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JANUARY 2013

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Rev. Albert J. Bowes

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HISTORY

Albert Bowes has been a professional Psychic for almost forty years. He lives and works in the Spiritualist community in Cassadaga, Florida, a community that has existed for over one hundred years as a place where Psychic Mediums and Spiritualist Healers practice. He has devoted his life to helping people find answers to personal problems, save relationships, create businesses or restore them to profitable operations, uncover hidden talents, the list is unending...



**Albert working in
Switzerland**

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appointment

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and YouTube

CREDENTIALS

Albert was the subject of the internationally published book, "Visions of Time," in which his gifts were validated by double-blind tests done by a college professor in a four year study. He was also a Project Manager and Lecturer for the Edgar Cayce Foundation and the Association for Research and Enlightenment. Albert was invited to Russia to study with Russian Psychics and Scientists. He's taught Parapsychology 1 and 2 at the University of Florida. He has worked with professionals such as doctors, surgeons, scientists, detectives and archeologists as well as companies like oil corporations and real estate developers. Albert has successfully worked with local and national law enforcement agencies. He has helped to find lost and kidnapped persons, missing airplanes and boats, plus solving many types of crimes. He is a real psychic detective.



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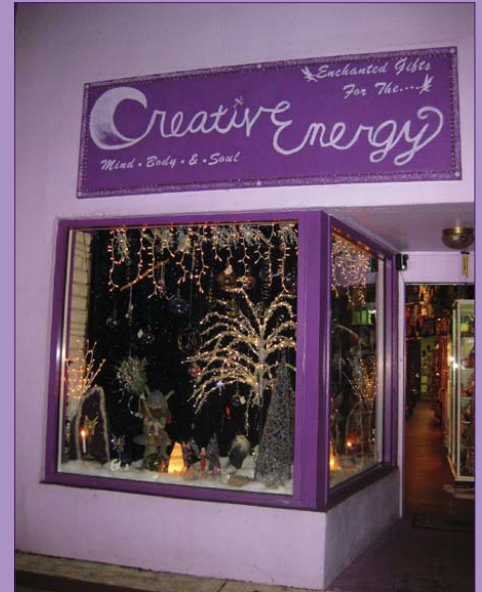


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- o **1st Sunday of the month 4:00pm** Reiki Healing Service with Lloyd Reiser
- o **3rd Sunday of the month** at 2:30pm Mini Sunday Service at Carnegie Gardens

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The greatest optical illusion is separation

Publisher/Editor/Layout
Distribution/Billing
Andrea de Michaelis

Thanks for help this month
Morgana Starr

On the Cover (see page 26)
Hummingbird by
Jane Delaford Taylor

Contributing writers:

Michelle Whitedove
Meryl Davids Landau
Cecelia Avitable
Ma Yoga Shakti
Abraham-Hicks
Karen Williams
Paul Goldman
Barbara Lee
Mike Dooley
Alan Cohen
Tom Sannar

"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

Our Advertising Rates ... Low because we're in it for the outcome, not the income	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
The Teachings of Abraham by Esther and Jerry Hicks	8
Energy Healed Me... Over the Phone by Meryl Davids Landau	9
Notes From The Universe by Mike Dooley	10
Herb Corner with Cecelia Avitable	11
Yoga: Natural Pathway to Godhood by Ma Yoga Shakti	12
Abraham Fun: Soulsongs with Karen Williams	12
Wild Joy by Paul Goldman	14
Ask Whitedove with Michelle Whitedove	15
From The Heart by Alan Cohen	16
Our Classified Ads	17
Our Calendar of Events	18
Our Phone Directory *Horizons may be picked up at most of these locations*	22
About the Cover Art	26
Suggested Reading, Watching, Listening	27
Monthly Horoscopes by Barbara Lee	30
Our Mission Statement	31

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

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.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.



YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE



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 2013 edition of Horizons Magazine. We made it! If you are reading this, we survived the end of the Mayan Calendar. My bratty brother (www.listamerica.us) wrote me last month, "I think there are going to be two distinct groups of surprised people on Dec. 22. The first group is going to be amazed that the world still stands, while the second group will be disappointed that there was no mystical grand universal spiritual awakening." Or was there?

This month's cover art (see page 26) depicts a **Mayan** maiden and a hummingbird. The hummingbird is a symbol for the soul, and in **South America**, the hummingbird is taken to be a symbol of resurrection. This is because each hummer becomes lifeless and seems to die on cold nights, but it comes back to life again when the miraculous sunrise brings warmth.

On 12-12-12 I got mail from the Neptune Society for a prepaid cremation, just 9 days before the end of the Mayan calendar. Well played, Neptune Society, well played.

WAS THERE A MYSTICAL, GRAND, UNIVERSAL SPIRITUAL AWAKENING ON 12-21-12?

Hmmmm. Think about it. When we allow ourselves to feel the warmth of the Light and to bask in it, it enlivens us, and just as the sunlight awakens the hummingbird, the Light awakens our consciousness. When we're more awake and conscious of what is around us, the Light further illuminates for us. Seemingly we see a new happening, however it is just the Light of consciousness shining, turning a spotlight so there are no dark corners. It's not new at all, it just before Now was not in our consciousness. Before Now we did not have the tools to perceive it. Now is time to celebrate our new world, a world still thriving after the end of the Mayan calendar.

The past decades, so many have focused so much thought toward the date of 12-21-12 as being a time of new awakening, that it has created a very strong thoughtform. This is how new experiences and new eras are brought into being: enough people with strong focus, think and contemplate and give consideration on a regular, daily basis to what kind of a world they'd like to see. They bask in the feeling of unity and sharing they can envision. They take their thoughts into the physical world by doing kind and thoughtful acts that uplift everyone they come in contact with. These are the vision keepers. I count vision keeping as a primary daily task. You can, too. We ARE the ones that we've been waiting for. If there's to be a mystical, grand, universal spiritual awakening, WE are the ones who gotta BRING IT by living it.

TRY AS I MIGHT, I'M NOT ALWAYS IN THE VISIONKEEPER STATE OF MIND

I crack myself up sometimes with my choice of thoughts, when I find myself thinking an aggravating thought and continuing to think it, rather than seek a better feeling thought to focus upon. When I allow myself to wallow a moment longer in

...continued on page 28..

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Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and the NY Times Best Seller, Money and

It is our desire that you experience an enhanced appreciation of your planet; your body; your family; your friends; your enemies; your government; your systems; your food; your finances; your animals; your work; your play; your purpose; your Source; your Soul; your past, your future, and your present. . . .

EVERY RELATIONSHIP IS ETERNAL It is our desire that you come to remember that every relationship is Eternal and that once it has been established, it is a part of your Vibrational makeup forevermore, and that, in your powerful now— where all that you have become converges with all that you are now be coming—you hold the power to create. A joyful life is not about gaining control of the factors that surround you.

