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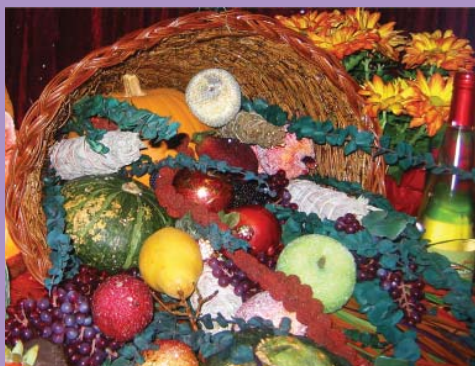
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*Join us for October Fest!  
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Sunday, October 24 - at 1:00 pm:

**FREE Author Lecture & Booksigning**

Sunday, October 24 - at 6:00 pm:

**Messages From Your Animal Spirit Guides Workshop**

Monday, October 25 - at 7:00 pm:

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**CHURCH YARD SALE October 2nd  
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bring to the church yard sale the  
week before. No junk please.  
Come shop or volunteer.

**LIVING AS THE FLOW: DISCOVER THE  
CHURCH WITHIN: SMALL GROUP  
MINISTRY Fall 2010 session.** Groups starting  
on different days and at different times during the  
week of 10/3. Our co-founder Charles Fillmore says  
"the true church of Christ is a state of consciousness  
in man..." We'll be exploring basic unity principles  
as our church's mission, values, and vision, and  
how they show up in YOU as the church. This is an  
interactive group of like minded people who share  
fellowship, silence, prayer and exploring their life in  
God. Come join us. Sign up in the hospitality room  
or e-mail Maggie at [iamthat@cfl.rr.com](mailto:iamthat@cfl.rr.com).

**EXPLORING THE "SCIENCE OF PRAYER"  
October 4 - 7 @ 7:00pm**

**Facilitator: Paulette Mason**

Using the book *The Universe is Calling* by Eric  
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history & processes of prayer. This class is for any-  
one who has ever questioned the value of prayer or  
wants to make prayer a more personal experience.

**LET'S CELEBRATE OUR FIRST YEAR OF THE TRANSFORMATION  
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will have a wonderful service and celebration of all that we have accomplished this last  
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**SE UNITY PEOPLE'S CONFERENCE Oct 18-22 at the  
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fundraising lunch for the zoo at Carrabas.

**Movie Premier Earth Songs: Mountains, Water and the Heal-  
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**CHAPLAIN RETREAT OCTOBER 29TH & 30TH**

If you are interested in becoming a chaplain this retreat is required. We will be joining  
chaplains from several other churches. Training will be at Unity Center for Spiritual  
Living in Merritt Island. Please call Scarlet 321-254-0313 x100 for more information.

#### ONGOING EVENTS

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

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

Reiki Healing Service Facilitator: Lloyd Reiser Sunday October 3rd, 4:30pm and Sunday November 7th, 4:30pm

Always check [www.unityofmelbourne.com](http://www.unityofmelbourne.com) for possible event date or time changes

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# THE GREATEST OPTICAL ILLUSION IS SEPARATION

# HORIZONS

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Andrea de Michaelis

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Kryon

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

Anais Nin

*Horizons thanks  
everyone willing  
to take the risk*

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

[www.new-thought.org/](http://www.new-thought.org/) Email [oneheart@roadrunner.com](mailto: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

**H**ello and welcome to the October 2010 edition of Horizons Magazine. Just in time for All Hallow's Eve, **we're seeking a pagan calendar writer for 2011.** Roger Coleman, principal minister of the Church of Iron Oak, longtime friend and author of the monthly Solar and Lunar Celebrations of the New Age, has his hands full with more pressing projects and he's scheduled the October 2010 column to be his last. Read his calendar on page 24 entitled **October 2010, The End of Days.** Second only to the horoscopes by Barbara Lee, Roger's calendar is a monthly favorite and he will be missed.

I will continue having a monthly calendar of pagan holidays celebrated by different cultures around the world. The word count is under 500 words, which is mostly the date and one line or two lines about each. I know. Low word count. The challenge is always to capture the reader's attention in a fabulously interesting one or two lines, isn't it? Please email your samples to me at [andrea@horizonsmagazine.com](mailto:andrea@horizonsmagazine.com). I would have to have 3 months ahead at a time. You have a 50 word bio to tell who you are and where you can be contacted. For style, please see Roger's column on page 24.

### I'VE BEEN CLEANING MY FLOORS LIKE A MAD MAN.

The past couple of weeks I've been cleaning my floors repeatedly. Moving furniture to clean the floor beneath it, taking everything away from the wall and away from the corners to get the entire floor's surface. My typical m.o. is a quick sweep, vacuum and swipe with the Swiffer Wetjet. But lately I've been cleaning it more often and more thoroughly. I love how Mop & Glo puts a nice teflon shine on the floor, but I really need to clean the floor really well first or it's going to get that waxy build up. As a test, I tried a patch 3 tiles wide by 3 tiles down with a solution of ammonia and water. I used a scrub brush for one minute and I was shocked at how much it lightened it up. The longer I left the solution on, the lighter it got. I'm considering renting a floor scrubber or asking a friend to do it for me. I don't know why it's suddenly more important now than it's ever been to get the floor clean, but it is.

During meditation last week, I reflected that so often in the past I've made do with a surface clearing of my thoughts and behaviors and beliefs. I'd make room for something new, but not completely replace the old. I'd let myself walk between the worlds, so to speak, until I got used to the new ideas and until they ultimately replaced themselves. Now something is clearly happening, and being reflected in me being obsessed with getting my floor clean. I have something I want to strip away, to get at the bottom of, to make new and fresh with a clean start, to get in on the ground floor with. I look forward to the unfolding. When I get to the bottom of it, I'll let you know.

How do you know if you're part of the problem or part of the solution? The way you know whether you are part of a problem or part of the solution of a problem is how you feel about it. If you feel hopeful, if you feel things are under control, if you feel God/the Universe has a handle on what's going on and is even now formulating solutions, then you are part of the solution. If

*...continued on page 34...*

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*Yes! I want to receive Horizons Magazine at my own front door*

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# Let's have a Seance

## Psychic Readings

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## Considering Committees As Co-Creational Conferences

**GUEST:** *So many of us are volunteers in committees. And many times, more than the actual attempt to make something positive happen from a committee, it becomes a scenario where we play out 52% positive energies in an arena for people, who are harbingers (unknowing to themselves) of doubt, to have a place of expression. Therefore, nothing gets done.*

**ABRAHAM:** What you say is true. We can give it to you in a very simple way. If even one person in the committee were there to hold an image of what is wanted, one person would set the Tone of that vibration. And every other person that's there with the well-meaning attitude of contribution would raise to that vibration. But what happens in most committees is that they're pushing against each other, and so nobody's connected to the Stream.

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So it reminds us of this. Jerry talked about when he was a youngster being a wrestler in a state championship, and we said, for most physical creators it's a bit like wrestling, in

...continued on page 26...

## Southeast Region Unity People's Conference Oct 18-22 at the Hilton Oceanfront Hotel, Indialantic, Florida

Stand Like Mountain Flow Like Water Dr. Brian Luke Seaward

Daily Practices for Teaching to Pray the Silent Unity Way led by Rev. Judith Elia with Musical Inspiration by Daniel Nahmod

Let's Play T.A.G.! with Marian & Glenn Head

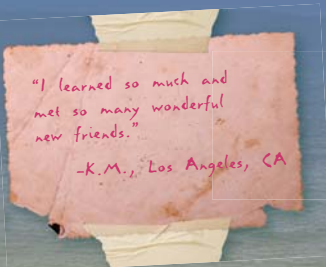
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**I**f we are ever to realize the integrity and consistent kindness of our True Nature, if we long to know something of heaven while we live on earth, then we must sow the seeds that bring that higher life into fruition.

One cannot expect to reap what one does not sow; and merely hoping for a higher life is not sowing true spiritual seeds, any more than climbing an imagined mountain is the same as reaching its top.

To sow spiritual seeds means that we do spiritual work. Spiritual work is always interior work first, even if, as a matter of course, this work becomes manifest through exterior action.

What is this interior work by which we sow the seeds of the celestial within us? Following are four ways to sow the seeds of a higher and happier life.

