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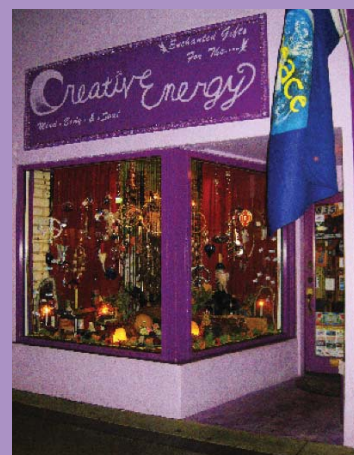


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Special Events: October 2011

October 15 - 16:

Buddhist Events with Lama David Bole

Lama David is a fully ordained monk (Gelung) in the Karma Kagyu lineage of Tibetan Buddhism. He studied meditation under renowned master Khenpo Karthar Rinpoche.



October 19 - 24:

Shamanic Events with Jade Wah'oo

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Wed, October 19 - at 7:00 pm: **FREE Introductory Class:**
Shamanic Drumming Teachings and Journey*



Saturday, October 22 - at 6:30 pm:

Book Signing Event with Mark Anthony, *author of "Never Letting Go"*

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SUNDAYS IN OCTOBER at 10:00am

October 2nd **RADICAL FORGIVENESS** Guest Speaker: Lynn McKinney Forgiveness is one of the keys to peace, prosperity and health. Lynn is a long time Unity member and serves on our Board of Trustees.

October 9th **SHINING YOUR LIGHT** Guest Speaker: Janice Richer Wuerfel Everyone has their own individual way of expressing their light. Are you acknowledging yours?

October 16th We **WELCOME** Rev. Beth back

THE 12 POWERS AND YOU Monday classes 10am-noon with Maggie Rosche or 6:30-9:30pm with Darlene Capinha) Make understanding Charles Filmore's 12 POWERS part of an autumn metaphysical make-over. This class is offered on a love offering basis. Suggested love offering is \$10 per class.

NEW MEMBERSHIP ORIENTATION with Rev. Beth Head Saturday 10/15/2011 at 9:00am-12:30pm. We will discuss Unity's Basic Principles watch a video and have a question and answer time. Application for membership is not required to attend this class, but attendance to one of these classes is required for membership.

PLATFORM AND MEDITATION TRAINING with Rev. Beth Head for 4 Thursdays (10/27/2011, 11/3/2011, 11/10/2011, 11/17/2011) mornings at 11:45am or evenings at 6:30-8:30pm Learn how to contribute to our Sunday service. Subjects covered will be: Meditation, Opening prayer and welcome, Blessing the offering, and making announcements and closing the service. This class is mandatory for anyone who wants to participate in Sunday Service.

"UNITY FRIENDS" Unity now has a new community outreach team called "Unity Friends". This team will provide a service to anyone who is in need of a friend while in the hospital, nursing home or recuperating at home. The purpose of this team is to help with healing and recovery or with the transition process. We are currently seeking volunteers who may have an interest in this type of Sacred Service.

TOYS FOR TOTS -
Toy collection in the
month of October. A
drop box is located in
the Hospitality area.
Please note: The toys
must be new and in
original packaging.
Collection coordinator
is Tim Hall.

THE ART and PRACTICE of LIVING WITH NOTHING and NO ONE AGAINST YOU with Lloyd Reiser Friday 10/14/2011 7-9pm and Saturday 10/15/2011 9-5:00pm and 3 follow-up classes (dates and times to be determined by the group) This class is offered as part of the Transformation Experience. This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. Find out more about the Art & Practice program and its creators at www.theeffect.com. This qualifies as a communication class for Partner Membership. Love offering of \$50 is suggested for the class.

CALLING ALL "YARD ANGELS" Saturday, October 15th 9:00am - 12noon There will be a park clean-up day in preparation for the FALL FESTIVAL. Please bring yard tools and gloves.

FALL FESTIVAL Sunday, October 30th, 12-4pm
October's Family Fun Day will be a FALL FESTIVAL! Fun for the whole family. We will enjoy a Potluck (bring your favorite dish to share), crafts & games, fun & fellowship. All ages welcome! Pam is still looking for ideas and volunteers.

Ongoing Events

NEW Group Meeting – "Buddhist Guided Meditation" Starting 10/1/2011, 1st Saturday from 6 to 7:15pm. Classes taught by Richard Jamadar, a student of Geshe Keisand Gyatso and a senior student of Vajrapani Kadampa Buddhist Center in Orlando. Classes are appropriate for both beginners and experience. Each class consists of two guided meditations, a short talk on how to apply meditation to our daily life, and Q & A

Sunday, 11:15-noon. Adult Sunday school – Join our metaphysical discussion.

Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.

Revolutionary Agreement Groups

1st Wednesday of the month (October 5th and November 2nd) at 7:00pm
2nd Saturday of the month (October 8th and November 12th) at 1:00pm

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

1st Sunday of the month (October 2nd and November 6th) 4:00pm Reiki Healing Service with Lloyd Reiser

2nd Sunday of the month (October 9th and November 13th) 4:00pm Chanting with Lloyd Reiser

3rd Sunday of the month (October 16th and November 20th) at 2:30pm Unity's Licensed Teachers conduct a mini Sunday Service at Carnegie Gardens

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

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

**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head
Morgana Starr

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Butterfly Angel by Ann Rothan

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Jeff Primack
Wayne Wirs

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

Anais Nin

Horizons thanks
everyone willing
to take the risk

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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the October 2011 edition of Horizons Magazine. In this issue, Keith Varnum writes about how to keep the feeling alive after you've had a satisfying and uplifting experience. Although he doesn't use these words, he is talking about doing what it takes to stay in vibrational resonance with something you'd like to experience more of. This is also called creative visualization and is also called prepaving. To learn more, go to my daily blog at <http://horizonsmagazine.com/blog/> and use the search feature. Keith says, "Merge with the aliveness of your intuitive breakthroughs. Soak up the feelings of joy, peace, Grace and the excitement of success. Let the feeling of experiencing a miracle transform your life. Move past just viewing or witnessing the event. Allow the energy of exhilaration to sink into your cells. When you let yourself be deeply affected by a high vibration feeling, your vibration shifts to a higher level. You're at a new wave length, a new frequency. You're playing at an expanded level of aliveness and power. You see fresh options. You're more creative and courageous. You become happier and healthier in the physical world. Allow yourself to shift into feeling the joy of the breakthrough in the present moment. Invite the sensation of excitement to permeate your body. Let the vibration affect

you. The more deeply your bones and tissues absorb this vibration, the more your life changes. Let the sensations sink in. Merge with the surge of Grace. When you feel the rush of sweet success, celebrate it. Own it. The higher vibration is now yours to use to create more miracles."

That's good stuff. I couldn't have said it better. In "The Golden Key," Emmett Fox suggests whenever a worry comes to your mind, to Golden Key it, meaning turn your thoughts to God. That's a little too churchy for a lot of people I know, but you can also pivot your thoughts from the worrisome ones, to focus on a memory you find replenishing, a memory of a satisfying and uplifting time. Then milk it for all it's worth.

Keith also advises it's a good idea to document the results you get from following your intuition and inner guidance, to "keep a written log of your successes as you experience them. If you don't write down your breakthroughs in health, abundance and magic, you may quickly forget your miracles, just like your mind does. The mind wants to keep its position as our top advisor, so the mind has a personal investment in not reminding us when intuitive miracles occur. Instantaneous healings, money coming out of the blue, or people inexplicably helping us out of a jam can't be explained by the mind. The mind conveniently forgets to remind us of miracles that break its rules. By periodically re-reading your log, you can tap back into the flow. Written facts from your personal experience become your best ally. When your mind is trying to convince you to not trust your intuition, your log will show you the truth. Use your written log of past miracles to transform your life now."

Speaking of intuition and inner guidance, did you know that hair is an extension of the nervous system and transmits vast amounts of information to the brain, including enhanced intuition and precognition? I found this article interesting about hair and why Indians would keep their hair long.

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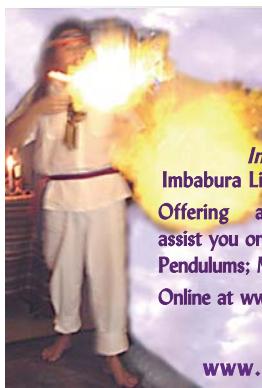
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Tom Arcuti
Yachak Shaman of Imbabura

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Law of Attraction and their dvd, *The Secret Behind "The Secret."*
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Set the Tone of Your Vibrational Matches

If you are not appreciating the contrast of your time and place, if you are still sifting through the stuff and saying, "These things I want and these things I don't want and these things I would like to come to me and those things I would like to go away from me," you are like most physical humans in your approach. But you are having trouble, because you cannot push anything out of your experience. Those things that you do not want, as you hold them in your consciousness you hold them in your vibration. And so you cannot say, "No" to something and get rid of it, because the Universe does not understand words. The Universe is responding purely to vibration.

