and catechol-methyl helping to **reduce depression**.

Of a 2007 study done in the **Nordic Journal of Psychiatry** it appears **Rhodiola** enhances the permeability of the blood brain barrier improving the transport of nor-epinephrine, dopamine and serotonin across the blood-brain barrier by improving circulation and enhancing the transport of neuro-transmitters to the brain. This may also be helpful in **improving attention, concentration and focus helping to prevent burn-out from long hours of study**.

My guess is it would be great for ADD. And it might be helpful while taking state aptitude tests (FCAT in Florida) and SATs.

When I first started researching this herb I was looking for Adaptogens for stress and fatigue; I found it does this and as usual so much more.

Editor's note: I just ordered some, will keep you posted.

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Many of you have voiced your desire to take my herbal classes but the economy downturn, job and insurance losses as well as higher prices have made budgeting for the tuition cost somewhat difficult for you. We do understand your situation. To assist you over this financial slump, I am offering the new Class Package of 15 classes for a total of only \$300. Your only financial responsibility will be to pay the tuition in \$20.00 increments which will be due at each class. This eliminates the \$100 up front tuition. A total savings to you of \$175!

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If you are ready to take your health care into your own hands, are tired of medicine's undesirable side-effects and the high costs of drugs/prescriptions, then please join me on alternate Saturday mornings in my January 2012 thru June 2012 "Reclaiming Our Roots" classes.

Pre-registration is required. A \$20 non-refundable deposit is required for your book and class project material. A certificate will be awarded upon completion. Call 321-757-7522 for more information.

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Lynn Thomas is a nationally published author and intuitive writer who blends the practical with the mystical, bringing wisdom and insights to her readers to help inspire and overcome life's challenges. Learn intuitive writing with the Intuitive Writing Course at: www.SoulPoweredLife.com

Why Did We Choose This?

My husband and I had taken a leisurely drive up the coast. We parked along the side of a rustic patch of beach then walked up to the dune. We sat on a weather-worn wooden bench and enjoyed the view for about an hour - silent in our thoughts. It felt good to sit still and look out at the waves as in an open eyed meditation.

Earlier that day I had been writing in my journal and I was now pondering upon some of the ideas which came to me that morning. Driving back towards home, my husband looked at me and said, "Why do you think we are here?" I was struck by the synchronicity of his asking me about the very thing that I had written about earlier this morning and had been thinking about at the beach.

"I think that we are here to learn how to connect with our Spiritual selves while in the mortal body," I said, "I think we are here to learn to grow as human/Spiritual Beings. I think we are here to follow the examples of how to live as set forth by the Master teacher. I think we are here to learn to live on the Earth while strongly connected to our intuitive guidance.

"I think we are here to learn to be like a hollow reed to allow more of the Spiritual energy through us so that life can be better than we can imagine. "I think we are here so that we can grow in Love. I think Love is the greatest emotion and energy and that when we learn to love one another, as we claim to love God, that everyone will benefit. "I think we are here as part of our soul group. We take turns coming to the Earth to master our connectivity to our Spiritual selves. As we grow and evolve, so does our group. Last time around was Fred's turn and now it's mine," I said with a laugh.

My husband looked at me as though thinking over my response, then said, "That all sounds good, but what I meant was, why do you think we are in Florida?"

I laughed at what had been a lengthy reply to his initial question and then said, "Well, that's a whole other issue to ponder." As he drove home, I thought about how when I am trying to figure out life's bigger questions, or to gain insights and guidance, Intuitive writing has been a useful tool for getting the answers.

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Dear Whitedove, Recently I've become more open to my intuitive abilities and even visited by an angel who gave me a stern and profound message. I'd like to know if you have noticed more people having these angelic visits lately and why? -*Newbie from Nevada*

Dear Newbie Congratulations on opening up to your psychic gifts. Continued communication with God and the Angelic Kingdom through prayer and meditation will help you grow spiritually and raise your vibration. I've been made aware that God has sent legions of Angels to Earth. It seems that Angelic reinforcements are much needed to help humanity through this very special era. 2012, the great shift is upon us and will last through 2016. So yes, more people will be receiving Angelic visits and messages. Everyone has the capability; although more devotion of time and energy is needed to be attuned. Now more than ever, it's important to listen to Divine guidance because these messages will help facilitate the Global Consciousness shift in a positive direction.

Dear Whitedove There is so much to learn so why do we choose amnesia between lives? -*Living and Learning in Louisiana*

Dear Living Actually souls experience a type of all-knowingness between lifetimes. It's in our Earthly existence that we experience amnesia. Although some souls are more awake than others, most people live in a "veiled" state of consciousness which is your intellect and ego. You see, we come to Earth for a learning expedition, to learn spiritual lessons through trial and error. We volunteer for Earthly missions to evolve and grow. This Earth is a place for fast track learning. It's the school of hard knocks. You see, each soul is striving to wake up from this amnesia while in the physical body. And when you do, you'll no longer incarnate on Earth, you'll move to the next enlightened state of Grace. The evolution of the soul is an eternal journey.

...continued on page 32 ...



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What You Make of It

2012 is here. Finally. After many years of anticipation, sensationalism, foreboding, titillation, and wild prophecies, we've reached

the end of the Mayan calendar. The era of momentous astrological configurations. World upheaval. Apocalyptic destruction. Dissolution of the world as we know it. Mass landing of UFOs. The spiritual ascension of humanity. The dawn of a new age. And on and on and on. . .

Prophets, authors, soothsayers, shamans, and Hollywood have had a field day predicting, explaining, and dramatizing the events to come. Will this year be a turning point in human history? Massive suffering leading to spiritual resurrection? The annihilation of evil and the restoration of virtue? The second coming of Christ? A redux of the Y2K dud? Just another year?

I have a prediction in which I am quite confident: 2012 will be what you make of it. Your whole life is what you make of it, and 2012 is no exception. Your thoughts, feelings, attitude, words, and actions will determine your experience and the events you attract. What you want and expect to happen will happen. If you are immersed in the Hollywood terror version of 2012, watch out. If you value the upliftment of humanity, transformation will ensue. If you expect just another year, so it will be. Your pen is scribing the novel of your world. What will you write?

The universe is brimming with infinite parallel realities. All events and experiences that have ever existed, do exist, will

exist, or could exist, already exist. In one reality, the 2012 earth will be blown to smithereens. In another, the planet will be transfigured to heaven. In another, it will be the same ole' same ole'. A dozen different movies are playing under one roof of the multiplex of life, and you sit in the theater that matches the ticket you paid for. In one room a love story is unfolding. In another, social and political drama keeps viewers on the edge of their seats. In another, bombs are exploding and the walls are shaking. One theater, many shows.