1. We must work to not burden others or ourselves with past regrets, disappointments, or fearful future visions, even as we learn to ask truth for more insight into those unseen aspects of our present nature that are reaping their regrets even as they sow more of the same dark seeds.

2. We must learn to sit quietly with ourselves and wait patiently for the light of peace to replace those dark, noisy thoughts and feelings telling us that we have too much old baggage to finish our spiritual journey.

Each time we sow these seeds through some quiet meditation, we reap the strength that comes from realizing that this silence that comes to us is our true home.

*...continued on page 38 ...*



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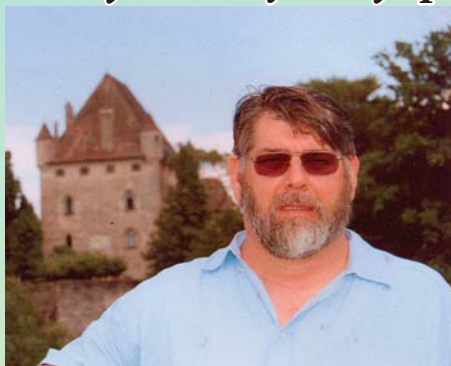
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**Nellie**



**TESTIMONIAL:**

*Nellie, I was so impressed with you when we met in March for a reading that I felt I had to see you again. You told me many personal things about family and friends that only I knew about.*

*You also told me about changes that would happen that would effect my business. One by one the changes did start happening just as you described. You have a wonderful gift, Nellie and I am looking so forward to our next appointment in October!*

Thanks, Janette

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## TAKING A HOLISTIC APPROACH TO BETTER BREATHING

I've been noticing that many people are being bothered by a persistent little cough lately. Some have tried western medicine to ease their symptoms and found it to be ineffective in restoring the lungs. Since your lungs are vulnerable you need to deal with the situation properly to avoid respiratory congestion, sinusitis or inner ear infections. Your Respiratory system is threatened by very small particles in the air like dust, bacteria, pollen, viruses, fumes, chemicals and smoke. Your body responds to these irritants by producing mucous which irritates the respiratory tract causing you to cough. Too much mucous causes the bronchial tubes to swell and become plugged-up which causes coughing, wheezing and thick heavy mucous leading to irritated and inflamed bronchial tubes that may spasm and constrict making it difficult to breathe. Looking to herbs can provide some benefit.

A nice herbal blend can help to restore tone and cleanse the Respiratory System; no one herb does it alone. In a combination they address different aspects, getting to the true nature of the situation. For instance, the leaves of **Mullein** have been used for centuries for many respiratory conditions including asthma, bronchitis, emphysema, colds and flu. Its demulcent leaves help to tone, strengthen and soothe the respiratory tract. The saponins from this herb provide a stimulating expectoration and help to liquefy phlegm so it can be cleared from the bronchioles more easily, reducing inflammation and spasms of the lungs.

The toning effects of **Elecampane** bring proper fluidity of lung secretions to the Respiratory System reducing bronchial congestion. Allowing for a more productive cough, it also acts as an antimicrobial, which helps fight respiratory infections. **Plantain**, **Marshmallow** and **Licorice** have antimicrobial, expectorant and antiviral properties. They help reduce inflammation of mucous membranes, the throat and bronchi. Their demulcent actions help soothe an irritating cough. The root of **Osha** can be chewed for a dry irritated cough that won't go away. It enhances your resistance to viruses, reduces inflammation of the throat and helps with congestion within the ears. **Yerba Santa** is a strong antiseptic and antispasmodic herb for the lungs. It is rich in muco-polysaccharides and glycoproteins that help to maintain healthy moisture levels of the mucous membranes of the lungs.

A member of the mint family, **Hyssop** has antiviral, expectorant, antispasmodic and toning properties. It has been used since ancient times to ease symptoms of colds, congestion, chronic coughs, sore throats, lung infections, bronchitis, congested sinuses and excessive mucous. Since Hyssop helps the body produce a natural form of penicillin you may want to be cautious if you are allergic. Some other herbs that may be beneficial to the Respiratory System are **Horehound**, **Rosemary**, **Ginger**, **Wild Cherry**, **Thyme**, **Grindelia**, **Garlic** and **Elderberry**. Together or alone these herbs have antiseptic, antimicrobial, antiviral, anti-inflammatory, toning, antispasmodic and immune modulating properties. Over the years I have found these herbs to be useful for conditions where there are inflammation and infections and a weakness in the lungs.



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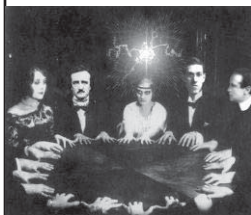
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**M**y favorite holiday of the year - Halloween - a time when people honestly pretend to be something other than who they are! By donning our masks and putting on makeup and costumes, we cloak ourselves in a persona vastly different from how we present ourselves every day. The new façade creates an illusion of a new identity as we stay in character. We celebrate the goblins and ghosts which lurk around us this harvest and introspectively examine the spirits within us which haunt us as we roam the earth.

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## OWN WORST ENEMY

Haunted by self limitation, doubt, and insecurity, the well known cliché that man is his own worst enemy resolutely demonstrates itself in our spiritual awakenings. We repeatedly hold ourselves back from living a fulfilling life when we buy into the negative self talk and doubt our capabilities. Giving credence and power to the myth of our unworthiness of whatever it is we truly want in life, we render ourselves helpless to the mind-speak we create, thereby manufacturing the enemy in our own minds as well as falling prey to it. When you consider that you created our own antagonist to your higher self, you then take a look at what fuels the negativity and the perpetuation of those fears.

## HAUNTED BY THE PAST

Regrets, mistakes, and "should haves" work together to form the ghost of the past which hovers over our conscious thoughts. With fears of repeating mistakes or behaving in a manner which results in more future regret (?), we rattle the chains of self-imposed restrictions and remain frozen in fear by the inability to move forward to our highest desire and potential. Paralyzed, we spend more time reminiscing and revisiting the past than living in the present moment.

Instead, remember you cannot undo anything nor can you ever "should have" right now. Those are the dead end roads of your life's path. Allowing your past to dictate the vibrancy of the present, surrenders your power to fully engage in the now -the only true lesson you ever own. Right now is IT; it's all you've got. Quit spending your precious "now" shivering in fear of the ghosts of your past that you allow to haunt your potential awakening.

## EXTERNAL HAUNTING TURNED INWARD

Along with our self-talk, we integrate and assimilate the words of others into a ghost of our self-perception. Parents, friends, bosses and those we allow to impose their opinions upon us formulate in our psyche as a ghost of "what they think must really be who I am." Believing others more accurately capture a depiction of you than yourself, you allow a haunting of their perspective a higher position of authority than your own self-awareness. Worse yet, you feel their expectations of you both expressed and silent, must be met in order to live up to their definition of who you are.

*...continued on page 31...*



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**D**ear Whitedove, A close family member was hospitalized for a heart attack, thankfully he pulled through. He tells us that he had a heavenly experience during the ambulance ride: he saw angels and everything. Can you actually experience Heaven while on Earth? A Believer

Dear Believer, It's important to remember that you're a soul having a temporary experience on Earth. So yes, there are many documented cases of people having a Near Death Experience. When the physical body is in a state of sever trauma, the soul will eject. Some people who are resuscitated actually recall their journey of entering heaven; then ultimately their soul is restored to their body. The memory of this event is usually so profound it changes the person forever. Can you imagine being in the presence of Angels?

At eighteen, I had a NDE during a fatal car crash which I write about extensively in "She Talks with Angels". From first hand experience I can attest that there is nothing to fear at the time of death. It's merely a transition. Our soul knows its way home...to the Heavens ^i^

Dear Whitedove I have taken photos of my young daughter and there's an orb in several of them. From everything that I have read, this means that there is a spirit or a ghost of a loved one with her. How can I distinguish? Photo Mom

Dear Mom, Indeed orbs are photographed frequently. Most orbs can be attributed to dust particles or moisture droplets: usually you will know because there's a multitude in the picture. Then there are orbs that are related to paranormal activity and soul travel. Usually there will be only one or two spirit orbs in these photos.

