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FREE



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Yvette

11 am - 5 pm

Sat. & Sun Oct. 3 & 4

And **Halloween,**

Sat., Oct. 31st

And... Mini Tarot

Readings with:

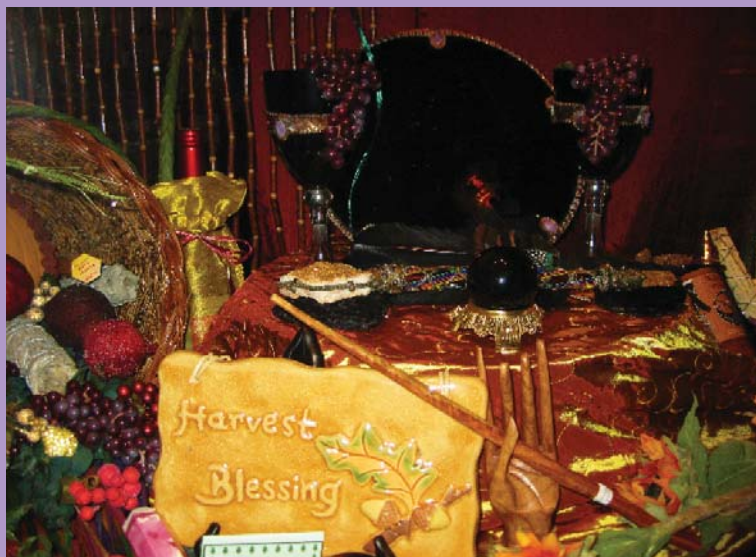
Author/Astrologer/

Parapsychologist

Dikki-Jo Mullen

Noon - 3 PM

Fri & Sat Oct 16 & 17



**Get Ready for the
Halloween Season
of Ghosts!**

**The Real World of
Hauntings!**

October Special

Evening Seminar

Thurs., Oct. 15,

7-9 pm

w/ Dikki-Jo Mullen

Seminar Includes:

Investigation of

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Spirit Communication,

House Blessing,

Candle Blessings

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\$25 per person

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Don't Forget!

"Friday Fest"

Family Street Party

Oct 9th 6 pm-10 pm

Drum Circle

"Down on the Corner"

Our Enchanted Gifts include: Crystals, gemstones, jewelry, salt lamps, drums, didgeridoos, singing bowls, books, tarot, CDs, candles, incense, oils, herbs, sage, divination tools, statuary & altar items, belly dance accessories, henna, tapestries, peace-promoting items, Amy Brown + faeries & much more!

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Special Events: October 2009



October 16 - 21:

Transformational Workshop Series with Sedona Metaphysical Teacher

Bruce Orion is a well-known & respected spiritual teacher/ Astrologer/ Certified Hypnotherapist / Metaphysical Historian from Sedona. He will be offering our community a series of classes on Transformation & Higher Consciousness. Private appointments will also be available.



Friday, October 30 - at 8:00 pm:

Sufi Kirtan & Concert with HuDost Alternative World Music Phenomenon

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Sunday October 4th, 4:30pm
REIKI HEALING SERVICE
Facilitator: Lloyd Reiser

ESSENTIAL SPIRITUALITY SUNDAYS IN OCTOBER AND NOVEMBER

Practicing the Presence Together Small Group Ministry presents The 7 Central Practices To Awaken Heart And Mind Contact Maggie 321-255-4652 or roscham@cfl.rr.com

Our Sunday Services to accompany the Small Group Experience will be using the book Essential Spirituality by Roger Walsh, MD, PhD. We will be covering the 7 central practices to Awaken Heart and Mind on Sundays beginning October 4th.

The 7 practices are:

- 1 Transform Your Motivation: reduce craving and find your soul's desire.
- 2 Cultivate Emotional Wisdom heal your heart and learn to love.
- 3 Live Ethically: feel good by doing good.
- 4 Concentrate and Calm Your Mind.
- 5 Awaken Your Spiritual Vision: see clearly and recognize the sacred in all things.
- 6 Cultivate Spiritual Intelligence: develop wisdom and understand life.
- 7 Express Spirit In Action: embrace generosity and the joy of service.

TUESDAY EVENINGS OCTOBER 6TH AND 13TH

LOVE & MYSTICISM: Meditating with the Masters with Rev. Elizabeth Hess Stampfer. Classes will be held on the first two Tuesdays of the month, from 7 – 9:30 pm
DATES: October 6 & 13, November 3 & 10. Love Offering. So, how did Jesus enter the Silence? How did the Buddha meditate? What prayers and practices awakened the prophets, saints and masters, and made their presence so beautiful and compelling that those around them wanted to “know what they knew and feel what they felt?” In this series of eight classes, we will explore some of the Practices of the Mystics of the world's great religions, including Christianity, Judaism, Islam, Hinduism, Buddhism and Native American traditions. The first class will cover the basics of meditation practice and the use of Prayer Beads, such as a rosary or mala, and the last class will be instruction on Healing and Meditation.

SATURDAY, OCTOBER 10, 7PM – CHAKRA ALIGNMENT MEDITATION – • Crystal Singing

Bowls • Lead by Rev. Janet and Rev. Robert Buck



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- Awaken the body's natural healing intelligence
- Activate the perfect blueprint of spiritual well-being
- Enhance your sense of self worth, peace, empowerment

We are now in a time of accelerated human evolution, and new patterns are replacing the old limitations in a profound way. Through these changes, we are adjusting on all levels - physical, mental, emotional and spiritual. Chakra alignment assists us to move smoothly through all these growth processes; provides upliftment for the body, mind and spirit; unlocks energy for creative processes and wholeness; and acceptance of our own power.

BePeace
To Feel and Speak Peace

OCTOBER 12TH 6:30PM BEPEACE PRACTICE GROUPS ORIENTATION

Would you like to learn to put HeartMath and NonViolent Communication to work in your own life? The first two Monday nights we will be watching part of a video from Rev. Rita Marie Johnson, founder of BePeace. Then we will form groups of 5-6 people that will meet either weekly or biweekly for 1 hour to actually practice the techniques of BePeace.

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

THE GREATEST OPTICAL ILLUSION IS SEPARATION

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Andrea de Michaelis

Thanks for help this month

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HORIZONS

Our Advertising Rates ... Low because we are in it for the outcome, not the income	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
The Teachings of Abraham by Esther and Jerry Hicks	8
How to Always Be Inspired & Self Motivated by Roy Eugene Davis	9
How Losing My Life's Savings Held An Unexpected Gift by Kim Rosen	11
Herb Corner with Cecelia Aitable	13
Our Classified Ads	14
Ask Whitedove with Michelle Whitedove	15
Take Off Your Mask This Halloween by Sharon Janis	16
From The Heart by Alan Cohen	17
Notes From The Universe by Mike Dooley	18
You And Your Mind by Ma Yoga Shakti	19
Dream Of A Mask by Wayne Wirs	21
Our Phone Directory *Horizons may be picked up at most of these locations*	23
Animal Spirit Guidance: What's Your Sign? by A. Venefica	28
Abraham Fun with Karen Williams	32
Cover Art	34
Our Calendar of Events	35
Our Mission Statement	40
How to Use Horizons Magazine	40
Solar & Lunar Celebrations of the Ancients by Roger Coleman	41
Suggested Reading, Watching, Listening	42
Monthly Horoscopes by Barbara Lee	44



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

Anais Nin

*Horizons thanks
everyone willing
to take the risk*

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

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

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page 14
page 23
page 35

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email oneheart@roadrunner.com

1. **Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
2. **Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
3. **Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
4. **Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
5. **I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
6. **I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
7. **Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
8. **Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
9. **Persistence.** I persist through faith. I maintain focus and discipline.
10. **Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
11. **Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
12. **Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.





Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Wello and welcome to the October 2009 issue of Horizons magazine.

With this October issue having been completed, I go into my next stage of the process: bookkeeping and billing. I like every part of my job to be fun and meaningful, and the mundane jobs are no different. In fact, I know that no job is mundane unless I make it so. I don't like to just send out a boring black and white bill with meter stamped postage. If my mission in life is to lighten things up, I think: what kind of invoice might be fun to open? So I selected as a mascot for the bills, a small fairy on a flower. I print them in color. Sometimes I print the invoices on rainbow paper. I always enclose a self addressed return envelope, then those envelopes go on the altar before they go into the mail. When I pick up my mail from the post office, the envelopes go onto the altar before they come in to the office. Blessings for everyone.

Using the altar is just one way I bless my clients and advertisers. When I am doing the billing or the subscription labels, I give a few moments attention as I see each name and say a prayer for

each one. I bring to mind what I know about them. Like Crystal Connection, Herb Corner and College of Metaphysical Studies who have advertised for 15+ years straight. I take a moment to feel my heart fill with gratitude for their support and friendship these many years. It just takes a moment and lets me feel I am connecting with a friend a couple of times a month, when in fact neither of us have time in person to do so.

I've got a great altar and meditation area, and you can see it on the website at *Photos of Our Place*. I've also got a separate Healing Bench area where friends and clients send me photos and emails about those they would like to pray for, and then a team and I pray the bench twice a day.

In the morning prayer bench session, I use a technique I discovered first in the *Art of Spiritual Healing* by one of my all time favorite authors ever, Joel Goldsmith. In the book, he describes that prayer is not asking for healing but becoming present to the Christ within, letting go of pre-conceived ideas and letting grace enter and complete the process. Only then will healing begin. I have found that to be true in my life and the lives of those I know. So for each person whose name is on our healing bench, I do not see them as dis-abled or dis-eased, rather I confine my prayer to this realization of God's presence, or God's grace within each one.

In the evening prayer bench session, we do the Ho'oponopono Process, which Alan Cohen talks about in this issue. You can find the process on our Links page, and at www.horizonsmagazine.com/Attn/hooponopono.html. Dr. Ihaleakala Hew Len was a psychologist at the Hawaii State Hospital who - without ever seeing a patient in person - cured a ward of criminally insane patients using the ancient Huna technique of Ho'oponopono. Dr. Lew would study an inmate's chart and then look within himself to see how he created that person's illness. As he took responsibility, asked forgiveness and expressed gratitude, he improved himself and the patients improved.

...continued on page 20...

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Page 7

ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of Ask & It Is Given, The Amazing Power of Deliberate Intent and the NY Times Best Seller, Money and the Law of Attraction and their dvd, The Secret Behind "The Secret"!

Visit www.abraham-hicks.com.

Make Peace with Where You Are

Are you enjoying the expansion of your desire? And are you noticing that it is expanding? As you begin to recognize that you get to decide all of it, and as you begin to appreciate the contrast that makes deciding or concluding, or preferring, more obvious, then you begin to sincerely enjoy the contrast.

