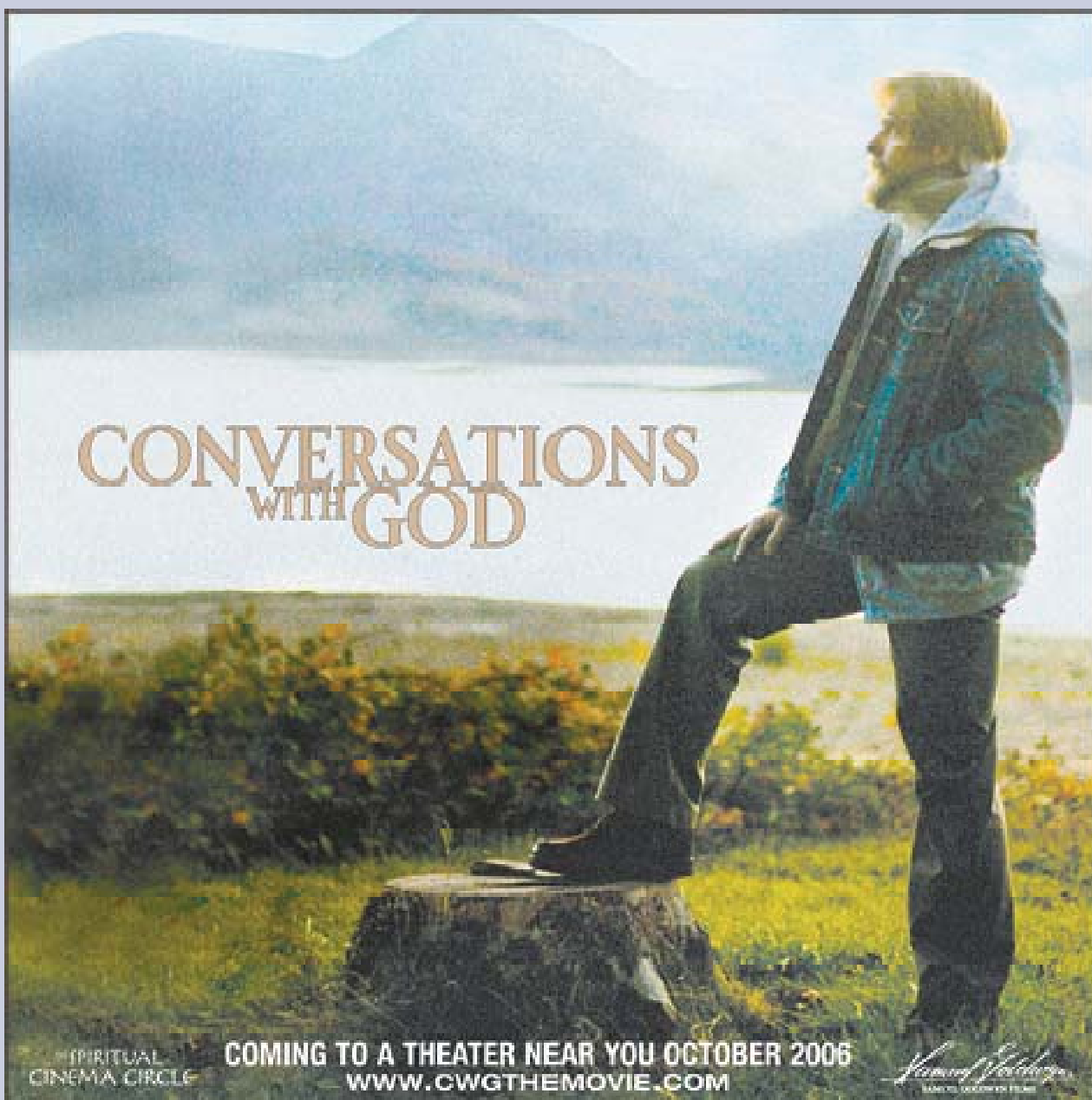


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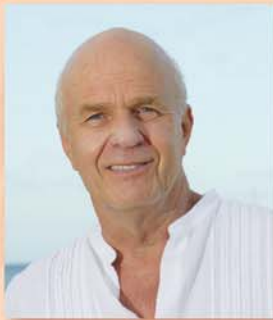


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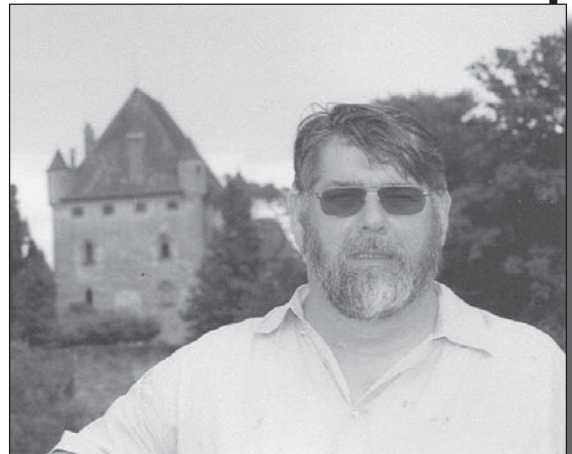
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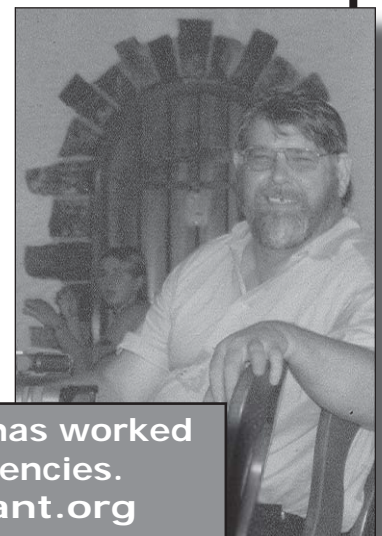
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**And the day came
when the risk to remain
tight in a bud was more
painful... than the risk it
took to blossom.**

Anais Nin

**Horizons thanks
everyone willing
to take the risk**

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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- 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



ello and welcome to the **October 2006** issue of **Horizons Magazine**. What an exciting month this is! I am taking **Level II Pranic Healing** with **Master Stephen Co.** At the **Level 1** intensive in August, we learned the basics of energy anatomy, of working with the energy aura, learning to feel the energy, to clean away congested energy, and to supplement areas in the aura that have a pranic deficiency. We learned to activate the energy centers, or chakras in our hands, to become sensitive to prana. Among those taking the weekend intensive were doctors, nurses, massage therapists, acupuncturists, chiropractors, ministers and, some like me, just plain folk with an interest in healing. All of us Lightworkers, although not all would not call themselves that.

Also this month, galpal **Beth Head** and I are doing the **Gateway Voyage** at **The Monroe Institute** (www.monroeinstitute.com). We're driving there and taking the week long residential program. We're excited about our adventure! My interest was peaked by the books of the founder, **Robert Monroe**, in **Journeys Out Of The Body**, **Far Journey** and **Ultimate Journey**. Although the institute will tell you that the purpose of the Gateway Voyage is not to give you an out of body experience, they say, "The out-of-body state and tools that may be utilized to achieve this particular state of consciousness are covered in the Gateway Voyage®, but that is only a small part of the program's overall scope." They describe the Gateway Voyage as "an on campus six-day intensive program designed to provide the participant with tools that can enable: development and exploration of human consciousness; deeper levels of self-discovery; expansion of one's awareness; willful control of that awareness; communication with and visits to other energy systems and realities." Being an explorer of consciousness and having experienced many different dimensions of reality, including the out of body experience, I am excited to take it to the next level.

I wrote earlier this year that I found myself spending too much time in my new recliner, so after careful consideration of is-that-what-I want-to-spend-so-much-time doing? I took it out to the curb. Before I even walked away from it, a pickup drove up and the man asked what was wrong with the chair. Nothing, I said, I just don't have room for it anymore. Not a lie, it's true I no longer have room in my life for something that encourages me to be inactive *hehe* So he loaded the chair onto his truck and away he went.

...continued on page 22...

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Page 7

THE LAW OF ATTRACTION



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of *Ask & It Is Given* and *The Amazing Power of Deliberate Intent* (The teachings of Abraham). Visit them at www.abraham-hicks.com.

The following excerpt is taken from the book *The Law of Attraction: The Basics of the Teachings of Abraham*, by Esther and Jerry Hicks. It is published by Hay House (October 2006) and available at all bookstores or online at: www.hayhouse.com

MY FEARS WERE RESOLVED by Esther Hicks

I thought it was both very wise and very kind of Jerry not to push the **Seth** books at me, because I really did feel a strong aversion to them. The whole idea of a person being in contact with a Non-Physical Being made me extremely uncomfortable, so, since Jerry didn't want to disturb me, he would get up early in the morning, and while I was still sleeping, he'd read those books to himself. Gradually, when he'd find something that was particularly interesting to him, he would gently slip it into the conversation, and in my less resistant state, I could often hear the value of the idea. Bit by bit, Jerry introduced another concept and another, until I began to feel true interest in those amazing works. Eventually, it became our morning ritual. We would sit together, and Jerry would read to me from the Seth books.

My fears weren't grounded in any negative personal experience, but from hearsay that I'd picked up, probably from others who had also picked it up from hearsay. Looking back, it now seems utterly illogical that I had those fears. In any event, I experienced a real change in attitude once I realized that as far as my personal experience was concerned . . . it all felt good.

As time passed, and as my fear of Jane's process in the receiving of the information from Seth subsided, I began to feel immense appreciation for these wonderful books. In fact, we were so happily involved in what we were reading that we thought we would take a trip to New York to meet Jane and her husband, Robert—and even Seth! How far I had come, in that now I actually wanted to meet this Non-Physical Being. But the Roberts's phone number was unpublished, so we didn't know exactly what to do next to accomplish this meeting.

One day we were eating lunch in a little café next to a bookstore in **Scottsdale, Arizona**, and Jerry was leafing through a new book he'd just purchased, when a stranger who was sitting nearby asked us, "Have you read any of the Seth books?"

We could hardly believe what we were hearing, because we hadn't told a single person that we were reading those books. Then the man asked, "Did you know that **Jane Roberts** is dead?"

I remember my eyes filling with tears as the impact of these words washed over me. It was as if someone had told me my sister was dead and I hadn't known about it. It was shocking. We felt such disappointment, as we realized that now there would be no possible way for us to meet Jane . . . or Seth.

SHEILA "CHANNELS" THEO

Within a day or so of our hearing about Jane's death, our friends and business associates, Nancy and her husband, Wes, met us for dinner. "We have a tape we want you to hear," Nancy said, pushing a cassette into my hand. Our friends' behavior seemed awkward to me; there was just something odd about it. In fact, I felt the same feeling coming from them that I'd felt from Jerry upon his discovery of the Seth books. It was as if they had a secret that they wanted to share but were worried about how we'd respond once it was shared.