Life Is about Our Relationships

You will never find yourself in a point in time when the subject of relationships is not an active part of your now experience, for everything you perceive or notice or know is because of your relationship with something else. Without a comparative experience, you would be unable to perceive or focus any kind of understanding within yourself. Therefore, it is accurate to say that without relationships you could not exist at all.

It is our desire that an even greater awareness of who-you-are will awaken within you by reading this book, as you begin to explore the variety of relationships that you are already living.

A joyful life is about coming into alignment with who-you-are. Joy is not about controlling other people or circumstances. Joy is about controlling your own Vibrational relationship between the physical you and the Non- Physical You. It is alignment with Source that is joy or love or success or satisfaction.

Must "Family Harmony" Inhibit Personal Freedom?

A person who is consistently inside his own Vortex will find harmony with other people even when they are not finding harmony with him.

Everything that everyone desires— whether it is a material object, a physical condition, a financial situation, or a harmonious relationship—is wanted for only one reason: They believe they will feel better in having it. Once you show yourself—through practicing increasingly better-feeling thoughts, through making lists of positive aspects, by indulging in Rampages of Appreciation—that you can maintain your alignment with your own Inner Being and predominantly stay inside your Vortex of Creation, you will find harmony in the world around you, also.

APPRECIATION, YOUR KEY TO THE VORTEX People often have a difficult time conceptualizing a creator, or a force, or the process through which something as amazing as your planet, spinning in its orbit in perfect proximity to other planets, could have come to be. And yet, even though you do not understand it, and cannot begin to explain it, you are—every one of you—continuing to add to the expansion of all of that through your living of life and the launching of rockets into the Vibrational Reality that will someday be fully realized by physical inhabitants.

We have written this book because we want to call your attention to the Vibrational Reality that you are in the process of creating. We want you to be aware of your Vortex of Creation; and most important of all, we want you to find a way, by the deliberate directing of your own conscious thought, to become a Vibrational Match to the contents of your swirling Vibrational Vortex of Creation, because every desire that has been born within you thus far exists there, just as you have dreamed it to be, waiting for your alignment.

...continued on page 19...

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Colby Memorial Temple

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ENERGY HEALED ME -- OVER THE PHONE! A SCIENTIST EXPLAINS HOW

Meryl Davids Landau is the author of the new spiritual women's novel, "Downward Dog, Upward Fog," which was recommended by Yoga Journal Buzz Blog and the Science of Mind national newsletter. ForeWord Reviews calls the novel "an inspirational gem that will appeal to introspective, evolving women." Read excerpts at www.DownwardDogUpwardFog.com. Meryl also writes for O: the Oprah Magazine, Whole Living, Reader's Digest and other national magazines.




Over the years I've been to a number of energy therapists who've used methods ranging from their hands to acupuncture needles to tuning forks to cure whatever's ailed me (and it usually did). But the last time, when an odd pain kept me from traveling to a practitioner's office, the ache was vanquished over the phone. That was more woo-woo than even I could handle (even though I've written about various forms of energy healing for years), which got me wondering, how is it that a therapist -- using nothing more than thoughts and energy -- can help someone improve their health?

So I put in a call to Bruce Lipton, Ph.D., author of the books "The Biology of Belief" and "Spontaneous Evolution."

Lipton is no flighty New-Ager; earlier in his career he worked as a cell biologist and professor at the National Institutes of Health, Stanford and the University of Wisconsin, among others. It was actually the experience of scientifically cloning cells that convinced Lipton that the way we view healing is wrong. When he separated genetically identical stem cells into three Petri dishes, he says, the cells in each dish grew to be totally different than those in the other dishes -- even though all were genetically the same. That set Lipton on his lifelong quest to uncover the role the environment and other factors play in cell restoration and growth.



...continued on page 20




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Jacksonville Wednesday, January 30th
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Edgewater Saturday, January 26th
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has found his call-
ing. Mike runs TUT's
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ally, speaking to thousands on life, dreams,
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NOTES from the Universe

**Whenever something doesn't work
out the way you thought it would,
instead of thinking that something
went wrong, see it as something
that went unexpectedly well,
but for reasons that are
not yet apparent.**

Everything plays to your favor.

Score!

~ The Universe

**See their good. See nothing else.
Do it for you. ~ The Universe**

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

HERB CORNER

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

METABOLISM

As we get older our bodies metabolism naturally slows down, overtime this can leave you feeling exhausted. Some other things that can slow down metabolism are inefficient digestive enzymes, which leads to decreased absorption of vitamins, too many or unhealthy saturated fats, an underactive thyroid, or a diet high in processed foods. Over time slowed metabolism can result in fatigue and weight gain that gets harder and harder to lose.

When using herbs to boost metabolism look to herbs that have adaptogenic properties to help restore the body back to balance, herbs that promote the production of metabolic enzymes aiding in better digestion, herbs that support the health of the thyroid and ones that restore natural hormone balance.

Ginseng's are adaptogenic herbs that help to increase metabolic processes reducing stress and normalizing your body's functions providing you with energy for longer periods of time. Indian Ginseng or Ashwaganda does this as well plus it helps to balance hormones.

The Chinese herb Schizandra also known as the "five-flavor herb" is also used as an adaptogenic herb for fatigue, stamina and balance. The capsaicin in Cayenne creates a heat or thermogenic action that helps increase your metabolic rate. When used regularly it can improve both physical and mental stamina. And because it stimulates gastric secretion it aids in the absorption of nutrients. There are other capsaicin rich herbs like Curry, Ginger, Turmeric and Cinnamon, studies found that eating these spicy herbs increase metabolism by 25%, and they have the ability to help the body burn calories.

Nettle is a highly nutritive herb also with thermogenic properties. It also stimulates your metabolic rate by supporting the functions of the thyroid. Cordyceps has been used in Chinese herbal medicine as an over-all tonic for energy and endurance. Green tea and Yerba Mate contain caffeine and EgCG (Epigallocatechin gallate a potent antioxidant) these help to boost metabolism by boosting the heart rate which speeds up the burning of calories and they are more nutritious than coffee and black tea, which can leave you feeling jittery.

Beyond herbs, eating smaller meals throughout the day will help to keep your blood sugar stable, providing a more steady level of energy. And avoiding foods that are high in high fructose corn syrup, salt, sugar and saturated fats that slow down your metabolism and leave you craving more can also help you feel more energized. To boost the metabolic process, eat more whole grains and raw vegetables that contain the enzymes amylase, lipase and protease. This is because raw or steamed vegetables are higher in enzymes due to the fact that cooking destroys the enzymes needed for metabolism. Besides these, there are foods that can increase metabolism like apples, almonds, hot peppers, oats, beans, berries, eggs, peanut butter, spinach, broccoli, cantaloupe and pears. And please don't forget to drink water, as your body's metabolism needs water to properly function.