Just as in the multiplex, you are free to exit one theater and enter another. If you're tired of the terrorist movie, you can watch a romance instead. If you've had it with drama, you can pick a comedy. If the horror movie gets too dark, try a kid's feature. The theater manager will tell you that you have to stay where you have been sitting, but you can move if you want. Every reality is self-reinforcing, insisting that you keep playing by the rules it dictates. But the rules change from reality to reality. If you have the guts to change theaters, everything changes with you. A Course in Miracles reminds us, "I am under no laws but God's."


The Course offers a profound prophecy about how the world will end. "The world will end in an illusion, as it began. Yet will its ending be an illusion of mercy. The illusion of forgiveness, complete, excluding no one, limitless in gentleness, will cover it, hiding all evil, concealing all sin and ending guilt forever. . . The world will end in joy, because it is a place of sorrow. . . The world will end in peace, because it is a place of war. . . The world will end in laughter, because it is a place of tears."

Werner Erhard noted that the world coming to an end would be the best thing that could happen, because the world as we know it has not been working very well. The institutions and systems to which we have looked for security are not serving their purpose, and need to be replaced by systems that actually help people. But we have to let go of what is not working before we can step into what would work better. We have to trust the process of transformation. Two caterpillars sat on the ground looking up at a butterfly fluttering above the trees. "You'll never get me up in one of those things," one caterpillar remarked to the other.

The irony, of course, is that the caterpillar already is one of those things. While you and I envision a world transformed, we may be so steeped in the identity of who we have been and the "reality" of how things have been that the idea of living a better life in a new world may seem fantastic, even ludicrous or frightening. Yet the butterfly is so much freer than the caterpillar that any caterpillar in his right mind would be exhilarated to step into the dreamliner.

2012 will be the year of just such a transformation if we choose to make it so. Leave the hoo-ha to Hollywood and create the year you would have. Perhaps the end of the Mayan calendar signals that we will move beyond the limits of time as we have known it, and dwell in a consciousness free of time and space. Perhaps the changes we experience in and around us are the runway on which we take off to soar through skies we once only looked up at, but are now ready to explore.

All end times lead to beginning times. Now there's a prophecy we can live with.



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BE LIKE THE SPIDER, NOT THE ANT

Have your desires, but don't get involved. See the example Of the spider who weaves a web, but is never caught in it. She is aloof and is herself never killed in the web.

An ant likes syrup, but when she goes into it she dies. The ant is killed by her own desires. Don't be like the ant, be like the spider who is never caught in her own web.

Live in the world, but be like a boat in the water. The boat is in the water, but it is not drowned. Live in the world, but don't get drowned in it.



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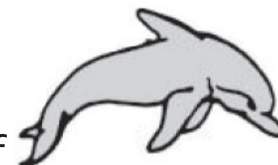
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Sundays Rockledge 10AM Sunday Celebration, Wednesday Life Enrichment Series 7PM, visit www.cslspacecoast.org for more information. Center for Spiritual Living-Space Coast, 835 Executive Lane, #136, 321-338-2990

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Sunday, January 15 CAPE CORAL (near Fort Myers) 2 p.m. - 4 p.m. Meditation Seminars with Roy Eugene Davis, a direct disciple of Paramahansa Yogananda. Effective Techniques, Helpful Routines & Practice Sessions at Center for Spiritual Living, 406 SE 24th Avenue Travel directions: 239-574-6463 Tues. & Thurs. 10 a.m.-2 p.m. All Are Welcome Donation Basis Reservations Are Not Needed. Visit www.csa-davis.org.

Sunday, January 22nd COCOA BEACH 3:00-5:00 PM ~ Psychic-Mediumship Demonstration by Marilyn Jenquin and Students of International Foundation for Spiritual Knowledge. Held at 1485 N. Atlantic Avenue, Suite 110, Cocoa Beach. Donations welcome. 407-673-9776 ~ dependablepc@earthlink.net

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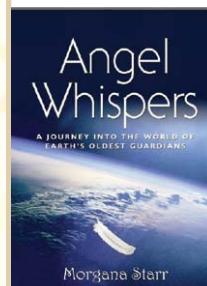
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FATHER MOTHER GOD BROKE MY HEART JUST LIKE MY OTHER 3 PARENTS



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I have made God a central part of my life for as long as I can remember. In the beginning it was because

I was told that He loved me and created me and the earth and that "the right thing to do" was to believe in Him, praise Him, apologize to Him for my sins, and mostly to be grateful to Him for all that He has given me and the world (you know, taking a week of His precious time to make the universe and everything). Oh, and especially for allowing His "only" Son to die on the cross for us. Then, He'd reward me maybe in this life, if He wanted to, but for sure in Heaven. What a set up for a sick, co-dependent, demoralizing relationship. Sounds a lot like my surrogate mother. *Disclaimer:* I'm not saying this is true for all Christians, only IMHO, most of them. If this is not true for you, don't F#&*ing take it personally/poisonally.

OK, I'm done ranting. I have definitely got all the symptoms of a broken heart. I've been grieving loss for several months now with bouts of depression which now seems to be moving into anger. Yippee!!! Part of me is really sad at the loss of God in my life. When I look deeper, I see it's my "Faith in God" that I've lost. It's very similar to other break-ups that I've had in the past. In the beginning I feel sad that things didn't work out the way I had planned. Then I feel angry at the person for not living up to my expectations. Eventually I realize that I had faith is something that didn't exist. I forgive the other person, forgive myself for my part in it, especially my self-betrayal and move on.

I'm a bit embarrassed to admit that some of what I have been doing within my spirituality was because of an expectation of external rewards. For over a decade, I have been tithing as much as 20%, supporting charities and folks in need, turning

the other cheek (or cheeks depending upon the situation), counseling many folks for free, speaking and singing at some churches for well below our financial desires and just being an "all around good guy." When much of the external support (mostly career and finances) stopped happening, it triggered a whole array of disappointment. I also know that most of what I was doing was because it felt good in the moment, and was an expression of my gratitude for all of my blessings. I am still grateful for all my blessings AND I don't want to let that gratitude keep me from being fully authentic.

As I go deeper, I see that this new disappointment has enlightened me to a ton of unresolved issues I had in my emotional, mental and physical body that I had cleverly masked through positivity, new relationships, fantasy, faith in God, people pleasing and performing highs. So as I let go of all of these masks, at least for now, I am flooded with decades of emotions that are "kicking my ass" good. I am trusting that the only way out of this is to allow myself to go through it. This has not been fun!