...continued on page 20...

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If It Can Happen To Him, It Can Happen To You: CONVERSATIONS WITH GOD in theaters this October

By Arielle Ford

Arielle Ford has spent the past 20 years living and promoting consciousness through all forms of media. She lives in La Jolla, CA with her husband/soulmate, Brian Hilliard. Please visit her two websites: www.everythingyoushouldknow.com <<http://www.everythingyoushouldknow.com>> and www.fordsisters.com



Neale Donald Walsch never wanted his life story to become a movie. He didn't even "ask" to write a book. He certainly had no intention of writing twenty-two books, or becoming the **New York Times** best selling author of the "**Conversations with God**" series. Neale Donald Walsch was just a man down on his luck, out of answers, and in desperate need of help, who cried out to **God**.

And then **God** answered.

In what became a series of late night "conversations," God revealed himself to Neale in an utterly earth shattering way. Walsch posed an endless stream of questions about life's mysteries and uncertainties, and just like that, God illuminated the answers, one by one, to all of Walsch's desperate cries. Walsch filled dozens and dozens of legal pads recording these conversations, and their messages became the basis for a book and now—a major feature film.

The book series that inspired and changed the lives of millions around the world is now a film, "**Conversations with God**," that opens nationwide on October 27, 2006 (released by **Samuel Goldwyn Films**).

"I turned to God for answers because I assumed he had them," says Walsch, via phone from his home in Ashland, OR, where parts of the film were shot. "I was feeling terribly sorry for myself, and was convinced God was out to get me. If he had all the answers, why couldn't he share them with me?" he asks. "Everyone else seemed to know the answers, so why couldn't I?"

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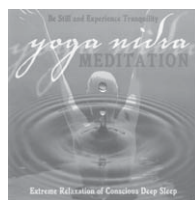


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Walsch survived a life-threatening car accident that left him with a broken neck and out of a job. Stuck in an immobilizing Philadelphia collar, Walsch endured agonizing pain and wore the restricting collar for about twenty months. He couldn't even get a job bagging groceries. He was separated and divorced from his wife, and supporting his children as best he could. At the lowest point in his life, Walsch turned to God for help.

"When I realized that God was there for me and within me, it picked me up off my feet again," says Walsch. "I never thought something like this would happen to me, but I'm glad for it now. I finally saw that God wasn't out to get me, but that he was there to love me and to help me."

Twenty-two books later, the "Conversations with God" series still has something to say about the role God plays in our everyday lives, and now, thousands more will learn the story when "Conversations with God," the movie, hits the big screen this **October**.