We always begin by asking: Those manifestations that have not yet come about are still pleasing to you, yes? And some lie and say yes, others say no, but we want you to come to the place where you say yes and really mean it. "Yes, there are things that I want that have not come into manifestation yet. There are things I want that I can't even see any way of them happening—but they are still refreshing and delightful to me. I still feel anticipation. I still feel encouraged. They still feel fresh and good to me." And we want that for you.

Fall Metaphysical Festival Oct. 31st - Nov. 1
at the Holiday Inn in St. Augustine Beach.

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We want your unfulfilled desires to feel good to you, because, well, there are two reasons: If you cannot make peace with where you are, then the unfulfilled desires are very slow in becoming fulfilled because that angst you feel about things not yet happening, is an indication of a vibration that's literally holding it apart, from you.

So, when you're sick and you want to be well, and you've been sick for a long time and it doesn't seem like you're getting better, or when you have one of those diagnoses that says you're probably not going to get better, and so, instead of feeling hopeful, you feel fearful—improvement is very hard to come. In fact, it cannot come under those conditions.

The vibrational difference between feeling hopeful and feeling fearful is the difference between getting well and not getting well. It's the difference between holding this condition on and on and on, or letting it go.

So, in the same way, we say, your current financial affairs could be not good. You could have more bills than you have income. You could have people hounding you on the telephone or beating on your door every day... And we say, so that's what is; that's the action journey that you are upon. But you could have that financial condition percolating along and you could feel hopeful, or, you could have that condition percolating along and you could feel fearful. And the difference between fearful and hopeful is the difference between things improving for you.

This is a Vibrational Universe and you are Vibrational Beings. You don't set your radio dial on 630 AM and expect to hear what's being broadcast on 98.6 FM. You understand you've got to line those frequencies up, and so you do. You don't stubbornly set it on the station that you don't want to hear and then demand that the laws of physics change so that you can hear it anyway, without you doing anything about it... You can't be beating the drum of things gone wrong—and offering a vibration about things going wrong—and be in the vibrational place of receiving what you are wanting.

Make peace with wherever you stand. And here's the most important part: When you feel despair, or anything that doesn't feel good, and you reach for a thought that feels better, what comes right along with that is a conscious awareness that you do have some control of your experience. And friends, we cannot emphasize enough the importance of that conscious awareness that you can do something about the way you feel.

When you choose a thought that feels better than the thought that you were choosing before, and you consciously acknowledge that you had the power to choose it, and that you did choose it, and that it did change your vibrational frequency—now, there's no place you cannot go. Now, that cloud of despair, that cloud of not being able to control your own experience goes away.

...continued on page 29...

HOW TO ALWAYS BE INSPIRED AND SELF- MOTIVATED ON YOUR SPIRITUAL PATH



Roy Eugene Davis is a direct disciple of Paramahansa Yogananda in the kriya yoga tradition. In December 1949, he traveled to California, to meet Yogananda, was accepted for monastic discipleship training, and was ordained by him in 1951. Davis moved to Georgia in 1972 to establish Center for Spiritual Awareness. He publishes Truth Journal magazine and writes monthly lessons for CSA members around the world. You may contact Center for Spiritual Awareness at P.O. Box 7, Lakemont, Georgia 30552-0001 (706) 782-4723, visit <http://csa-davis.org> or e-mail csainc@csa-davis.org. See his event on the back cover of this issue of Horizons.

A mistaken sense of self-identity—thinking and feeling that you are a mortal, human being—is an obstacle to spiritual growth. Until you are always Self-knowing, frequently remind yourself that you are an immortal, spiritual Being and conform your thoughts, feelings, and behaviors to that knowledge. When you are conscious of your true nature and your eternal relationship with the Infinite, all aspects of your life are harmonious and rapid spiritual growth is effortless.

Affirm: Knowing that I am an immortal, spiritual Being, I conform my thoughts, feelings, and behaviors to my understanding.

How to Always Be Inspired

When your Daemon* is in charge, do not try to think consciously. Drift, wait, and obey.

Rudyard Kipling (1865 - 1936)

Something of Myself for My Friends Known and Unknown

**A word formerly used to indicate what was naively thought of as an external entity that impelled creative endeavor. Currently defined as one's own innate inclination to be skillfully productive.*

Avoid apathy or indifference regarding the importance of living each day with alert intention. Your innate, creative powers will be aroused by being optimistic and enthusiastically purposeful.

Start each day with an interlude of prayer and meditation, then focus your attention and actions on projects that enhance your life. In the midst of activities, remember that, because the wholeness of the Reality of God is always where you are, you can be conscious of it and have its support in all of your constructive endeavors. Remember, also, that the



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Cosmic Mind produced by that Reality, of which your mind is a unit, is responsive to your mental states.

Cultivate the habit of using constructive affirmations that empower you to intentionally control your thoughts, feelings, and actions. Rather than use affirmations to try to change the subconscious contents of your mind, learn to experience their transformative, superconscious influences. What you affirm to be true for you will then be experienced. With each successful endeavor your confidence will greatly improve and your actions will be more productive.

Affirm: Always optimistic, enthusiastic, wisely intentional,
and continuously inspired to be creatively expressive,
I live freely, enjoyably, and effectively.

...continued on page 30...

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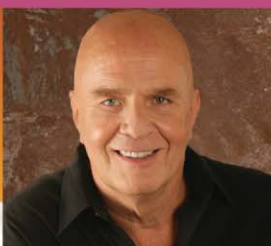
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Welcoming Remarks

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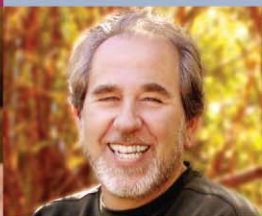
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Photo by Karen Moskowitz

HOW LOSING MY LIFE'S SAVINGS HELD AN UNEXPECTED GIFT

Kim Rosen is the author of the forthcoming, *Saved by a Poem: The Transformative Power of Words* (Hay House, October 2009) and her writing has also appeared in *O Magazine*, *The Sun*, *Shaman's Drum*, and *Body, Mind, Spirit*, as well as other publications. Visit her website at <http://www.kimrosen.net/>

On a beautiful December day in 2008 I lost my life's savings. My loss was not unique, thousands of us were watching our money disappear—either in one fell swoop as mine did, or drop by painstaking drop. What saved my life, however, was a poem.

In August and September I had watched with the rest of the world as the stock market careened like a dying beast. My life's savings had shrunk by a third within a few weeks and seemed headed for oblivion.

I turned to a close friend who had all her money in a stable fund. Even now, as my nest egg was turning into a gumball, hers was slowly, surely continuing to grow. Apparently the fund was invested with some Wall Street wizard who had figured out how to make money when the rest of the world was losing it. Though her fund was closed, she happened to know of another—with the optimistic name of "Starlight"—that was invested with the same guy.

On October 2nd I left the check, enclosed in a greeting card sporting happy, hopeful fish on the front and a note of thanks inside, with Starlight's secretary. I felt lighthearted. I went across the street and bought an expensive sweatshirt with a faux fur collar in an upscale store I would never have entered a week earlier.

Two months later, the friend who had connected me with the fund left a message on my voicemail: "Bernard Madoff was arrested today. The fund was a fraud. We've lost everything." It turned out that Mr. Madoff, who was arrested for the biggest Ponzi scheme in history, was the secret of Starlight's twinkle. The fund had been 100% invested with him. And now it was 100% lost. Or, to be more accurate, stolen.

"To replay this message press 1, to save it press 9, to erase it press 7, for more options press 0," the voicemail lady was saying over and over into my ear. I sat down on the floor (it seemed the only appropriate place to land given the drama of the moment), and pressed 1.



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Act now, seating is extremely limited.

I listened to the message a second, then a third time. My hands were shaking, I could hear the pumping of my heart, but I felt weirdly numb. Without a clue what to do or who to call, I sat on the rug frozen. The phone dangled from my fingers like a murder weapon found at the scene of the crime.

...continued on page 22 ...

Rev. Albert J. Bowes

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Complete Personal Readings

This means several subjects not just one or two. The questions should be the how, why, when, where, which type of question, not "yes" or "no" questions. These questions should relate to the information you seek and the items you bring. The questions are to be written down with space between for you to make notes. He does not permit recording. As the reading progresses, other questions will come to mind and you may ask these also. Questions are not shown to him, they are for you to use during the reading. All questions must be asked during your reading.

Gather up to 10 items that relate to the information you are seeking. The best are photos, or brochures, advertisements, or a page printed from the internet. They should be clear and large enough to see the face and eyes. If you are seeking information about career, buying or selling or other matters that have documents connected to them, bring documents (resumes, manuscripts, ect) . Group photos may be used for questions about more than one person.

When you arrive, be careful NOT to mention anything about yourself or the people, places, events or things that are connected to the information you seek. You are limited to the number of items you bring, but you are NOT limited to the number of questions you may ask. You ask as many as it takes to get the info you seek. Questions should be specific, not vague or general.

Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients . He uses this gift to give people gentle but firm guidance into knowing themselves better.

Albert's assistance to business has had wonderful success with those who have taken his information and followed his insights. They have achieved their goals, saved businesses, or realized their dreams. They have been developers, bankers, doctors, oil companies, etc -- the list is long. For information on business readings, call Albert -- He travels anywhere he is needed, as necessary.

CREDENTIALS:

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

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

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

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

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

AID FOR THE ADRENALS

The adrenal glands are small glands that rest on top of the kidneys. They produce cortisone or steroids, they maintain the body's sodium, potassium, sugar and hormone levels, they secrete adrenaline and nor-adrenaline supporting the body through situations of fear, worry, stress or anger; providing us with the hormonal support that is required by the body to get through the day.

In today's fast paced society our adrenal glands are constantly being overworked we run from one thing to the next, we manage our homes, our children their lives and activities, our careers our sick family members running from doctor to doctor. We eat in a hurry to get from one commitment to the next and the foods we eat are often not nutritionally balanced. With this lifestyle, eventually the adrenal glands begin to shrink in size and become less effective laying the foundation for many of today's illnesses.

Some other things that can cause your adrenal glands to become weakened are excessive sugar or carbohydrate intake, over use of alcohol, tobacco, caffeine or medications; too much exercise, exposure to toxins, allergies, trauma, stress, depression, lack of sleep, chronic illness, pain and surgeries.

So how do you know if your adrenals are weak? You may have reoccurring infections, depression, weakness, poor memory, low blood pressure, irritability, weight gain, hypoglycemia, fatigue, brittle nails, a low sex drive, you may wake up feeling tired or you may feel the need to eat sweet snacks to get through the day. These are some signs associated with an adrenal overload and weakness.