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ABRAHAM *FUN*



Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. You can join Karen's "Abraham Fun" group on Facebook and like her Facebook page, "Soulsongs." karen@karenmoneywilliams.com.

Soul song #386 A CLEAN SLATE

Would I try to pet a vicious animal? Would I eat picnic potato salad that has marinated in the sun? Would I run with scissors? Duh, of course not. And I can learn to exercise the same common-sense vigilance with regards to my thoughts.

Every thought in my cranium has a strong magnetic quality. It joins with similar thoughts to bring forth, over time, the physical reality of those thoughts. Therefore, it no longer makes sense to ponder past hurts and wrongs, to let apprehension and worry run rampant, or to criticize myself, others, or even the government. I will only elicit more-of-the-same.

On the
chalkboard of my
mind, I hereby
erase scary
warnings and
lists of my own
painful mistakes
and idiotic acts of
others

Further, I relinquish the notion that if I sufficiently focus on and analyze all the bad stuff, I will somehow keep it at bay. The very opposite is true.

On the chalkboard of my mind, I hereby erase scary warnings and lists of my own painful mistakes and idiotic acts of others.

My life is not about that anymore. My life is about appreciation, contentment, optimism, fun, and miracles.

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Ma Yoga Shakti

See page 31

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YOGA: NATURAL PATHWAY TO GODHOOD



Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. She has been greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email yogashaktipb@yahoo.com visit www.yogashakti.org (321) 725-4024. See inside back cover for info. Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the sanskrit word "Yuj" to unite. It means union or identification,

The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga. See page 31 for map, more info

I would like the whole world to unite

My spiritual mission is to unite people. Make friends. Learn to live together. Learn to enjoy together. Learn to share, make some resolves that will bring happiness to this earth and to mortal beings.

We are all living on this planet and I would say we should all expand our consciousness. Everything that happens is like a warning. Pain is a warning from nature. Be careful. Any trouble that comes is to correct our steps.

We have a prime duty to learn to stand on our own feet. Neither by listening to lectures, not by being intelligent can you reach the goal. You have to keep your soul happy.

There is a saying "If you walk seven steps with someone he is your kith and kin." I changed it to "If I have three words with someone he is my kith and kin." Those who attend my Satsang are my family.

Spiritual teachings are to help you and are for your good if you respect them. You have to love, honor and respect the teachings and they will help you. Reverence should be on top of your list.

A rolling stone gathers no moss. You have to be focused in life, not always changing. Right or wrong, go ahead in one direction. Flirting is not your mission in life. Those who go on changing all the time have no anchor. Every ship needs an anchor so it is not swept away by the ocean.

If you have many talents but no purpose, then also you are drifting like a feather moving in the wind. You need to be anchored in life and find out what is your purpose in life.



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FLORIDA SCHEDULE FOR JANUARY 2013

Wednesday, January 9th, 2013 7:00 PM ROCKLEDGE FL:
COMEDY CONCERT Center for Spiritual Living Space Coast,
4310 S. US 1, Rockledge, FL 32955

Friday, January 11th, 2013 7:30 PM FT MYERS FL:
COMEDY CONCERT Unity of Ft. Myers, 11120 Ranchette Road,
Ft. Myers, FL, (239) 278-1511 www.unityoffortmyers.org/

**Sunday, January 13th, 2013 11:00 AM KEY WEST FL: GUEST
SPEAKER AND MUSICIAN** Unity of the Keys, 1011 Virginia St,
Key West, FL, 305-296-5888 <http://unityofthekeys.org/>

**Sunday, January 13th, 2013 7:00 PM KEY WEST FL: COMEDY
CONCERT** Unity of the Keys, 1011 Virginia St, Key West, FL
305-296-5888 <http://unityofthekeys.org/>

Thursday, January 17th, 2013 9:00 AM ORLANDO FL:
POSI MUSIC AWARDS SONG SCHOOL Orlando Airport Marriott
www.empowerma.com I'll be teaching two days of classes on
writing humor songs and story songs. Other accomplished
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Saturday, January 19th, 2013 7:00 PM ORLANDO FL:
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Sunday, January 20th, 2013 10:00 AM MERRITT ISLAND FL:
GUEST SPEAKER AND MUSICIAN Unity of Merritt Island, 4725 North
Courtenay Parkway, Merritt Island, FL 32953 21-452-2625
www.unitymerrittisland.org/

Tuesday, January 22nd, 2013 7:00 PM MERRITT ISLAND FL:
COMEDY CONCERT Unity of Merritt Island, 4725 N. Courtenay Pkwy,
Merritt Island, FL 32953 321-452-2625 www.unitymerrittisland.org/
Advance tickets: \$12/person, \$20/couple. Tickets at the door: \$15

Thursday, January 24th, 2013 7:00 PM ST. AUGUSTINE FL:
COMEDY CONCERT Center for Spiritual Living, 1795 Old Moultrie Rd,
St Augustine, FL 32084 904.825.3600 www.cslstaugustine.org
Price: \$15/person, \$25/couple

Friday, January 25th, 2013 7:30 PM INDIALANTIC FL:
COMEDY CONCERT Aquarian Dreams, Indialantic, FL 321-729-9495

Sunday, January 27th, 2013 5:00 PM JUPITER FL:
COMEDY CONCERT Unity in the Gardens, 550 Bush Road, Jupiter, FL
(561) 741-6515 www.unitychurchinthegardens.com/

**Sunday, January 27th, 2013 9:30 AM JUPITER FL: GUEST
SPEAKER AND MUSICIAN** Unity in the Gardens, 550 Bush Road,
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WHEN IS NOW?

Become aware of all the thoughts rushing into your mind right now. When is now? Is it in the past or future where these thoughts are taking you? Now, step back and enter into the space of the witness. See each thought as just that, a thought, and allow each thought to become nothing more than running water or clouds drifting by. No thought is more or less important than the next. Attach no judgement to these passing thoughts. See each one just passing by or flowing as water.

Now, ask yourself, when is now? And again, when is now?

You do find yourself enveloped in this moment, no past nor future, only present to this one moment.

For today, let your breath itself bring you back to now.

Why are you here? What karma is unfolding in your life?