So, I am looking at how I was able to find peace and resolution with my mother, my father and my surrogate mother (who co-raised me during my early years). It took years of learning and acknowledging what the issues were, lots of therapy and workshops, tons of forgiveness, Angelina's healing love and support, years of "yoga of relationship," 8 days at the *Hoffman Quadrinity Process* and ultimately, weekly mental/emotional release work with my surrogate mother, who is my only parental figure still alive. How can I apply this same healing to my issues with **Father/Mother/God**?

My first idea was to completely let go of any belief in a **Father/Mother/God**. Still, that didn't do much to heal my heart. In some ways, it made it hurt more because I still had the broken heart but had lost all my Faith in a Power to heal it. As always, it's an inside job. If I truly acknowledge the issue, it's attachment to a result and a lack of faith in myself. Like **Buddhism** says.... "belief in the existence of **God** is not important. What is important is peace, kindness, compassion and freedom."

I feel peace when I let go of all my faith in an external Creator to do anything for me. I feel peace when I believe that all is working out the way it's supposed to, in everyone's best interest. (The Script, Divine Order, Karma) I feel peace when I trust in my own Higher Power to supply me with strength, compassion, answers, hope and passion. I feel peace when I trust that life is but a dream and need not be taken so seriously. I feel peace when I stay sober from anything that masks my authentic self.

First A Heart Breaks...by Armand

*First a heart breaks, then it breaks open,
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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, FL. soulsongkaren@cfl.rr.com. Karen's blog: www.abrahamfun.com. www.lulu.com/soulsongkaren

How To End Fighting

Anything that I fight will grow larger in my experience. For anything I consistently think about expands, thanks to the universal Law of Attraction.

In addition, when I throw in some intense "This is unacceptable!" emotions, I will hold the unwanted situation to me with certainty. Even if I seem to vanquish the problem for a while, it will return to me in another, upsetting form. For nothing can ultimately be eradicated by fighting it.

Thus it is misguided to fight fat or fight depression or fight aging or fight cancer. Thus, on a global scale, wars, although seemingly won, are always replaced by a new peril, a new threat.

So what do I do? Instead of fighting what I don't want, I embrace its opposite - what I do want. I embrace a slim, healthy body. I embrace mental health and vitality. I embrace peace and harmony. I think about these things. I talk about these things. I look for fresh new signs of these things.

This is the way out.

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I have met many people who have been treated for depression and other conditions when they were, in fact, in the deep stages of spiritual crisis. ~

Caroline Myss

ARE YOU IN SPIRITUAL EMERGENCE-Y?

Are you in turmoil in relationships?
Have you been fired or betrayed?
Do you have a total sense of abandonment?
Is your emotional life a roller coaster?
Are you moving between feelings of numb blankness to darkness and despair? Are you:

Have you had a major life upheaval such as
paranormal or mystical experience
near-death experience
death of loved one
change of location
job change
marriage
disability
divorce
illness

hurt
angry
irritable
fatigued
restless
resentful
melancholy
mentally foggy
over or under fed
sleepless or overslept
using addictive substances?

Are your spiritual needs not being met in the churches?

You know your spiritual needs are being met when you have a sense of stillness within you, and a feeling of connection to the *Creator/Source/Universe/Energy/God/Goddess* of your understanding. Spiritual emergence-y is a form of identity crisis where you undergo drastic changes to your belief system.

This is a sign that deep work and purification are unfolding. It can be uncomfortable and painful, not easy to function in society and to continue with daily tasks and responsibilities. As we pursue a spiritual path, we all deal with the same issues,



**"Who am I?"
"What am I doing here?"
"What is my purpose?"
"Why is there so much
pain & suffering?"**

These questions arise from contemplation of something that does not fit into our present belief system. In order to break through, you have to burn away your current limited view of the world and of your place in it. There are rules to navigating this smoothly and I can teach you those rules, so you can live a more expansive life. So much of my counseling practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Together we can discover more of who you came here to be. \$60 for one hour by phone at your schedule, and affordable because this is important work.

"How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe myself. Thank you."

Andrea de Michaelis 321-722-2100

Email horizonsmagazine@aol.com

Andrea online at <http://horizonsmagazine.com/blog/>

CREDIT CARDS, PAYPAL

Abraham-Hicks



*...continued from
page 9...*

Since 1985 it has been Jerry and Esther and Abraham and I believe with everything that I am that that has not changed. I know that Jerry will continue to be the third powerful point of the triad of Energy that makes up the Abraham experience and I am certain that his new vantage point will be, as it has always been, of advantage to us all. I know for sure that Jerry will help me, in time, release my own personal resistance to physical death, because I will not be able to maintain that resistance and also play easily with him. And my desire to continue not only my Abraham experience but also my Jerry experience I am certain he will be the catalyst to help me do what Abraham has been trying to help us all do all along.

Once again, Jerry is out there leading the way for me. But the difference this time is that I must find the way. I am not there yet, but it is my absolute promise to myself that I will find the way, because it is the most natural thing in the world to do and because Jerry has provided for me the reason to do it. I am eager about what is ahead and while I cannot begin to explain or even imagine the details of how it is all going to play out, I am certain that it will be fun.

I am such a fortunate girl, to have been able to play with Jerry and Abraham and all of you for so many wonderful years and I am so eager to continue doing more of the same for many more years to come. I feel certain right now that not only has nothing gone wrong, but things are going especially right. It will be different, for sure, but it will also be very, very good. I'm feeling such love for you all, and for Abraham and most of all for Jerry. And as I have said to him a thousand or more times through the years, "Well isn't life just a kick in the pants?" Love, Esther

An Abraham Q & A SHOULD HE SUBMIT TO DIAGNOSTIC MEDICAL TESTS?

Guest: I have a homeopathically oriented doctor who's aware of Energy; he's a good doctor. Recently I went to a routine checkup, and he said, "You know, you're looking good, but we had a mutual friend who had created cancer for himself. Why don't we do some blood tests on you?" And I said, okay.

Abraham: "Let's not assume Well-being, let's look for trouble."

Guest: Right. And so, I said, "Okay, is there anything up?"

He said, "No, you're getting to the age where it'd be good to have blood tests and check these things out." And I was going, "Okay."

Abraham: Because, "That is the purpose of my existence, you see." (And we do not mean this unkindly, we are certain that this is a very well meaning person.) "I have spent many years putting myself in the place where this is the way I interface with you. And while it seems that everything is perfect with you, shouldn't we probe a little deeper in order to satisfy my reason for existence?"

If a doctor gives you a test when you're locked off, the results will be very different than the test he gives you when you're locked on. You take the test and you call it reality. And we say it was a snapshot of a moment in time, and it doesn't have anything to do with anything except where you were in that moment. Except, once you get the test, you focus upon it more. As you focus upon it more, it holds you in that vibration longer. As it holds you in that vibration longer -- you disallow the Well-being longer. As you disallow the Well-being longer, then there is another test. In other words, we would not take the first test.