Herbs can be very useful in strengthening and feeding your adrenals. Licorice contains natural plant steroids that are helpful in supporting the adrenal glands. (Not recommended for people with high blood pressure.) Borage helps restore and tone the adrenal cortex. This herb can be used over a long period of time with no adverse effects. Borage is also helpful if you have been using cortisone or steroid medications. Ginseng helps to increase stamina and physical performance reducing mental or physical exhaustion or weakness. It is known for its adaptogenic properties naturally increasing the bodies' resistance to all kinds of stress. Astragalus aids the body in coping with stress by boosting the adrenal functions, helping the body to naturally resist illness.

These herbs can be used separately or blended together the blend I like is 2parts licorice, 2parts gotu kola, 1part gin-

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seng and 1 part borage it has gotten me through a time when I was helping a family member who was very ill.

Modifying your diet also strengthens your adrenal glands including more fresh fruits and vegetables, cold water fish, brown rice, whole grains and legumes and foods that are higher in Vitamin B and C. Cutting back on fatty foods, red meats and processed foods, especially those that are high in sodium will greatly aid in strengthening your adrenal glands. They are small little glands but they do so much why not give them a break?

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 The on-going once per month development classes are designed to help you develop your personal psychic ~ mediumship skills. These are skills for you to use regularly and daily to have a more enjoyable powerful peaceful journey through life. For some, these classes will help you understand some of the things happening already in your life and will help you learn to control those things. But for those of you who are unsure if you have any skills, these classes will help you understand that in fact you do have skills, you simply have yet to understand how this all works and how to control your energies and abilities. Each class will include a meditation or sitting in the power segment, a topic or lesson, and then finishes with an actual hands-on practice for all members of the group....everyone gets to really work at each class. Marilyn teaches these classes to really develop your skills whether or not you want to use them professionally or as an ordinary everyday person. Marilyn will be teaching the methods used by British Mediums as this is her primary training. Come join us. Below are the current classes available. If there is interest in another FL city, contact us to get a group going in your area.



DeLand / Daytona Area - If interested please contact us as we are trying to form a new group in this area.

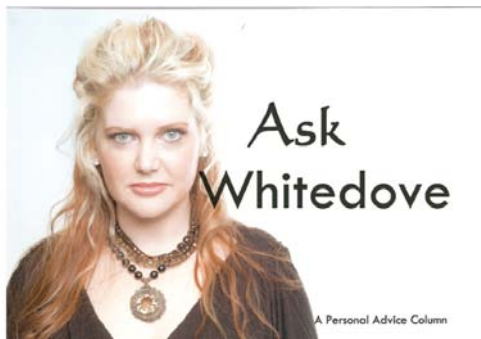
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We are in the process of updating our web site with a variety of new events for the remainder of 2009 into fall of 2011.



Got a burning question? Celebrity Psychic and Spiritual Teacher Michelle White dove is here to help give clarity on topics from Archangels to Zodiac, just ASK WHITE DOVE! Lifetime TV named her "America's #1 Psychic" after showcasing her gifts on "America's Psychic Challenge".


Dear White dove: I have recently started dating a yoga instructor and whenever we have a meal together she insists on praying. I am new to spirituality but I always thought that praying before a meal was a religious ceremony. I don't understand and I'm too embarrassed to ask her to elaborate. Please explain this to me? **Praying for food in Pensacola**

Dear Praying: Our direct line to Great Spirit is through prayerful communication regardless of religion. Praying over the food that we eat is a way to give thanks to Great Spirit and the Earth for providing it. Prayer also creates change... even when it comes to food. Let me give you an example; I was eating dinner with a group of friends one night; I said a prayer over my food as always, but no one else did. Five hours later every person that ate the meal became ill with food poisoning, except for me. Because of my faith in the power of prayer I was spared the discomfort of food poisoning. Prayer is a powerful tool and if you utilize it in your everyday life you will be amazed at how much protection you will receive in all aspects of your life. You can pray out loud or silently; Spirit will always hear you. Learning to use prayer is the most important step to becoming spiritually aware.

Dear White dove: I want to know if animals have souls like humans do? I believe that they do; sometimes I look at my cat and I think she is more like a person than an animal. I'm a huge activist in animal rights and I always try to tell people that they have souls but I'm always shot down. **Soulful in San Diego**

Dear Soulful: Congratulations on your work for Animals. They are a special group of God's children and deserve the same love, respect and care as humans. Yes, they have souls but animals have their own kind of evolution since they are a part of the Angel Kingdom.

...continued on page 38 ...



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TAKE OFF YOUR MASK THIS HALLOWEEN



Sharon Janis is an award-winning filmmaker, musician, speaker, and author of books including *Spirituality For Dummies* and *Secrets of Spiritual Happiness*. As service, she offers an extensive website of free multimedia spiritual resources at www.nightlotus.com that includes music, videos, books, and other works.

On Halloween, people have great fun putting on masks and having the opportunity to try out different personas that may not be part of their usual public repertoire the other 364 days of the year.

Dressing up on Halloween also offers an excellent analogy for those who are seeking to transcend their limited experience to enter a greater spiritual consciousness. As you put on and take off your Halloween mask this year, realize that you have done the same thing while putting on the main mask and many others in your life.

You are actually pure spirit, formless, eternal, and free of limitation. But to enter the masquerade ball of human experience with all its education, testing, and entertainment, you put on a costume - your physical body, your mind, and your life circumstances.

But are you your costume? Well in a sense, yes. For example, if you're going to get a haircut, you might say, "I'm going to have MY hair cut." And in that regard, you're also your house, clothes, car, accomplishments, physical attributes, and email address, not to mention your facebook and twitter accounts.

We walk through this world carrying with us an elaborate and vast network of all that we are and all the masks we wear - someone's son, someone's friend, a graduate of this school who has "my" job at this location, and the masks go on and on from there.

You are a member of certain cultures and races, with conscious habits and bubblings up from what Jung referred to as the "collective unconscious." Your mask shows up in everything you do - how you stand, walk, look, and speak, as well as your beliefs and opinions. All these things are the mask you wear every day, except for Halloween when at last, with a sigh of relief, you get to choose, at least for a few hours and to some degree, to be someone else.

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Questions? To Pre-register or schedule an Angel or Soul Purpose reading Contact: Barbara -- 413-258-0228; bhardiema@aol.com

Presenter: Barbara M. Hardie -- Founder & Director of Angel Connections. Ordained Spiritualist Minister, Certified Spiritual Healer, Medium & Counselor. International Lecturer. Certified Hypnotist..



Yet, behind your Halloween mask is you, and behind all the masks of your life is the wearer of the masks - what is sometimes called the Self, the soul, or the Atma - pure formless absolute Consciousness that takes on all the limitations of the human body its attendant mind, senses, limbs, mental capacities, and life circumstances.

Our entire sphere of human-based awareness is just the tiniest particle of this vast universal existence. And at the very same time, as the ancient wisdom scriptures say, "Thou art THAT." My guru **Baba Muktananda** taught as part of his main message that, "God dwells within you, AS YOU." It's a subtle understanding that corresponds more to a multidimensional awareness than to the usual physical sciences.

One Indian scripture that was written before our modern scientific theories of atoms and molecules nevertheless jokes in that ancient philosophical way that this entire universe - including you - doesn't come out of the Supreme Consciousness of Being like the way a walnut comes out of a bag. Rather, this world (aka you) is reflected upon the unchanging wearer of the mask more like how a reflection exists in a mirror, without changing the mirror itself - a mirage of sorts that is both real and unreal.

...continued on page 38...

FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including *The Dragon Doesn't Live Here Anymore* and *I Had it All the Time*. Join Alan this November 8-13 in Sedona for a life-changing retreat, "The Opportunity Before You." For more info, Alan's free inspirational quote program, or his daily Wisdom for Today lessons via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079



How Easy Can it Get?

For a long time I have respected the work of Dr. Ihaleakala Hew Len, a psychologist Joe Vitale applauds in his book, *Zero Limits*. Dr. Hew Len was assigned to duty in a ward for the criminally insane. The ward, Dr. Hew Len reports, was a highly undesirable place to work or visit because the patients were often violent. The staff had high absenteeism and turnover.

Dr. Hew Len, however, had been trained in a Hawaiian healing method called *ho'oponopono*, which translates as "healing by restoring balance." Ho'oponopono teaches that the world we see is a projection of our own consciousness, and if we intend to make changes in the outer world, we must first restore balance and clarity in our own mind and heart. So Dr. Hew Len regularly took each patient in mind, and spoke to their spirit: "I'm sorry for creating you by seeing you as ill. I love you."

The results were amazing! After a few months, shackled patients were being freed, medications were lightened significantly, and patients who had been afforded no hope of being released, were going home. Eventually the ward was closed due to attrition!

The message of this experience runs deep and has life-changing potential for all of us: We can heal the world by changing our mind about the world.

Since I became aware of Dr. Hew Len's work, I wanted to learn more about it and possibly meet him. Yet he was living in California and I was in Hawaii, and both of us were busy with travels, so I did not have the opportunity.

Recently when I was in Japan presenting some seminars, my sponsor told me, "There is going to be a lecture in your hotel ballroom this evening. Would you like to attend?" When I asked her who was presenting the lecture, she told me, "Dr. Ihaleakala Hew Len." I was amazed! Here was a man I wanted to meet showing up in the hotel I was staying at in Tokyo on the one night I had free in my schedule! All I had to do to see him was ride down an elevator!

I attended the lecture, enjoyed it very much, learned from it, and had the pleasure to meet Dr. Hew Len. As I walked out of the meeting room I commented to my sponsor, "How easy can it get?"

...continued on page 30 ...

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- Oct 24-Natural Remedies & Nat. Products w/Theresa Andrews
- Oct 25-Wildlife: Beautiful, Harmless & Deadly w/Fred Bohler
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- Oct 31-Natural Remedies & Nat. Products w/Theresa Andrews
- Nov. 8 - Doga Yoga w/Candice Mitchell & Susan Fasold
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NOTES from the Universe



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

Did you know that in your gorgeous little planet's entire history, there's never been a drought that didn't end? A storm that didn't clear? Lightning that didn't retreat? An earthquake that didn't still? A flood that didn't recede? Or a plague that wasn't, eventually, overwhelmed by the healthy?

Now, as a rule, I'm not into odds, statistics, or gambling, but it doesn't take a rocket scientist to see that something's going on down there; that the deck is clearly stacked; and that you've got friends in some very, very, very high places.

HIT ME, BABY!

The Universe

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

SEE PAGE 46

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



YOU AND YOUR MIND

Ma Yogashakti on
Patanjali's Yog Darshan

Yoga Shakti Missions are non-profit organizations established worldwide by H. H. Ma Yoga Shakti Saraswati to teach the essence of yoga, meditation, and spirituality to all those who seek guidance. In Florida, visit 3895 Hield Rd NW in Palm Bay. For info, call 321-725-4024, or email yogashaktipb@yahoo.com. The website is www.yogashakti.org.