You see the soul is energy, so as light bounces off the sphere of energy the camera captures it on film. The most obvious indicator of a spirit orb is its swift movement in a direction that would be unnatural for dust or water. The Soul travels at the speed of thought so they move quickly from one realm to another. A spirit orb can represent a Guardian Angel, Spirit Guide, a fairy, a loved one or an Earth bound spirit.

Dear Whitedove, Usually I plan my day according to my daily zodiac forecast. But I'm starting to feel a little confined by my cautiousness. How closely should I follow my chart? Gemini Girl

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Dear Gemini, The Zodiac is made of Star constellations that you move through during the course of your life and you'll be uniquely affected according to your date, location and time of birth. There are many types of Astrology to use as predictors while on the Journey of the Soul: Chinese astrology, Vedic Astrology, Mayan Astrology, and Western Astrology all of these ancient systems were devised to enhance your life, not impede it.

Even if there's a negative aspect in your chart, you can lessen its impact by being proactive. This knowledge is not given so you can fret over it or focus on it so intently that you manifest the worst cast scenario. Remember, God has the first and last say. Your free will and through God's grace you have the ability to override your chart and create a better path. The future can change based on where you are in the moment. You are the Creator of your reality, so live your life to its fullest potential!

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Valerie Saurer is the founder of The Attitude of Gratitude Project, which maintains an interactive gratitude journal at [www.facebook.com/aogp.org](http://www.facebook.com/aogp.org) as well as the Living Gratitude Blog at <http://living-gratitude.wordpress.com/>. She is also the author of the Prosperity Project, a recurring feature on her blog at <http://thenewbookof-clues.blogspot.com>. As a public speaker, her focus is on gratitude and the law of attraction. Email [Valerie@aogp.org](mailto:Valerie@aogp.org).

According to Abraham-Hicks, it is not enough simply to visualize what you want to manifest in your life. The Law of Allowing says that you must be completely prepared to receive what it is that you say you want. You must do this by learning to accept whatever life sends your way without resistance. You must also be prepared to make a move once the Universe has lined things up in your favor.


During the course of learning these lessons, the Universe has sent along certain people and situations to help guide me along my path. One of the greatest of these guides was my voice teacher and mentor, **Dr. Vernon Boushell**. In addition to teaching me how to sing the high notes, Vernon taught me the value of keeping an attitude of gratitude: No matter what life happens to send your way, there is always something good that you can focus your attention on. Vernon taught me to value the people in my life and to learn to see the good in them. That lesson has completely changed my life.

Before he died, Dr. Boushell made me promise to teach what he had taught me. I'm certain he meant that I should teach voice lessons, but my heart felt compelled to teach the world to be grateful. That was the beginning of **The Attitude of Gratitude Project**.

To fulfill that promise, I created a website designed to teach people about the power of gratitude. Part of that website was an online gratitude journal. I reasoned that if expressing gratitude was powerful, sharing our gratitude would be even more powerful. For six months three of us made it our daily practice to go to the site and share our gratitude with each other. On the days we weren't particularly feeling it, we were bolstered by the gratitude of the others. It was a powerful synergy!

During those six months, we diligently practiced keeping an attitude of gratitude. In spite of our financial and personal difficulties, we showed up every day and found something

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# From the Heart

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





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## Switched at Birth

**D**imas Alapadi of Sao Paolo, Brazil was always intrigued that he did not resemble his four sisters. "There was something different about me," he explained. "I had blonde hair and blue eyes and my sisters had dark hair and eyes. I looked German while my parents were of Italian descent. Something did not add up."

At age 24 Alapadi had a DNA test done, which confirmed that he was indeed not the child of his supposed parents. His parents were shocked. The family researched hospital records for the day of Dimas' birth, and found that another boy had been born on the same day - of Germanic parents. The babies had accidentally been switched.

The Alapadi family contacted the family of Elton Plaster, the other child born on Dimas' birthday. His wealthy parents owned a large farm. The Plasters were surprised, but not flustered. They invited the Alapadis to build a house on their land, so both families could live together.

"This is the way it should be," Adelson Plaster noted. "We are all together and I now have two sons living and working here." Dimas and Elton both feel blessed by their new circumstances. "It's not everyone who can say he has two fathers and two mothers living together with him."

Odd as this story may sound, in a way it is your story, too. Soon after your birth you began to believe that you were a child of the world, not your original spiritual source. Yet something inside you knew there had to be more to life than the one that you were living. So you began to search for something better. You tramped many avenues in search for meaning, and eventually discovered that you are made more of energy than stuff. With such insight you are entitled to build your home in the rich estate of love, not the hovel of fear. The switch was not permanent; the homecoming is.

If you have sensed that you do not quite fit into the world, you may have more company than you realize. You may be a part of a very large group described as cultural creatives, a term coined by sociologist Paul H. Ray and psychologist Sherry Ruth Anderson in their book *The Cultural Creatives: How 50 Million People Are Changing the World*. Ray and Anderson give credibility to people who are disenchanted with traditional religion and societal roles, hold visionary values, and seek a lifestyle unlike the masses. So what you thought was wrong with you may be what's right with you.

This puts a new spin on your life purpose. You may not need to force yourself into a suit that doesn't fit you and adapt and adjust to relationships, careers, and lifestyles that make you feel small and hungry for better. If you have felt guilty or weird for being spiritual, gay, uninterested in a corporate position, bored with television, happy with a humble car, or bashful about revealing your psychic experiences, you may be closer to home than you know. You may be living exactly the life you came to live, and you simply need confidence to claim it.

A touching parable tells of an old Chinese woman who went down to the river each morning, where she filled two pots with water and carried them up the hill to her house, the pots hanging on the ends of a large stick she carried on her shoulders. One pot, however, had a crack in it and by the time the woman reached her house, half the water in the pot had drained out of the crack.

Over the years the broken pot felt ashamed of its deficiency and finally it apologized to the woman. "I know that I have been defective over these many years, and you have lost a lot of water on account of my deficit. Please forgive me."

The old woman smiled and told the pot, "I knew you had the crack from the first day I used you. So I planted flower seeds on the side of the path over which you hung. Now there is a long, thick row of colorful flowers on your side of the path, and none on the side of the 'perfect' pot. So there was nothing wrong with you at all. Thank you for helping make my world more beautiful."

This is good news for crackpots. Your journey of difference finally makes a difference. You were not born to be the same. You were born to be unique.

In the film *The Lake House*, one character feels lost and confused and does not know where to go. A friend advises her, "Go where you most feel like yourself." If you find yourself in a relationship, family, job, or lifestyle where you do not feel like yourself, the universe may be giving you a sign to seek your right place. I am not suggesting you run away from your relationship, family, or job. I am suggesting you simply gravitate to where you feel most at home.

Ultimately the Alapadi and Plaster boys were reunited with their true parents, and they also got to live with the families who raised them. It's a happy ending. All switches at birth are rectifiable. You just have to tell the truth about where you belong.

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Call to confirm and learn of last minute changes 30c per word, due the 10th (of the month before) at 575 Escarole St SE Palm Bay FL 32909-4802. Email to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) - call 321-722-2100 with credit card info. No calendar listings taken by phone. 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

Wednesday OLD DOWNTOWN MELBOURNE Restless Natives Writer's Group evenings 6pm On The Shelf Books. Writers and Poets. All levels welcome. Please call to sign up 321-724-2482

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 MELBOURNE 10:00am 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](http://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 7-8:45pm \$3 321-537-3843

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

Friday October 1st - Sunday October 3rd MELBOURNE Frame Drum Intensive with Layne Redmond -- Bee Priestess Intensive Levels I & II -- join Layne Redmond, acclaimed musician and author of "When the Drummers Were Women", for this weekend workshop based on her extensive studies of The Sacred Path of the Bee using Tools of the Ancient Bee Priestess. We will create sacred space through ritual chanting, overtone singing, and humming sacred sounds to the rhythms of the frame drum to help bring balance to ourselves, our culture, and our world. Beginner Level I - Friday 6pm - 9pm (required for new-bees) and Level II - Saturday 9am - 12:30pm, 2:30pm to 6pm AND Sunday 10am - 2pm Cost: Levels I & II: \$220 before Sept. 15th, then \$245; Level II \$175 before Sept. 15th, then \$200. Location: Center for Healing Arts, 916 Columbus Ave, Melbourne. Contact: Sharan Miller at [itstimetodrum@yahoo.com](mailto:itstimetodrum@yahoo.com) and [www.itstimetodrum.com](http://www.itstimetodrum.com) for details

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Saturday, October 30, 2010 THE VILLAGES - LADY LAKE Parapsychology Expo 9:00 am to 4:00 pm at Lake Miona Recreation , Center, 1526 Buena Vista Blvd. Readers & Holistic Health Practitioners, Aura Readings & Imaging, Tarot, Reiki, Massage, Sound and Energy Healing, Intuitive Readings, Palmistry, Numerology, Astrology, Tea Leaf Reading and more. (cash or check only), Vendors Books, Gemstones and Jewelry, Organic Products, Crystals, Stones, Gifts, New Age Clothing and more. The Public is Welcome! Admission is Free. For more info or to be a vendor, call: 352-205-6055

Saturday, October 30th JACKSONVILLE 10:00 a.m. to 5:00 p.m.  
Move My Spirit Tour: An Indigenous Healers Movement brings together practitioners, authors, and speakers who are engaged in alternative healing modalities worldwide. For more information visit [www.mmstour.com](http://www.mmstour.com) or email [info@movemyspirit.com](mailto:info@movemyspirit.com).