Guest: Well, that's my point. I haven't decided to do it.

Abraham: Well, here's the criteria. "Do I take this test from a locked on or locked off position?"

Guest: Why do I need to take it? If I know that the way I need to show up in life is be as locked on as I can -- choose the thought that feels better -- why do I need to take it, in the first place?

Abraham: Because his vibration might be more dominant in the moment. He might have more Energy revved up around necessity of tests...?

Guest: No, I'm fine with telling him no.

Abraham: So then, let's put this in a very clear place: Does the idea of the test lock me on or lock me off? There's a question about this?

Guest: The idea seems neutral. I think that most everything is going to be fine, but I was thinking, Well, if a result came back and said "Oh, your cholesterol's too high," or "Oh, we need to check this out." I'm pretty good at being aware of where I'm putting my attention. But still, suddenly my attention may go somewhere where it hasn't been. So, am I fooling myself by not wanting to go there?

Abraham: You've invested so much in this, you might as well have taken the test. And we want these to be quicker decisions. We don't want you to struggle, because the test, in and of itself, is a non-issue. The tests, or even what they might produce, in terms of results, are non-issues. Even if

...continued on page 33 ...



Becoming One with The Divine

...continued from page 11...

The mystic says, "I know that there is an omnipotent Intelligence operating through all things, that ultimately She is everything, and all I need in order to know Her, and feel Her, and be one with Her, is to surrender myself to Her."

What keeps us separate from Her? What makes it so hard to surrender to our Beloved?

For the traditional non-dual seeker, the archenemy to enlightenment is the mind taking thoughts too seriously.

For the metaphysical spiritual seeker, your archenemy is your strong sense of Self.

New-agers—with their strong attachment to their mystical powers—almost invariably think of themselves as special: I'm psychic, I'm an astrologer, I do Reiki, I do yoga, I'm special.

Just as thoughts are the enemy of the Zen practitioner, the "I'm Special" attitude is the enemy of the mystic. You can't be one with the All by thinking that you are special simply because the belief that you are special means you believe that you are separate. Separateness is the antithesis of Oneness.

The trick to finding oneness with your Beloved is to stop believing these gifts (intuition, premonitions, energy work, ...) are yours, and start looking at them as Hers. Think of your gifts as God literally moving through you.

I call this "God moving through you" the Radiant level and when I function at this level, I often think of myself as sort of a portal for Her to move through me and flow out into the world. Just don't get a messiah complex doing this—don't make yourself special all over again—see everyone as a "portal of God" too.

When you can do this—when you can be the Portal and stop owning your gifts, when you can deeply feel "your powers" as Her powers moving through you—then it is a very simple and short step to realizing that everything you are, everything you've owned about yourself, is—and always has been—Her.

This realization—that everything you've owned about yourself is really God acting through "your" body—is Mystical Oneness. It is enlightenment for the New-Ager. Enlightenment for anyone who resonates with the feeling of Fullness over the feeling of Emptiness: the psychic, the yoga teacher, the astrologer, the light worker, the energy healer.

When you stop owning yourself, when you realize that all you thought you were, has always been Her (God, the Divine, the Beloved), then you and She will naturally merge into One.

When you become one with Her, when you surrender to and lose yourself in Her, you are—to quote the Buddha—Awake.

Want to be one with God? Then surrender your "self" to your Beloved. It really is that simple.

The less there is of you, the more there is of Her.

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An astral flight out of the body

A \$10 mp3 file by Andrea de Michaelis



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SEE PAGE 28



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NOTES from the Universe



An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book *The Secret*, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit www.tut.com to sign up for free daily Notes from the Universe!

Hypothetically, if you'd like to be able to spend \$1,000,000 a year, perhaps on yourself, or maybe to shower upon your favorite charities (incidentally, either will have me beaming), don't you think as part of defining the end result you ought to know just how much you'd be spending, on average, per day? I mean, you wouldn't buy a car without peeking through its windows, would you? The details are crucial. You owe it to yourself to make sure it's exactly what you want.

\$2,739.73. Right. Not nearly enough. See what I mean? Think bigger -

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Science knows 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. 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. We can retrain our consciousness to create healthy beliefs, and create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely 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.

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Email andrea@horizonsmagazine.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

COVER ART

INFINITY by Jane Taylor



"To see a world in a grain of sand, And a heaven in a wild flower, Hold infinity in the palm of your hand, And eternity in an hour."
William Blake

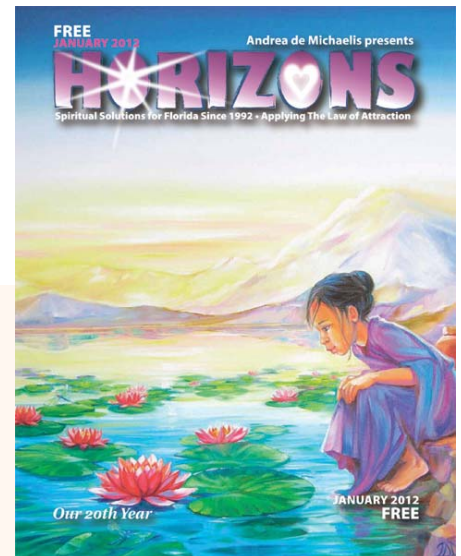
I painted this to illustrate this concept - just looking at the beauty of life brings us into the most intimate contact with the Source of Creation... it is real contemplation, and frees us from our consciousness of Self, which can become such a prison!

Ever notice that the times that are really fun, when we say we enjoyed ourselves, are exactly those times when we were so engaged with life that we had actually forgotten about our 'selves' for a while? That's the key to heaven...

I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years, but am now doing far more of the thing I love best - painting in oils on canvas. I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) Most of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.

For me painting is one of the necessities of life, - I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush!

What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to develop to life - there are some samples on my website, which you may like to check out just for fun - you can find my work at <http://www.janetaylorart.weebly.com/> or email me at chalicewell@hotmail.co.uk



Have you given up on your ideal Weight?