Myth of the Moon Goddess, by Rev. April Rane

This Epic New Age Fantasy could answer those questions

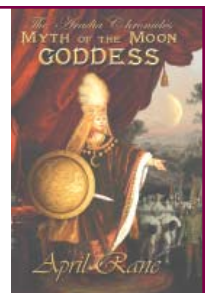
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Inside *Myth of the Moon Goddess* you'll find a path of self-discovery. The mystical gems of Aradia's *spirit guide* are woven throughout so seamlessly you will hardly be aware of the subtle shifting of beliefs that are occurring within you. Aradia's journey is your journey, walk beside her as she slowly pieces together her heart and mind, in an attempt to regain some hold upon the heavens, and her immortal soul.

Follow Aradia's intriguing story in *Myth of the Moon Goddess ~ Aquarian Dreams - Book Signing Jan. 13th. 2013 7-9 P.M. ~*

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Dear Michelle,

I've always felt that I have a great sense of intuition, but sometimes doubt the information and don't act on it. How can you tell if the voice is my intuition or just my ego rationalizing the situation? ~ Egocentric in Edmonton

Dear Egocentric, Intuition is just like a muscle that needs to be exercised. The more that you use it, the stronger that it will become. We are all born with an inner guidance system. It's a small voice inside, or a knowing; it's always the first thing that pops into your mind. You don't have to think about it. The answer is just there.

Some men call it a gut feeling. Whereas the intellect is the voice of reasoning, it weighs the information and then makes a decision based on your body of wisdom. I would encourage you to practice listening to your intuition. Be in the NOW; be mindful of the intuitive information that you are receiving. Did you arrive at a decision, or was the answer given? Meditation is a tool that will help you to empty your thoughts and mind chatter to open yourself to hear solutions more clearly. God talks with all of us. We just have to hone our listening skills.

Dear Whitedove,

I've been working on my mediumship abilities and sometimes I think that I can see and feel Spirits near by, but I'd like to know, is there a way that I can call these Spirits to me? I live in a haunted town and I want to communicate with them. ~ Vibing in Virginia

Dear Vibing, First, please know that every soul born into this world comes in with two guardian Angels and Spirit guides. The number in your unseen support team is based on your life mission. They are there with you at your side. So prayer and meditation are the only tools that you need in order to call upon them. With practice you will start to see them, feel them, know them, and with the dedication of time, your spirit communication skills will improve. This should be your first priority.

It seems that you are looking to attract wayward spirits or ghosts and I'm unwilling to give you those insights. You see wayward spirits are lost and confused and need help

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crossing over into the Heavens. I don't advise anyone to do this for mere curiosity or for amusement. It is the job of a spiritual medium to help these souls resolve their issues that keep them Earth bound. In my Ghost Stalker books, I give educational information not only on the different types of hauntings, but also about the ghosts' Earthly life. Remember ghosts were once living humans with mothers, siblings, friends and children of their own, and they deserve to be treated with respect and understanding. Also it's important to know that not all wayward souls are benevolent. Please, if you are interested in the phenomena of ghosts then truly educate yourself. The only spirits that you should call upon are your heavenly helpers.

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From the Heart

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TRUST YOUR TALENT

Many years ago a young Kansas City artist struggled to get his cartoons published in city newspapers. His offerings, however, were met with rejection after rejection. "Forget it," editors told him. "You have no talent. Get a real job." But the artist felt that he did have talent and he refused to compromise his career.

Finally the artist found himself holed up in a mice-infested garage, penniless. Bored, he began to sketch his environment, especially one little mouse who ran back and forth on his window sill. Over time the artist made friends with the rodent and the two developed a relationship. He named the mouse "Mickey."

The artist was Walt Disney, and you know the rest of the story. Disney went on to establish the most expansive entertainment empire in the world, with amusement parks spanning the globe, major film and television companies, and countless spinoff products. Over the years Walt, Mickey, and their entertainment progeny have provided limitless joy for hundreds of millions of children and their families. If you have every visited one of the Disney parks or watched Disney films or television, you can thank Walt Disney for trusting his talent.

Everyone has a bankable talent. You came to earth for a purpose. On the deepest level you are here for a spiritual purpose, to discover your identity and your value in the cosmic plan. You also have a form of expression in the world, to serve others while fulfilling yourself. Do not stop until you have tapped into your talent and expressed it. It is why you are here. In biblical times, a "talent" was a high-value unit of currency, about 80 pounds of silver, equal to the wages paid to a man for about twenty years of work. Translate that into the dollar amount for twenty years of work today, and you will understand its huge worth.

...continued on page 27...



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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

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Wednesdays CAPE CANAVERAL 7:00 pm, a book discussion group focusing on the teachings of Ernest Holmes will begin. The first Ernest Holmes book to be discussed is Living the Science of Mind. Please contact Kathryn Flanagan, 321-458-7956 or Keliann Eggleston, 801-580-5066, for directions or questions.

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ABRAHAM-HICKS

...continued from page 8

Everything that you see that is now physical, tangible, visible, audible reality was previously swirling in a Vibrational Vortex of Creation; for first there is thought, then thought-form, then reality as you know it in your physical world. Your dreams and desires and ideas of improvement have been received by the Broader part of you; and as that older, larger, wiser part of you focuses purely upon your requests, holding no resistance whatsoever, the powerful Law of Attraction responds. And then, all cooperative components (all components with same Vibrational frequency) are drawn into this swirling Vibrational Reality, this precursor to the physical reality that is now available to you. Only one thing is necessary for this Vibrational Reality to become real in a physical sense, manifested into things and experiences that you can see and hear and smell and taste and touch: You have to go into the Vortex!

The key to getting inside your Vibrational Vortex of Creation; of experiencing the absolute absence of resistance; of achieving complete alignment with all that you have become and all that you desire, and of bringing to your physical experience everything that you desire—is being in the state of appreciation. And there is no more important object of attention to which you must flow your appreciation than that of self. The habit of thought, or belief, that holds most people outside of their Vortex of Creation, more than all other thoughts put together, is the lack of appreciation of self.

WHAT IF WE'RE FEARING A WORLDWIDE FINANCIAL CRISIS?

Every emotion that you feel, good or bad, is about the relationship between your current thought and the understanding of the Source within you on the same topic. Some people are feeling acute fear or anxiety because they are personally, right now, without work or income. But the fear that most people are feeling today is because of their negative speculation about how bad conditions may yet become and the negative impact that those future, unwanted conditions may have on their personal lives.

As more people observe hardship and strike a tense, resistant pose—and therefore disallow their own Well-Being—others use them as their reason to do the same. And, in a very short time, a very negative pattern of resistance can sweep through your population. The good news in this scenario is that, in every moment that every person is feeling negative emotion about the economic state, Vibrational requests for more abundance are launched—and those requests are heard clearly, and responded to immediately, by Source. And a Non-Physical, Vibrational Vortex of Creation begins to swirl in

...continued on page 21

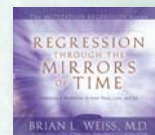
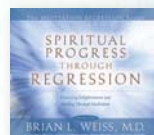
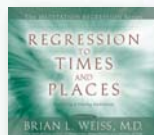
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Energy Healed Me... Over the Phone

...continued from page 9...