You believe that what you are thinking you are, but you are not that. You can be much more than that. You are limitless in your potential. Your mind has a lot of energy that you are not aware of.

The great Sage Patanjali said in his Yog Darshan (2nd Sutra) "*Yogash chitta vritti nirodhah*". Yoga means controlling the waves of the mind, the thought waves. The mind is waiting for your orders. You can create any kind of wave you want. You can generate happy waves or unhappy waves. You can create anger or joy within yourself. You can laugh, smile or cry. You can do it at your will. Usually we are carried away. We don't know when we are going to cry or be angry but yoga teaches you that it is at your will. You can generate any kind of wave at your will. Learn to master your mind. Don't let your mind run wild here and there. Learn to control the waves.

You may ask, "Why should I?" and the 3rd Sutra gives you the answer. Then the Seer (*Drushtu*), the real person behind you will be established in its own real place (*swaroop awasthaanam*) It means we are dethroned from our status. We were equal to God. We had the same power but by passing through different worlds we lost our energy and we have acquired some polluted energy. Some wrappings are over the soul and we have lost our original glow. We believe that we are matter, that we are subject to birth and death, but we are not.

Yog Darshan has 139 Sutras in 4 chapters. Chapter 1 gives details of how long the road will be and what we have to achieve. Chapter 2 tells us techniques and practices. Chapter 3 tells of the beauty of what we will gain. Chapter 4 says the real truth is the divine glory

Our life is all a passing phase. The world is changing every minute, every second. Your mind is changing every minute, every second. There is nothing stationary in this world. Everything is in a process of recycling. For a short time you are given this opportunity. It is just like when you go on a ride at Universal Studios. For a short time you feel you are on the ride, then you get down and there is no ride. This world also gives you a ride. Planet earth is revolving. We are having a ride of life here.

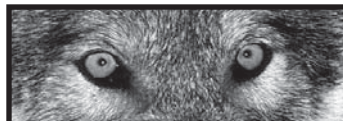
If you know all this you will not be disturbed by little things in this world. Your mind will have depth and you can sustain energy. You will not be hurt in this world.



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THIS MONTH'S THOUGHTS ABOUT THINGS...

...continued from page 30..

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



Dr. Len never saw his patients. His agreement was he would have an office and he would review the patient files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal. Dr. Len says he "was simply healing the part of me that created them." Dr. Len explained that total responsibility for your life means that everything in your life is your responsibility, simply because it appears in your life. That, in a literal sense, your entire world is your creation.

I have found that to the extent I believe that, to that extent does it work in my life. And I have no complaints about how it works in my life. I see the connection between me and everyone. If they are in my line of sight - even via tv or movies - I know why. If they come into my thoughts, I know why. And I recognize our kinship. And I recognize our inherent divinity, and I say I'm sorry and I ask forgiveness for whatever my part was in creating the situation, and I say thank you. Your name might be on the bench.

In fact, if you'd like to add your prayers every day, we welcome them. Simply go to the Photo of the altar or the bench at <http://www.horizonsmagazine.com/Photos/index.html> and pretend you are here with us, and you will be in spirit.



Doing this practice every day - both prayer techniques - goes a long way in keeping my own personal baggage illuminated and shed. Of course, I began doing it with the idea that I was doing a big holy service to mankind, me secretly helping all those folks who needed it (more ego tripping). I soon realized that was Spirit's way of tricking me into doing the process so I could work on myself, and for myself. Ya gotta love it. And I figure it's working since I might just be the happiest person I know.

Enjoy our offering this month. Hari Om.

Andrea



DREAM OF A MASK

Wayne Wirs is the author of "Fading Toward Enlightenment" and "The Implications of the Soul." Additionally he runs a website - RecentlyMissing.org - dedicated to helping find lost children. Wirs lives full-time in an RV, traveling

North America and documenting his adventures in his photo blog, www.waynewirs.com.

Last night I had a powerful dream:

I walked into a wind surfing store and said, "I want to wind surf."

The salesman pointed to a wall display and said, "You'll need a mask first." The "masks" that he pointed to, were some sort of safety helmets. The helmets were hinged at the top, with a solid colored back and a clear, plastic front. The front plastic, though, was shaped into a mask, a different "face" on each one.

It was obvious that you put the hinged part at the top of your head and clipped the front and back together so your head was completely enclosed.

The salesman handed me one which had a clear, see-through image on the front which he told me was the son of Medusa. "I think this one will fit you nicely," he said.

I looked at the disgusting face and told him I don't want a mask.

Then the salesman said, "You won't survive without a mask."

At the time of this dream, I had been going through a spiritual transition--a period of "waking up" to the true nature of my reality (<http://waynewirs.com/category/transition/>). "Enlightenment" seems too fanciful a word, but there it is. In seeing through the falseness of my ego--the individual self--I have been surprised at how stubborn personas are: the way we act around others, at work, with family, etc.. It has become obvious that personas are much more the result of lifelong conditioning rather than conscious and controlled acting. Being unconscious, they are much more "persistent" in our psychological makeup.

The masks in my dream seem to reflect these two, closely-linked (the hinge at the top of the mask), issues. My ego/self now being "transparent" (the clear plastic front) yet my personas being "hard" (the hard plastic itself).

As to the salesman's comment, "You won't survive without a mask," either the salesman is Jung's Trickster (the ego afraid of dying) or I've still got a lot of meditating to do.



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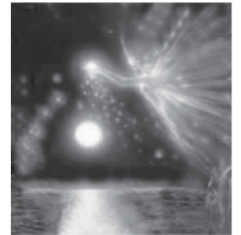
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HOW LOSING MY LIFE'S SAVINGS HELD AN UNEXPECTED GIFT

...continued from page 11...



Then the strangest thing began to happen. The words of a poem I'd heard ages ago, called "Kindness" by Naomi Shihab Nye, began to play in my mind. I didn't choose it. The poem seemed to choose me. It was like the part in a movie where suddenly the noise of the scene fades into the background and all you hear is the thunderous throb of the protagonist's heartbeat over a kind of otherworldly hum. In my case the hum was there, but it was the lines of this poem that pulsed over it:

Before you know what kindness really is
you must lose things.

I hit replay once more. But louder than the voice on the machine was a fragment of the next line of the poem. Something about the future dissolving "like salt in a weakened broth." Behind the pounding in my head I heard myself thinking, Oh, I get it, "a weakened broth." You add salt to it because you don't have enough money for the real ingredients. I had never understood that line before.

Nothing seemed to matter but looking up the next lines of the poem. I tried to reason with myself: there was so much more to worry about than the second stanza of "Kindness"! Googling a poem at a time like this seemed crazy. Look up a lawyer, an accountant, even a professional assassin (just kidding), but not a poem.

Perhaps I shouldn't have been so surprised at the poem's sudden appearance. For several years I had been writing and teaching about how poetry, our most ancient form of prayer, can cause profound shifts of consciousness when read, spoken aloud or heard. In fact, I had just finished writing a book on the healing power of poetry. There was even a chapter about people all over the world who had turned to poems in the direst of circumstances—a suicidal teenager, Sunnis and Shiites on the bombed-out streets of Baghdad, a grief-stricken woman after her brother's suicide, and many more.

Maybe this crisis was some kind of final exam in my own teachings? If it was, I had definitely failed the test. In the moment of that fateful message, poetry was about the last place I thought to turn. It was almost as if "Kindness" had flown in

...continued on page 33...

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Nellie

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

Email alwaysnellie@yahoo.com

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The Doorway to Symbolism



The Bat



he animal symbolism of the bat speaks of:

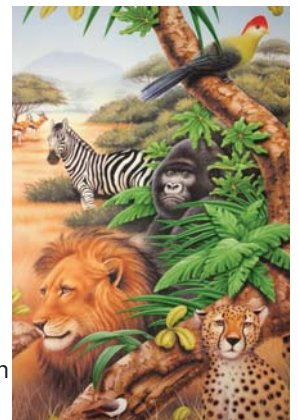
- * Illusion
- * Rebirth
- * Dreams
- * Intuition
- * Initiation
- * Journeying
- * Inner Depth
- * Communication



Let's face it, the bat isn't the most popular of animal totems. In fact, it's largely misunderstood and so therefore many of its symbolic meanings are inappropriately fear-based.

However, the very savvy Native Americans approached the realm of animals from a position of honor - knowing that all things are connected. They understood that seeing the bat with fear in the heart would be the same as being terrified of their own children. Ridiculous.

The Native American animal symbolism of the bat comes from a keen observation of this magnificent animal. These people recognized that the bat was highly sensitive to their surroundings and so therefore was considered a symbol of intuition, dreaming and vision. This made the bat a powerful symbol for Native American shamans and medicine people. Often the spirit of the bat would be invoked when special energy was needed, like "night-sight" which is the ability to see through illusion or ambiguity and dive straight to the truth of matters.



The bat is a symbol of rebirth and depth because it is a creature that lives in the belly of the Mother (Earth). From the womb-like caves it emerges every evening at dusk. And so - from the womb it is reborn every evening.

It is a symbol of communication because the Native Americans observed the bat to be a highly social creature. Indeed, the bat has strong family ties. They are very nurturing, exhibiting verbal communication, touching, and sensitivity to members of their group.

If you have the bat as your totem you are extremely aware of your surroundings. Sometimes you can be overly sensitive to the feelings of others. Additionally, you are quite perceptive on a psychic level, and are prone to have prophetic dreams.

If you work with the bat as your totem, you will be put to the test, because it demands only 100% commitment to spiritual growth. The bat will never accept half-hearted or lukewarm attempts at self-improvement. Indeed, if the bat senses that you are slacking in your psychic/spiritual training it will likely move on to someone else who is more willing to learn the lessons the bat has to offer.

As with most of our hardest challenges, working with the demanding bat will reap some of the most profound rewards you could ever dream of. But be warned, the bat asks a lot of us, like:

- * Dying to our ego
- * Loving our enemies as ourselves
- * Going within to touch our inner demons
- * Exploring the underworlds of reality (which can be scary)
- * Renewing our thoughts and beliefs on a moment-to-moment basis

All of these tasks can be harrowing experiences. This is why the Native American symbolism of the bat deals with initiation; because this creature takes us to outlandish extremes. But rest assured, the bat is never leaves our side while we are journeying.

Furthermore, once we are tested to satisfaction, the devotion of the bat will never fade. It will eternally support us on our spiritual path - ever faithful and forever loving us on our journey to maintain our highest potential.

ABRAHAM-HICKS



...continued from page 8...