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See also page 29

# ALPHABETICALLY BY COUNTY

To place your ad here for just \$5 per line and mail it with payment by the 10th of the month before to:  
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 from us. By doing this we  
 become a magnet drawing  
 to us similar vibrations of  
 Love to be drawn to us,  
 embodied in other people."  
 ~Archangel Anael~



# 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](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

## October 2010 The End of Days

**T**he "End of Days" is a phrase with many meanings. To the ancient Celts, October 31st or any day from then to Nov 14th, became the end of the Celtic year. Why a range of dates? Because back then, no one had a GPS clock or for that matter, any really good way of marking "real" time. But, the "End of Days" has also the meaning of the end of an era. It could be the era of when you were single and the beginning of married life or before you had kids and your world changed. It could be when the kids have grown, out on their own and you are left with your memories.

*Before us lie the images  
of times that are cast  
in stone with our memories  
of days that have passed*

For me, it is an end of being the author of this calendar. Life changes and the torch must be passed. I have written this column for 12 good years, but it is time that this torch goes

to someone else who can own it and mold into their own creation. I have enjoyed bringing this calendar to you. It has been a wonderful opportunity to see the many ways that humankind honors Deity by looking at their celebrations and holidays. Each of us brings to the spiritual table, a unique way of conceiving deity. In the many years of researching for this article, I have been impressed by the fact that whether the year is 3000 BC or today; people conceive and worship deity in similar ways and yet each brings a unique wisdom. I firmly believe that no true enlightenment can come without an understanding of the many ways one can see the divine. With this enlightenment, perhaps peace can thrive.

*And before us lie some new stones  
on which to inscribe  
new memories for the future  
now ready to describe*

So, to Andrea, a whole lot of thank you for the opportunity to write for Horizons. To my readership, I say a special "thank you" for reading this column and not running me out on a pole for my humor!

## October 2010

Oct 1st - Jewish: Simchat Torah, completion of annual reading of the Torah

Oct 7th - New Moon at 2:44 PM

Oct 8th - Chinese: Phuket Vegetarian Festival celebrating the virtues of abstinence from meat

Oct 14th - Hinduism: Durga Puja, worship of the Mother Goddess

Oct 22nd - Full Hunter's Moon at 9:38 PM

Oct 31st - Wiccan: Samhain, last harvest festival and celebration of ancestors

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### A FACTOID WITH WHICH TO END THE MONTH:

The first Solar and Lunar Celebrations of the Ancients was in September 1998.

The month names that I used were based on a computer program called Lunabar available from Brother Soft at [www.brothersoft.com](http://www.brothersoft.com).

Lunabar should not be confused with the candy bar! Eating software is not good for you...



# 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: [soulsongkaren@cfl.rr.com](mailto:soulsongkaren@cfl.rr.com). Karen's blog: [www.abrahamfun.com](http://www.abrahamfun.com).

## *well, Well, WELL ...*

Illness and pain are nothing more than negative thoughts that have gone on for a long time and have solidified in my body.

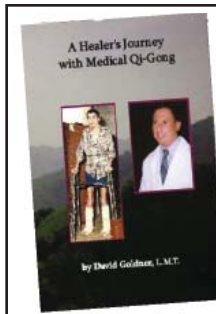
Medical and alternative treatments can be wondrous catalysts as I reunite with well-being. But they can make permanent changes in my physical condition only to the extent that I am willing to make changes in the way I think, gradually becoming more content, relaxed, cheerful, grateful, and a shrugger-offer of life's downside.

I can begin moving towards healing and wholeness by noticing my emotions and choosing better-feeling thoughts when I'm out-of-sorts.

But what about times when I just can't seem to "go there" - when a worry, irritation, or frustration refuses to leave my mind for a while?

No biggie. I don't tussle with it. Rather, I work on the thoughts that are easier to soothe, as they come up.

As I shift what I can when I can, in due time, even stubborn obsessions will start to crack and crumble as newfound health pours in.



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# Abraham-Hicks

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

that you get two bodies that are pretty well matched, about the same weight and about the same ability and strength, and you put them together and they just hold each other in this position until one of them shows a little bit of weakness and then the other takes advantage of it and then the other one shows a little bit more weakness and the other one takes advantage of it and then the other one shows a little weakness and the other one takes advantage of it, until eventually they grind themselves into a win. However, the one who won can be barely distinguished from the one who lost.

Well, that's the playing field that most humans play on. The one who has the most money or the most clout or the most influence usually grinds to a win, but we're talking about something entirely different here. We're talking about connecting to the Energy that creates, and soaring.

So if you join a committee, in most cases, you're just grinding, grinding, grinding. You're eking out these mediocre little wins where nobody really wins.

This is the best way to work on a committee: Identify what it is that you most want and envision that joyful blissful outcome, and as you hold that image in your mind, people who have never said anything positive in their life will surprise you. But if you show any vibrational pushing against what they are wanting, then instead, you evoke a defensiveness from them that makes them come on stronger. In other words, it's like the wrestlers. The stronger you are the stronger you are the stronger you are the stronger you are until eventually you are defeated by the sheer weight and time of the event. It's exactly opposite the way Creation really works.

We would stay away from committees if we were in your physical shoes because it is very difficult to sit in the midst, of and observing, people pushing against and not feel your own defensiveness come forth.

We would committee from afar. We would stand back with an overview, and we would not get close enough to get a whiff of

what they're all pushing against. But we would attract enough information that we could make a very clear decision about what is wanted, and then we would Script it and Focus Wheel it and imagine it and pretend it, and stand back smiling as it comes in to be. As long as you don't feel that you need the credit, then you don't need to attend the meetings. Good.

## Freedom Growth and Joy

What we're wanting to help you to do is to begin to enjoy the process of imagining, enjoy the process of bringing details in and forming an image, because that's what Creation is. Creation is about visualizing and feeling the Energy flowing through you toward your vision, and that's what life is.

Life is not about creating an empire. Life is about the process of creating an empire. It's not about the empire. It's not about the new house. It's not about the perfect relationship. It's not about the new car. It's not about the new job. Those are the goals or reasons that you use to flow the Energy, but it's the flowing of the Energy that is the reason for existence. For the continuation of existence.

Often when people ask us what is the reason for life they have a very hard time hearing our answer. The reason, or purpose, of this physical experience is joy.

You have this triad of intentions that's in perfect balance. The triad of freedom and growth and joy. And we say, you have these three intentions, that are so well melded together that you cannot really separate them, of freedom and growth and joy. And people will say, "We hear you, Abraham. Growth! Growth! Growth!" And we'll say, "Yes, growth, but freedom and growth and joy." And they'll say, "Yes, we agree with you. Growth! Growth! Growth!" And we say, "You've been so convinced that you are unworthy, and that you are here to prove some sort of worthiness, that you find yourself so fixated on your growth that you forget about the liberating and balancing factor of joy.

The basis of your life is freedom. You cannot be more free. You cannot be not free. Freedom cannot not be yours. You are so free, you can choose bondage. You are free, free, free beings! The basis of your life is absolute freedom. The Law of Attraction is so utterly consistent. The purpose of your life is joy and the result of it is motion forward or growth. But if you forget that the purpose is joy, if you get fixated on the purpose being growth, then you get out of balance right away.