Here are excerpts from our fascinating conversation.

Q: Is it possible to scientifically explain energy healing?

Bruce Lipton: Absolutely. There's a concept in quantum physics called "entanglement," which is when one energy source entangles with another so that they interfere with each other. This interference can be positive and harmonious, as with energy healing, or it can be negative.

Physicist Amit Goswami published an article in a physics journal showing that entanglement affects people. He had two people meditate together and then separated them into two chambers where they couldn't see or hear one another. When one person had a light strobed by his eye, it caused the firing of a certain frequency in the brain. Remarkably, at the same moment, the other person's brain also fired, even though he never saw the light. This proves what we intuitively knew, that the energies of people can affect one another.

Q: Are there examples of entanglement in other things?

Bruce Lipton: Sure. If you have pendulum clocks on the wall and start them all at different times, after a while the pendulums will all swing in synchronicity. The same thing happens with heart cells in a Petri dish: They start beating in rhythm even when they're not touching one another.

Q: What exactly happens in an energy healing session, then?

Bruce Lipton: What Goswami's study demonstrated is that when two people become entangled, one person will conform to the energy of the other person. When one of them is a healer whose cells are vibrating at a higher level, the client's cells become entangled, and their energy is lifted. That's

why that old saying, "physician heal thyself," is so important, even though most don't understand it: If the physician's energy is going to influence or, in scientific terms, "entrain" the patient's, the doctor's must be higher.

Q: What causes a person's energy to be lower in the first place?

Bruce Lipton: This is where environment comes in. And by that I mean of course diet, exercise and stress, but also your sense -- or lack -- of optimism. Each of our cells is a living entity, and the main thing that influences them is our blood. If I open my eyes in the morning and my beautiful partner is in front of me, my perception causes a release of oxytocin, dopamine, growth hormones -- all of which encourage the growth and health of my cells. But if I see a saber tooth tiger, I'm going to release stress hormones -- cortisol, histamine, norepinephrine. Those chemicals change the cells to a protection mode. I don't even have to see these things: If I'm worried or afraid, my blood will fill with the same harmful chemicals. People need to realize that their thoughts are more primary than their genes, because the environment, which is influenced by our thoughts, controls the genes.

Q: So you have to change the environment -- including your thoughts -- if you want healing to be sustained?

Bruce Lipton: Yes. If your environment keeps draining your energy, it's like having a leaky bank account, where any money you're putting into the bank, such as by seeing an energy healer, keeps slipping out. You have to change your environment, including any harmful beliefs, before the energy can stay high.

Q: Does a person's expectation about a healer play a role in whether they improve?

Bruce Lipton: Absolutely. Your cells don't see the environment directly; they take as their truth what the brain tells them. That's why the placebo effect is so powerful for every type of healing. If the brain expects that a treatment will work, it sends healing chemicals into the bloodstream, which facilitates that. And the opposite is equally true and equally powerful: When the brain expects that a therapy will not work, it doesn't. It's called the "nocebo" effect.

I once developed Bell's palsy, which is a paralysis of the face. One morning I put a coffee cup to my lips, and the coffee started running down my shirt. The standard treatment is medication, but I was determined to be over it without drugs in one week. I went to an acupuncturist and chiropractor, both of which are forms of energy healers. Seven days later it was gone. I know it could have resolved even faster if I hadn't chosen a week as my goal.

Q: What about healing over a long distance? That's a hard concept for people -- including me -- to wrap our heads around.

Bruce Lipton: It's freaky, but it works, because energy isn't limited to a set spatial distance.

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ABRAHAM-HICKS

...continued from page 19

powerful response to that powerful asking—and all compatible components are drawn into the Vortex for the discovery and relief of those who allow themselves to be drawn inside. It is natural that you thrive, and the resources are there for all to thrive. But chronic thoughts of shortage, or chronic thoughts of pushing against those who are thriving, hold you in contradiction to your own desires and, more important, to what you have put into your Vortex of Creation for yourself. If you seek financial well-being for yourself—you must praise it wherever you see it.

If you would like more abundance for yourself, personally, or for others you care about—you must not criticize those who are experiencing abundance. When you criticize or condemn or push against anything, you activate an opposing Vibration to what you seek. Every time. No exceptions.

SELFISHNESS, AND THE LAW OF ATTRACTION? Some offer criticism because we place such emphasis on the value of your feeling good, accusing us of teaching selfishness. And we acknowledge that true selfishness is at the very core of our teaching because if you are not selfish enough, if you do not care how you feel, if you are not willing to continually redirect your thoughts in the direction of feeling good, you cannot come into alignment with the Source within you. And unless you are in alignment with the Source within you, you have nothing to give another. Alignment with Source—being inside your Vortex of Creation, becoming one with the true expanded version of you—is the ultimate selfishness.

And yes, in that state of alignment, all good things must come to you. Every rocket of desire that you have launched will be fulfilled. True success is not the attainment of things, or the achievement of tasks, or the achievement of financial abundance. True success is the coming into alignment with You. Yes, selfishly aligning with your desires, your clarity, your confidence, your knowledge, your love—with Yourself!

CONTRAST REALLY ISN'T ABOUT SOMETHING GOING WRONG

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Nothing ever goes wrong, because every piece of contrast, no matter how wrong it seems to be, is always helping you to clarify what it is you do want. And that's the thing that we want you to remember most of all: The contrast, no matter how it looks in any moment, is contributing mightily to your expansion. And the thing that you call "things going wrong" in



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your life experience are actually only the distance between the things that are so right and your current perspective about it.

Life is supposed to be good for you. You live, whether you know it or not . . . you live as the full recipients of a hurricane of grace that is flowing toward you, at all times, in answer to all that you have been asking for, and the best way to get a whiff of it is to stand right where you are, right now, and do your best to find the best of the positive aspects that surround you. Look for things to appreciate, even if there aren't that many. Look for things to feel good about, even if there are more things to feel bad about. Give your attention, as best you can, to the best things that are going on in your experience, with the determination to train yourself into the best-feeling Vibration that you can find right here and now.

Today, no matter where I'm going, no matter what I'm doing, no matter who I'm doing it with, it is my dominant intent to look for and find things that feel good when I see them; when I hear them; when I smell them; when I taste them, when I touch them. It is my dominant intent to solicit, experience, and exaggerate and talk about and revel in, the best of what I see around me here and now. As that is your mantra, you will tune yourself to the best Vibration that you can reach for, and

...continued on page 26...