...continued on page 33...

~~~~~  
*Sneak Preview of CONVERSATIONS WITH GOD at Unity of Melbourne  
Saturday, Oct 21 2pm and 7pm and Sunday Oct 22 at 7 pm (see page 45 for details)*

# Neale Donald Walsch talks about the end of the CwG Series.



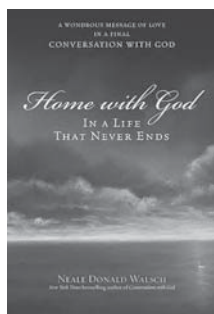
THAT IS WHY YOU KEEP TELLING YOUR  
SELF THIS OVER AND OVER.

What would it "look like" if I were "acting like it"? If I really understood this and didn't need to have this conversation circle back, again and again, over what I "think" I already know, what would that look like?

First, you would never entertain negative thoughts in your mind again.

Reprinted from <http://www.cwg.org/>

**I**n 1995 the first of the **Conversations with God** series of books was published. In 2006 the tenth and last book in the series was released. In this final book, a summation of the entire 3,000-page dialogue was interwoven in the dialogue. I did not realize at the time that this was, in fact, the perfect summation statement. I was caught up in the moment, simply having a conversation. Only later, after reviewing this material, was I clear that these few paragraphs truly brought to a close the decade-long conversation, leaving me with simple, plain, clear instructions on how to proceed from here, until the end of my life.



Here is that portion of the final dialogue, from Chapter 27 of **HOME WITH GOD** in a Life That Never Ends...

The purpose of this conversation is to make you fully aware of what you are doing. You brought your Self to this conversation so that you could remind your Self of this: You are creating your reality by the vibration, by the energy, that you send out.

Second, if a negative thought did happen to slip in, you would get it out of your mind immediately. You would think of something else, deliberately. You would simply change your mind about that.

Third, you would begin to not only understand Who You Really Are, but to honor and demonstrate that. That is, you would move from what you Know to what you Experience as the measure of your own evolution.

Fourth, you would love yourself fully, just as you are.

Fifth, you would love everyone else fully, just as they are.

Sixth, you would love life fully, just as it is.

Seventh, you would forgive everyone everything.

Eighth, you would never deliberately hurt another human being again—emotionally or physically. Least of all would you ever do this in the name of God.

Ninth, you would never mourn the death of another again, not even for a moment. You might mourn your loss, but not their death.

NOW YOU CAN SAY THAT YOU'VE HEARD ALL OF THIS BEFORE—BUT YOU ARE NOT ACTING LIKE IT.

*..continued on page 43...*

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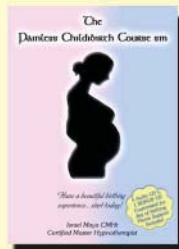
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# Herb Corner

Cecelia Avitabile is the owner of The Herb Corner and Learning Center in Melbourne Florida. She began studying and working in herbal healing over 19 years ago. She is a Certified Holistic Health Practitioner with a Masters of Herbalism Degree from the Australasian College of Health Studies; she is a member of The American Association of Drugless Practitioners, the American Herbalist Guild and The Plant Saver Society. You may reach Cecelia at 321-768-1551 or email HerbCorner@cfl.rr.com

## Digestive Health

**M**any digestive disorders are often misdiagnosed; right now there are about 15-20% of Americans (mostly women) who have undiagnosed Irritable Bowel, Diverticulitis, Celiac Disease, Spastic Colon, Colitis or Chrons Disease. Are you being bothered by severe abdominal pain, gas, bloating, blood or mucous in your stool, diarrhea, constipation or both, loose watery stools? Then you might be one of these people.

So what causes these problems? Some of these disorders are directly related to the sensitive nervous system within the digestive system. So when you get stressed, anxious, tense, depressed, angry, tired or if your hormones are out of balance this delicate system may work faster or slower than normal. You might have food allergies or intolerances. If you are experiencing any of the symptoms listed earlier I would suggest keeping a food diary making notes of the foods that you have eaten, or anything else that may trigger and problem like stressors, anxieties or if you are a woman you may want to note of where you are in your cycle. Digestive problems may also be linked to toxins, parasites or an abundance of Candida due to antibiotic usage it could be that you are lactose intolerant, you may have an immune disorder or an inflammation somewhere in the colon.

If you believe you have Irritable Bowel, Colitis, Chrons, Spastic Colon or any of the other conditions listed earlier for a while you may want to avoid foods that are high in fat, processed foods, cereals and grains, foods that contain gluten, spicy foods, whole milk, commercial yogurt, coffee, tea, beer, citrus fruits or carbonated drinks to see if the problems go away. You can replace them with fresh cooked or frozen vegetables, fresh or dried fruits and a good quality of yogurt. You could also try eating smaller meals more often, chewing your food thoroughly and not eating on the run so you don't over stress your digestive system.

These are a few formulas that I have used to help with digestive disorders:

| Stomach Coat                   | Indigestion Tea              | Irritable Bowel Blend                |
|--------------------------------|------------------------------|--------------------------------------|
| $\frac{1}{2}$ part Marshmallow | Lemon Balm                   | $\frac{1}{2}$ part Shepard's Purse   |
| $\frac{1}{4}$ Calendula        | $\frac{1}{4}$ Peppermint     | $\frac{1}{2}$ part Calendula         |
| $\frac{1}{4}$ part Chamomile   | $\frac{1}{4}$ part Chamomile | $\frac{1}{2}$ part Marshmallow       |
| $\frac{1}{2}$ part Comfrey     | $\frac{1}{2}$ part Fennel    | $\frac{1}{2}$ part Oregon Grape Root |

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strengthening the body so it can heal quicker. They have demulcent properties to ease pain soothing and coating the digestive tract. Nervines and adaptogens to help you deal with stress keeping episodes farther apart. Astringent properties helping tighten and tone the tissue of the digestive tract keeping parasites and bacteria's from latching on to digestive tract. There are anti-inflammatory herbs to help reduce the inflammation, which causes the over production of mucous and pain; carminative herbs for the relief of pressure caused by gas. antispasmodics for pain and cramping, vulnerary herbs for healing the damaged tissue of the digestive tract, anti parasitic, antiviral, antibacterial and antimicrobial herbs for fighting off the any of the micro organisms that may be the cause of the situation. And if you are being bothered by diarrhea or very loose stools then you would defiantly want red raspberry, shepard's purse or sunflower petals in your formula.

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# Dear Louise...

Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *I Can Do It®*. For the past 25 years, she has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing.



**D**ear Louise, Over the last month, I've been experiencing all sorts of mental troubles, such as mood swings, extreme anxiety, alienation, extreme boredom, obsessive thoughts, and trying to figure out why we're all here. I can only describe this as depression.. I'm between a rock and a hard place, as I don't know whether I truly have a chemical imbalance and need medication or whether this is a gift to heal.

I'm finding it difficult, as I'm so blessed with my life at 22 years but find it difficult to find happiness and balance in things and am afraid that this will jeopardize opportunities to come. H.S., Australia

Dear H.S., What on earth are you eating? Sounds like a sugar attack. Go to a good nutritionist and get your diet evaluated. That's the best place to start. Medication needs to be the last resort. You'll never find happiness in "things." Your happiness is in your thoughts and in your own heart. Clean up your diet, quiet your thoughts, and breathe deeply. Affirm: I am surrounded with peace, and it permeates my being. All is well.

Dear Louise, What is it about machines that I cannot seem to grasp? I know that I'm intelligent about a lot of things, but when it comes to electronics, I seem to lose all my confidence. Thanks for an answer. It's really important for me to try to figure this out! F.A., Los Angeles

Dear F.A., You've come to the wrong person for an answer! I'm equally challenged by computers and sound systems. Thank heavens I have my personal assistant, Shelley, to come to my rescue. When I get stuck, I call out "Shelley, help!" and she solves all my problems.

Seriously, find a young person in your neighborhood, and have him or her teach you what you need to know. Perhaps even take lessons. Once you learn the processes, it will be easier. Remember, modern-day electronics are just that, modern day. We weren't taught to cope with them in the past. That's why it's so easy for the kids of today, because they begin to use computers at the ages of two or three!

Affirm: I am willing to move beyond the limitations of my childhood. I can and will learn the new things in life. It gets easier all the time.

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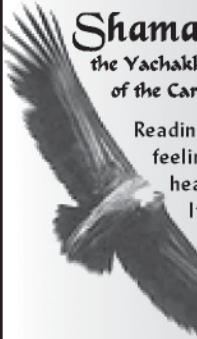
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Dear Louise, My loved ones shape their own lives, but can I help them in prayer by realizing that we're all one and affirming and visualizing all the best for them? I've heard that you can affirm for another, but I feel that maybe I'm doing my loved ones harm by worrying. Thank you for your help! D.V., Detroit, MI

Dear D.V., You are definitely causing yourself trouble by worrying, and you're doing your loved ones no good by worrying for them. It's a total waste of mental energy. You can certainly affirm and visualize the best for them as long as it's what they want, not what you've decided would be best for them. You can't interfere with other people's destinies. You have no idea what's really for their highest good.

The more you work on releasing your own childhood negative patterns, the more you help others. Be the example you want to see in the world. Just know and affirm that you're all being divinely guided to experience your highest good. You are perfect just as you are.

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# From the Heart

Alan Cohen is the author of many popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore* and *Why Your Life Sucks* and *What You can do About It*. This January 1<sup>st</sup> Alan begins a six-month Personal Mentorship Program. For information on this program or to receive Alan's daily inspirational quote and monthly newsletter, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



## Everything I Need to Know About Meditation, I Learned From My Jewish Mother

**W**hen I first began meditating I tried to convert my mother. But Jewish mothers have arsenals of truth that young meditators can't begin to penetrate.

"I already know how to meditate," she told me firmly.

"Really?" I asked incredulously. "How do you do it?"

"I sit at the window of my apartment with my coffee in one hand and a cigarette in the other," she explained. "Then I just look out at the world going by, and my mind don't function. I don't think happy thoughts and I don't think sad thoughts. I don't think any thoughts; it's the best part of my day."

Now, many years later, I recognize that my mother was far closer to real meditation than I was. In her own way she had mastered her intellect — something I am still trying to do.

It is said that prayer is talking to **God**, and meditation is listening. You cannot listen if you are talking. You cannot access a divine frequency if you are flooding the psychic airwaves with mental chatter. If chatter worked for you, you would not need to meditate. But you do.

At a time when I felt troubled about a relationship, I attended a lecture by a Buddhist monk. He made a statement that shook my world and has helped me many times over. He said, "Since all of your troubles exist only in your mind, the only place you can solve them is in your mind." **A Course in Miracles** teaches that although we think we have many

problems, we have only one: We believe we are separate from the Source that created us. When we reunite with that Source, suddenly everything else we thought was such a problem evaporates.

The best way I know to make troubles evaporate (besides watching **Star Trek** reruns) is meditation. In meditation we shift frequencies until the meaningless ranting of the fearful self fades to nothingness, and we sit in the presence of love, where we were all the time, but did not know it because we were tuned to an inferior program.

Yet simply sitting for twenty minutes or hours with eyes closed is not meditation. What you are doing inside makes all the difference. If you sit and think for the whole time, you are not meditating. How do you know if your meditation worked? By the amount of peace you feel when you arise. Master metaphysician **Joel Goldsmith** recommends that you meditate until the meditation takes over. When you get to the point where you feel so good that you would rather not arise, you have arrived at the place meditation was meant to take you to.

If the **Jewish Mother Meditation** is valid, any activity that takes you beyond your intellect and connects you with your spirit is a good meditation. If you write, paint, dance, play music, or engage in sports, you know there is a "zone" you enter where the small sense of self disappears and Something Greater moves through you. That sense is far closer to the truth of who you are than the one who is trying to succeed. You cannot try to succeed and succeed at the same time. As **Yoda** suggested, "Try not. Only do."

The best doing proceeds not from a sense of doingness, but from beingness. You cannot legislate how beingness looks; it can show up through any form. I had severe judgments about my mother smoking cigarettes and drinking coffee, but the irony was that she was at peace with those activities, while my judgments were keeping me from the peace I was trying to teach her to attain. So the first step to real meditation is to drop judgments. You have no idea how someone else should live; indeed you have enough questions about how you should live. So let God be God in whatever form God chooses, and give God permission to be God in you, as well.