*...continued on page 33 ...*

Tod McNeal's

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*"Oneness. not polarization. Let my dual poles dance, not duel!" -Ron Van Dyke*

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# You Can't Afford the Luxury of a Negative Thought



By Peter McWilliams <http://www.mcwilliams.com/books/>

## The Two Faces of Anger: Guilt and Resentment

**G**uilt is anger directed at ourselves--at what we did or did not do. Resentment is anger directed at others--at what they did or did not do. The process of guilt and resentment is the same:

1. We have an image that either we or others should live up to. (An image of all the should's, must's, have-to's, and demands we learned or created about our own and/or others' behavior.)
2. We emotionally demand that we or others live up to this image.
3. We or they fail to live up to our image.
4. We judge the "contrary action" as wrong, bad, evil, wicked, etc.
5. We become emotionally upset--bitter, alienated, hurt, hostile, belligerent, combative, contentious, quarrelsome, vicious, touchy, cranky, cross, grouchy, testy, enraged, aggravated, annoyed, furious, teed-off, etc., etc. We'll put them all under the general umbrella of "angry."
6. We assign blame for the emotional upset--either we did it or they did it. (The judge pronounces sentence.)
7. The swift execution of justice. If we are to blame, we direct the anger toward ourselves, feeling regret, remorse, shame, repentance, culpability, fault--we'll call all that guilt. If the transgressor of our expectations was someone or something other than ourselves, we call our anger spite, jealousy, suspicion, malice, begrudging, covetousness, envy, indignation--all of which we'll call resentment. The sad fact is that, whether we blame us or them, we feel the hurt. But that is not considered, at least for long.
8. All of this continues for the prescribed length of time and intensity. No reprieves, no appeals--possible time off for very good behavior.

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If these are the two faces of anger, what's the good in that? Frankly, not much. So why do I have anger in a section on Master Teachers? If we had listened to the voices of the Master Teachers at the very beginning, the feelings of guilt and resentment would not have been necessary. To save us from these is the job of the Master Teacher, anger.

Anger begins as an inner twinge. We sense something long before it blossoms (explodes?) into an emotional tirade. If we listen to this twinge--and follow its advice--the emotional outburst (or inburst) is not needed.

***What advice is this Master Teacher giving?***  
***Stop, look, and change.***

**Stop.** Don't do anything. You are at a choice point. You have two ways to go. One choice equals freedom. The other choice equals misery--familiar misery, but misery nonetheless.

**Look.** What image (expectation, belief, should, must, ought-to) about either yourself or another is about to be (or has recently been) violated? ("People should drive carefully." "I mustn't eat cake if I'm on a diet.")

**Change.** What do you change? The image. Your image is not accurate--according to hard, cold, physical evidence. People

***...continued to page 30...***

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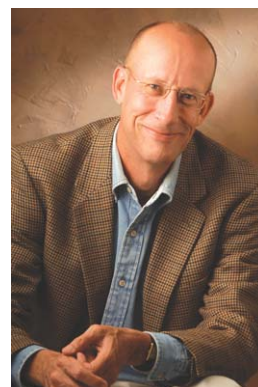
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## NOTES from the Universe



An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the best-selling 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](http://www.tut.com) to sign up for free daily Notes from the Universe!

**I know you already know this, but  
the only way one can find their  
way is to first be lost.**

**To make it big, start out small.**

**To fall in love, first feel none.**

**Yet, when such wishes are granted  
and the dreamers suddenly find  
themselves lost, small, and alone,  
you should hear the "expletives"!**

**So, look at it like this:**

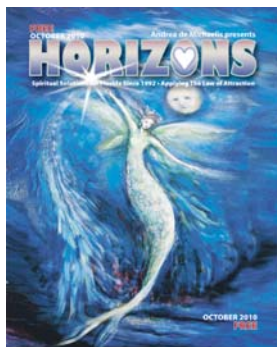
**Any such feelings are simply a sign  
that you've made a really, really  
big and daring "wish," and that its  
manifestation has already begun.**

**Foxy, clever, wry -**

**The Universe**



# COVER ART



## Green Mer by Lori Hlasva

*A Guardian  
from the deep rises  
to cleanse our oceans  
and protect our seas.*

Residing in Florida with her husband, [Lori Hlasva](#) 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, Hlasva'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 Hlasva'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](http://www.artbylori.com)

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# You Can't Afford The Luxury of a Negative Thought



*...continued from page 27...*

should drive carefully, but do they always? Hardly. That "should" is inaccurate, false, erroneous, wrong. People on diets mustn't eat cake, but do they? You bet. That "mustn't" is untrue, faulty, mistaken, and incorrect. Based on the actual life-data given to you, your images (should's, must's, have-to's) are all wet (or don't hold any water, or sink in the ocean of truth, or any other aquatic metaphor you choose).

But what do we often do with the image that is proven--conclusively--to be inaccurate? Do we disregard it? Do we intelligently alter it, based on reality? ("People should drive carefully, and sometimes they don't." "People on diets shouldn't eat too much cake too often.") No. We make ourselves miserable with the inaccurate image. The world's actions do not conform to our beliefs. Woe is us. Our own actions don't conform to our beliefs. Woe on us.

Can you see the absurdity of this? We demand that our illusion (our image) be more real than reality (what actually happened), hurting ourselves in the process. Where is the victory in that? (I bet you thought that was a rhetorical question. It's not. There are answers.)

First, we get to feel right. Feeling right is a strong drug. Some people sacrifice a lot to be right. Ever hear the expression "dead right"? The question the Master Teacher asks with each initial twinge of guilt or resentment: Would you rather be right or be happy? If we answer "Happy," we are free. If we answer "Right," the cycle of misery begins again. If we're right we must punish--either ourselves or another. As I mentioned, the irony is that when we punish another, we

first punish ourselves. Who do you think feels all that hate we have for another? The other person? Seldom. Us? Always. Second, anger is a habit. We learned it early on--before we could walk or talk, in some instances. The habit is so ingrained in some people that they haven't understood a word of this chapter. "What is he talking about? When people do something wrong, I will naturally feel upset. When I do something bad, I will of course feel guilty." It's not "natural," it's not "of course"; it's learned. If our early lessons of acceptance were as successful as our early lessons of anger, how much happier we would all be.

Third, guilt and resentment give us (and others) permission to do it again. Far from preventing a recurrence, the punishment simply lets the person (either you or another) say, "I've paid my dues; now I'm free to do it again." Many people weigh the guilt they will feel against the pleasure of the forbidden action they want to take. As long as they're willing to "pay the price," the action's okay. People often ponder the anticipated wrath of another before taking certain actions. "If I'm five minutes late, he'll be a little mad." They make a choice between another's resentment and whatever it is that might make them five minutes late. If they're willing to endure the chastisement, they reason, it's okay to be late. Guilt and resentment, then, far from preventing "evil," perpetuate it. **"EVIL" is "LIVE" spelled backwards.**

What if we use the twinge of guilt to change the action? What if we feel the guilt and don't eat the cake? Isn't this using the Master Teacher's message for our good?

Well, it's a good start. If we don't do something because we're afraid of the guilt, we are, in fact, being motivated by fear and guilt. If we do good because we fear what might happen to us if we don't do good, the act of good is tainted with fear. As a transition--especially when breaking a habit--it's a beginning, but we must move beyond that or we find ourselves in the trap of not feeling guilty because we'd feel guilty if we felt guilty.

So what can we use to motivate ourselves to do good? Do good because good is the right thing to do. Not right as "conforming to law and morality (or else)," but right as "in accordance with fact, reason, and truth."

Another great motivator is love. Love yourself enough to stay on the diet because you love your body and want to keep it healthy.

More on this and other positive motivators later, along with the cure for guilt and resentment.

The cure for guilt and resentment? Forgiveness. The preventative? Acceptance. The best reason to do good? Loving.

And if you forget any of this, the Master Teacher will be there, just before you veer off-course, asking gently, with that first twinge of guilt or resentment, "Would you rather be right or be happy?" Your answer will always be respected.



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## Are You On Auto-Haunt?