There is not anything that any of you want—whether it's a material object, a state of being, a relationship, a circumstance or event... there's nothing that you have ever wanted or anybody you've ever known has ever wanted—that is for any other reason than you think you will feel better in the having of it... And when you show yourself that you can feel better just because you've decided that you want to feel better, and that you have the power to choose a thought that feels better, now, you're on your way. And there's nowhere that you cannot go along this Emotional Scale. And when you make it up there into the consistent range of feeling pretty darn wonderful, then wonderful things become the basis of your experience.

Sometimes well-meaning people will encourage you to get happy faster than you can. And the reason that we say that is because, as we said earlier, you cannot put your radio dial on 630 AM and hear what's being broadcast on 98.6 FM; the frequencies have to match up. And if you are in despair, or fear, or anger, you can't jump all the way into bliss; you can't even get a whiff of bliss. It's a different vibrational frequency.

So, what we have noticed as we've been watching you, we notice that when you try to jump from anger or despair all the way to bliss, you don't make the jump; you can't possibly do it. And it's not because you're not good; it's because **Law of Attraction** is not going to give you access to thoughts or memories or experiences, or other people, that's very far from where you are offering your vibration.

It is so important that you decide today (well, you can decide tomorrow; you can decide any time you want to, but it will be important to you when you make this decision) that you're not going to try to jump frequencies... It doesn't matter where you are; you can move gradually into increasingly better places.

The thing that is so important is that you, now, once and for all, make a decision that the relativity you're going to be aware of is only going to be the relationship between how I am feeling, and how I want to feel. In other words, My dominant intent is to find the best-feeling thoughts that I can find from where I am. Not the best-feeling thought I've ever thought, or not the best-feeling thought that anybody has ever thought, but just the best-feeling thought that I have access to, right now.



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Decide, really soon, that you are not going to compare your emotional state with anybody else's, because their emotional state is only about their emotional state; it doesn't have anything to do with you. Your friend that says, "Cheer up; be happy; come with me," say to your friend, "I was depressed yesterday, and today I'm really, really angry. And it's the best I can do. So, don't ask me to jump up there in your bright, fluffy, sunshine, lollipop and roses vibration; it's not possible. It's a quantum leap I cannot make. Go away, unless you like to be around an angry person."

Decide that you're going to be aware of how you feel, and that how you feel really matters, and feel exhilaration when your vibration shifts. When you move from despair or fear into anger, we want you to have a triumphant feeling of celebration because that was enormous, important movement, vibrationally, and because once you get angry, you can move rather quickly into frustration, and when you find that fresh breath of air that frustration gives you, we want you to stop and celebrate your achievement—but you're not going to be able to do that if you are trying to compare yourself with where others are....

...continued on page 37...

FROM THE HEART

...continued from page 17 ...



As we move more deeply into a season when new school and work ventures begin, we might do well to remember Dr. Hew Len's healing experience. If you face a difficult situation or a challenging person, your first impulse might be to try to manipulate that person to change their behavior to accede to your hopes and desires. Or get them to try to go away. Or you might be tempted to just leave. Such a moment, however, would be an excellent opportunity to heal the situation by changing your mind about it.

The ho'oponopono method is quite simple, and you can gain its benefits from even a simple understanding of it: The world you see is nothing more or less than the projection of your thoughts about it. No one outside you is doing anything to you, for you, or against you other than what you are doing to yourself. Shift your vision of that person or situation, and the person or situation will shift in accordance with your vision of them or it. Take the person or situation into mind and heart, and say, for example: "I accept responsibility for creating my experience of you by way of how I have thought about you. I now wish to change my experience by changing the version of you I am holding in my mind. I now choose to see you as loving, wise, healthy, and kind. I recognize your higher, better, and whole self. I see this situation as working out to everyone's well being and benefit."

The words you use are less important than the intention you hold. When you accept one hundred percent responsibility for setting the situation up as it has been, you gain one hundred percent of the power to create an outcome that works for you and everyone involved. It's as simple as that. As Dr. Hew Len said in his lecture, "I wish I could make it more complicated. But that's just how simple it is."

A Course in Miracles teaches the same principle in this way: I am responsible for what I see. I choose the feelings I experience, and I decide upon the goal I would achieve. And everything that seems to happen to me I ask for, and receive as I have asked. Now that's quite a premise to accept. But that's the level of responsibility you and I must accept if we wish to attain mastery in our life and make the world a better place.

It's time for all of us to question our assumptions about how hard it is supposed to be. We have been taught that the way to success is through struggle and sacrifice. But that just reinforces the belief that we win by moving external pieces about with toil and difficulty. How much simpler would it be to change your mind? When you do, the person you most want to meet might be as close as an elevator ride away.

HOW TO ALWAYS BE INSPIRED AND SELF-MOTIVATED



...continued from page 9...

How to Be Wisely Decisive

There is a tide in the affairs of men,
Which, taken at the flood, leads on to fortune.
- William Shakespeare (Julius Caesar)

By thinking rationally and using common sense, you will learn to make right decisions. When you are uncertain about what to decide, meditate to calm your mind so that your intuition will be more reliable. If you sometimes make a wrong decision, you will have at least tried to make a wise choice. Your powers of discernment will improve with practice.

When necessary, pray for guidance that may immediately emerge from within you or be revealed when you observe supportive events that occur and encounter unplanned, fortunate circumstances. When you are always spiritually conscious, your powers of discriminative intelligence will be infallible and you will intuitively know the right choices to make.

Affirm
I endeavor to make wise decisions which will enhance
my life and be fair and helpful to others.

How to Always Be Highly Self-Motivated

Discontent is the want of self-reliance: it is infirmity of will.
- Ralph Waldo Emerson (1803 - 1882)

Don't rely on existing circumstances or the good will of others to motivate you. Train yourself to be so highly Self-motivated that you are always optimistic, energetic, and capable of doing what you want or need to do. View your life as being a great adventure with countless opportunities for learning, creatively expressing, and growing to emotional and spiritual maturity.

Avoid reacting emotionally to sudden changes of events or circumstances. Instead, view them with calm detachment and, when necessary, respond appropriately.

...continued on page 31

HOW TO ALWAYS BE INSPIRED AND SELF-MOTIVATED



...continued from page 30...

Some people are not yet highly Self-motivated because they do not know what to do or what they want to experience. If you are uncertain about how to live your life or what is worthwhile to experience, do these things:

- Acknowledge that you are a spiritual being in this world to learn, creatively express, and be fully enlightened.
- Decide what you need to do to learn, creatively express, and awaken to Self- and God-realization as quickly as possible.
- Define your goals and purposes in writing. Be as specific as you can be. Write more goals and purposes that seem useful when you think of them. As you write your intentions, they will be firmly impressed in Cosmic Mind which will begin to produce events and circumstances which are necessary for your well-being.
- Write what you are doing—and will do—to accomplish what you are inspired to accomplish.
- While concentrating on essential matters and disregarding all others, proceed with confidence.

Affirm

Always inspired, wisely decisive, and highly Self-motivated, I awaken easily through the stages of my progressive spiritual growth that will culminate in liberation of consciousness.

Adhering to the Spiritual Path That is Right for You Brings Forth Your Innate Qualities, Improves Your Functional Abilities, and Enlarges Your Capacities to Be Self- and God-Realized.

The mind generates countless ideas which weaken it, veil perceptions of truth, and impress tendencies in the subconscious which are mostly dormant. When they [ideas and tendencies] no longer exist, the veil vanishes in a moment like mist at sunrise, and with it the greatest sorrows also vanish.

– Ancient yoga text

The purpose of spiritual practice is to calm and purify the mind and weaken and dissolve troublesome subconscious influences which blur and fragment one's awareness. When the mind is no longer restless and troublesome subconscious

conditions are no longer influential, awareness is clarified and realization, direct experience and knowledge of one's essence of Being, is possible. "The seer [the essence of Being which perceives] then abides in itself" (Patanjali's Yoga-Sutras 1:3).

The forms of spiritual practice that are right for you are those which are most compatible with your psychological temperament, capacity to learn, and capacity to practice. If you are inclined to be very devotional, balance your devotional ardor with rational thinking and improve your powers of intellectual discernment. If you like to pray, sit in silence for a while after you pray. If you enjoy chanting, when you are calmly attentive, stop chanting and meditate. If attending group sessions with spiritual friends is supportive, avoid emotional dependency and learn to be comfortable alone in your private meditation chamber. When reading trustworthy metaphysical literature or accessing other useful learning sources, use your discernment to perceive what is true, rather than believe what you examine because the source is considered to be authoritative.

Affirm

Firmly resolved to be Self- and God-realized in my current incarnation, I faithfully adhere to my spiritual path. I am thankful for the insights I have and the growth that I experience. We Live In a Multidimensional Universe

multi *More than one. Many, much, multiple.*
dimension *From Latin: extent; to measure.*
universe *Latin unus, one; versus, to turn. Everything that exists regarded as a whole.*

The three observed physical dimensions are height, length, and width. Time is regarded by many people to be a fourth dimension because things exist in it, in space. In physics, a region of space bounded by gravitational and/or electromagnetic forces, in which things may exist and events may occur, is called a field.

Multidimensional fields and their contents exist without interference because of their unique characteristics and energy frequencies. Physical, astral, causal, and mental fields emanate from a field of primordial nature (the Om vibration with characteristics of space, time, and fine cosmic forces). A field of primordial nature is projected from a Radiant field, of which there may be many, each of which have attributes which may produce and maintain a universe. Absolute or pure Reality beyond the Radiant field is not a field because it is infinite—without attributes or boundaries.

Most people in a physical field (world or realm such as the one in which we presently dwell) do not directly perceive astral, causal, mental, or the more refined fields, and have difficulty understanding subtle influences which produce and

...continued on page 42..

ABRAHAM *FUN*



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

T *Handling Differences With Co-Workers*

hanks to a reader for these work-related questions

1) Yesterday, there was a long discussion amongst colleagues at work, a result of the strange promotion policy. Surprisingly, everyone believes that to get to the top you have to use some sort of corrupt way, either buttering up the right guy or being a "yes man." Also that you really cannot be at peace at the top. I found all that pretty disturbing. So I got up and left as all I had to say was met with opposition. I am surprised that people have such a strong belief that you cannot be living in joy and at peace and still be at the top. What does Abraham have to say about this?

2) I fear that I will alienate people or that people will start finding me and my ideas/ thoughts strange as they do not match with the majority. I understand that I can do nothing about the way people think of me. This is OK, except that I work closely with these people each day and they are good, kind people. I do not want to have any bad feelings due to differences on non-work related issues. How do I deal with such communications?