One of the reasons we love to be around children, pets, and spirited elders is that they are delightfully free of tyrannical intellect. They are not at the mercy of belief systems that tell us we should be other than they are. They are not trying to think their way through life; they are having too much fun to have to figure it out. That's why **Ben Williams** noted, "There is no psychiatrist in the world like a puppy licking your face." Imagine that life is a big puppy trying to lick your face; the only reason you don't enjoy it more is that your mind is elsewhere. To get your mind realigned, invite it to think in harmony with Spirit, which is always affirmative and has a greater investment in celebration than complaint.

It's been over 30 years since my mother taught me the Jewish Mother Meditation. Since that time she has gone to heaven and I am still learning to deal with a restless mind that tells me all kinds of things that simply aren't true. When it's my turn to meet mom in the afterlife, I will thank her for her spiritual insights. And if I find her sitting with a cup of coffee in one hand and a cigarette in the other, I shall not be at all surprised.

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## Evolving Our Emotional Bodies

Margaret Ann Lembo has been facilitating workshops, weddings, and private sessions for 17 years, always with the intention that Divine Love and Higher Spiritual Realms are providing the guidance. Margaret is owner and creatress of The Crystal Garden, a Book & Gift Store, and Spiritual Center in Boynton Beach. Call 561-369-2836.



As life's challenges and opportunities are presented to you, you have a multitude of possible and probable realities that could manifest in your life. The outcome is determined by the manner in which you act, react, think, believe and feel. Again, I say to you, you create your own reality.

There are so many opinions and beliefs about how you 'should' show and express your emotions and feelings. One shall not 'should' on thyself or others. The bottom line is that the way you feel is the way that you feel. And that's that. I really don't like it when someone tells me or someone else you shouldn't feel this way or that way. How can someone else truly determine how another should feel, think or believe?

Honor whatever is happening. Observe what is created due to the feelings and emotions that you express. Great clarity comes from the actions and reactions that arise when emotions flow. Watch what happens as a result. To continue to evolve all of your subtle bodies and fully awaken your spiritual consciousness, then it is beneficial to wake up to you and observe your behavior. Take a good look in the mirror with compassion, kindness and self-love.

The emotional body is a subtle body. When something is subtle you're not quite as conscious of it. That's why emotions seemingly arise spontaneously. It appears to be spontaneous because the feelings associated with the emotions are below the surface with little signs, symbols and inklings appearing here and there. This is a moment to call on your muse.

The muse appears with prayer, meditation and contemplation. Being mindful, and maintaining some silence kindles the energy that produces waves of insight. I have found that people avoid quiet contemplation and meditation. I'll talk more about using the tool of meditation in the next section but know that you don't need to light candles, set up and altar or stop for all that long to move into the state of contemplation and meditation.

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Emotions can be volatile as I have discussed. Many people live in fear with many negative and worrisome thoughtforms going over and over and over in their heads. Many are actually feeling paranoid and depressed instead of feeling full of life, Love, joy and happiness. Believe it or not, these feelings and behaviors are valid in some ways, except in most cases the one who is paranoid or depressed doesn't realize that it is self-imposed. Yes, I said, self-imposed! I know I am repeating myself to say, you create your own reality through your thoughts and beliefs.

One way out of the fear, paranoia and depression is through self-love and prayer. The ego certainly needs to be brought back into alignment when depression sets in. The ego wants you to stay focused on that which makes everything all about you. The universe revolves around you and not the other way around. This is erroneous thinking. People's actions and reaction, the manner in which they behave, has nothing to do with you. You are only hurting yourself and creating a persecution complex when you focus on how someone did such and such to you.

Although actions of others have nothing to do with you, those actions do affect you. Now this is where it gets tricky and may sound contradictory. Your actions, when



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# Maximizing and Giving Produces **MORE**



Rev. Beth Head is Minister of Unity Church of Melbourne, where she welcomes you to the 9:15am and 11am Sunday morning services at 1745 Trimble Road, Melbourne. Call her at 321-254-0313 or email at RevBethDH@aol.com.



Whether we believe that the stories in the **Bible** actually happened or not, they were told and retold to teach spiritual truths - to teach Universal laws. The story of **Jesus'** miracle of feeding the 5,000 is in all four Gospels. It is repeated in some of the Gospels with the feeding of 4,000.

After trying to leave a crowd of people behind, to spend time resting and praying and mourning the death of John the Baptist, Jesus finds that the crowd has followed. The disciples want to send the hungry crowds away, but Jesus tells the disciples to feed them.

According to the account in the book of **John** a small boy offers his 5 loaves and 2 fish. The disciples say we can't feed the crowd, "we only have 5 loaves and 2 fish." Jesus says give them to me.

The disciples had discounted the boy's gift as too small. But Jesus didn't - he understood spiritual law - he knew the importance of maximizing that which was available.

In **Raleigh, NC**, one of my friends at church was a young doctor. When she first started coming to the church, she signed up for the **4T Class** (Tithing of Your Time, Talent, and Treasure). As we talked and came to know each other, I found out that she was very unhappy with her practice and her life. She was an excellent physician, she was a micro-neurosurgeon but she just couldn't seem to prosper. It seemed that she didn't have enough patients and wasn't making enough money to cover her bills. She didn't like the other physicians she worked with. She didn't like her home. She didn't even like North Carolina.

She told me that some days she could hardly get out of bed to go to work. She didn't care for her patients, or her staff. After work, she went home and ate a frozen dinner and spent the evening watching television. But something happened as she continued to come to church. Something happened as she took the 4T class. She began to read, think and listen in new ways. She began to wonder what would happen if she tried a complete new strategy?

She began to throw herself into her work, now doing as much as possible for each patient. She paid attention to each one - listening carefully and asking questions. If she didn't have a full patient schedule, that just meant that she had more time to spend with each patient.

Can you imagine how that make her patients feel? They loved the treatment they were getting. When she listened to them, asked questions, and then carefully answered their questions, what do you think happened? They began to tell their friends and family about her. Steadily her practice began to change and her appointment book was always full.

And then something miraculous happened. A year after coming to Unity and taking 4T, she got a fantastic job offer in the area she was originally from. She easily sold her practice to a doctor who was looking for a practice in the Raleigh area.

She was excited that there was a Unity Church in her hometown that she had never known about before and looked forward to going there after she moved. The last time I talked to her, she was happy and had met another doctor who was going to Unity with her.

What changed for my friend the doctor? She changed how she looked at things. She changed how she thought about things. Instead of focusing on all the empty spots in her appointment book, she began to focus on

*...continued on page 41...*



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## There's Always a Way to Create Happiness

I have become my own version of an optimist. If I can't make it through one door, I'll go through another door - or I'll make a door. Something terrific will come no matter how dark the present. -**Rabindranath Tagore**



One of my friends who is a western-born swami - a monk of an Indian tradition - recently told a wonderful story. He was spending several months away from his usual monastery while doing some service in Delhi, one of India's larger cities. **Swamiji's** daily requirements often took him through one particular section of town, where the cars would have to slow down or stop for a while. As the cars moved slowly through the road, a group of young boys would be going from car to car, begging for money. This put my friend in a quandary.

Swamiji is especially attuned to befriending youth, because much of his monastic service has been involved with guiding teens on the spiritual path. He has quite a practical jokester sense of humor, which is just about right for entertaining adolescents. In fact, he's pulled a few practical jokes on me in the past.

Here were these poor, sad-looking beggar children asking for rupees, however, with my friend being a monk, it was not really appropriate for him to give money to the children in that way. At the same time, the swami didn't feel right just ignoring these children when they came to the car window. He was much more used to playing and laughing with children than uncomfortably ignoring them. I'm sure that anyone who has driven or walked through major cities of any country must have experienced the discomfort of not knowing how to respond to beggars on the road.

The swami had recently received a gift from his guru - a funny-looking cat puppet that almost looked real. He had an idea. The next time they drove through that part of town, Swamiji brought the cat puppet along. When one of the kids came by his car to beg for change, Swamiji reached up with the hand puppet on, and grabbed the child's arm. The child looked at the strange creature, squealed, and ran away.

At first, Swamiji was concerned that he had scared the child off, but soon the boy returned with the rest of the children. They all wanted to see the cat puppet, and the next thing you knew, the kids were all laughing and reaching out so the cat puppet could grab them too. From that day on, every time the swami's car came through that area, the boys would run to surround his car and play with the cat puppet. Talk about turning an uncomfortable situation around to create happiness!

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# Law of Attraction

...continued from page 8...

"What is it?" we asked. "It's channeled," Nancy whispered. I don't believe that either Jerry or I had ever heard the word channeled offered in that context. "What do you mean, 'channeled'?" I asked.

As Nancy and Wes offered their brief and somewhat disjointed explanation, both Jerry and I realized that they were describing the same process by which the Seth books had been written. "Her name is Sheila," they continued, "and she speaks for an entity named Theo. She's coming to Phoenix, and you can make an appointment to talk with her if you want to."

We decided to make an appointment, and I can still remember how excited we were. We met in a beautiful (Frank Lloyd Wright-designed) home in Phoenix. It was broad daylight, and to my relief, nothing even remotely spooky happened. Everything was very comfortable and pleasant. As we sat and "visited" with Theo (well, I should say, as Jerry visited with Theo—I don't think I said a word during that meeting), I was absolutely amazed!

Jerry had a notebook full of questions, ones he said he'd saved up since he was six years old. He was so excited, asking question after question, sometimes interrupting in the middle of an answer so that he could get one more question in before our time was up. The half hour passed so quickly, and we felt wonderful!

"Can we come back tomorrow?" I asked, because now I was developing a list of questions that I wanted to ask.

## SHOULD I MEDITATE?

When we went back the next day, I asked Theo (through Sheila) what we could do to move faster toward our goals. Theo said: Affirmations, and then gave me a wonderful one: I, Esther Hicks, see and draw to me, through Divine Love, those Beings who seek enlightenment through my process. The sharing will elevate us both, now.

Jerry and I knew about affirmations; we were already using them. And then I asked, "What else?" And Theo said: Meditate. Well, I didn't personally know anybody who was meditating, but the whole idea of it

...continued on page 29...

# Daily Guidance From Your Angels: 365 Angelic Messages to Soothe, Heal, Open Your Heart



The following excerpt is taken from the new book, "Daily Guidance From Your Angels: 365 Angelic Messages to Soothe, Heal, and Open Your Heart" by Doreen Virtue, Ph.D. (October 2006 Hay House). It is available everyone.

**N**o matter where I am in the world or what's on my schedule, I begin each day by reading an inspirational book and then meditating and praying. Whenever I devoted time to my uplifting practice, I was always rewarded with a magical day, new opportunities, and a deep sense of fulfillment. God and the angels want us to lead happy and healthy lives, and they're available to all of us every moment of every day. My prayer is that you'll allow heaven to help, guide, and love you.

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You're never alone, especially in your time of need. We're next to you continuously, sending you supportive and healing energy and awaiting your requests for help. A mere thought on your part—even a passing one—sends us into action on your behalf. Listen in stillness for our guidance, which comes upon wings to your heart, mind, and body. Our messages always speak of love. We view you as you truly are: a completely lovable and magnificent being of light.