*...continued from page 14...*



Learn to separate and detach what others tell you about yourself. They are human, too, and their opinion of you is only that. As a child of the Creator, your role remains to progress on your own path, not constrained by any implied obligation to anyone else. Each of us arrived on the planet with our own lessons to learn. As we share our humanity with one another, we exchange observations. By identifying the differences between how others see you and what you know about yourself to be true, you exorcise the ghost of external opinion.

### CULTURAL GHOSTS

Social ghosts haunt us into the restrictions of tradition, cultures, or rituals. We sometimes feel bound to limit ourselves to the success level of our family, peer group or perceived social strata. Tremendous pressure exists on us as youths to achieve certain expectations as defined by our family, friends, neighbors and co-workers. In some cultures, dumbing-down and non-achieving is rigorously encouraged so as not to upset the group-think of martyrdom. When others give no plausible reason for attempting to keep you in the depths of failure, know that "misery loves company" and the "I can't" mentality really means "I'm afraid."

Break free from the accident of your earthly birth and ascend into a higher awareness that your life lesson may be to set aside the familiarity of your surroundings and aspire to higher levels of consciousness. Only YOU decide what's best for you! Ignore the ghostly moans of agony of fear of success and create your own vision of your highest and best.

### BE YOUR OWN EXORCIST

Using a crystal ball of self examination, you identify the ghosts of your essence which haunt your mind and soul. These ghosts exist only as habits and thought patterns that you allowed to implant into your mind and eventually control your life. The visions of fear you see are hollow myths you created and project into your future and hinder you from living in the present moment.

Leave the past where it belongs! When you hear the echo of self-doubt and the repeated chants of external control by fears, close the gate of the graveyard of negativity. Slam the door on thoughts which no longer serve you and invite the light of illumined ideas and possibility-thinking to occupy your precious "right now."

Visit Marlene Buffa at [www.wordsofmind.com](http://www.wordsofmind.com)

## Learning to Receive with a Grateful Heart

*...continued from page 16...*



in our lives for which we could be genuinely grateful. Sure enough, our lives began to change. Negative people and situations dropped away, and we attracted a whole new collection of positive friends who helped us to grow into our very best selves. When we were ready, the Universe intervened to "kick us upstairs," as they say: the website became so infected with malware that I was forced to take it down.

We'd become dependent upon our interactive gratitude journal, and were devastated by the loss of it. So one Sunday afternoon, in between loads of laundry, Spirit led me to set up a Facebook Page so we would have a place to continue our gratitude practice until I could build another website. Within 24 hours we'd attracted 150 fans from all over the world! We were ecstatic. The site has continued to grow over the past 15 months, and now has over 13,000 fans from every continent, every religion, every race.

Once the Page reached 10,000 fans, things happened quickly. Facebook informed me that I had two weeks to authenticate my Page by proving that **The Attitude of Gratitude Project** was a real entity and that I was its rightful spokesperson, or they would shut down the Page. We couldn't let that happen; too many people had come to depend on this Page.

Within two weeks of that, I got a call from **Woman's Day Magazine**. They had noticed the success of our Facebook Page, and wanted to interview me for their **Thanksgiving** issue. With a circulation of 21 million readers, it seems that my dream of honoring my mentor by teaching the world to be grateful has become a reality.

Two weeks after that interview, I was offered an amazing new job that completely matches everything I have been visualizing. Not only that, I also handily manifested two replacements for myself at my old job so that I could move forward immediately, without looking back. With flexible hours, this new job will give me the freedom to build the new nonprofit corporation into whatever it is meant to be. I don't really have a vision for that; the Project belongs to Spirit, and I am merely its caretaker.

By learning to be grateful and being willing to do the next right thing, I have learned to step out of the way and allow Spirit to do its thing. I can't wait to see what happens next!

Gratitude expressed is a powerful force of good; gratitude shared can literally change the world. What are you grateful for today?



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



*Andrea de Michaelis has designed this audio series just for you.*

## Connecting with Your Angels, Guides & Teachers



Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.

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

## 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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# Abraham-Hicks

*...continued from page 26...*

If you forget that you're absolutely free and you start pushing against things that you feel that are not free, then you disconnect from the Energy and you cannot have joy. But when you discover that joy is your purpose, then everything stays in the natural balance. That's why one, there have been many who have spoken it, but one who coined it in the most beautiful and perfect physical words that we've ever detected coming back from you, the one who said, "Follow your bliss," gave you the true key to eternal joy and growth and freedom in this physical time/space reality.

## Should We Smell It While We're Physical?

**GUEST:** What are the things that we can enjoy in this physical form, that we perhaps will never be able to enjoy again, that we should be really enjoying while we're here?

**ABRAHAM:** Sometimes physical beings will say to us, "Abraham, what's it like to be Non-physical?" And we are always very deliberate about what we project here because we are different than you are in the physical. We have not eyes. So

we do not see. We have not ears. So we do not hear. We don't smell through our noses as you do. We do not feel through our fingertips as you do. In other words, we do not have the physical senses that you have. Some would say, "Well, then I'm going to smell all I can smell and see all I can see and feel all I can feel, because when I go into the Non-physical I won't have those delicious things to enjoy." And we say, "Well that's true enough." But in the Non-physical we are sensing on more intricate, deeper levels, so that the satisfaction of experience is far beyond that of the physical. But that's hard for you to hear, because you cannot imagine being sightless or smell-less or hear-less. It's hard for you to imagine what that would be like.

We don't know of anything in all of the Universe that is more delicious than to be physically focused and connected to Non-physical Energy at the same time. But it is not a diminishment of that to be Non-physical. When you are Non-physical, you always have access to the physical. There's not a Non-physical Energy that cannot, any time it wants to, smell through your nose, provided you are in vibrational harmony with it.

Physical humans are the only ones in all of the Universe that believe in lack. Lack doesn't exist. But physical beings have managed to vibrate in a way where they hold themselves apart from things they want. So they conclude there is this thing called lack. And we say, "It doesn't really exist in any

*...continued on page 34...*



A Lightworker asked: "I'm in a place I don't want to be in... Why am I being punished every day by having to work with these people that are so dark?... They think I'm crazy and don't honor me or my life... What should I think about this? It's hard!"

"And my answer is: So you think it's all about an accident? Or that you're being punished? Then you have missed the grandeur of a standard Lighthouse. Lighthouses aren't built in safe places. They choose to be where the storms are! You're not being punished.. You're being taken to a difficult place to shine your light - Physically, what should you be doing with the people around you? Can you love them? Listen to them! Listen to what's really happening in

their lives. Consider every day one where you have an opportunity to create light in a dark place. Watch attitudes change.. You may be "weird" to them, but they know you represent integrity. Spiritually... you're a light in a dark place and you wonder why you're there? It isn't always about you. Think about them! You're being given an opportunity

*This is the work you came to do, and it's not forever. In a place you don't want to be, working with people you don't want to be with, is the work of a Lighthouse... What if you're the only light they ever see?" www.kryon.com*



## Thoughts about things...

... from page 7...

you find others feeling angry, sad, desperate, hopeless and vulnerable, and you try to point them in the direction of better feeling thoughts and useful activity, then you are part of the solution. If you feel upset or angry or anxious over "bad news," if you pass on bad news links on Facebook and forward them by email, you're simply adding your friends to a chain of pain they may not otherwise be involved in. So, when you think about, well, anything, how do you feel? Are you part of the solution? Or do you need to change your focus to become part of the solution? As Louise Hay says, "As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those."

**YOGA:** (1) *A discipline aimed at training the consciousness for a state of spiritual insight and tranquillity.* (2) *A system of exercises practiced as part of this discipline to promote control of the body and mind.*

### As a Yogi, Yoga is my Lifestyle, not an Exercise Class

A Facebook friend wrote the other day. In my profile, I say I am a yogi and he wanted to know what kind of yoga I practiced since he was newly interested in it. I replied to him: "Hello, in years past I went through all the forms of yoga: raj yoga, bhakti yoga, jnana yoga, kriya yoga, karma yoga and studied many texts by many other yogis. That was in the 1970's when there were not many books on the subject, but the books that were available were powerful. Paul Brunton's *Search in Secret Egypt* and *Search in Secret India* were early favorites. Now there are so many writers and so few really good books. *Autobiography of a Yogi* by Paramahansa Yogananda was the first text I read of that sort, and it awakened my consciousness and led me to read other books. So much is available to read for free online.