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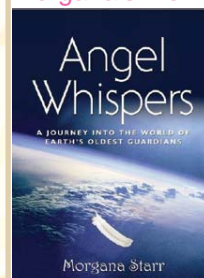
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COVER ART

HUMMINGBIRD

by Jane Delaford Taylor



"It's January 2013 and we see that the world did not end with the end of the Mayan calendar. The young woman holding out her hand to the hummingbird wears an earring carved with the Mayan Wind symbol, representing divine inspiration and communication. The hummingbird is a symbol for the soul, and in South America, the hummingbird is taken to be a symbol of resurrection. This is because each hummer becomes lifeless and seems to die on cold

nights, but it comes back to life again when the miraculous sunrise brings warmth. Now is time to celebrate our new world, a world still alive and thriving after the end of the Mayan calendar. The original painting is now hanging in a healers clinic in California, but it's also available as prints and cards at my page <http://redbubble.com>."

Jane Delaford Taylor is an inspirational British artist whose work is now sold worldwide to collectors who love the depth of colour, movement and soul energy in her paintings. Already an established freelance illustrator, who has worked on over 200 books during the last two decades, she has recently returned to her first love - painting in oil on canvas.



"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 much better than just plonking it in a gallery! I organise delivery myself, and get fantastic feedback and I know that the reason I painted a specific piece was because it was meant to be owned by just one special person - it closes the sacred circle of creativity in a very beautiful way. I don't give lofty interpretations of my artwork, although I may have ideas of course - but the meaning in the painting is essentially the one that the viewer perceives, and that is how it should be. I just channel the image for them."

Jane's new work is available <http://janetaylorart.weebly.com/>
Prints and cards available at <http://redbubble.com>
Email Jane at chalicewell@hotmail.co.uk



ABRAHAM-HICKS

...continued from page 21...

then the best, and then the best, and then the best— and then the best. And then, before you know it, you will be vibrating in the vicinity of what's going on in your Vibrational Escrow, in your Vibrational Reality.

ARE YOU READY TO MEET YOUR VORTEX? This Vibrational Reality is spinning and becoming, and if you are in anger or fear or despair, you're nowhere near it. When you get in the vicinity of hope, when you start feeling hopeful, you're within range. When you feel hopeful, it's drawing you in; it's drawing you in. And once you begin to believe or expect good things to come—you're in the Vortex. And once you get in there, you're no longer the only uncooperative component. Now you are a cooperative component. Now you get to rendezvous with your money. You get to rendezvous with your vitality. You get to rendezvous with your clarity. You get to rendezvous with your lover, with your loving neighbor, with the things of your environment that you've been wishing for. You get to rendezvous with all of the good stuff that you've put there once you begin to get in the vicinity of what feels good. And you can train yourself there—you can do it in a day. You have control of everything that rendezvous with you when you get control of the Vibration that you offer, and you get control of the Vibration that you offer when you care about how you feel.

It really is more irrelevant than you think what the other people in your life want, but what is relevant is what you think they want. So, if you could just eternally look toward what you want and disregard everything else, the Universe would have to give you what you want, and in so many more cases than you would believe, from where you currently stand. Often, you can get exactly what you want from the components that are already present in your life. You don't have to go to a whole new place; you just have to chronically define a whole new Vibration.

The relationship between your expectation and what you're seeing is the only thing that you ever have the ability to feel around.

We all make too much of all of this. It is simpler than we all make it out to be. Be easy about it. Be kind to yourself. Do things that feel fun. Look for things that bring you relief, and just easily move into that place (your Vortex) where all things that you want have already been lined up for you. There is great love here for you. And, as always, we remain blissfully and Eternally incomplete.

Excerpted from book, "The Vortex Where Law of Attraction Assembles All Cooperative Relationships"



SUGGESTED READING WATCHING LISTENING

CDS:

Relaxation Zone by Dean Evenson www.soundings.com
Getting into the Vortex Guided Meditations CD and User Guide
by Esther and Jerry Hicks

BOOKS:

Get What You Want by Tony Burroughs www.vivaeditions.com
Dreamseller: by Augusto Cury simonandshuster.com
Courage: Overcoming Fear and Igniting Confidence by Debbie Ford
The Bond: How to Fix Your Falling Down World by Lynne McTaggart
Paranormal, My Life in Pursuit of the Afterlife by Raymond Moody, MD
Emotional Equations, Simple Truths for Happiness by Chip Conley
Spiritual Partnership by Gary Zukav
Be Love Now, The Path of the Heart by Ram Dass
The Seeker, the Search, The Sacred by Guy Finley
The Bushman Way of Tracking God by Bradford Keeney, Ph.D.
The Physics of Miracles by Richard Bartlett, DC, ND
New Blueprint for Fitness by Roger D. Smith, Ph.D.
The Now Effect by Elisha Goldstein, Ph.D.

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 by Marianne Williamson
The Hidden Spirituality of Men by Matthew Fox
The Secret Life of Water by Masaru Emoto
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The Secret Behind The Secret www.abraham-hicks.com
The Secret - the Original edition with Abraham-Hicks. It's the one with "the secret" actually in it, although The Secret "extended version" (with Abraham-Hicks edited out) has good info also, it just left out the actual "Secret" with the deletion of Abraham-Hicks.

From the Heart

...continued from page 16...



The biblical parable of the talents tells of a householder who left home for a long time and gave three servants talents to use wisely. When the master returned, he found that two of the servants had invested their talents and generated a significant return. The third servant, however, had simply hidden his talent in the ground and made no use of it whatsoever. The master was highly displeased with this servant, and cast him out. The parable teaches that talents are valuable only if you use them. If you "hide your light under a basket," the light doesn't get to do what it was created to do. If you ignore or deny your talents, the world misses the blessing you were born to bring to it, and you miss the spiritual and material reward you deserve.

A more modern wayfarer, **Cesar Milan** grew up poor in Mexico in a house with no running water. Young Cesar was shy and unpopular, and other kids made fun of him because he spent time with dogs; they laughingly calling him "El Perrero," or "dog boy." In 1990 at age 21 Cesar crossed the border into the U.S. as an illegal immigrant, paid for by his father's \$100 investment in his son's better future. Speaking no English, homeless, and penniless, Milan walked the streets panhandling, and hung out in a park. There Milan befriended people walking their dogs and helped them improve their pets' behaviors. Eventually Cesar got a job in a dog grooming shop, where he helped tame an aggressive Cocker Spaniel. The owners liked him and gave him a key to the store so he could get off the streets and have a place to sleep and shower.

Milan moved to Los Angeles, where he worked hard in a car wash. The owner gave him a van to start a mobile dog training business. Cesar met actress Jada Pinkett (who later became actor Will Smith's wife) and helped her with her dog. Pinkett was so impressed that she introduced Cesar to her Hollywood friends and paid for him to get a tutor for a year to improve his English. In 2004 the National Geographic Channel gave Cesar Milan his own television show, which became a hit and fueled his worldwide reputation as "The Dog Whisperer." Milan's show, broadcast in 80 countries, has spawned five bestselling books, a line of pet products, several dog sanctuaries, and generous charity donations.