Let me first start by saying Thank you! 17 pounds but that is just a bonus the real good news is I am not on any insulin or diabetic pills. I see my primary care Dr tomorrow, and have to be honest I'm excited to tell him it was not hard or inconvenient. I told you when I asked him about this diet so I could get off those meds that was his response. Anyway I have tons more energy. Talk to you soon. Thanks again (full 3 week cycle) (Client: 48 year old woman in Palm Bay)

I have started. Thursday and Friday were the two gorge days which I just ate normal on. Drops +500 cal started on Saturday. So far so good. I think I'm down about 5 pounds. (this is after 3 days!) (Client: 41 year old woman in Vero Beach)

Miro, I am so glad that you talked me into this. After 13 days, I'm down 22lbs. I am only taking one of my three Diabetic medications. The diet is TOUGH, but I was expecting to feel terrible. I don't. I feel better than I have in years. I have energy! (Client: 50 year old Man in Toronto)

Cannot believe what a change this has been. Not only have I lost 19lbs. But I'm completely off my blood pressure meds. And I don't have any more trouble with Gout. More than the weightloss, this is going to be a permanent change in my diet. I feel great. (Client: 67 year old woman in Lake City)

I have NEVER had the scale go the other way. Now, at 64 years old, I'm in a smaller size than I was in college. Blood Pressure normal! Lost 37lbs in 3 weeks. (Client: 64 year old man Lake City)



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A Folk Ways Calendar



JANUARY 2012						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY 2012

Jan 1st - World Peace Day 7:00am meditate for peace on earth
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

Jan 2nd - Egyptian: Advent of Isis

Jan 2-6 - Ancient Italian, 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 - Rastafari: Ethiopian Christmas Day a/k/a Ganna

Jan 8th - Norse: Day of Freyja (goddess of love and fertility)

Jan 9th - Full Wolf Moon 8:30am in Cancer

Jan 9-12th - Buddhist: Mahayana New Year

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

Jan 13th - Sikh: Maghi

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

Jan 15th - Baha'i: World Religion Day

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

Jan 23rd - New Moon 12:00 am in Aquarius

Jan 23rd - Chinese Year of the Dragon

Jan 23rd - Vietnam: Tet Nguyen Dan, New Year, the biggest celebration of the year, the time when debts are paid off and old grudges are forgiven and forgotten for good.

Jan 28th - Hindu - The birthday of Saraswati, Goddess of Learning, daughter of Shiva and Durga, sister of Ganesh

Jan 30th - Nepalese: Martyr's Day a/k/a/Sahid Diwash

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 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. No matter who we are or where we came from, ancestors from every culture across the world and throughout time had mystical ways of honoring life's important moments by rites of passage and celebration. Rituals are one way we intentionally create meaningful connections with special events and people in our lives. When we experience the richness in our life by having celebrations to mark events, our life is transformed into something magical and wonderful.

I know much myth and tradition isn't about worshipping gods or goddesses, but about recognizing and honoring archetypes in a way that is useful in our daily lives. Much can be rediscovered through folk customs and folktales. Our ancestors found comfort in the cycles of the seas and stars. It gave them faith that when the sun left the sky, the moon would appear. That when a season of snow passed, a season of sunshine would follow. They learned by the phase of the moon and cycle of 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. When we feel ourselves to be separate from nature, we feel fragmented and frazzled by our daily lives. If we're to change this, we must 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 our life. 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



Thoughts about things...

... *from page 31...*

Or am I just insensitive that, for whatever reason, her seeing my name and my comments do not give her a good feeling and she doesn't want to deal with it right now? *That's when I block someone, so why not her, too?* And me, are my snarky comments more designed to encourage her to come join her beloved? Or to make her feel insecure she's not here? Forget her agenda, what's my agenda? I either want for my friends what they want for themselves, or I don't. Boy, have I got some work to do on myself. In the meantime, let me see if I can just shut up now.

THE WORM'S WAKENING by Rumi
This is how a human being can change: there's a worm addicted to eating grape leaves. Suddenly he wakes up, call it grace, whatever, something wakes him, and he's no longer a worm. He's the entire vineyard, and the orchard too, the fruit, the trunks, a growing wisdom and joy that doesn't need to devour.

Speaking of devouring, this is an interesting interpretation:

Christianity: The belief that some cosmic zombie who was his own father can make you live forever if you symbolically eat his flesh and telepathically tell him you accept him as your master, so he can remove an evil force from your soul that is present in humanity because a rib-woman was convinced by a talking snake to eat from a magical tree.

Ah, the myths we use help form our view of the world. It's all about perception, isn't it? And what is happening isn't always what we perceive is happening, and vice versa. I got an email the other day asking about electronic voice phenomena and why the succubus won't communicate. Andrea, hi, I've been dabbling in the paranormal since I was 12 after a demonic experience. I see your a pro and just have a few questions if you would be so kind to answer.

1. How can I communicate with positive energy while keeping the negative away? For example. On my last paranormal journey I picked up many evps (electronic voice phenomena, nonphysical voices on tape) and some photos of a young child named Anna. But also had evps of what seemed to be a negative or demonic spirit not wanting me around. I believe this young spirit is in need of something. The last evp tho was her saying "can I help you?"

2. I've been dealing with a succubus (*Andrea's note: a nonphysical entity that takes the form of a female to have sex with you in dreamstate*) ever since I moved to my new house and since I've mentioned "it" or her. It's stopped messing with me i.e having sex with me while sleeping. But also will not communicate. How can I get communication with this spirit?

Andrea's response:

Hi and thanks for writing, (1) in the nonphysical world, you "choose" by your focus of intent. If you're in the room alone will be different than if you're in the room with others. If 3 people in a room, the "vibe" will contain the combo of the intentions of the 3. If even one is afraid or doubtful, it changes the vibe or the frequency so to speak and drops it down a notch into another station or channel (*radio station metaphor.*)

When we are in say 90.3 we attract "whoever" lives there, maybe fearful and unhappy beings. More like the imprint or etheric shell of the being, but it seems real and active to us. If we stay focused on seeking info and wanting a good interaction with nonphysical entities, we will move up the dial to 97.6 where helpful info we want is. Our focus and expectation determine where we are on the dial at any moment.

(2) the nature of a succubus is not to communicate but to extract energy. It's kind of like expecting a misquito to bring you the paper like the dog does. That's how the dog communicates, but the misquito is just interested in getting enough energy to get him to the next stop. The succubus is like that as well. She's not there to chat. There's no real mentality involved. She's there to take whatever form will encourage you to get the most emotionally reactive to her, because when you have big emotion, big "feeling" going on (*as in sex or anger or fear,*) that creates a big happy bubble bath of fuel for her to siphon energy from you.

The nature of the visit of a succubus is controlled to a great extent by your beliefs, fears, expectations and overall intentions in life.

You said since you mentioned her, she stopped messing with you. When you mentioned her, you released some of the tension that was the tightrope she walks to get to you, that is why it felt she backed off.

...continued on page 38...



Ask Whitedove

...continued from page 15...

Dear Whitedove

As a beginning Psychic Medium, I greatly appreciate your journey and have read your books to help me better understand how to do this work for myself. But still have many questions.