When your vibration is, "No, I do not want that" you are holding your vibration in harmony with that thing you do not want, and by Law of Attraction you cannot separate yourself from the thing you are saying you do not want. There is no such thing as exclusion in all of the Universe. There is only inclusion. And the way you include is by your attention to something.

This is always true. "What I think and what I feel and what I vibrate are always a match. Therefore, what I think and what I feel and what I vibrate and what I receive are always a match." And with most of you, "What I think and what I feel and what I vibrate and what I receive and what I keep talking about is always a match." We're wanting to show you that you have been thinking it and you have been feeling it and you have been receiving it, but right now, you can stop talking about it. Right now, you can ignore whatever it is, just for a moment, and give your thoughts some

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Sunday Adult Lyceum 9:30am Lyceum classes are provided as a forum for those who have a desire to learn more about the Religion, Science, and Philosophy of Spiritualism.

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

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

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

HISTORICAL TOURS Monday - Saturday 1pm & 3pm. Sunday 5pm
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SOLUTION FOR WORLD PEACE

Written by Jeff Primack

Join us November 11th, 2011 when a 10,000 person audience will gather inside UCF Orlando Arena for a celebration of cosmic proportions. Visit <http://www.onebreathoneworld.org>

THE MASSIVE ILLUSION OF SEPARATION

CONSCIOUSNESS is finally being dissolved as ancient legends had prophesized it would. You might not see this reflected on the 10 o'clock news, but it is clear that mankind is awakening to its higher reality. There is less separation now than ever before. With a black man as the president and many women running for the position it is clear humanity has come a long way. But is it enough to end a 6000-year track record of almost constant war? When will all the hatred and bitterness end? Documented history shows peace treaties haven't lasted and old resentments have endured.

ALL IS ONE CONSCIOUSNESS is the answer in my opinion. This new way of viewing reality sees fellow citizens and other cultures as part of the same great oneness. Unfortunately, history shows enlightenment can't be understood on the mental level. Ancient sages experienced their oneness rather than simply reading on the subject. They used meditation and breathing techniques to merge with grass, trees and stars. Even the soil underneath them was experienced as an extension of themselves.

It wasn't until I learned pranayama breathing that I myself experienced being one with the universe. My whole body filled with spiritual electricity that hummed within me making me feel totally alive with spirit. When I laid hands on people while doing the breathing I was able to transfer the experience. One day, completely on the fly, I took two hundred people through a breathing meditation while holding hands. Everyone said it was powerful enough to unify humanity towards WORLD PEACE. Since that first circle an incredible legacy around it was born. To date over thirty thousand people have experienced it with most saying it is a realistic shot at uniting mankind.



Qi energy is a unifying agent of the highest order and reminds us on a cellular level of our connection with God and everything/everyone around us. When one feels their hands interconnected with thousand of people flowing with electricity, it is a real bonding experience. I think it can provide the foundation for global cooperation even on the government level. Breathing energy is energizing, euphoric and stress dissolving. I foresee leaders of the UN breathing in such a circle before meetings. It can be used to resolve many issues steaming from the illusion of separation. Even holding grudges against relatives and people that have wronged us becomes hard to maintain under this new vibration of energy. Its as if the combined GROUP ENERGY of all the people breathing switches our brain into a new way of seeing everything as interconnected.

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PROBLEMS AND PERSPECTIVE

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



Yesterday, I found out that my mother's chemotherapy may take up to seven more months—seven freakin months. Maybe less, maybe more—the doctors don't even know.

They are using a targeted, pill-form of chemo—milder side effects, but apparently a much longer treatment program. It's not that anything new was discovered, it's just that in all the visits and info and confusion, they never mentioned this.

The news dashed all hopes I had of hitting the road anytime soon (I'm a nomad by choice—I have no fixed residence).

So how does a Mystic handle such deep disappointment?

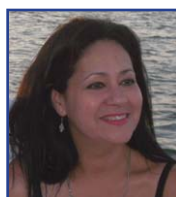
THE PATH OF MYSTICAL ONENESS

First, a little background. The mystic on the path of Oneness moves through—or transcends—three distinct levels of identity (who or what she feels she is) on her way to full enlightenment.