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We're your angels . . . we love you unconditionally and eternally. As you read these words, we're right by your side, for we're with you always.

## Thought for Today

I remember that I am part of a team. My angels are ready and willing to help with anything and everything if I just ask them to. I call upon them to assist me, and I receive their aid with gratitude.



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## This month's thoughts about things...

...continued from page 7 ...



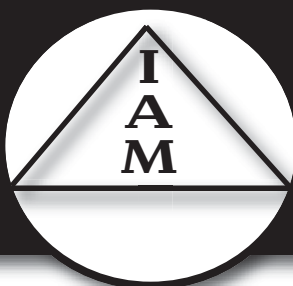
I was walking around the block the other day and saw the same man with the pickup, dragging the recliner out to his curb, and I asked why he was getting rid of the chair. He said his wife claims it is haunted! But, he said, he sat in it every night and it never felt haunted to him. So when his wife saw us talking, she came outside and said when she'd sit in the chair after the kids were down for their naps each afternoon, just as she was falling asleep she would feel ghosts hovering around her, moving around and touching her. She said they never did it to her husband or the kids. And that was why they were throwing it away, so none of the kids got in the chair and had something happen to them.

I walked away thinking that was weird but didn't think too much else about it, since I am busy with final layout thoughts. Later it occurs to me: usually afternoons were when I would sit in the chair. Since I've been preparing for the **Monroe Gateway Voyage**, all year long I've been listening to their audiotapes and doing out of body exercises. If I sat in the chair later in the evenings to proof read, I did not do the OOB exercises. So when the wife sat in the chair in the late afternoons to nap, my invisible helpers must have thought that was their signal to help me out so we could be on our way, only it wasn't me and they scared her!

Being a busy mother, she might have even had the thought as she reclined each afternoon - "help me out of here!" or "take me away from this!" which the invisible helpers might have taken as a signal it was time to begin a session. Since her husband was in the chair in the evenings, that wasn't the time I would do OOB work, so the helpers didn't come to him. That is what I figured out though, or rather, what came to me in meditation when I wasn't even thinking about the topic. Maybe they thought I was too busy to make the appointment myself \*hehe\* and thought she was my stand-in.

It makes me wonder what we look like to them though if they can't tell us apart... I'm just kidding - kind of ... I think really it's just a thoughtform attached to the chair, doing an automatic action whenever someone assumes the position.

... continued on page 28...



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## *This month's thoughts about things...*

*...continued from page 22 ...*



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But of course thoughtforms can be deactivated - or deprogrammed from their own source - or exorcised or ghost busted, however you want to label it. But I don't feel the need to go explain it to the husband and wife ~ I don't want crosses being burned on my lawn :) Now 20 years ago I would have felt lead to explain it to them and make them understand it. I've lightened up considerably since then.

A good buddy was just diagnosed with breast cancer and asked for some helpful thoughts while she begins the healing process. I emailed her this: Ok so the important thing right now is for you to find new fun things to think about, even before your biopsies. It is absolutely possible for you to have such a change in thought, to change completely your belief as to the condition and wellbeing of your physical body, that the biopsy is absolutely clean and what looked suspicious yesterday can be nowhere to be found. I've seen it happen a lot of times. What you could do - or what anyone could do who is ready to make a giant change in their life - is the following. This is a Sure Fire Recipe to Initiate Change:

1. Don't try to change your thoughts right now on resistant topics such as money or relationship or work, because this is not the time to focus on those. Those topics can wait a few days or a week while you do a serious few-day-workshop within yourself (I do this all the time on different topics).

2. Find a couple of new things to do. You want to purposely change the energetic pattern you have right now. You want to shake it all up and let it

settle back down in a new pattern. You right now are the Lightning Struck Tower card in the tarot. A breakdown of the present situation and a preferred, new pattern emerging. Some of these new things could be:

A. Moving furniture around at home. I do this every month or so, since I am using that as one of my practices to improve my health. Changing the energy at home so it keeps the chi flowing smoothly. Make yourself a new place to sit and read or listen to cds. From here on, every time you sit in this space, it will be your trigger that you are beginning an internal workshop, an inner cinema treatment, a learning process where you will just relax and listen or read and know that your memory will retain the info you need to retain.

B. Clear out clutter. Freeing up the energy (like old emotional baggage attached to items) will free up some of the blockages in your physical body as well. Trust me, this stuff works. These exercises help you progressively lower your resistant thought. When you lower your resistant thought, the good things you want will begin coming in to you, including restored health. It's all related. Trust me.

C. Begin a flirtation with someone. The purpose of this exercise is to change your focus to a new direction that feels more fun and lighthearted than where you are right now, and to keep you emotionally focused there several times in each day.

*...continued on page 42...*

# Law of Attraction

*...continued from page 20...*

just felt strange to me. It wasn't something that I could see myself doing. Jerry said he associated it with people seeing how bad their lives could become—how much pain or poverty they could take—and still exist. In my mind, meditation belonged in the same weird category as walking on hot coals or lying on beds of nails or standing on one foot all day, holding your hand out asking for a donation.

But then I asked Theo, "Well, what do you mean by 'meditate'?" Theo responded, For 15 minutes each day, sit in a quiet room, wear comfortable clothing, and focus on your breathing. And as your mind wanders, and it will, just release the thought and focus back on your breathing. I thought, Well, that doesn't sound so weird.

I asked if I should bring our 14-year-old daughter, **Tracy**, to meet Theo, and the response was: If it is her asking, but it is not necessary—for you, too, are channels. I remember how implausible it seemed that something as strange as being a channel—or as significant as being one—could have not been known by us before now. And then the tape recorder clicked off, indicating that, once again, our time was up.

I couldn't believe how fast the time had passed, and I looked down at my list of still-unanswered questions. Stevie, the friend of Sheila's who was operating the tape recorder and taking notes during our conversation with Theo, perhaps noticed my mild frustration, because she asked, "Do you have one last question? Would you like to know the name of your spiritual guide?"

That was not a question that would have occurred to me, because I had never heard the term spiritual guide. But I liked the sound of such a thing, so I said, "Yes, who is my spiritual guide?"

Theo said: We are told it will be given to you directly. You will have a clairaudient experience, and you will know.

We left that beautiful house that day feeling better than we ever remembered. Theo had encouraged us to meditate together. Because you are compatible, it will be more powerful. And so, following Theo's suggestions, we went directly home, put on our bathrobes (our most comfortable clothing), closed the drapes in the living room, and sat with the intention of meditating (whatever that meant). I remember thinking, I'm going to meditate every day for 15 minutes, and I'm going to find out the name of my spiritual guide. It felt odd for Jerry and me to be doing this strange thing together, so we sat in large wing-backed chairs with an *étagère* between us so we couldn't see each other.

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

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# Law of Attraction

...continued from page 29 ...

## SOMETHING BEGAN "BREATHING" ME

Theo's instructions on the process of meditation had been very brief: For 15 minutes each day, sit in a quiet room, wear comfortable clothing, and focus on your breathing. And as your mind wanders, and it will, just

release the thought and focus back on your breathing.

So we set a timer for 15 minutes, and I settled back into my large comfortable chair and focused on my breathing. I began counting my breaths, in and out. Almost immediately I began to feel a sort of numbness come over me. It was an extremely pleasant sensation. I liked it.

The timer sounded its alarm and startled me. As I regained my awareness of Jerry and the room, I exclaimed, "Let's do it again!" We set the timer for another 15 minutes, and again I felt that wonderful feeling of detachment, or numbness. This time I couldn't feel the chair beneath me. It was as if I were suspended there in the room and nothing else was there.

So we set the timer for another 15 minutes, and again I settled into this new delicious

feeling of detachment—and then I felt the incredible

sensation of being "breathed." It was as if something powerful and loving was breathing the air into my lungs and then drawing the air back out again. I realize now that this was my first powerful contact with Abraham, but at that time, all I knew was that something more loving than anything I'd ever experienced before was flowing throughout my entire body. Jerry said that as he heard the difference in the sound of my breathing, he had looked around the *étagère* at me, and it appeared to him that I was in a state of ecstasy.

When the timer sounded and I began to regain my conscious awareness of my surroundings, there was the feeling of an Energy moving through me unlike anything that I'd ever felt before. It was the most extraordinary experience of my lifetime, and my teeth buzzed (not chattered) for several minutes.

What an amazing sequence of events had led to this still rather unbelievable meeting with Abraham: Irrational fears that I had carried with me my entire life, which had no actual basis in my own life experience, had been released, and were replaced with a most loving and personal encounter with Source Energy. I'd never read anything that had given me any real understanding of what or who God was, but I knew that what I had experienced must surely be just that.

## MY NOSE SPELLS THE ALPHABET

Because of the powerful and emotional experience of our very first attempt, we made a decision to set aside 15 or 20 minutes every day to meditate. And so, for approximately nine months, Jerry and I sat in our winged-back chairs, silently breathing and feeling Well-Being. And then, right before Thanksgiving of 1985, during a period of meditation, I experienced something new: My head began moving very gently. It was a very pleasant sensation, in my state of detachment, to feel the sensation of that subtle movement. It was almost a feeling of flying.

I didn't really think anything of it, except that I knew I wasn't doing it and that it was an extremely pleasant experience. My head moved like that for two or three days whenever we were meditating, and on the third day or so, I realized that my head wasn't just meaninglessly moving around—I was actually spelling letters with my nose as if it were writing on a chalkboard. I exclaimed in amazement, "Jerry, I'm spelling the alphabet with my nose!"

With the conscious realization that something remarkable was happening, and that someone was offering communication to me, intense waves of thrill bumps began moving all through my body. Never before that moment or since have I experienced the intensity of such wonderfully thrilling sensations rippling through my body. And then they spelled: I am Abraham. I am your spiritual guide. I love you. I am here to work with you.

Jerry got his notebook and began recording everything that I was awkwardly translating with my nose. Letter by letter, Abraham began answering Jerry's questions, sometimes for hours at a time. We were so excited to have made contact with Abraham in this way!



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TELL YOUR FRIENDS!*

# Evolving Our Emotional Bodies

...continued from page 17...

you are self-focused, may negatively affect people's lives, feelings, businesses, family and more. This is when you must have the courage to raise your vibration. Shift your thinking to be inclusive instead of exclusive. The courage will provide the energy to catapult you to do something about your depression.

In some ways staying depressed and in the darkness is selfish. Your loved ones suffer along with you. Make the step to get help. Seek advice on making sure you have the proper nutrition and spiritual support. Feed your body mind and spirit. Throw up a flare so your muse, your Angels and friends can throw you a line so you can climb out of the deep dark hole.

When life appears too dark and you just can't get out of the doldrums, then it is time to seek help from a good friend, a spiritual counselor, a medicine man/woman or family.

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Observe the signs and symbols, which are constantly being given. Know that all is well and it will be so.

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## SECRETS