I'd like to know, do your guides interpret the energy of the departed for you, or do you actually connect with the departed loved ones of the client? - *Beginning Medium in Bellingham*

Dear Beginner,

We all have to start somewhere, and the journey of becoming a Spiritual Medium is an ongoing learning process. In fact it never stops. The more you use your abilities, the more psychic growth you will archive.

As for me, I was born with the gift of sight. As a small child I could see spirits and communicate with Angels, Guides and the Departed. This was natural for me and in fact I was surprised to realize that not everyone could see those souls. As I grew in my abilities, I learned to ask "Spirit" for the answers I was seeking through prayer, meditation and telepathic communication. I dedicated myself to my spiritual growth and gradually I could, see, hear, and accurately know the answers.

When I was encouraged by Spirit to become a professional Medium, I had the additional pressure of contacting the Departed Loved Ones and receive answers on demand. This was a great deal of pressure because you cannot force a Loved One to come through. If they have a message, they will pop in for direct communication.

But there other times, when the soul is not available because they are busy with their own evolution in the Heavens. In those cases I go in through the back door and I ask God, my Angels and Guides to connect with their energy so I can retrieve answers. With that being said, a Medium is not an all-knowing Oracle. Spirit will test you. One day you still have to be humble enough to say I'm not connecting to that soul's energy. So stay true to your gift, because there is nothing worse than a psychic that fabricates a story. Always be in your integrity.



SUGGESTED READING WATCHING LISTENING

CDS:

MediDating by Gabrielle Bernstein, Meditations for Fearless Romance
Getting into the Vortex Guided Meditations CD and User Guide
by Esther and Jerry Hicks

BOOKS:

Spiritual Partnership by Gary Zukav
The Well That Never Runs Dry by Joann Davis
Be Love Now, The Path of the Heart by Ram Dass
Downward Dog, Upward Fog by Meryl Davids Landau
The Seeker, the Search, The Sacred by Guy Finley
Yoga For Every Room in your House by Jinjer Stanton
Fading Toward enlightenment by Wayne Wirs www.fade2e.com
The Bushman Way of Tracking God by Bradford Keeney, Ph.D.
How To Rule The World From Your Couch by Laura Day
Making Room for Mr. Right by Robin and Michael Mastro
Wild Attraction: A Ruthlessly Practical guide to Extraordinary
Relationship by Paul and Patricia Richards
The Physics of Miracles by Richard Bartlett, DC. ND
The Wisdom of a Broken Heart by Susan Piver
The Now Effect by Elisha Goldstein, Ph.D.

Unfinished Evolution: How a new age revival can change
your life and change the world by Teena Booth

Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles Marianne Williamson
The Hidden Spirituality of Men by Matthew Fox
Do It Anyway by Kent M. Keith
365 Prescriptions for the Soul by Dr Bernie S. Siegel
How to Be Compassionate by His Holiness the Dalai Lama
The Secret Life of Water by Masaru Emoto
The Miracle of Water by Masaru Emoto

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MUST SEE DVDs

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.



Abraham-Hicks

...continued from page 26...

the tests said, you've got 14 things that people die from, it's a non-issue. Because all that is, is a registering of whether you're locked on or locked off, in the moment.

If you have some negative emotion and you don't realize what it means -- so you don't reach for a thought that feels better and allow the Energy to flow -- don't worry about it, the negative emotion's going to get bigger. And if you still don't recognize it, it will get bigger. Until eventually there is something tangible, something measurable, that is still only an indication of being locked off your signal.

It wouldn't matter to us; it wouldn't matter to you, either, if you'd come back and said, "I went to the most renowned doctor tester of physical bodies in the world and he's giving me these horrible, horrible, horrible results," we would say, "Well, what's that got to do with anything?" You say, "Well Abraham, don't you understand, according to these tests I'm really, really, really, sick." And we say, "No. According to these tests you're really, really, really, locked off your signal. Choose another thought, and get locked back on -- and all of that will go away." You say, "Oh, but I don't think I want to get locked on. I think I would rather study the results of these tests for a really long time, and continue to use them as my excuse..." You're getting the sense of what we are talking about?

The health test, the snapshot in time, does not matter - - because in the next moment you can lock back onto your signal and allow the Well-being to flood back into your experience. Where you are is only the platform from which you desire and then allow. And that's why you can never get it wrong, because in the next moment you have a different desire, a more emphatic desire, a more specifically focused desire, which you have the ability to allow. You just have to get it that you have the ability to allow -- and that allowing always feels good.

So then, all that other stuff that people are all worried about becomes inconsequential. The only question is, "Does it lock me on or does it lock me off?" Period.

It's well intentioned. They have a business. They want to be of value to you. They've been taught by the society at large that the society at large does not understand their ability to be well, otherwise everybody would be. And that there are people that are wanting wellness and don't know how to get there. It's all co-creation. The doctor would not exist if it were not for the people who do not believe in their own ability to be well.

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The range of thought is the range of thought that you hold. And you do not have access to those bright happy fluffy thoughts over there when you are messing around in resistant thoughts that are depressing or angry in nature. So the best you can do is just reach for the least angry thought that you can find. But you're not going to find a joyful thought in your range. Law of Attraction says that it is not possible. So you reach for the best feeling thought that you can find, and it's not that much better than the worst feeling thought, in reality -- but there is a distinction between the worst thought and a better feeling thought. So as you find a better feeling thought and you deliberately focus upon it (or even put your brain on pause for a moment while your vibration catches up with the higher vibration) that better feeling thought will then be the mid-range thought, and the terrible thought, now, is slightly out of range, and a little bit better feeling thought is in range. So now you reach for the best feeling thought, and even though it's not all that great, it does feel better than that one over there -- so you hold it for as little as 17 seconds -- and now it becomes the mid-range vibration. Which means, that really uncomfortable thought is gone altogether -- and a much better feeling thought is coming into view.

...continued on page 34...



Abraham-Hicks

... from page 33...

Can you see how the exact opposite of that happens when you're looking for trouble: You're a little unhappy; you've been locked off; you've got something that's bothering you; you're not allowing your Well-being. So, you don't feel as peppy as you usually do, or your joints are hurting, or something. And so, you begin thinking about it, you begin talking about it, and then somebody says you might go have that checked. Can you see how you're reaching for a less good thought and a less good thought, and a less good thought? And then they say, let's take some tests. So, which way is that going? How many days for the results of the test to come back, and what's the condition of your mind during that time? More locked on, or more locked off?