The Abraham recommendation concerning any situation that is evoking negative emotion in us is to change our thoughts about what is going on. Then, as we reach a better-feeling place, the situation must improve to match our new point of attraction. So, let's jump in here to see where we can make some adjustments with the first question.

Like Abraham, we'll call going in a better-feeling direction DOWNSTREAM, and we'll call going in a just-as-bad or worse feeling direction UPSTREAM.

We have a strange promotion policy at work. UPSTREAM

At least my colleagues and I have an opportunity to discuss the promotion policy and do some possible brainstorming. DOWNSTREAM

Surprisingly, everyone believes that to get to the top, you have to use some sort of corrupt way, either buttering up the right guy or being a "yes man." Also that you really cannot be at peace at the top. UPSTREAM

Well, maybe not every person believes that — but certainly the most vocal ones do. SLIGHTLY DOWNSTREAM

I found all that pretty disturbing. UPSTREAM

This isn't the first time I've found myself at odds with my co-workers' beliefs. At least I have the backbone not to adopt the consensus of the group if I don't concur. DOWNSTREAM

It's too bad that people have distorted notions of what it takes to be promoted and what it's like to be in a high leadership position. I'm glad that I hold a less cynical and pessimistic perspective. DOWNSTREAM

...continued on page 43...

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HOW LOSING MY LIFE'S SAVINGS HELD AN UNEXPECTED GIFT

...continued from page 22...

on some kind of deus ex machina to say, "It's clear you don't have a clue how to handle this, so I'm going to take over your mind and show you what really matters right now." If it hadn't, I might still be sitting on that rug, paralyzed.

In the frenzy of days that followed—full indeed of lawyers and accountants, sleepless nights, hours of obsessively googling "Madoff" as if an answer might somehow rise up out of the morass of gossip—"Kindness" was my lifeline. The images in the poem—an Indian dead on the side of the road who "could be you," a cloth of sorrow that wraps round the planet, a breed of kindness that "lifts its head from the crowd of the world" in the face of the deepest loss—opened the tight fist of my own little drama to the constant awareness that I was not alone.

I don't know how I would navigate this loss without "Kindness" to guide me. Even now, almost a year later, occasional floods of grief rush in without warning—for the life I thought I'd be living, the home I may never be able to own, the financial support I'd planned to give to people and causes I love. I still have no idea if I'll have money for food and shelter when I'm 64, or even in six months. But because of the constant guidance of Nye's poem, when the wave of loss swallows me, I emerge with my voice more tender, my eyes more open, and a deeper well of kindness in my heart.

KINDNESS

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of kindness,
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.

Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to mail letters and
purchase bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.
—Naomi Shihab Nye

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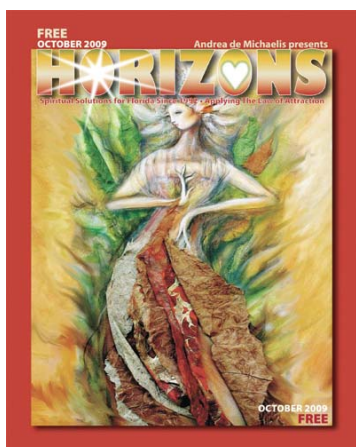
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COVER ART

Earthiness by Lori Hlavsa

Residing in Florida with her husband, Lori Hlavsa is an accomplished artist.

"I hope to take the viewer to a place where Imagination and Dreams really do exist"



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

Working part-time, her signs and murals brightened up, homes, daycares, and Broward County schools.

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

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

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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.
Email to HorizonsMagazine@aol.com and call 321-722-2100 with credit card info.
No calendar listings taken by telephone. All listings must include time and physical location.

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

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

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

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

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 4725 N. Courtenay Pkwy 321-452-2625. Inspirational, uplifting music 1st Sunday Potluck & Bring a Friend, 3rd Sunday Wellness Healing Service 11:30am

Sundays COCOA VILLAGE - Sunday Celebration begins at 10:30 am - Center for Spiritual Awareness - We are a loving, accepting Spiritual family celebrating an awakened life - 5 Rosa L Jones Dr. (Community Women's Club building) - 321/634-5188 - www.cfsabrevard.org A Member of United Centers for Spiritual Living www.unitedcentersforspiritualiving.org

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

Sundays MELBOURNE 10am-11:30am The Spiritualist Chapel of Melbourne with Rev. John Rogers, 1924 Melody Lane, behind the Melbourne Auditorium. Everyone Welcome! 321-733-1555 Visit www.spirit-chapel.org

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

Sundays MELBOURNE Metaphysicians' Circle meets at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7-8:30pm \$3 321-537-3843

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7-8:30pm \$3 321-537-3843 \$10 for 15 minute readings 321-537-3843

2nd Sunday of month MELBOURNE Noon-2pm Medium's Day Open to the public \$15 for 15 minute reading. Also available Snacks • Massage Therapy • Healing by donations. The Spiritualist Chapel of Melbourne 321-733-1555 Visit www.spirit-chapel.org

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313
Saturday, Aug 1st Cassadaga 10am -5pm Lionel Owen visiting Author and Medium from Brazil Cassadaga Bookstore, call for info. 386-228-2880

Tuesdays MELBOURNE 7pm Lebed Method, therapeutic dance program for cancer survivors, multiple sclerosis, fibromyalgia, arthritis and other chronic conditions. 618 Washburn Road 321-544-6977

October 3rd THONOTOSASSA Element of Air Festival. We will have sales on used books, incense, fairies, BOS, feathers and ink. There will be readers healers, lecturers and more. Mystikal Scents 9545 E. Fowler Ave, Thonotosassa, FL. 33592 813-986-3212 or visit www.myspace.com/mysticalscents

Friday - Saturday - Sunday/October 9, 10 & 11 NORTH CAROLINA E.L.F. (Enchanted Living Forest) SCHOOL sponsored by Enchanted Walkabouts held at the Mtn Light Sanctuary, NE of Asheville, NC, East of Weaverville, NC. Presenters from FL, PA, NC about fairies, orbs & nature spirits. Contact John Springer at b_in_joy@hotmail.com or 407-704-2320 for tuition costs, lodging & info. www.enchantedwalkabouts.com

October 10th THONOTOSASSA Element of Fire Festival. We will have readers, healers, lecturers and more. Plus sales on Candles, Dragon Statues, Dragon's Blood incense, Love Spell Kits and Drums. Mystikal Scents 9545 E. Fowler Ave, Thonotosassa, FL. 33592 813-986-3212 or visit www.myspace.com/mysticalscents

Saturday, October 10 BUNNELL "introduction To Hand Analysis" Debbie Davis will leave you knowing a little more about Palmistry. Location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL. 32110....386-437-3230

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

Tuesday Oct. 13th MELBOURNE Psychic / Spiritual Development Classes 7:-9:30 PM. Class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20. Marilyn Jenquin, International Foundation for Spiritual Knowledge. www.ifsk.org 407-673-9776

Saturday, October 17 PENSACOLA at 10 AM through Sunday, October 18 at 5 PM. The Spirit Of Light Expo 2009 is thrilled to welcome special guest speakers Mark Patterson, Arran Anderson and Moonstone Star White. Mark, known as the "human singing bowl," is a world-renowned energy/sound healer, frequent national speaker and is at <http://theGodTone.com>. Arran is a decorated Peace Corps veteran, world traveler, mystic and spiritual leader whose work, The Activation, is one of the best reference guides for our new world energy; his website is <http://TheActivation.com>. Moonstone's book, High Way from Hell (Using Emotion to Fan the Fire of Enlightenment) is the recipient of eight national book awards; her website is <http://www.LiberateYourSpirit.com>. Join the fun on Oct 17 & 18 at Bayview Community Center and Park in Pensacola, Florida. Two days of terrific music, great food, wonderful vendors and exhibits, insightful intuitive readers, great guest speakers, and amazing alternative healers of all kinds. Yoga, Tai Chi and Drum Circles kick off the event this year. Admission \$9.99.

October 17th THONOTOSASSA Element of Water Festival. We will have readers, healers, lecturers and more. Plus sales on oils, Healing Spell Kits and Bath Salts. Allison Wright - Lecture: Medicinal Herbalism/Magical Herbalism. Mystikal Scents 9545 E. Fowler Ave, Thonotosassa, FL. 33592 813-986-3212 or visit www.myspace.com/mysticalscents

Mondays, Oct 19 thru Nov 9 BUNNELL "Stretching Your Mediumship".... Instructor is Rev. Maeda Jones from Cassadaga. A 4 week intensive course aimed to push you to the next level of competence. Location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL. 32110....386-437-3230

October 19th HOLLYWOOD Patient Care Volunteer Training Class from 8:30-5pm Volunteer with Hospice by the Sea, a not-for profit organization serving patients residing throughout Palm Beach and Broward Counties. Patient Care Volunteers provide companionship to patients in private residences, nursing facilities, and Care Centers. Other opportunities are available including office, thrift shop, special events, café, pet visitation, and complementary therapies. Please contact Sharon for information on requirements: 561-416-5113 or sthiel@hospice1.org

Friday October 23rd - Sunday October 25th MELBOURNE "The Healing Power of the Frame Drum" Weekend Workshop -- Layne Redmond, acclaimed frame drummer and author of "When the Drummers Were Women", will teach basic strokes on the frame drum using a synthesis of drumming techniques from various world cultures. Participants will create rhythms to be used ritually with ancient techniques of humming sacred sounds to synchronize body/mind and create conditions for psychological, physical, and spiritual healing. All experience levels welcome. Friday 6pm - 9pm; Saturday 9am - 9pm; Sunday 9am - 1pm. Cost: \$200 for registration by October 3rd, \$220 for registration after October 3rd. Location: Rhythms of the World Cultural Arts Center and Peace Garden, 1482 Pineapple Ave, Melbourne. Contact: Sharan Miller at peacedrummer@verizon.net for details.

October 24th THONOTOSASSA Element of Earth Festival. We will have readers, healers, lecturer and more. Plus sales on stones & crystals, Prosperity Spells Kits, Gnomes & Trolls. Mystikal Scents 9545 E. Fowler Ave, Thonotosassa, FL. 33592 813-986-3212 or visit www.myspace.com/mysticalscents

OCTOBER 30 & 31, CASSADAGA HALLOWEEN HAUNTED WALK Cassadaga, Florida well known throughout the year for mediumship demonstrations and quaint Victorian village atmosphere will stir your imagination with a Haunted Walk. Join the living dead from 7-11 p.m. on Friday, Oct. 30, and Saturday, Oct. 31, at Cassadaga Spiritualist Camp, 1112 Stevens St., Cassadaga, FL 32706. Tickets are \$10 per person. The Phantom of the Opera starts the Halloween celebration in the Temple before participants step into another world, enter through a doorway of a stone castle. A tunnel leads to a land of no return. Find your fate at the Devil's Chair. Could your stop include a graveyard? Many ghouls, goblins and monsters await you visit.