One has to wonder what the world would be like without the gifts bestowed by Walt Disney, Cesar Millan, and Stephen Jobs, who quit college to design fonts, and eventually built the Apple empire. Do you believe you have less to offer than them? You may not be interested or destined to build an empire, but you can build a kingdom of heaven raising your child, waitressing in a restaurant, or helping the elderly. God has given everyone a unique talent to serve and find reward, including you.

The beginning of a new year is a perfect time to take stock of your talents. What comes easily and naturally to you? What would you do even if you weren't getting paid for it? What do people compliment you for? These are all clues to your talent. This year don't bury your talent or hide it under a basket. It's why you're here.



This month's thoughts about things...

... from page 7...

justifying and blaming, when if there's blame to be had, it's equally shared. Catching myself continuing to think the thought, even for another moment longer, even though the thinking of it serves merely to incite negative emotion within me. I can feel that negative emotion with more of the same thoughts, or I can make a conscious choice to pivot my thoughts to something more pleasant, something more playful, something silly or just some crazy song on the radio. Whatever it takes to keep me in a happy and uplifted state of mind, despite anything that is going on around me. That is the peace that passeth all understanding: knowing I am in control of everything that comes my way. My prayer is to be always able to remember to use my powers for good.

WHY COMPETITION AND JEALOUSY WHEN WE'RE ON THE PATH? BECAUSE THAT'S HOW WE WORK THIS STUFF OUT: WITH EACH OTHER

Do you notice how when you're fully connected to your inner guidance, you see the world and everything in it just fine as it is? You don't worry about what the news says or what the complainers say, because you're filled — maybe just for a few moments — with that feeling that it's all under control and that everything happens for a Divine purpose? That no matter what whacky whatever is going on around you, you know that it will all work out, that somehow you will be guided to it.

Then there are those times you're reminded you're a business person competing for dollars in a world of just so many customers. That's when you know you've gone off your guidance signal, since when you're feeling competitive with anyone, if you think anything anyone does against you can prevent you from attracting what you are meant to attract, you're simply not connected to guidance. If you think anything anyone says about you can prevent you from attracting the good that is meant for you, you are temporarily disconnected from guidance.

We've all done it. Gotten angry in the moment over some perceived wrong and maybe even created an entire scenario about it in our head, blaming someone else. But when we're conscious, when we're on the Path, we take the time to contemplate what is going on in our life, we take responsibility for what we've put in motion. We know that whoever we think is to blame is just someone we are allowing to have some power over us: power over our thoughts and emotions. Allowing our thoughts and emotions to go there is a choice.

Let me re-phrase that. Your thoughts may appear out of nowhere. You can't stop that from happening. What you can decide is how long you will continue to dwell on that

thought. You have the choice of staying on that thought long enough to get pissed off about it. You have the choice of moving to a better feeling thought, before you attract something you don't want.

If you haven't yet trained yourself to pivot your focus to a better feeling thought, you can learn how by reading at the free www.Abraham-Hicks.com website and finding their videos on www.YouTube.com.

Jealousy and competition runs rampant in the personal growth/self help genre no less than it does in all other genres. I say there is no competition and that we each attract what is ours by right of consciousness. No one steals business from anyone else. No one taints anyone else's reputation. If a client leaves you and goes somewhere else, that's fine; they are not your target market anyway. Each will stay with you as long as they are meant for you.

IT'S NOT A NUMBERS GAME; IT'S A CONSCIOUSNESS GAME

You want the people who are attracted to what you have to offer, plain and simple. You don't have to go all kRaZy KaR SAleZmaN on someone to talk them into buying what you've got. You don't want 200 people to attend an event if only 11 are going to buy. Your market is the 11 who really want it. Remember that the next time you look out into your audience of 12. And if you don't think you can make an honest and lucrative living with just 12 clients, then you just have short vision. It's not a numbers game; it's a consciousness game.

And that's one thing I have that sets me apart from some others: I know that. I know that I will be able to create a fine happy living for myself, no matter what anyone else is doing or not doing. No matter what someone is saying or not saying, whether it's true or not true.

Since I know who I am and I know what my thoughts are capable of attracting, I don't feel the need to blame anyone else for anything I experience. I know it's unproductive to be emotionally attached to what anyone says about me. I've never been so free as when I gave that up. Now it's easy for me to just let that stuff go. It's my favorite new habit.

Forgive them for they know not that they know not. They'll learn. We all do. I'm still learning. Besides, you can't be critical or hold grudges or be unforgiving or get aggravated by competition or the news without it impacting your income. It's all related.

So, why competition and jealousy when we're on the Path? Because that's how we work this stuff out, with each other. And we don't get to work it out with only the ones it's fun to work on issues with. That comes later. First we have to work on it with the people we really don't care for, have no respect for and think are beneath us, who we think don't walk their talk or possess the skills they profess.

...continued on page 29...

This month's thoughts about things...

...from page 28...



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."

The reason these people are in your experience and irritating you is because right now you are all vibrating in the same place — like it or not. So the quicker you can get over it and get on with it, the quicker you move onto the ones it will be fun to work on issues with. I promise.

I FOUND ONE EASY WAY TO SPEED THAT UP IS TO TO SAY NO WHEN IT HAS TO BE A NO

Each time you find it hard to say no to someone for something you do not want to or are unable to do, that places resistance on whatever you are trying to attract in other parts of your life. It also leaves the other one hanging when they could find someone else who is happy to do what you are unavailable to do. Knowing that, it is easy for me to say no when it is a no. This also frees me up for the next good thing to come my way, I no longer have something unfinished hanging over my head, placing resistance on whatever I want to attract.

SPEAKING OF WHACKY STUFF, URANUS WENT DIRECT DECEMBER 13, 2012

Due to its retrograde motion since summer, the planet **Uranus** has been bouncing around in my **12th house**. I have my natal **Sun, Mercury, Venus** there. The 12th house is the house of the unconscious, where hidden things come to light. It is the house of karma and reckoning, the house of restriction and discipline. How a planet affects our lives depends very much on whether we resist its influences or we try to work with it. The remedy for the **12th house** is cleaning up your act as far as other people and helping free them from their limitations.

Uranus has also been aspecting my **Pluto**, and **Pluto** is associated with renewal and rebirth. The text from my astrology report reads "This transit sparks your urge for self transformation and regeneration. Conflicts and drastic changes may come up for you. You are likely to have new spiritual insights during this period, or find that your will to be different and to find your own unique pathway forward is more powerful than usual. You are undergoing an important transition in your life, entering an entire new phase of existence, in which the habitual patterns and concerns of the old way of your world may vanish entirely or diminish in their importance."