Excerpts from  
Secrets of Spiritual Happiness

...continued from page 19...

This is what spiritually happy people do — they approach common situations with uncommon radiance and heartfelt thoughtfulness. Every person on this planet has had the experience of seeing someone in need that you'd like to help, and perhaps could help in some small way, or on a temporary level. You may not have the means to really help the person, or you may know that helping in that way would only serve to continue the cycle of poverty for them. You're only one little person with limited finances — you can't just pour a few thousand billion dollars into uplifting conditions for those in need around the world. What can one person do?

Perhaps you can still offer a smile, a blessing, or some friendly words. Or you could break out a cat puppet. Ask your heart for guidance on how you can create happiness in any situation, according to your own best nature.

What the swami did was to give these children something even more precious than they would ever have dreamed of finding on that noisy street. Forget the few rupees that they were begging for; the swami helped them to experience happiness, love, playfulness, laughter, and ecstasy. And what did he get back from giving that? More, more, and more of the same. This story is a great illustration of how giving is receiving, and how the light we give to others also reflects back upon ourselves. Happiness shared is happiness multiplied.

The final touch of Swamiji's experience came on the day when he was leaving Delhi. He hadn't told the boys that he was leaving that day, and yet, acts of joyful good will often bring amazing and grace-filled synchronicities — the miracles of life, if you will. As the swami's car made its way through the street on that last day of his stay in Delhi, there were the children. They had been working on their own gift for him. Without even knowing that this was the swami's last day, the children happily surrounded the car, and began singing in English, "We love you, we love you!"

How beautiful life is when we seek and find happy solutions for challenging problems!

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# Conversations with God

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

And yet, Neale Donald Walsch has never been calmer.

"This movie isn't about me," he says, "It never was. This is about compassion—it's about telling my story, from homelessness to success, as a way to illuminate God's compassion and love."

Walsch, in the movie, is played with transcendent beauty by **Henry Czerny**. (Most recently seen in **The Exorcism of Emily Rose**, and **The Pink Panther**) Set against the backdrop of southern Oregon, "**Conversations with God**," the movie, captures the rich landscape where Walsch's real life troubles actually occurred.

The film opens as the on-screen Walsch trudges through the pouring rain, desperate to find a place to stay for the night, with all of his worldly possessions strapped to his back. In the first of many seeming "coincidences" in the film, a sign for a campsite suddenly appears, and Walsch (Czerny) is relieved to have found the one place where he can sleep with a dry "roof" over his head.

"This was meant to be one of the moments in Neale's life when God was with him, even when it seemed that all else is lost," says producer/director **Stephen Simon**, co-founder of the DVD-of-the-month club **The Spiritual Cinema Circle**, which also financed the film. "From the very start of the movie, you know that it's not truly as bad as it seems. And that's God."

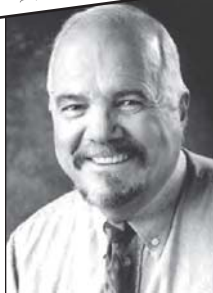
Simon, a pioneer in the spiritual cinema movement and producer of the **Academy Award** winning "**What Dreams May Come**," has long endeavored to bring this story to the big screen. "God," like "Dreams," falls into the category of spiritual cinema—a genre that's gaining more and more traction with films like "**What the Bleep Do We Know?**"

"Films with heart and soul, that ask the essential questions: who are we, and why are we here? These are the kinds of movies people want to see right now," he says.

The Circle, which began in 2002, sends 4 - 5 films each month to its subscribers—films without sex, blood, violence, or profanity. "Audiences are craving films that speak to their souls, and yet, Hollywood wants nothing to do with them," Simon says.

*...continued on page 40...*

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# SoulSongs

## Karen Williams

of Winter Springs, FL, e-mails "SoulSongs" several times weekly to subscribers worldwide. For a free subscription, e-mail her at [soulsongkaren@bellsouth.net](mailto:soulsongkaren@bellsouth.net) She also writes a humor column, "Funny Side Up," for *The Seminole Chronicle* (Florida) newspaper, and her book of **SoulSongs** is now available for purchase at <http://www.karenwilliams.net>



## Soulsong #411

### My Work Vs. God's Work

As I focus more and more and yet more on what I want to achieve and what I want to happen, I'll notice more and more and yet more of those very things showing up.

Courtesy of the universal Law of Attraction, my mental focus summons the circumstances of my life. Always.

I increasingly relinquish my tendency to over-analyze and evaluate reality. As I practice giving more attention to what I want and ever less attention to what I want to avoid, I will begin to experience the joyful, purposeful existence that beckons me.

But where does God/Source/All-That-Is fit into this?

Everywhere - at every step of the way in this graceful dance of co-creation.

1) I focus joyfully on my goals. 2) God/Source leaves no stone unturned in lining up opportunities to make my goals happen. 3) And then I take easy action to usher in my dreams.

I need not concern myself with perplexing details - that is Source's work. My job is to savor what I want while appreciating where I am right now.

I do the joyful thinking. God does the grunt work. I put on the finishing touches.

Oh, what a team we are!

# OUR CALENDAR OF EVENTS

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

30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.

You may also fax 321-722-0266 or email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) with credit card info.

If payment is not received with listing, your listing will not be placed and you will not be called for payment.

No calendar listings taken by telephone. Please do not fax flyers or press releases.

Mondays MELBOURNE 230pm Psychic / Spiritual Development Classes Each class includes meditation, a topic/lesson, and hands-on actual practice to develop your personal skills. International Foundation for Spiritual Knowledge 407-673-9776 or [www.ifsk.org](http://www.ifsk.org) Local contact: Brie @ 321-403-8679.

Mondays PT CHARLOTTE Psychic Development with John Culbertson and Lisa Freeman. 7:00PM - 9:00PM. \$20/class. Starchild. 941-743-0800

2nd and 4th Mondays of Month MERRITT ISLAND Gain deeper insight into the depth of healing possible. Chiropractor and certified BodyTalk practitioner Dr. Mary Jane Ward will speak on ENERGY HEALING. Learn how tension and stresses can be shifted with techniques that balance, relax and heal. Bring your friends and loved ones. One free demonstration following presentation per individual. Where: Ward Family Chiropractic Clinic, 2137 N. Courtenay Pkwy #24, Merritt Island, FL 32953 (321) 453-7005 Time: 6:00 - 7:00pm

Tuesday JACKSONVILLE Psychic/Spiritual Development Class - 1 Tuesday/month - 7:15 - 9:30 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776.

Tuesdays PT CHARLOTTE Basic Tarot with John Culbertson. 7:00PM. \$20/class. Starchild. 941-743-0800

Wednesdays INDIAN HARBOUR BEACH Qi Gong class meets 7:30 AM. Indian Harbour Beach Rec. Center, 1233 Yacht Club Blvd., Indian Harbour Beach 321-728-9700 No charge.

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

2nd& 4th Wednesdays TITUSVILLE Come to the Metaphysical Happening that everyone is talking about! Every second and fourth Wednesday at 7:00 pm at Unity on the Space Coast 2000 South Street Titusville, FL. 321-383-0195 Meditation/Healing/Spiritual Reading Classes are given by Barbara McGillicuddy and Spiritual Medium Lila D. Carter, Authors of A Walk Through Time available at [Authorhouse.com](http://Authorhouse.com). Come and share this astounding experience and bring your friends. [www.barbaramcgillicuddy.com](http://www.barbaramcgillicuddy.com)

Wednesdays PT CHARLOTTE Kabbala Pathworking with Sandy Anastasi. 8:00PM - 10:00PM Prepayment of \$100 for the lower tree or \$15/session. Starchild. 941-743-0800

Thursdays PT CHARLOTTE Belly Dancing with Sandy Anastasi. 7:00-8:00pm. Free. Starchild. 941-743-0800.

Thursdays MELBOURNE 7-9PM Mindwalk Expand your abilities! Improve your life! Weekly classes in psychic and personal development. Beginners and intensive workshops too! [www.SuzieMiller.com](http://www.SuzieMiller.com) email [Aquaaura@gmail.com](mailto:Aquaaura@gmail.com) 321-254-0000

Thursday TALLAHASSEE Psychic/Spiritual Development Class - 1 Thursday/month - 7:15-9:30PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776.

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

2nd & 4th Fridays - WEST PALM BEACH 7PM All Message Service United Metaphysical Church 528 S. Haverhill Rd, Individual messages from Spirit. 561-686-0217.

## CALENDAR CONTINUED ON NEXT PAGE !

# OUR CALENDAR OF EVENTS

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

Saturday ST. PETE/TAMPA Psychic/Spiritual Development Class - 1 Saturday/month - 7-9PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776. Locally: Karen 813-356-8066.

Saturdays ORLANDO Pranic Healing Circle 2-4pm With the blessings of Grand Master Cho and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Christ Church Unity 771 Holden Avenue in Orlando. For information, call 407 852-3940

3rd Saturday - WEST PALM BEACH - 11AM-4PM Psychic Saturday- United Metaphysical Church, 528 S. Haverhill Rd, Experience mini-readings. 561-686-0217.

Sundays 9am MELBOURNE Spiritual Lecture Series Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully appreciated. Hield Road is off Minton just north of Palm Bay Road, go west a mile or so.

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 321-452-2625

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church 1745 Trimble Rd (off Wickham) 321-254-0313

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

Sundays MELBOURNE Metaphysicians' Circle meets at 1924 Melody Lane behind the Melbourne Auditorium. 7-8:30pm \$2.00 fee. Info 321-537-3843 Interesting and compelling presentations on metaphysical topics

Sunday FORT PIERCE Science of Mind For Positive Creative Living. We meet at Unity 3414 Sunrise Blvd Ft Pierce each Sunday at 4pm come join us, we have great speakers 772-785-8525

Sundays WEST PALM BEACH United Metaphysical Church Service at Unity in the Pines, 6073 Summit Blvd 5:30PM Healing, 6PM Worship 561-686-0217.

1st Sunday of every month MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:00 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd Sunday COCOA Eckankar Services, 11:00 AM at the Holiday Inn Express, 301 Tucker Lane. Cocoa (520 and I95). Learn more about the ancient religion of Light & Sound. This month's topic is "Tips For Solving Your Life's Confusing Mysteries". Free Booklet.

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm With the blessings of Grand Master Cho and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road For information, call 321-254-0313.

October 13-19th, 2006 NORTH FLORIDA Juice Fasting and Raw Foods Retreat at Rum Island Retreat on the springs. Let's get into shape!! Lovely accommodations or camping. Massage, Facials, Yoga, Kayaking with Jill Schneider, Juice Fasting Coach and Director of Circle of Life Holistic Programs [www.circle-of-life.net/rumislandretreat.html](http://www.circle-of-life.net/rumislandretreat.html) Call today for information and reservations. (561) 638-8873

Oct 14 & 15, 2006 Sat & Sun MELBOURNE The Silva Method will be presented at the Heaven Sent Wellness Institute. Email [silvamind@aol.com](mailto:silvamind@aol.com) or phone (386)228-4000 Esther Seymour -Vogenitz

October 15, 17, 19 ORLANDO Basic Herbalist Certification Course through Florida School of Herbal Studies. Meets once a week for two-hour class for eight weeks total. Sundays 3-5pm, Tuesdays 6-8pm, Thursdays 6-8pm. Space is very limited. More info: <http://www.floridaherbalschool.com/>, 407-595-3731.

CALENDAR CONTINUED ON NEXT PAGE !

# OUR CALENDAR OF EVENTS

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

October 19 PORT ST. LUCIE Feng Shui And True Aromatherapy Workshop 6:45-9:15pm \$35 Live an extraordinary life! Linda Kerley, Interior Designer, Feng Shui Consultant has joined forces with Tracy Henson, British trained Aromatherapist, Reflexologist, Aesthetician and Ayurvedic therapist. Both Reiki masters would like to empower you on your journey of self discovery. Learn correlation of chi with home and body, impact of clearing clutter. Understand the power of True Aromatherapy. Feel more balanced, happier and highly inspired. Invited to the Best Western Hotel Port St Lucie FL. Please call to sign up Linda 772-336-8757 or Tracy 772-334-6361.

October 19 MIAMI Painless Childbirth Course Introduction. Free (8:30-9:00) How can you have a great birth where you reduce or eliminate fear and pain? Find out in the Miami Maternity Center 140 NE 119 st, Miami. Reference painlessbirth.com or call: 305-772-3643

October 20-22 ST. PETE gates open at 7 PM GreenSong Grove Samhain Festival and Grand Sabbat - 2900 31st Street South St. Petersburg FL. Website: greensonggrove.org for more information email Council@greensonggrove.org

October 23 MIAMI Learn Self Hypnosis \$50. (7-9 PM) Learn how to relax deeply within 1 minute. Take this workshop at 32 Paths: 3444 Main Highway #17 Contact 305-772-3643. Registration required, Space limited. Reference improveyourselfhere.com

October 26 MIAMI Past Life Regression Workshop \$100.(7-9 PM) See who you were in a past life. Experience it in the Self-Enrichment Center 7800 57 Ave Suite #305. Contact 305-772-3643. Registration required, Space limited. Reference improveyourselfhere.com

Saturday, October 28 2006 HIGH SPRINGS Fall Psychic Fair at High Springs Emporium. Tarot, African Shells, Palm Reader, Energy Balancing, Crystal Healing, Medicine Cards, Moon Astrology. Free Admission 11:00-6:00 PM. 386-454-8657