I don't now name or label the type of yoga I do. I don't do any of the newly trademarked names of hatha yoga styles. I do hatha yoga twice a day, and do a class now and again. I did regular classes at *Yoga Shakti Mission* (see page 39) and other ashrams for several years. I recommend doing some classes and you'll run across either a teacher that clicks, or other students that turn you onto different books and classes and information.

...continued on page 35...



## Abraham-Hicks

... from page 33...

other reality. And so, there's a little bit of that within this question. "What is it that's not going to be there for me later that I've got to do a lot of here while I can?"

There is nothing in the Non-physical Universe that is lacking anything that you would desire. Nothing. Anything that you ever want is there for you, and we have a bulletin for you, friends, it's the same here in your physical setting. You need never be without anything you want.

You want more clarity, align with the idea of it. You want more wellness, align with the idea of it. You want more money, align with the idea of it. You must find the feeling place of what you want and offer a vibration about it, and then it must come. By Law, it must come to you.

But the reason most don't understand that, is that most of you don't align with your desire. You align through your observation with where you stand, which sometimes is the absence of your desire. Very good.

### Is it Natural to Feel Guilt?

**ABRAHAM:** The analogy that we offered you about the cork floating, or about you holding it under the water, is the most poignant, practical vision that we could give you. Because it speaks more clearly than anything we have offered to help you to understand that it is natural for you to soar. It is natural for you to find success. It is natural for you to feel joy. It is natural for you to feel passion. It is natural for you to live success.

It is unnatural for you to feel discomfort. It is unnatural for you to feel guilt. It is unnatural for you to feel fear. It is unnatural for you to feel failure. It is unnatural for you to feel not worthy. So what we want you to do over the next few days, if it is your wanting to connect with who you really are, we want you to be aware of the negative emotion that you hold, because the negative emotion that you hold is giving you the keys to understanding how you are keeping yourself from the Well-being that is natural.

And rather than recoiling at negative emotion, we want you to praise your sensitivity to it. We want you to feel exhilaration when you acknowledge negative emotion. We want you to say, "Ah, this is so good. I feel so bad. Because in my awareness of how I am feeling, my Guidance System is alive and well. In this awareness of negative emotion, I can feel that right now I'm holding something in my attention that is causing me to offer a vibrational signal that is apart from who I am. And as long as I do that I am separated from who I am, from the clarity, from the wellness, from the knowing, from the being of who I am."



# Thoughts about things...

... from page 34...



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

For me as a yogi, yoga is a lifestyle. I feel a union with everything around me. That includes not just people and animals but plants and minerals and the car I drive and the door I open and the shoes I wear and the house I live in. I recognize in my interaction with these items that they have a life of their own and more importantly, they all want to please me. The flower wants to bloom in the courtyard and the squirrel wants to delight me with his antics and even the sunshine comes out just for me.

This isn't just entertainment, it is evidence that what I think about and how I feel about what is around me affects how I experience it.

That means my thoughts are affecting the molecules of the things around me. That means I can direct my thoughts so that I can have maximum enjoyment and personal fulfillment in my life. When I'm having a good life, I attract more people who have a good life and more sign posts directing me further on my path." "Keep me posted!" I wrote him. "It's always nice to have a brother on the path." ###end of email

Finally, a friend send me the below Tale of Three Hairs and told me it reminded her of me. High praise for sure!

## Attitude is Everything: A Tale of Three Hairs

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "H-M-M," she said, "I think I'll part my hair down the middle today." So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Well," she said, "today I'm going to wear my hair in a pony tail." So she did, and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "YAY!" she exclaimed. "I don't have to fix my hair today!"

Attitude is everything.

Andrea



Enjoy our offering this month. Hari Om.

## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions.

To remind you that you are far more powerful than you can imagine.

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

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

This frees us to begin to live more fully, in every moment, now.

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

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

*From my heart to yours,  
Andrea de Michaelis*



Barbara Lee is a Reiki Master Teacher, Psychic and Professional Astrologer. She offers phone consultations and a state of the art astrological chart service with six types of computerized reports. Call Barbara at 1-208-773-7822, visit on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or email [barbaralee21@roadrunner.com](mailto:barbaralee21@roadrunner.com)

# HOROSCOPES

**ARIES:** March 21 to April 19 "I AM" Your relationships will mirror the work that needs to be done to help create more peace and harmony in your life. Oct 7th is a very powerful day for any Moon in Libra, the day is packed full of many aspects that will rejuvenate your desire to be the best you can be. You have walked through the thickets and brambles only to have learned your own boundaries very well. You will create a cycle that honors who you are as well as what you have to offer the world. Your lesson is to be at peace and heal your wounded relationships, start with your inner child first.

**TAURUS:** April 20 to May 20 "I HAVE" *To have and to hold* may have been your motto in the past, but this October models a newer, more serene person that is willing to share and let go of what is not for your highest and greatest good. Every moment of your daily life will be full of surprise and expectancy. Your heart will open at an accelerated rate that can bring you to higher states of passion, ecstasy and creativity, or to your knees. By the end of Fall, you will have a clearer idea of where you are headed and what you need to do to be ready to sign some important papers. Your lesson is to take charge of your life, listen to the messages from your higher self and act upon the trusted guidance that you receive.

**GEMINI:** May 21 to June 20 "I THINK" Sudden and unexpected change will remedy your boredom as Fall quietly sneaks up on you. Be careful of what you occupy your mind with because you are likely to manifest what you concentrate on. This October begins a cycle that will assist you through a cathartic change that will bring your love to a depth beyond the deepest joys and the deepest sorrows. Your heart thirsts for this kind of soul connection. Your lesson is to trust your intuition and have the courage to live your hearts desire!

**CANCER:** June 20/21-July 22 "I FEEL" Your main lesson this month will have to do with trusting your intuition. Follow your heart and everything else will settle into place. It will be a month of hard work cupped with reward; as long as you give life all you got. You will be more in the limelight than usual. This may take awhile to get used to because of your shyness. The last week of October you will wrestle with old demons. They haven't come back to haunt you, only to resolve to be cleared. Embrace these issues with a compassionate heart.

**LEO:** July 23 to August 22 "I WILL" This Fall is a good time for you to get clear on your goals. The phase of learning you are in will include at least four other people. Teamwork and cooperation are big issues that will pour over into the approaching holidays. A beginning with new friends and different interests to pursue. You find yourself doing things you are not used to doing. You finally feel you are growing and letting go of old patterns. Focus upon your strengths as you continue to develop your creativity.

**VIRGO:** August 23 to Sep 22 "I ANALYZE" All your focus and persistence has really paid off. You will continue to reap rewards and in October will be amazed at the recognition you will receive. The coming months will remind you of how important it is to value who you are and what you have to offer. In other words don't beat yourself up because you think you did not do enough, you did plenty, more than your share. You are worthy of taking time out for relaxation. A deeper self esteem and a stronger sense of self will be yours. The time you spend on your meditation will bring you courage to fathom the bottomless treasures that are lurking within you.

**LIBRA:** Sept 23 to Oct 22 "I BALANCE" Your Solar Return month offers you many chances for nurturing from a wide range of sources. You may get so excited that you think about going back to school or at least studying a subject of interest that nurtures you. Finally the fog clears and you are as stable as a redwood tree and strong as an ox. Energize, stabilize and rejuvenation are your key issues now. Your lesson is to take care of your health through the practice of Yoga and Meditation.



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# October 2010



## SUGGESTED READING WATCHING LISTENING

**SCORPIO:** October 22/23 to Nov 21/22 "I CREATE" The phase in life you began a year ago has come full circle. You did your homework, laid the ground floor and now rewards can be reaped. Your future procures an ability for you to synthesize and harmonize your relationships. Friendships will play a large role in helping you with boundary issues. You'll have no time for old control tapes and power trips, stand your ground your lesson is to channel your intensity into an artistic expression.

**SAGITTARIUS:** Nov 21/22 to Dec 21 "I PERCEIVE" You've been living on the edge for too long and now your wake up call is ringing. This month your ears will hear tunes to tune into yourself by. All that you need to know is inside you, turn your attention inward and just listen. Drink the recommended supply of water and take time out for relaxation. You've come through some tough stuff - be willing to open yourself up to more transformation. Find the blessings in your current situation. Acceptance is the key to moving forward.