It's really easy to see how, little by little, you teach each other, how to lock off your signal. You're looking at the statistics of the world of people whose vibrational patterns you know not, looking at the results of their vibrational patterns as manifestations, and then you're saying, "That could happen to me!" And we say, that is the symptom of being locked off. If you're not locked off, it could not happen to you. And you say, "Well, I worry about it." And we say, locked off. And you say, "And I know people that that's happened to." And we say, locked off. And you say, "Well, bad things do happen; there is a boogey man out there." And we say, locked off, locked off, locked off. You say, like Esther said, "But it's true!" as if speaking something that is true gives you a little latitude in your vibration.

Finally you come to this place where you say, "True or not, other people experiencing it or not -- all of what everybody is living, and what everybody has always lived, has always been a combination of their locked on moments and their locked off moments." And every single time, if you're up close to somebody and you get to examine the content of their day in terms of their mood or attitude, you never, ever, under those conditions question what they're living. Because what they're living is so evident in what they're letting in or what they're not letting in.

The more joyful you are, the more you thrive. It is just that simple. So we wouldn't spend too much time trying to scrutinize any particular sticking point. Get off of it. Go into a clear space, connect with Source Energy, and then if you want to revisit it from a better feeling place, that's fine. But we would not go looking for trouble at the doctor's office.

Guest: Well, I think what I'm going to do is probably not take the test, and then I'll loan him this tape and have him listen to it. See what he thinks.

Abraham: He won't like it. Here is the thing that we would say if you are really wanting to help someone that you care about who is in the medical profession. Ask this series of questions:

Do you see different things happening to different people?
"Yes."

Do you see same solutions, medicines, surgeries, processes being offered to different people having different results?
Answer is, of course, "yes".

So can you see that there must be another underlying issue other than the face value of the behavior of the disease and the face value of the behavior of the solution?

In other words, different people are getting different results from different things?

"Yes, I can see that there must be some other factor."

Are you among those who are coming to recognize that attitude has a lot to do with the healing process? Almost all would say, "yes".

Is it logical to you that someone could find patterns of thought that hold them in such a place of resistance that no matter what you, as a physician, does for them, their illness still prevails? "Certainly, I've seen that," they would say.

Can you accept that someone could have, by virtue of whatever they've been doing, a very powerful illness, and that somehow within the illness a strong desire could be born, and that somehow they could find a way of looking at it that would allow the wellness that defies all logic?

"Yes, I've read of those things. I've seen those things."

And then say, then I'd like you to hear this tape, because this tape is telling you why that happens.

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One need not go to the church or to the temple or to the mosque; wherever you are, be blissful, and there is the temple. The temple is a subtle creation of your own energy. If you are blissful, you create the temple around you." OSHO ♥

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Yoga for Every Room in the House

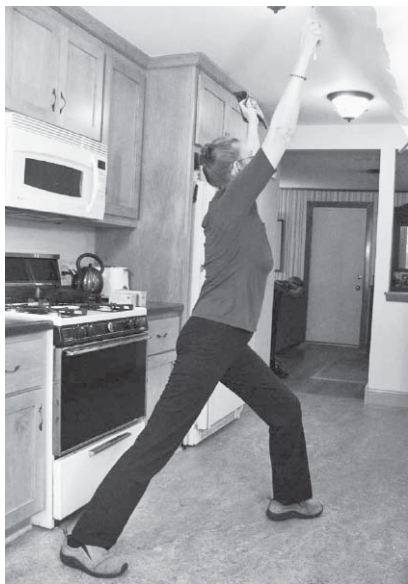
... from page 12...

Return to the point where your legs are spread but feet are pointed forward and repeat this pose to the left.

Kitchen Warrior I opens your chest for improved breathing, as well as strengthening your legs, knees and ankles. It also improves balance and concentration.

To get your feet into the warrior stance, begin with the lightest footprint and move to the darkest.

The spirit in me salutes the spirit in you. We're all in bodies together.



The above is an excerpt from Yoga for Every Room in Your House by Jinjer Stanton. Jinjer is a yoga teacher who lives and teaches in Minneapolis, Minnesota. FMI visit www.jinjerstanton.com or to buy a copy of her book.

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"

Now that transiting Jupiter has left your sign and moved into the earth sign of Taurus, you are feeling much more grounded. Your energy has been all over the place this past month, spending time with friends doing volunteer work and helping people help themselves. January 2012 is for you to create your life the way you want it to be.

Taurus: April 20 to May 20 "I Have"

Serve or suffer is your motto this month. You may experience some sort of a rude awakening depending how honest you have been with yourself and others. You can draw on the Tarot card the Hierophant, your spiritual teacher to assist you in preparing you for the next phase of your spiritual journey. Depending on how you handle life you will either experience pain or pleasure.

Gemini: May 21 to June 20 "I Think"

For the New Year it is very important that you focus on your personal relationships arena. There are many gifts waiting for you when you forgive the past along with the people and all issues related. This is a new year and a new time filled with family friends and lots of love and adventure as long as you can be forgiving of the past.

Cancer: June 21 to July 22 "I Feel"

This month I hope you have your phone charged because you will need all the minutes you can use. Amazing as it may seem especially in January you will hear from all your brothers and sisters and every family member to and from the ends of the earth. Now if you do not have family you will be making lots of new friends. Live and love well!

Leo: July 23 to August 22 "I Will"

Your home is your castle and if you are over protective. Recently your thoughts have taken you beside your family heritage and the deepest roots of your heart. You are your past and the future has yet to be created. So think long and hard dear one of what is most important to you!

Virgo: August 23 to September 22 "I Analyze"

You are put on notice to plan every detail of your life as if you can see it, feel it, taste it and live what you want as if it has already happened. Being a brand new year, extend yourself into the future as far as you can see. This is the year where true romance will take over. The Universe is saying for you to play like there is no tomorrow. When your heart is free, that is where love will recognize you.

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

You know by now that balance is important to you as your heart beat. You have been walking a thin line between craziness and being completely over committed. This year especially, it is important for you to understand what boundaries mean to you and how to establish them. Be careful of the tendency to be a workaholic this year, and take better care of yourself.



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FOR JANUARY 2012

Scorpio: October 23 to Nov 21/22 "I Transform"

The best way for you to transform yourself is to start with what you eat: your diet. You are what you eat. This month is all about self improvement and getting in the best shape of your life inside and out. The more radiantly healthy you feel the more success and prosperity you will have. Plan to stick around so you can enjoy your riches.

Sagittarius: November 22 to Dec 21 "I Perceive"

Now did you not have so much fun with this last Mercury Retrograde? You are at a place in your life where you have become an amazing manifestor. Your mind is sharp and witty, people love your sense of humor. The magician you are because you create whatever you want, so be careful not to create what you don't want. For some reason right now you have been blessed with the power of the magi.