November 4, 2006 COCOA CUUPS Chapter looking for Vendors for Fall Artist's Festival. 9am to 4pm. New age and metaphysical artists and businesses are encouraged to participate. Contact Liz Casper 321-525-0636 or Willowfire@earthlink.net for application

Friday - Sunday November 3rd - 5th SUNRISE Become a Certified: Level I & Level II DNA Theta Healer \*\* Renew Your Original Genetic Blueprint \*\* 10am - 5pm. Learn: Remote Viewing Skills; DNA Activation Process; Core Belief Reprogramming; Gene Replacement Therapy; Manifestation Techniques; Theta Healing Techniques, And So Much More! Presented by: April Colón-Pagán, CH.t, R.M.T, Certified DNA Theta Healer/Teacher Level I & Level II, Certified Advanced AromaTouch Therapist. Recreate your life with grace and ease. Gift yourself with this phenomenal cutting edge development in energy medicine! This healing discovery has exclusive information that is powerful yet practical effecting all levels of our being, right down to our cellular structure. In this seminar you will learn a healing techniques that will forever alter your life! This technique will show you how to work with the very core of your being in a way that will heal instantly. Investment fee: \$350 If paid by October 20th \$375 Thereafter. Location: Sunrise, FL. Reservation & \$100 Deposit Required. For more info or to reserve your seat, contact April @: (954) 825-9166

November 3-6 PUERTO VALLARTA, MEXICO Prophets Conference on Healing and Health at the Westin Resort and Spa Partake of the healing and health manifesting experiential weekend workshops with noted practitioners, Dr. Judith Orloff, Dr. Eric Pearl, Donna Eden, Dr. David Feinstein, & Dr. John Diamond. We still need a few work exchange staff. email: office@greatmystery.org. Scholarships for tuition are available for those with serious life-threatening illness. email: office@greatmystery.org. <http://www.greatmystery.org/events/health4.html>

November 13 MIAMI Learn Self Hypnosis \$50. (7-9 PM) Learn how to relax deeply within 1 minute. Take this workshop at 32 Paths: 3444 Main Highway #17 Contact 305-772-3643. Registration required, Space limited. Reference improveyourselfhere.com

CALENDAR CONTINUED ON NEXT PAGE !

# OUR CALENDAR OF EVENTS

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

November 21 MIAMI Painless Childbirth Course Introduction. Free (8:30-9:00) How can you have a great birth where you reduce or eliminate fear and pain? Find out in the Miami Maternity Center 140 NE 119 st, Miami. Reference painlessbirth.com or call: 305-772-3643

November 30 MIAMI Stress Relief Workshop \$75.(7-9 PM) Who doesn't want to control stress? You can once and for all. Experience this at the Self-Enrichment Center 7800 57 Ave Suite #305, Miami. Contact 305-772-3643. Registration required, Space limited. Reference improveyourselfhere.com

December 16 ST. PETE gates open at 7 PM GreenSong Grove Yule Sabbath - 2900 31st Street South St. Petersburg FL. Website: greensonggrove.org for more information email Council@greensonggrove.org

February 20 - March 8, 2007 INDIA An Extraordinary Adventure Awaits Those Joining "A Mystical Journey Through India". For many participants this will be a once in a lifetime transformative and joyful spiritual experience, and for others a return to the exotic and mystical charm of India. To find out how you may take your place in this colorful spiritual adventure, please visit [www.greatmystery.org/events/india.html](http://www.greatmystery.org/events/india.html)



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|------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|



## SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

Roger Coleman is the Principal Minister of the Church of Iron Oak, ATC. He is also the East Coast Presiding Elder with the Aquarian Tabernacle Church, an international Wiccan Church. He loves nature and finds Spirit among the trees and flowers, even after having lived in Florida for thirty years. He can be contacted through the church at (321) 722-0291 or through the web page at [www.ironoak.org](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

### OCTOBER

**H**ere it is, the middle of autumn and the living is easy! Crops are being gathered and the ancients gave their gratitude to the gods of the grain and green growing things for Their gifts. This wonderful season was a time of celebration with many festivals. One was the Nubaigai in Lithuania where the Corn Goddess was celebrated by taking the last sheaf of grain and dressing it up like an old woman (the nubaigai). The festival had lots of food, drink, games and dancing. During the festivities, the harvest wreath is carried out on a white cloth as people sing a traditional song about how it was rescued from the bison that tried to eat it. Sorry I missed it, sounds like fun!

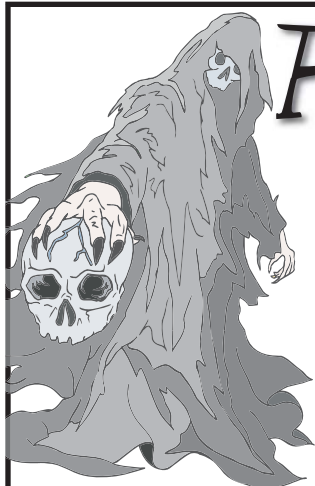
Often the old woman or crone was thought of as a witch, which might be thought of as a bad thing. However, in Italy, later in the year, there is the celebration of the Befana, the Witch of Christ-

mas who flies through the air on her broom giving presents to all the good boys and girls. This thousand year old legend is celebrated even today! But more of this perhaps in a couple of months...

Which brings us to Halloween! This is treated as a secular holiday today but it comes from the name "All-hallow-even" (or all hallow evening) the evening before All Hallows Day. In 609 CE Pope Boniface IV dedicated the Pantheon, a pagan temple in Rome to the Virgin Mary on this day. A century later, Pope Gregory III moved the holiday to November 1st. Modern Wiccans celebrate Samhain at the same time as Halloween. Samhain is pronounced "sow-in" or "savin" meaning "Summer's End". This holiday is a celebration of the spirits of their ancestors. It is also the last harvest, which brings us back to harvests again!

### OCTOBER

Oct 2nd - Jewish: Yom Kippur, Day of Atonement  
Oct 2nd - Hinduism: Dussehra/Durga Puja, Festival celebrating victory of good over evil  
Oct 5th - Lithuania: Nubaigai (Festival of the Old Woman) celebrating the corn goddess.  
Oct 5th - Japan: Daruma, anniversary of the death of Bodhidharma, founder of Zen Buddhism  
Oct 6th - Full Blood Moon 11:13 PM EDT  
Oct 20th - Islam: Lailat-ul-Qadr, the 'Night of Power'. Prophet Muhammad has revelation of the Qur'an.  
Oct 21st - Sikhism: Divali, day that Guru Hargobind, was released from prison.  
Oct 22nd - New Moon 1:14 AM EDT  
Oct 22nd - Start of Interfaith Week  
Oct 30th - Eastern Standard Time begins  
Oct 30th - Chinese: Festival of Hungry Ghosts, Chung Yuan, Large paper boats are burnt at temples to help spirits on their way.  
Oct 31st - Wiccan: Samhain, last harvest festival and celebration of ancestors (modern)



## Aiseirigh nam Marbh THE RESURRECTION OF THE DEAD

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# Conversations with God

...continued from page 33...

The film, which takes viewers deep into Walsch's spiral of self-loathing and hopelessness, ultimately shares a message of hope and transcendence, one that Simon thinks will debunk some of our misconceptions about God.

With a standout performance by the very funny Abdul Salaam el Razzac as Chef, Walsch (Czerny) makes some interesting friends as his life unravels. The richness of these friendships add another layer to Walsch's tale—everyone, from the guy dumpster diving on the street, to the busy waitress in the diner, is human. And God is with, and within, each and every one of us.

"Conversations with God" is an emotional film that follows the most difficult period of one man's life. But just as the on-screen Walsch is buoyed up by the wisdom he receives from within and through God, viewers will leave theaters anxious to have their own conversations with God.

And that's something we can all look forward to.

## ORDER NOW FOR CHRISTMAS

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



### Contacting Your Angels, Guides & Teachers

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

### Sleepytime Recharge

Play this recording as you are falling asleep for a refreshing segment of restful rejuvenation. Even when asleep, your subconscious mind is listening, so you can still expect change to occur. We've learned that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear others speak. 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 & beliefs. Our beliefs, true or false, positive or negative, affect our genetic activity and alter our genetic code. We can retrain our consciousness to create healthy beliefs, and thus create a positive effect on our bodies and in our lives. We can not only regulate our own brain chemistry to overcome ailments and bad habits, we can reprogram ourselves and reformat our lives for more personal joy. Our body is a community of 50 trillion living cells, all cooperating as a collective amoebic consciousness, and we direct it every time we have a thought or reaction. The body is a biochemical machine and the driver is the mind. So dis-ease is merely a result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health.



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Send me \_\_\_\_\_ copies of Sleepytime Recharge at \$20 each.

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Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) Andrea de Michaelis is a Certified Hypnotherapist, ABH



# Maximizing and Giving Produces More

*...continued from page 18...*

the patients she did have. She began to appreciate each and every patient instead of worrying about the number of patients she didn't have.

As we look at the scripture, we can see that the disciples were focused on only having 5 loaves and 2 fish. Surely that wasn't enough to even begin to think about feeding such a crowd. But Jesus said bring them to me. He recognized the supply that was available. Jesus didn't feed the crowd out of nothingness - the food which fed the crowd was an expansion of existing supply.

When we need a miracle in our own lives, it is our tendency to discount what we have or to pay no attention to what we have at all. Frequently we are depressed by the little that we have.

But Jesus perceived things differently. As a miracle worker he always saw that the supply that exists before him is a perfect beginning. The miracle worker always uses the supply at hand to the very maximum.

If you and I learn to work with what we have, more will be given to us. This is one of the great laws. The Universe watches us. It tests our attitudes and activities. It looks to see what we do with what we are given.

Jesus demonstrated this in the miracle of the loaves and fish. He taught this in the parable of the talents. In the Old Testament (2 Kings 4) we have the same principle taught in the story of Elisha and the widow.

It is spiritual law that what we use well, what we maximize, will expand and multiply. Those who use resources well are invariably rewarded. It's that basic universal law. Form follows thought. Like attracts like. If we focus our attention on what we have, our consciousness will attract more. If we focus on what we lack, we will attract more lack. Positive or negative, whatever you emphasize in consciousness always expands.

There is no way we can circumvent this principle. It works with mathematical precision. If we focus on lack 98% of the time by worrying and fretting, and then try to correct the situation with a few scattered, superficial affirmations, we will reap accordingly - our lives will still be 98% lacking.

Our goal is to focus on what we have and to see it as perfect, to use our resources carefully, getting every possible bit of use from them, and to do it cheerfully and consistently. When we can do this 10% of the time, we will find that our lives are 10% better - 10% healed. When we

can do this 100% of the time like Jesus, we will have entered the dimension of miracles - we will have realized heaven on earth.

In our Bible story of the loaves and fish the resources available were acknowledged and maximized and that miracle process was further activated by the act of giving - giving with generosity and love. And how does the Universe respond? It responds by multiplying the loaves and fish.

This week if you want to expand your miracle consciousness, I invite you to look around you and take note of what you already have. As you survey all that is yours, count the things that are intangible as well as that which is tangible. Invisible, but so important are the wonderful spiritual principles that you can learn and put to use in your life. Ask yourself, are you maximizing that which you already have? Look and see what you can use more fully - what you can be more aware of, more thankful for - and what can you be more generous with.

I don't know if Jesus fed 500 or 5000 - but what I do know is that the story has clues to help us develop miracle consciousness. When we, like Jesus, appreciate and use all that we have, the everlasting truth is that we can trust and know that the universe will be consistently expand what we have to meet all of our needs.

We would love to have you join us for Sunday services at 9:15 and 11:00 AM - we're located at 1745 Trimble Road. Call for directions (321-254-0313) or visit our website [www.unityofmelbourne.com](http://www.unityofmelbourne.com).



**UNITY CHURCH OF MELBOURNE FALL EVENT**

**PEACE in the PARK**

**Fall Festival of the Arts**  
**Sunday - November 5, 2006 - 10 am to 5 pm**

Mark your calendars and be sure to join us for food, fun and friendship while we embrace, celebrate and fine-tune the instruments of Peace we all are!

- Art Show/Sale - 25 exhibits for your viewing and purchasing pleasure (Artists: spaces \$30 ea./reserve today!)
- Entertainment - variety of acoustic music, dance, poetry readings, storytelling
- Children's Activities - puppet show, games, art projects and/or music
- Community Groups Information - learn about/support peaceful causes (humanitarian/apolitical)
- Refreshments/box lunch - Barbecue sandwich or Veggie burger with sides; beverages

This event is in conjunction with our annual fall picnic and "Friendship Sunday." Attendance is FREE for all. Requested love offering for box lunches is \$5.00 min. Proceeds from box lunches, beverage and space rental will benefit UCM and its tithing organizations. Details forthcoming as they are finalized. Call Joan Crutcher at 321-8879 for more information.