October 31st THONOTOSASSA Element of Spirit Festival. We will have readers, healers, lecturers and more. Plus sales on Statues, Jewelry, God/Goddess Statues, Sage, Dream Catchers, Pendulums and Scrying tools. Jamie Hendrickx - Lecture on Pendulums. Eagle/Owl Spirit Dance performed by Jamie Hendrickx. Mystikal Scents 9545 E. Fowler Ave, Thonotosassa, FL. 33592 813-986-3212 or visit www.myspace.com/mysticalscents

Mondays 11/9 and 11/16 NORTH PALM BEACH Fresh Start...Beginnings and Beyond --Joyful Interactive Workshop. Imagine your life and learn to create your joy. Gather together and learn, laugh, love, create and share. Connecting with self and others. \$10/session. 6:30 - 8:30 PM 561/568-0639 / 762-2187 / 602-0006

Nov. 13 - 15 MIAMI BEACH The Miami Beach Antique Jewelry & Watch Show will be at the Miami Beach Convention Center. Show opens at 11 am each day. Visit www.dmgantiqueshow.com for information.

November 21st BOCA RATON 8:30-5pm Volunteer with Hospice by the Sea, a not-for profit organization serving patients residing throughout Palm Beach and Broward Counties. Patient Care Volunteers provide companionship to patients in private residences, nursing facilities, and Care Centers. Other opportunities are available including office, thrift shop, special events, café, pet visitation, and complementary therapies. Please contact Sharon for information on requirements: 561-416-5113 or sthiel@hospice1.org

ABRAHAM-HICKS



...continued from page 29...

Your creativity, has only to do with your relationship with the Source Energy that creates worlds. And your emotions tell you everything you need to know about that relationship. So, it doesn't matter how happy somebody else is; it only matters how happy you are.

Do you know how, in the classroom, they'll give you an A for this behavior, and a B for this behavior, or an E, or an F for that behavior. And so, you begin to think that somebody up there in joy and appreciation should get the A, and somebody down here in depression should get the E or the F. And what we want to say to you is, when you move from depression or fear into anger, give yourself an A, because that movement means everything.

What it means is, you've shifted enough vibrationally that you now have access to a whole other range of thoughts and experiences. And, of course, you do not want to get stuck there in anger, but from anger you have a prayer of reaching frustration, where you can't usually find yourself in the fresh breath of air that frustration is from despair or from fear; it's too much of a vibrational jump.

If you'll look back into your experience, you will begin to notice (and we don't want you to look back too much, but just begin to viscerally feel around) that emotions are always coming in response to what you are giving your attention to. And with far less effort than it takes to learn QuickBooks on your computer, you're going to discover that you can be in control of the way you feel, which means, you now have mastered the Art of Allowing. That means, no matter what's going on around you, you have discovered a way to feel good and remain in Connection, and when you've discovered that—then Well-Being must follow you everywhere you go.

Esther talked to a friend who's a magnificent counselor, (using many of the techniques that Abraham has offered over the years with her clients) and she says, "I tell my clients, 'find the eye of your hurricane and stay there.'" And Esther said, "I sort of like that. When you think about all the things that are going on in the world that could be upsetting to you, but there is this calm here where I am. In other words, I don't have to change the world; the world doesn't have to change for me." Do you know that is truly what the meaning of unconditional love is?

Full Moon Ball

Friday, October 30th 6-11 PM

1261 Range Road, Cocoa

7:00 Ancient Spirit Drummers Performance
Free Psychic Readings! Food & Drink! Kids Zone!
Live D.J. with music and Karaoke! Door Prizes!
Games! Spooky Stories around the Bonfire!



Cost is \$16 or \$15 per person with a canned good, and includes one free 15 minute reading.

Children 11 and under are free, but must be supervised.
All proceeds are going toward the Unitarian Universalist Church of Cocoa building upkeep and renovation.

* Absolutely no weapons. No masks unless on a child.
No pets. Individuals must be present to win door-prizes.

October 26 - 30, 2009

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For more information call (386) 228-2323 daily between 9am and 5pm EST Class size is limited so make reservations early.

Discount rates on lodging in the Cassadaga Hotel for those who have signed up for the Goddess retreat




...continued from page 15...

Unlike humans who have an individual soul, animals have what is known as a "Hive" soul. This means that they belong to a group consciousness that governs them as a whole. When an animal dies it returns to the collective consciousness. As for your cat, she's probably what I refer to as a "Familiar." These animals are very unique as they are more cognitively aware than normal. They tend to be in between our world and the Spirit world. Familiars usually come into a human's life to act as a companion helper.

Dear Whitedove: What does the color purple mean in spiritual terms? Is it true that we are known in the Heavens by our soul's colors? **Colorful in Corvallis**

Dear Colorful: Purple is the highest spiritual color; if you see purple in a person's aura then it means they are very spiritually evolved. Yes in the Heavens we are known and ranked according to our colors. This also means that as our souls evolve our colors will also change.




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Wild Iris Books is North Florida's largest and most comprehensive Metaphysical and New Age store.



TAKE OFF YOUR MASK THIS HALLOWEEN

...continued from page 16...

Think of a dream. All the different people who appear in your dream, known and unknown, are made of what? They are all made of your own dreaming consciousness, which has put on the dream-based show and put on the masks of everyone in your dream, whether your sleep is taking place on Halloween or any other time. The same wearer of masks in your dreams is also the director and scriptwriter of your nighttime dramas.

Just as your individual consciousness creates all the worlds of your dreams every night throughout your whole life, so the BIG CONSCIOUSNESS creates the entire world and universe of which we are all a part. That same wearer of all masks Itself plays every role, including yours.

"What was your face like before your parents were born?"

-- A Zen koan

So this year, as you put on your Halloween mask, remove your sense of identification with your any masks that bring you down or keep you from living a happy and meaningful life, regardless of how the masks of your life may look on the outside.

Take a few minutes this Halloween and sit quietly. Imagine pulling off all the masks so that you can sit with your great soul, the great Self that exists within you as you. Bow your head in reverence to THAT and go through all the scenarios of the play of your life remembering that the same supreme Consciousness that has put on your mask is also the same supreme Consciousness that wears all masks, while remaining completely free of all masks.

"Come and see:

Every single day, dew trickles down
from the Holy Ancient One to the Impatient One,
and the Orchard of Holy Apple Trees is blessed.

Some of the dew flows to those below;
holy angels are nourished by it, each according to his diet,
as it is written: 'A human ate angel bread' "

-- Psalms 78:25

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HOW TO CREATE YOUR OWN HORIZONS COMMUNITY GROUP

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

• **Mark on your appointment book all of the events from the calendar you are interested in.** That way, when the day comes and you're suddenly free, you know about it in time to go.

• **Have friends over once a week to discuss articles and ideas.** Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.

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



OUR MISSION STATEMENT

Established in 1992, Horizons Magazine is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. We do this by our intentions, beliefs and expectations, by every thought we think and every word we speak.

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

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

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

*From my heart to yours,
Andrea de Michaelis*



SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

OCT 2009

October again. Just like last year. I knew it would happen. Check out what I said in my last year's article: "Mark my words, we will have another one next year!" Well, maybe I just dreamed it. Maybe I just mentioned it to friends, which may explain why some of them have been acting oddly toward me ever since. They thought I was bats! Hmmmph!

I'm not bats, this month is lying. It is! It is **October**, the eighth month but when I counted, it was the tenth and the blame for that lies at the moldy feet of **Julius Caesar** himself. You see, the calendar was nice and balanced but then he came along and mucked it all up. Oh well, there's no accounting for taste...

Upon that night, when fairies light
On Cassilis Downans dance,
Or owre the lays, in splendid blaze,
On sprightly coursers prance;
Halloween by Robert Burns

Nope! Not bats! Not me, this is the month of that wonderful commercial holiday called Halloween. It was started by the **Catholic Church** and was called "**All Hollows Day**" or "**All Saints Day**" and was celebrated by **Roman Catholics, Episcopalians and Lutherans**. In the seventh century, **Pope Boniface IV** set aside a special day in May called **All Saints' Day** to celebrate saints and martyrs. This day was moved to November 1st by **Pope Gregory III** in an apparent attempt to replace the pagan Celtic festival of the dead with a similar church sanctioned holiday. Later, in 1000 CE, the church set aside November 2 for '**All Souls' Day**'. So, to honor **Halloween** and a common symbol of the day, that little mosquito eater himself, the bat! So, to the bat I give you...



Bat, Bat, come under my hat
and I'll give you a slice of bacon,
and when I bake, I'll give you a cake...
if I'm not mistaken.
Anonymous nursery rhyme



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OCT 2009

Oct 3rd - Hinduism: Lakshmi Puja, worship time for Lakshmi, beautiful goddess of good fortune

Oct 4th - Full Blood Moon at 2:11 AM EDT

Oct 5th - Lithuania: Nubaigai, Festival of the Old Woman - last sheaf of grain dressed as a woman to honor the Corn Goddess

Oct 17th - Hinduism: Kali Puja, worship time for Kali, the divine mother and protective goddess

Oct 17th - Hinduism: Diwali, Festival of Lights, one of the most popular holidays celebrating many events including birthday of the goddess Lakshmi

Oct 18th - New Moon at 1:32 AM EDT

Oct 20th - Bahaim: Birth of the Bab

Oct 22nd - Sumerian: Day of the Willows - festival to honor Goddesses Belili (Gestinanna) and Phoenician fertility goddess Astarte.

A factoid to end the month:

This month has the celebration of **Diwali**, one of the biggest celebrations in India. Diwali has something to celebrate for almost every Hindu, the birthday of the goddess **Lakshmi**, the rescue of Lakshmi by **Vaman-avtaara**, the fifth incarnation of Vishnu, the birth of the goddess **Kali**, the death of the demon king **Narakaasur** at the hands of **Lord Krishna**, the victory of Rama and more. It is celebrated over four days with colorful lights, firecrackers and sweet pastries. To my Hindu friends, *Happy Diwali!*

HOW TO ALWAYS BE INSPIRED AND SELF-MOTIVATED



...continued from page 31...

maintain a physical field. Physical, astral, causal, and mental fields; primordial nature; and the Radiant field (Oversoul or Cosmic Soul) exist in the transcendent, pure Reality which is not affected by what occurs in the objective fields.

You can feel the vital forces of your astral body and infer that a causal field exists because you know that material things are composed of cosmic forces. You can know that an omnipresent Cosmic Mind exists by observing how it responds to your mental states, thoughts, desires, intentions, and expectations by producing and attracting corresponding events and circumstances.