**CAPRICORN:** Dec 22 to January 19 "I USE" Now is a time to be at peace with how far you have grown. In October your mind will sparkle as you speak. You have so much info running through your head, share it so more will follow. When the creative juices flow, put them to good use. Social gatherings and telemarketing will beckon for your attention. In adjusting to your internal changes, you will be on a major cleaning rampage. Create a vacuum by getting rid of the old to allow room for the new. Make a new pathway for large sums of money and prosperity to flow into every corner of your life.

**AQUARIUS:** January 20 to Feb 19 "I KNOW" October will give you a taste of all the exciting expansion that your life will emerge into. The call for you to experience union with your higher self will be loud and clear. A profound connection with a person who will enter your life as a spiritual mentor. The path you choose will be one of compassion and love. Shine your light, have faith in what you do. Trust that what you see is accurate, do not allow others to talk you out of your truth.

**PISCES:** February 19 to March 22 "I Believe" Your perceptions and inklings of the world over the years have changed just as you have. In October there will be an experience of reclaiming lost and unusual aspects of your being, like a shamanic rebirth. October offers you resilient health conditions as you learn to communicate your intensities, rather than holding on to uncomfortable feelings. After the old has been discarded, your main work will include laying a new foundation for emotional and psychological change and nurturing. You are being called upon to follow your heart and tune into your higher self with gentleness. Your lesson is to heal the male relationships in your life.

### CDS:

Removing all Sorrow and Suffering by Paramahansa Yogananda  
Awake in the Cosmic Dream by Paramahansa Yogananda  
Awakening Into Oneness by Arjuna Ardagh  
Om Spun by Groovananda [www.wynneparis.com](http://www.wynneparis.com)  
Guided Healing Meditation from the Ancient Mystics by Pat Raimondo

### BOOKS:

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

### [WWW.ABRAHAM-HICKS.COM](http://WWW.ABRAHAM-HICKS.COM)

Ask And It Is Given  
Money & Manifestation  
The Astonishing Power of Emotions  
The Law of Attraction: Teachings of Abraham  
From Grief To Joy: Moving Up The Emotional Scale  
Money and the Law of Attraction: Learning to Attract  
The Vortex, Where Law of Attraction Assembles All Cooperative Relationships

### [WWW.HAYHOUSE.COM](http://WWW.HAYHOUSE.COM)

Faeriecraft by Alicen & Neil Geddes-Ward  
Emotional Freedom by Judith Orloff, M.D.  
The Intuitive Spark Sonia Choquette  
Asking Your Guides Sonia Choquette  
Trust your Vibes Sonia Choquette

### [WWW.NEWWORLDBIBLIOTHECA.COM](http://WWW.NEWWORLDBIBLIOTHECA.COM)

The Three Only Things by Robert Moss  
Courage & Craft by Barbara Abercrombie  
Worst Enemy Best Teacher by Deidre Combs  
Creating Money by Sanaya Roman & Duane Packer  
Storycatcher by Christina Baldwin  
The Van Gogh Blues by Eric Maisel, PhD  
The Mythic Dimension by Joseph Campbell

### [WWW.WEISERBOOKS.COM](http://WWW.WEISERBOOKS.COM)

101 Ways to Have True Love in your Life by Daphne Rose Kingma  
Living The Qabalistic Tarot by Amber Jayanti  
Change Your Mind and Your Life Will Follow by Karen Casey  
Book of Ordinary Oracles by Leo Milo Duquette  
Wise Secrets of Aloha by Kahuna Harry Uhane Jim

### [MUST SEE DVDs](#)

The Secret Behind The Secret [www.abraham-hicks.com](http://www.abraham-hicks.com)

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



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## SOW THE SEEDS OF A HIGHER AND HAPPIER LIFE

*...continued from page 11...*

3. We must deliberately remember our intention to start our whole life over every moment we awaken to find ourselves reliving some past conflict. To cultivate this refreshed outlook, born of remembering that our true life is always new in the Now, is to let go of whom we have been and to begin reaping a life free of anger and fear.

4. We must learn to look our fears, weariness, and anxiety directly in the eye, and instead of seeing what is impossible according to their view of life, sow the seeds of a new self by daring to doubt their dark view of things. Our refusal to identify with self-limiting negative states reaps us the reward of rising above their inherent limitations.

If we wish a life that is whole and loving, one that is filled with new light, then we must sow these eternal seeds within ourselves; that is our work. Make your own list of ways to work at sowing the seeds of the higher life. Set your self to the task of being an inwardly awake person and watch how you begin to reap the awareness that makes all things possible. (Excerpted from *Let Go and Live in the Now* by Guy Finley, Red Wheel Weiser Books)

## 24th Annual AIA Powwow Honoring Mother Earth

A Celebration of Native American music, dancing, arts and crafts, storytelling, and food.

**Drums: Red Boyz, Family Drum**

**Dancers: Luck of the Draw Gifts**

**Craft contest open to public:  
call Ron for details - 407-578-6833**

### Information:

Peggy Wolfe: (407) 327-8207

Website: [www.aiaofflorida.org](http://www.aiaofflorida.org)

Email: [aiaofflorida@hotmail.com](mailto:aiaofflorida@hotmail.com)

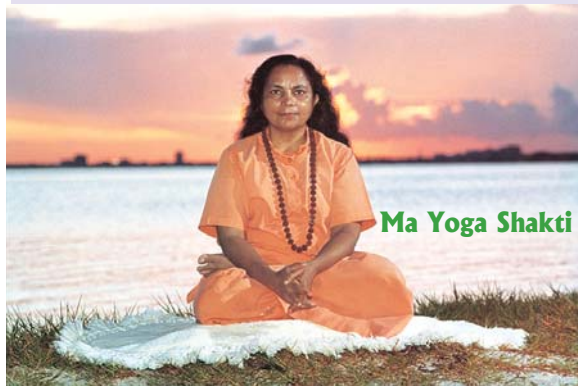
November 5-7, 2010  
Central Florida Fairgrounds  
4603 W. Colonial Dr.  
Orlando, FL 32808



The American Indian Association of Florida, Inc. is a non-profit 501c3 organization.  
Proceeds from our Powwow benefit Native American charities.



# YOGA SHAKTI MISSION



Ma Yoga Shakti

**Sunshine Lectures**  
**Sundays 9 - 10am**  
*Talks on Spiritual Topics*

**First Saturday at noon**  
**VEGETARIAN LUNCHEON**  
 \$10 donation (children free)  
 Oct 2 - Moroccan Vegetarian Lunch  
 Nov 6 - Madagascan Vegetarian Lunch

## YOGA CLASSES

\$7.00 Per Class  
 \$25/month unlimited  
 evening classes

**Monday**  
 Gajendra - 7:00-8:00 p.m.

**Tuesday**  
 Maryann and Jim Loafman  
 7:00-8:00 pm

**Thursday**  
 Chip & Shyama Iacona  
 7:00-8:00 pm

**Ramayan**  
**Chanting**  
 Sundays  
 10:15-11:15 am

**Bhajans/Kirtans**  
 First Wednesday of  
 Month  
 6.45- 7 45 PM



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## NEW YEAR'S RETREAT WITH MATAJI December 31 - January 2, 2011

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

Delicious, home-cooked vegetarian meals each day.

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

## YOGA SHAKTI MISSION

3895 Hield Rd NW  
 Palm Bay

**321-725-4024**

yogashaktipb@yahoo.com

[www.yogashakti.org](http://www.yogashakti.org)

## BOOKS BY MA YOGA SHAKTI

Yoga Syzygy Guide to Hatha Yoga \$15  
 Techniques of Meditation to Enhance Mind Power \$10  
 Shri Satya Narayana Katha \$5  
 Hanumaan Chalisa \$5  
 A Spiritual Message \$5  
 The Seven Invisible Psychic Lotuses \$10  
 Yoga Aasana Chart \$2  
 Chandogya Upanishad \$5

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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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Our international headquarters and retreat center is located in the northeast Georgia mountains, 90 miles from Atlanta. Meditation retreats with teachings in the Kriya Yoga tradition are offered from May to November. A 501(c)(3) nonprofit organization serving sincere truth seekers since 1972.