Capricorn: December 22 to January 19 "I Use"

A New Year a New You! Prepare to change everything about yourself this month, you do not have a choice so get real with you because Pluto is coming to your house for a visit. If you feel broken get help, if your life is a

mess clean it up. Now is not the time to hold on to what is not working, as you let go of the unloved parts of your life cleaner and better energy takes its place. It's your choice let go of the old and welcome the new.

Aquarius: January 20 to February 19 "I Know"

This month you desire experiences with emotional depth and true spiritual encounters. Study what interests you, this may be a continuation of something you are already interested in or something that has been on the back burner for a long time. You may also enjoy taking these classes with a friend which would double your enjoyment and knowledge. Remember to dress nice because you never know who you might meet.

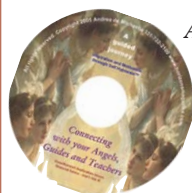
Pisces: February 19 to March 22 "I Believe"

Everything you have ever done will be put on display for all the world to see. Make sure that all your skeletons are out of the closet. This is the month where you will get recognition for the reputation you have earned. Hopefully you will be happy with what you receive. You are at an important crossroads in your life so be clear with who you want yourself to be.

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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

Listen online

For download, go to www.horizonsmagazine.com -- Go to "Andrea's Audio CD MP3 Page" OR directly to http://www.horizonsmagazine.com/CD_Page/index.html



Thoughts about things...

... from page 31...



Andrea de Michaelis, Editor

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

In this kind of work, I always have a clear intention that there is "someone in there" with the most knowledge, who knows more than I do and who has everyone's best interest in mind. That's the one I want to communicate with. It's like knowing ahead of time the store clerk can't answer your question and you'll need the supervisor, so you walk into the store with that intention in mind. You see the store clerk there but know that's not who you need, so you pay him no mind. You see the UPS guy but that's not who you want, so you pay him no mind. You go straight to customer service and ask for the supervisor.

That's what you do when you step into a situation and ignore the negative and stay focused on the positive. Nonphysical entities exist on the astral plane, which is where our emotions are. If we are fearful or excited or worried, if our emotions are activated, we attract more of the (some call them) *lower level astral entities* which you perceive as negative energy. If there is emotion attached to it, you know it is astral and therefore as fleeting as you allow it to be.

end of email

ON ANOTHER NOTE...

One way to release negative energy is by forgiveness work. I had a big evidential that doing intensive forgiveness work can turn around even the most hardened heart. A friend's wife had been hateful and mean as they split, then last week she visited him and apologized, realized how hard he worked at it when she didn't and offered him money. A big red letter day turn around. We've been doing the Hawaiian healing process of *ho'oponopono* on it. Thank you God.

*I have met many people who have been treated for depression and other conditions
when they were, in fact, in the deep stages of spiritual crisis. ~ Caroline Myss*

Are You In Spiritual Emergence-y? So much of my counseling practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Are you in turmoil in relationship? Have you been fired, or betrayed? Do you have a total sense of abandonment? Is your emotional life like a roller coaster? Are you moving between feelings of numb blankness to darkness and hurt, angry, irritable, fatigued, restless, resentful, melancholy, mentally foggy, over or under fed, sleepless or overslept, using addictive substances? Are your spiritual needs not being met in churches and temples? You know your spiritual needs are being met when you have a sense of stillness within you, and a feeling of connection to the Creator/Source/Universe/Energy/God/Goddess of your understanding. Spiritual crisis a/k/a "spiritual emergence-y" is a form of identity crisis where you experience drastic changes to your belief system. A spiritual crisis may cause disruption in psychological, social and occupational functioning. This crisis is a sign that deep work and purification are unfolding. It can feel uncomfortable and painful. The higher Self of you is emerging. Some would say this is the Christ Self rising within you. There are rules to navigating this smoothly and I can teach you those rules, so you can live a more expansive life

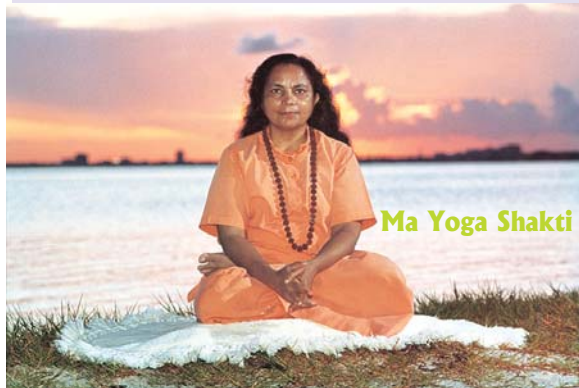
While you are undergoing this transformation, it is not always easy to function in family, job, community and to continue with daily tasks and responsibilities. As we pursue a spiritual path, we all deal with the same issues: *"Who am I?" "What am I doing here?" "What is my purpose?" "Why is there so much pain and suffering?"* These questions arise from contemplation of something that does not fit into our present belief system. In order to break through, you have to burn away your current limited view of the world and of your place in it. So much of my counseling practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Together we can discover more of who you came here to be. \$60 for one hour by phone at your schedule, and affordable because this is important work. I received high praise from one loving friend: *"How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe myself. Thank you."*



Enjoy our offering this month. Hari Om.

Andrea

YOGA SHAKTI MISSION

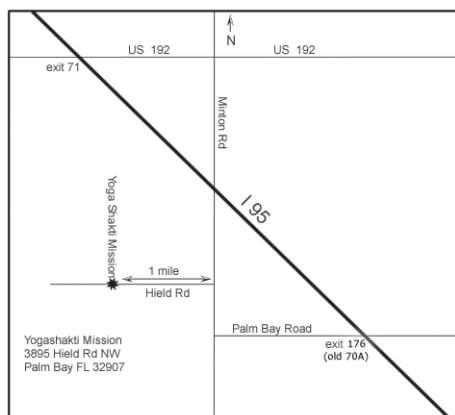


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December 30 thru Jan 1, 2012 New Year's Retreat with Mataji

Come away for a weekend to a different world, in the oasis of beauty and peace created for us by Mataji in her Palm Bay Ashram. Sit at the feet of a Master of Yoga, Mataji, Ma Yogashakti. Hear her expound the wisdom of the Vedas. Take part in Hatha Yoga classes, early morning satsang, meditation with Mataji and traditional temple worship.

REGISTRATION: In advance \$120 per person, families \$170.

At the door \$130 per person or \$190 families.

WHEN: 4 pm on Friday until 2 pm Sunday.

MEALS: Delicious wholesome home-cooked vegetarian meals served

WHAT TO BRING: Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook.

MATAJI WILL BE IN PALM BAY THRU JAN 30

COME JOIN US, OPEN TO ALL:

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Dec 30 - January 1st New Year's Retreat with Mataji

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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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Affirmation

“The radiant purity of my essence of being continuously illumines my mind and consciousness.”