Be aware of the Om vibration when you meditate. With your intellect you can somewhat comprehend what the Radiant field is like; with intuition you can more accurately know it; when you experience it directly, your knowledge of it will be flawless. The infinite Reality beyond the Radiant field will be known when you are conscious of being a unit of it.

It is not necessary to try too hard to comprehend the higher realities. By improving your intellectual and intuitive abilities and clarifying your awareness by regular superconscious meditation practice, knowledge of the wholeness of life will emerge from within you as a revelation.

Affirm:

I am becoming increasingly aware of the wholeness of life.
The different forms of existing things are God's
various manifestations. - Kabir (13th century)

DEAR ANDREA: I saw something I wanted to pass along to you. It's from your piece in the August 09 issue: *"When you meet someone you click with - and this is in any area of life, not just intimate relationships - you come alive. You feel inspired. The thoughts and ideas and creativity begin to flow."*

That's what happened when I met you Andrea. Something clicked and I became alive and open to a whole new way of thinking. Thanks Andrea, M.E.

Andrea's daily blog can be found at
www.horizonsmagazine.com/blog/



SUGGESTED READING WATCHING LISTENING

From www.abraham-hicks.com

Ask And It Is Given
Money & Manifestation
Law of Attraction in Action
The Astonishing Power of Emotions
The Law of Attraction: Teachings of Abraham
From Grief To Joy: Moving Up The Emotional Scale
Think and Get Slim - Abraham on Natural Weight Loss
The Autistic Revolution - Children - Time of Awakening

Money and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness

The Vortex, Where Law of Attraction Assembles All Cooperative Relationships

From www.hayhouse.com

Daily Om by Madisyn Taylor

From www.newworldlibrary.com

Storycatcher: Making Sense of Our Lives Through the Power and Practice of Story by Christina Baldwin
50 Ways to Leave Your 40's - Sheila Key & Peggy Spencer MD
Mental Resilience by Kamal Sarma
Happiness From The Inside Out by Robert Mack
Single Woman of a Certain Age by Jane Ganahl

From www.soundstrue.com

Leap Before You Look by Arjuna Ardagh

Music from www.soundings.com

CD Global Rhythms Collection by Dean Evenson
CD Meditation Moment by Dudley Evenson

MUST SEE DVDs

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

The Secret - the Original edition with Abraham-Hicks. It's the one with "the secret" actually in it, although *The Secret* "extended version" has good info in it also.

The Shadow Effect featuring Debbie Ford, Deepak Chopra, James Van Praagh, Marianne Williamson & more
www.theshadoweffect.com

Oh My God? A Film by Peter Rodger www.omgmovie.com

ABRAHAM *FUN*



...continued from page 32...

I wish for my sake and for the sake of my co-workers that they held viewpoints similar to mine. UPSTREAM

But I'm thankful that I'm a sufficiently independent thinker that they're not going to sway me over to their ideas. DOWNSTREAM

I'm thankful that nobody controls me but me, because nobody but me controls my thoughts. DOWNSTREAM

I got up and left, as everything I had to say was met with opposition. UPSTREAM

I'm glad that I had the freedom and the courage to leave the discussion. DOWNSTREAM

I'm surprised that people have such strong beliefs that are counter to mine. UPSTREAM

I'm not sure how I ended up in a work environment with people who hold ideas so different. UPSTREAM

I don't think their ideas will serve my co-workers well. UPSTREAM

I suppose they unwittingly picked up their faulty assumptions from other people just as clueless. SLIGHTLY DOWNSTREAM

I'm glad that I've had some positive and insightful people and books who have influenced me. DOWNSTREAM

Being around misguided co-workers has helped me to clarify what I DO want in future colleagues and work environments. DOWNSTREAM

I believe Abraham when they say that if we make the best of a situation, it must get better. DOWNSTREAM

I take solace in the fact that not one other person needs to believe as I do for me to benefit greatly from the positive perspective that I hold. DOWNSTREAM

I believe that integrity, inner peace, and joy can easily go hand-in-hand with high achievement., and I've seen examples of it. DOWNSTREAM

I'm glad that we don't have to sacrifice anything to gain what we want. We can be, do, or have anything by keeping our focus on our desire instead of its lack and by maintaining a predominantly positive, happy attitude. DOWNSTREAM

I don't have to figure this all out. I'll continue to focus on what I want and watch for good things to happen. DOWNSTREAM

It's nice to see that cut-and-dried ways of looking at things are no longer the only game in town. DOWNSTREAM

I understand that I can do nothing about the way people think of me. SOMEWHAT DOWNSTREAM

I am learning to put less emphasis on what people think of me and more emphasis on my inner guidance — paying attention to how I feel emotionally and deliberately choosing better-feeling thoughts when I feel negative. DOWNSTREAM

Trying to make sure that people think well of me requires more effort than I'm willing to now put forth, for there aren't sufficient rewards. DOWNSTREAM

Sometimes I'm successful at keeping everyone else happy with me, but I'm learning to make my own happiness top priority. DOWNSTREAM

Ironically, when I make my own happiness my top priority, I seem to have so much more to offer others and things just seem to go so much better. DOWNSTREAM

I work closely with these people each day, and they are good, kind people. I do not want to have any bad feelings due to differences on non-work related issues. UPSTREAM

It's important that I keep my opinions and beliefs to myself, because I don't want to rock the boat and cause any consternation to these good, kind people. UPSTREAM

I would feel really bad if people learn my perspectives and feel shocked and dismayed. UPSTREAM

Then again, maybe my perspectives aren't so far out in left field as I think. DOWNSTREAM

After all, I basically believe in trying to take the most positive, optimistic approach to things. That's really not so weird. DOWNSTREAM

Almost everyone sees the benefit in thinking positive these days. DOWNSTREAM

Not one other person at work or elsewhere needs to see things in the exact same way that I do for me to benefit from the perspectives I'm choosing. DOWNSTREAM

I appreciate the good, kind people that I work with, but that doesn't mean I need to be just like them. DOWNSTREAM



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

HOROSCOPES FOR

Gemini May 21 to June 20 "I Think".

During this time of Libra - a sign that makes a trine to your Sun sign - a very harmonious energy, you become much more aware of your attitude toward others. This month you may be self critical and somewhat of a perfectionist, at least until you can take some time for your self and practice relaxation techniques.

Aries March 21 to April 19 "I Am".

All that you have been trying to do will certainly come to fruition at last. The seasons harvest full moon falls on Saturday October 3rd at 11:10 pm in your Sun sign. What a profound day for you. Auspicious as it is, you may feel like you are walking in between worlds, where endings and beginnings happen with clear and effective communication.

Taurus April 20 to May 20 "I Have".

This Autumn your focus turns inward as a desire to delve deeper from within your soul. You know by now that if you want change, you have to start with yourself. Monday October 5th, the moon will be in your sign, which will be a really good time to spend the day meditating in Nature.

Cancer June 21 to July 22 "I Feel".

With your sensitive nature, you are more open to unseen energies than most people. Be clear with what type of people you would like to attract because you are like honey when it comes to bees. Beware of attracting aggressive and overbearing people, you will get more accomplished by working behind the scenes and on the inner planes.

Leo July 23 to August 22 "I Will".

You are in a great financial window of opportunity for the next 3 months. Be prepared to share the spotlight with people in general when it comes to having your talents recognized. The lesson is for you to be thankful for all the help that has been bestowed upon you over the years. Gratitude is the key.

Virgo August 23 to September 22 "I Analyze".

With the new moon in Virgo last month, you became immersed in managing other people's resources. Your energy is at its best when you are helping people succeed. You will also continue to balance your heart with your logical mind. Compartmentalization may or may not be a good thing: I think it matters what you are doing, if you are a police officer yes, gardener no.

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

During your Solar Return month, you are driven to step outside the box of comfort conformity and complacency. How you intend to do this is up to you. The potential for travel to far away lands, learning new skills as well as new creative endeavors. Don't get discouraged if your new ventures get met with opposition; just trust in your cause and stand your ground.



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OCTOBER 2009

Scorpio October 21 to November 21/22 "I Transform".
With a drive to succeed coupled with determination, ambition and creativity, you will always take the ball and run with it. Although few understand your intensity, they can always count on you for the long haul and the adventurous winding road that gets you where you need to go.

Sagittarius November 22 to Dec. 21 "I Perceive".
With your funny sense of humor and your non-judgmental approach to life, you warm the hearts of many. Friends are from all walks of life. Your belief in a higher power has gotten you where you needed to be many times, even though you didn't remember how you got there. You and everybody else know that you are divinely protected.

Capricorn December 22 to January 19 "I Use".
Your very presence commands respect. The approach to life you take is one of diligence, fortitude, ambition and industriousness. Your shyness has protected you socially as well as propelled you to a deeper, more calmer place with yourself. It's a great time to reconnect with your product nature.

Aquarius January 20 to February 19 "I Know".
The more you focus on your own growth and self healing processes, all the people you have had issues with will subside quietly and dissolve into the cosmic mist. Heal thyself first, then everything else around you will adjust appropriately. You always step up to the plate to do what needs to be done.

Pisces "February 19 to March 20 "I Believe".
Your spontaneous nature will keep you on the move this Fall, visiting friends and family and tasting all sorts of yummy harvest foods. The restlessness that you have been feeling is transiting Uranus on your Sun sign with episodes of urges of freedom, rebelliousness to feelings of emptiness. It is up to you to fill the void. Choose wisely.

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



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

Healthy Eating Habits



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

Sleepytime Recharge

Science now knows that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear around us. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and thus create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health. *I listen to Sleepytime Recharge every night as I fall asleep and sometimes let it repeat over and over. I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you. K. Crane, Cocoa*



Oobe You Are Not The Body An astral flight out of the body

Being out of your body is a completely natural state that happens every night whether you recall it or not. With this recording, you will suspend yourself in the awareness of your physical body being "not there." Of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely and to remember what happened. You have the ability to become conscious and lucid when your astral body is out at night.



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PAGE 46

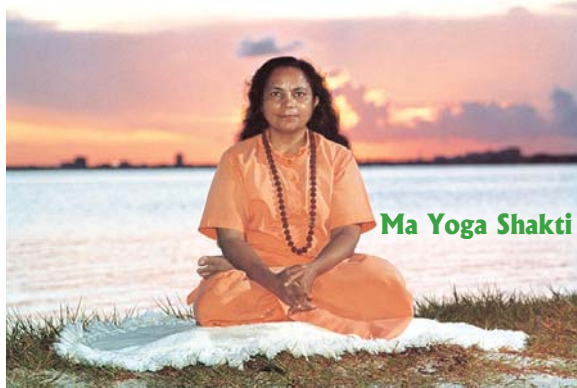
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