The Mortal Level: She starts out thinking of herself—as most people think of themselves—as a Mortal. A human being with a limited lifespan, filled with fear, constantly striving to win at everything she does.

The Soul Level: When ready, the spiritual seeker takes a leap of faith and starts to live as if she were an eternal Soul: A being who lives forever, moving from one Mortal life to another as she grows in emotional and spiritual wisdom.

...continued on page 27 ...



MARGARITA VARELA
Certified Medium & Healer
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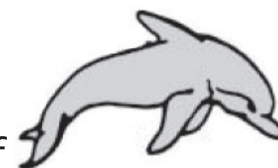
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established in 1846 to ensure the safety
of ships, crews and cargoes crossing the
treacherous Columbia River Bar, which is
recognized as one of the most dangerous and
challenging navigated stretches of water in
the world.** I'm following my bliss, so it is not stalking me,
but it is scaring me down to my DNA. My husband Murray and
I are going to Bali in October and we plan to stay until the end
of June 2012. Murray quit his job as an occupational therapist
for a school district, we are renting out rooms in our house to
cover our house payment, and we are going to Bali to see what
happens. My only daughter is pregnant and due in December,
and we will probably not be coming back for the birth of my
first grandchild. We plan on coming back in March to help her
transition back to work while her husband starts his student
teaching adventure. People have opinions about this choice.
You might have opinions about this choice, and your choice
might be different than my choice. That's okay.

We figured out a way to finance this year of Murray not
working and for us to live Bali. We've been working on this for
two years. We have it all figured out. It's all figured out. Boy,
have we got it figured out.

TRAVERSING THE BAR

Even though we had planned this adventure, I've been
wanting this kind of adventure for 40 years. Bali feeds our
soul with its lovely people, warm weather, art, and beauty.
Even though we know we are two of the luckiest people on the
planet, we are still scared right down to our toenails.

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When the mighty Columbia River meets the not quiet
Pacific Ocean, there is a tumultuous mixing of the fresh and
saltwater known as The Bar. One does not go over this bar
without a great deal of thought and skill. It is a bumpy ride.
Even if you timed it just exactly right, going with the tide, it's
still a rough trip. All sorts of feelings are erupting in Murray
and me. I wake up afraid, almost in the fetal position. I have

...continued on page 35...

HERB CORNER

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

DON'T LET INDIGESTION UPSET YOUR HOLIDAYS

Many of us experience indigestion throughout the year but the number of people who feel twinges of heartburn, gas and bloating goes up beginning with Thanksgiving and ending with the New Year. If gas, bloating or acid-reflux tends to be a problem for you, you don't need to run for that little purple pill instead try using herbs for relief.

Ginger is commonly known for its stomach healing properties; when eaten at the end of the meal its carminative actions soothe the stomach wall and help prevent indigestion. Ginger is a mildly bitter herb used for centuries; our ancestors knew that if they used this herb not only would the food taste good it would also help to prevent gas and bloating. And since refrigeration was lacking it was also used to kill off bacteria. My favorite way to use Ginger is crystallized or in ice cream; you can also add it to soups, pies, in gingerbread or ginger-ale.

Another herb I keep on hand is Fennel. Fennel is cited in "Back to Eden" as being useful for gas, an overly acidic stomach, stomach cramps, colic and stomach spasms; just chewing ½ teaspoon of fennel seeds after your meal can help to reduce gas. When you over indulge in sweets, Anise helps to reduce stomach acid; our ancestors knew this so they worked it into many cakes and cookies.

Bitter herbs like Dandelion, Yellow Dock, Artichoke, Ginger, Sage and Oregon Grape Root naturally stimulate digestive enzymes so that food can be broken down easier helping to provide better absorption of nutrients. They also help with the production of bile and the pH balance of the stomach.

The volatile oils of carminative herbs help to reduce bloating and gas by soothing the digestive tract. They would be herbs like Peppermint, Spearmint, Lemon Balm, Anise, Fennel, Cloves, Cinnamon, Thyme, Marjoram and Chamomile.

Demulcent herbs are beneficial to the Digestive System; they help soothe and coat the mucous lining reducing pain and spasms. Slippery Elm, Marshmallow and Licorice are the top demulcent herbs. A nice after dinner tea using all of these properties would be 1part Peppermint or Spearmint, 1/2part Lemon Balm, 1/2part Chamomile, 1/2 part Marshmallow, 1/8part Ginger and 1/4part Fennel. Using one teaspoon of this mixture steep the herbs for 10-15 minutes in 8oz. of boiling water straining before you drink.