# This month's thoughts about things...



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

...continued from page 28 ...



NOV. 5<sup>th</sup>  
10 am - 5 pm

**Fall Festival of the Arts**  
ART • MUSIC • FOOD • FRIENDSHIP

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Space is limited. Act now!

\*"BE the peace you wish to see in the world." — Gandhi



D. Listen to the **Abraham-Hicks** cds in a place where you can relax. Maybe in a bubble bath with a glass of wine. Maybe setting the scene in your new sitting area, lighting candles, some incense. So, you go into your sitting place and set the scene and listen to the tapes. I think the Abraham stuff helps you "get it" the easiest. They are fun to listen to also.

E. Try a new cuisine for a week or more. The purpose of this exercise is to bring a new dimension to something you do several times a day. It also gives you something fun to learn. You don't want to try to diet right now, right now you're in the info gathering mode, so just do some new things relative to food that feel interesting and fun.

F. If you read my editorials each month, you can skip this part. If not, it's not that I ever have anything earth shaking to say, but I give lots of personal examples of my own lessons in my personal growth transformation that can be helpful to know. They are listed by topic on the website [www.HorizonsMagazine.com](http://www.HorizonsMagazine.com).

G. Buy a new favorite outfit or two. You can't afford not to. The energy of wearing something new instills a sense of hopeful expectation, of infinite possibilities! The point of this exercise is to have a new "daily energy sweeper" as you move throughout your day.

H. Install a new mirror. Anywhere, any size. I decided last year to replace all my closet doors with mirrors and boy the energy freed right up! The rooms now look so much bigger and brighter. They definitely feel like there is no stagnation anywhere in the room. Even a small new mirror in the hallway or next to the front door, the height of your face, or face to waist would be perfect. Whenever I look into a mirror, I smile, so this exercise also reminds me to smile.

I. Begin keeping your attention during the day on your ajna or third eye center. You just want to train yourself to look through that eye also, as you go about your day. To begin to entrain the higher perspective.

J. Do a few minutes of breath meditation each day also, just sit and imagine yourself breathing in thru your heart and out thru your third eye. Nothing fancy. Do it for a few minutes every so often during the day. It will begin change happening to your inner and outer worlds.  
###

Enjoy our offering this month. Hari Om.

*Andrea*

## Don't live with pain ... Let me help

**Dr. Vicki M. Merrick**

Chiropractic Physician  
1326 Malabar Road S.E.

Palm Bay, FL 32907

**321-952-7004**



# Home With God

..continued from page 10...

Tenth, you would never fear or mourn your own death, not even for a moment.

Eleventh, you would be aware that everything is vibration. Everything. And so you would pay much more attention to the vibration of everything that you eat, of everything that you wear, of everything that you watch, read, or listen to, and most important, of everything that you think, say, and do.

Twelfth, you would do whatever it takes to adjust the vibration of your own energy and the life energy that you are creating around you if you find that it is not in resonance with the highest knowing you have about Who You Are, and the greatest experience of this that you can possibly imagine.

I know that if we followed these simple rules, our lives would be transformed. It is by no means the only source of this wisdom. Indeed, great insight into the human experience, and into how to make it better, can be found in the writings of many teachers and messengers and, of course, in the great spiritual literature of all religions.

## ORDER NOW FOR CHRISTMAS

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

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## METAPHYSICIANS' CIRCLE



**Sunday  
evenings  
7-8:30pm  
\$2 fee**

## INTERESTING TALKS ON METAPHYSICAL TOPICS

We meet in the Melbourne Municipal Band Room  
behind the Melbourne Auditorium  
on Hibiscus Blvd, just east of US1  
just west of Babcock Street.

Park in back and walk on in.

**PSYCHIC FAIR 1ST SUNDAY  
OF EACH MONTH  
321-537-3843**



Barbara Lee is a Reiki Master Teacher, Psychic and Professional Astrologer. She offers phone consultations and a state of the art astrological chart service with six types of computerized reports available. Barbara can be reached at 1-208-773-7822 and at P.O.Box 3427 Post Falls, Idaho 83877 and on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or by email at [blee3@adelphia.net](mailto:blee3@adelphia.net)

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

You will be right on target with the Harvest Full Moon in Aries Friday October 6th. Energies will be intense and running high, your lesson will be to come face to face with who you really are and not what you think others want you to be. This is a good time to recreate yourself if you don't like what you see in the mirror.

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

This Fall is a brilliant time to put your roots down deeper into the earth. Completing home projects that were started a year ago now are needing to be finished. Take care of the loose ends in your life so you can walk freely into new areas of development, in this way you can bypass feeling overwhelmed.

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

Now that the nights will be getting cooler you will have a greater chance of love and romance, since your work load will become lighter as well. What is most important for you now is to make time for creative endeavors. Children will also be demanding quite a bit of your time, you will be expected to communicate on a different level than what you have been used to. Face the fear of intimacy and move freely into the future.

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

Your life lesson this Fall is to confront whatever lesson is needed to learn in the arena of relationships. If you are not in a relationship then you will be driven to find one, just don't settle for second best. If you are in a relationship then you will be driven to give it 150 percent. You will also realize that it will be half your creation. Enjoy what you create!!

# HOROSCOPES FOR

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

You may be feeling in a bit of a whirlwind lately. Things may feel a bit out of your control, like a sinking feeling with no one there to hand you a rope. You are at a cross roads now, what choices you make now will lay the foundation for the next seven years. Have the back bone to walk your talk and speak your truth. If you don't take charge of your life, the Universe will and it may feel like getting tossed and turned in a wave. So become one with the ocean and ride the wave.

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

Yes you are very strong, you are used to making it on your own, but now you have to learn to be a team player. Shared resources is a big issue for you. You not only have to learn how to give but to learn how to receive as well. You have been in your comfort zone too long and now it is time to live outside of the lines.

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

Now is not the time to be lazy, this is the time to forge ahead with any plans for your financial future. Whatever you do, do it honestly because if there are any secrets they will not stay secret for long. Everything always comes up to the surface, Make your choices wisely and you will be protected.

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

Luck is still on your side with transiting Jupiter in Scorpio. This is a time for you to gain status and grow your reputation and fame. You will become known for what you do and who you are, choose wisely because the spot light will be all over you. Career advancement of any kind will be followed by your positive approach to life and it will show like a sunbeam through the clouds.



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# OCTOBER 2006

## Sagittarius:

**November 22 to Dec 21 "I Perceive".**

With transiting Pluto still in your sign for a few more years you will continue to purge everything in your life that is not for your highest and greatest good. Your belief system will evolve and change as well as your most heart felt dreams and goals. You will be a changed person once the transit is over. You will be better than ever, no worries. Get rid of worry and create your life by intention!

## Capricorn:

**December 21 to January 19/20 "I Use".**

If you find yourself feeling moody or insecure and shy, this is a time to recharge your batteries by walking in nature or getting a massage. You must find a good book to curl up with so you can crawl back inside yourself for renewal. Come the Holidays you will be ready to greet the world restored, rejuvenated and ready to celebrate life!

## Aquarius:

**January 19/20 to February 18 "I Know".**

With Transiting Neptune in Aquarius, the world you live in is your own. You are very aware of your emotions as well as everyone else's, and sometimes it may be difficult to realize what is yours and what is someone else's feelings. Your senses are heightened with a great desire for profound and deep spiritual growth. Being in Nature will keep you grounded.

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

In your ability to let go of what is not working any longer, you are able to break boundaries in the areas of worthiness, confidence, and self worth. In your realization that you are more than your things, you have come to realize the value of human relationships over having things. You have come to a nice balance. Just know that your life is in divine balance.



Rev. Beth Head

1745 Trimble Road  
321.254.0313

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OF MELBOURNE

*New Thought Teachings in Practical Christianity*

**Sunday Services 9:15am & 11am**

If you enjoy Louise Hay and Wayne Dyer,  
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*"Worth getting out of bed  
for on Sunday morning"*

Saturday, Oct 21  
2pm and 7pm  
Sunday  
Oct 22 7pm

Sneak Preview Event Film

### CONVERSATIONS WITH

**Sunday, Oct. 1st**  
9:15 & 11am Special  
Guest Speaker Rev.  
Alan Rowbotham  
Topic: "God Rocks!"

**Sunday, Oct. 1st**  
1:30 - 3:30 pm The  
Eightfold Path To  
Prosperous Living  
with Rev. Alan  
Rowbotham. Love  
Offering See www.  
alanrowbotham.com

**Sunday, Oct. 8th**  
1:30 - 3:30 pm Drum-  
ming Circle with  
Gerald Stanley

**Friday, Oct. 20th,**  
7:00pm Singer/Song-  
writer Daniel Nah-  
mod. Daniel has pre-  
sented his spectacular  
music and message for  
nearly all of the world's  
major faiths, and has  
worked with some of  
the most influential and  
brilliant speakers and  
leaders in the world, in-  
cluding Deepak Chopra,  
Arun Gandhi, Yolanda  
King and Neale Donald  
Walsch. See www.  
danielnahmod.com.

**GOD.** In conjunction with Inner Journeys, Unity of Melbourne is showing this film adapted from the books by Neale Donald Walsch. The movie tells the true story of Walsch who, at the lowest point of his life, asks God some very hard questions. The answers he gets from God/within become the foundation for an internationally acclaimed book series. The film chronicles the dramatic journey of a down and out man who inadvertently becomes a spiritual messenger and bestselling author. Tickets are \$10 and may be purchased at either Unity of Melbourne or Inner Journeys. Call 321-254-0313 for more information.



**Sunday October 22nd 9:15 and 11:00 AM** Mike Dooley. The Miraculous Mechanics Of Manifestation.

**Sunday October 22nd 1:30 - 3:30 pm** Workshop: Manifesting Change; It Couldn't Be Easier. Join us as Mike reviews the ins and outs of manifesting change. This will be an abbreviated version of the material Mike is now delivering on his second World Tour! Read more about Mike at [www.tut.com](http://www.tut.com).

### HEALING SERVICES

**Sunday, Oct. 1st 6:30pm** Lloyd Reiser

**Sundays, October 8th and 29th**  
4:30pm Pranic Healing Circle

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

[www.unityofmelbourne.com](http://www.unityofmelbourne.com)

# SUGGESTED READING & LISTENING



Home With God in a Life That Never Ends by Neale Donald Walsch

The Law of Attraction: Teachings of Abraham, by Esther and Jerry Hicks

Timing is Everything: Astrology is the Key by Wes Alistair

Your Hands Can Heal You: Pranic Healing by Master Stephen Co and Eric B. Robins, MD [www.pranichealing.com](http://www.pranichealing.com)

Daily Guidance From Your Angels: 365 Angelic Messages to Soothe, Heal, and Open Your Heart by Doreen Virtue, Ph.D

MUSIC CD: Joy, Joy, Joy by Franince Jarry & Abraham-Hicks  
Out Beyond Ideas Songs for Peace Project with David Wilcox and Nance Pettit  
[www.outbeyondideas.org](http://www.outbeyondideas.org)

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Jala by Shiva Rea • Rare Elements by Ustad Sultan Khan

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## Use Horizons Magazine to create your own Horizons Community Group

- Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.
- Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.

- Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,

## Expand your Horizons!



## 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, and use our combined power to encourage each other in our personal visions, promoting social transformation.

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, by every thought we think and every word we speak.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation. Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, now.

We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them. Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

*From my heart to yours,  
Andrea de Michaelis*

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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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