Where **Pluto** shows up in the chart is where we search for truths and deeper meaning. It may be associated with change, upheaval, power struggles, and issues of control. **Pluto** aspecting other planets in the chart gives those energies obsessive qualities, power struggles, the need to find deeper meanings, and willingness to explore and examine. Where **Pluto** appears is where we either seek change and transformation, or have it thrust upon us if we refuse to accept our deepest needs. If we fear **Pluto's** energies, or our "dark" side, de-struction is a byproduct. The remedy is to not fear it, but begin going with the flow. Befriend it, hold its hand as you go through that part of the journey together. Know there is Light on the other side of it.

My father in the 70's got me interested in astrology. It was he who pointed out it was not just an entertainment but could be a real tool for personal understanding and evolution of consciousness if studied in depth. Computer software now makes it so much easier to create an astrology chart, however it took me a dozen years to find a program that gave an interpretive text that I felt was accurate, provocative and indepth. **Spiritual Astrology** by Isabel Hickey has always been a favorite book of interpretations. Contact me if you'd like a report, it's just \$22, send your birth info to horizonsmagazine@aol.com. Right now for me, my report tells me to be open to change, to keep it all easy and flowing, to look at everything for deeper meaning and to spend time envisioning what kind of experiences I want to bring into my future.

"OH, NO, NOT THE END!" THE END IS ALWAYS FOLLOWED BY A NEW BEGINNING

I was sitting in the waiting room of a doctor's office recently and waiting also was a grandmotherly type and a girl about 3-4 years old. Cartoons were on the tv and after the first, it said "The End." The grandmother looks up and says, "the end," and goes back to her magazine. The child begins to cry and say, "oh no, not the end!" The woman chuckles and calls her silly. The child repeated it several times before I felt obliged to jump in and say, "It's ok. It's just the end of that one cartoon. When you hear "The End," it means the end of one and the beginning of another one. The End is always followed by a new beginning. New beginnings are fun." The woman looked up at me and hugged the little girl close and mouthed the words, "thank you." "There are always new beginnings," the woman said to her, smiling at me with her eyes. How sad a child has to fear those words. What a blessing that the grandmother now has something else to say to her when she gets upset.

It's a good reminder to me, also, to be mindful of how my words affect others.

Enjoy our offering this month. Hari Om.



Andrea



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 1-208-640-9524, visit on the web at www.IntuitiveReflections.com, or email barbaraleellc@gmail.com

HOROSCOPES JANUARY 2013

Aries: March 21 to April 19 "I Am" You are being urged to release old wounds and grieve no more over the past. What is done is done, now it is time to move forward. Think about what you want to have and you will have it quickly. This is a good time to meet new people and enjoy the finer things in life. Church gatherings and chamber of commerce meetings you will meet many like minded friends.

Taurus: April 20 to May 20 "I Have" Something very profound is brewing inside you. You are a path finder and you will be amazed as you discover marvelous territories. The treasures you find have come from hitting rock bottom. Now as you go into the unknown, you will discover the deepest of deepest inner strength that you have earned because you kept trying and never gave up.

Gemini: May 21 to June 20 "I Think" You may hear something that may bring up some unresolved emotions from the past that you thought were healed but only just stuffed under the carpet and not allowed to talk about. In due time will the energies of the past be allowed to escape the closet. Winter is the time to do your inner work before the Spring comes. After March 21st your questions will be answered.

Cancer: June 21 to July 22 "I Feel" Issues of the heart are at hand more than ever, no use trying to choose between what you should do and what your intuition wants you to do. You know by now that Intuition always wins. You do have a great new opportunity at your fingertips that will make you lots of money and benefit many people. The key ingredient is to trust your intuition.

Leo: July 22 to August 22 "I Will" You are put on notice to dive in with all your strength from a higher power that is working through you as you motivate yourself towards change. Be the change you

want to see in the world. Be open to find your true path as you enter uncharted territories. With clear intention in your life have faith and trust in a higher power and know you will never be lost.

Virgo: August 23 to Sept 22 "I Analyze" Once you think you reach your destination, your journey starts all over again, it is only a visit here and there but never ends, only transforms. Think about the next phase of your life and what you intend to create. Leave some room for emotional connections with your inner awareness. Winter is the perfect time to listen to the promptings of the Universe.

Libra: September 23 to Oct 22/23 "I Balance" If you have been feeling like you have been stuck in the mud; then there must be a reason, maybe the Universe wants you to stand still enough to hear the next sign. Sometimes the path ahead is too obvious and easy to miss, especially when negativity is present. Talk as if you are where you want to be and you will magically transport to present time.

Scorpio: October 23 to Nov 21/22 "I Transform" Your health issues have come up on the radar for you to resolve. More often than not it could have to do with unresolved emotional reasons. The people in your life have taught you so much about what is really important to you. Your biggest lesson has been to have more fun and not be so hard on yourself. If you play and love hard, you can't go wrong.

Sagittarius: November 22 to December 21 "I Perceive" You are ready to offer the world your unique talents in such a way that others around you will be amazed by what you know. Now is the time to take the ball and run with it, don't let anything get in your way. Stay focused and use great control to accomplish your goals. Relationships that have felt rocky will stay rocky and the ones that have been tried and true will still be there, but even stronger!!

Capricorn: December 22 to January 19 "I Use" Your focus is changing towards home and relationships. Teamwork is the key ingredient to having a successful life full of simple pleasures. A happy and cheerful disposition will get you everything you want and so much more. Someone from your distant past that you helped on more than one occasion comes back into your life to repay the favor. You will be pleasantly surprised.

Aquarius: January 20 to February 19 "I Know" You have reached a very important goal, one that took a long time coming but came none the less, it could have not happened any sooner than it did. It was worth waiting for, wait you did not, you prayed and had vision and intention and allowed the Universe to guide you to the perfect moment in time when all would happen in divine order. You will continue to live the rest of your life like this and even grander events will happen.

Pisces: February 19 to March 22 "I Believe" Your career will enter a rapid phase of new growth, one that you have worked hard for and sought after and trusted your intuition every step of the way. The nice thing is that the changes you plan on making are grounded ones. You have taken the time necessary to do what needs to be done and doing things the right and proper way.



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HORIZONS MAGAZINE 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. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience 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*

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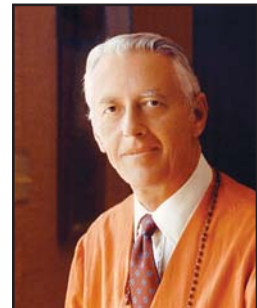
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