You can also prepare a nice Mulled Cider using one gallon of cider, 1cup brown sugar, 2teaspoons Allspice, 1-3sticks Cinnamon, 1teaspoon whole Cloves and 1teaspoon Ginger. Simmer these for at least 15minutes, strain, and garnish with Orange slices serving hot.

It just takes a few herbs to save yourself from stomach distress; plan ahead you can incorporate them into your meals.

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Oct. 13 & 22 - Intuitive Development Class - 6:00-8:00pm

Oct. 15 - Herb Class - Herbs for Male System - 9:00-11:00am

Oct. 29 - Herb Class - Herbs for Digestive System - 9:00-11:00am

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My final thought from the Spiritual Awakening Conference in Fort Lauderdale this summer

comes from the fact that many attendees have approached me and asked how they might be able to continue feeling the effects and spirit of the conference after they return to their day-to-day lives. I asked our event presenters to offer some of their ideas and suggestions, which are as follows:

1. Learn to Discern

Hone your ability to tell the difference between your mind's chatter and your inner guidance. One way to discern between mind talk and intuition is to notice that-in the long run - inner guidance always leads you to more love, prosperity and miracles. The tricky mind promises you more happiness, wealth and health.

Intuition delivers the goods. Track the outcome you get when you follow the suggestions of your mind. Does the road lead you past previous limitations? Are your longings satisfied?


Document the results you get from following your intuition instead of your mind. Notice how your heart instincts lead you to freedom from the restrictions of the past. Your deepest desires are fulfilled. You discover an unlimited flow of love and abundance.

2. Write Down Intuitive Successes

Keep a written log of your successes as you experience them. If you don't write down your breakthroughs in health, abundance and magic, you may quickly forget your miracles ... just like your mind always does!


The mind wants to keep its position as our top advisor, so the mind has a personal investment in not reminding us when intuitive miracles occur.

...continued on page 31...



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October 30 - Robin and Eddy

Wednesday Evening Life Enrichment Series, 7-9:00 PM:
Oct. 5 - David Warren, Ph.D. "Compassionate Communication"
Oct. 12 - Shannon Burnett "Dare to Live Challenge"
Oct. 19 - Drs. Adam Tice, Jennifer Southard "Balancing Body, Mind and Spirit"
Oct. 26 - Rev. Beth Head "Communications Workshop"
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November 5th Michelle will be in Cassadaga, see ads pg 29 and 30. Lecture, readings and book signing. Nov 6th Private Readings Call 954-435-5564

Dear Whitedove

I understand that some souls don't go to heaven but instead they stay in their home as a ghost. So why would a ghost haunt a ship or a hotel? Wouldn't they have better things to do, or are they on vacation?

Thinking out loud in Texas

Dear Thinking,

I always say: If we wanted an easy journey, we would have stayed in the Heavens. One of the greatest gifts bestowed on humanity is the gift of Free-will. Even at the time of death, God still honors it. Some souls decide to stay Earth Bound: they turn away from the light of Heaven at the moment of death. As "spirits" they have the capability to travel at the speed of thought. A ghost may choose to stay in the home that it loved, the location where it was killed in battle with comrades, or on a beautiful ship like the *Queen Mary*, for a wayward soul - the possibilities are endless. But know that the Earthbound spirit has only briefly delayed it's return home ... to Heaven

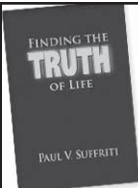
Dear Whitedove

I've seen some really cool tattoos featuring "Day of the Dead" skulls. I've been told that these colorful skulls are part of a Mexican religious holiday. I'd like your explanation of the custom. Thanks.
Living in LA

Dear Living,

"Day of the Dead", Día de los Muertos is an ancient custom that celebrates the continuance of life. The Aztecs honored the journey of the soul by feasting and communing with their ancestors. Death was just considered the next stage in the circle of life and spirit communication was a normal activity.

...continued on page 32 ...



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*Sarva Mangala Mangalye
Shive Sarvaarta Saadhike
Sharanyai Tryambake Gauri
Naaraani Namostute*

This mantra is for all types of happiness and all kinds of welfare, physical, mental and spiritual. It says "May the energy of the Mother of the Universe protect us; I bow down to that Energy."

There is one safety lock in each and every heart. If you seek help from that Energy, it can save you and everything is possible. It can solve your problems. This is a spiritual law which has no explanation, but you can practice it yourself and find the truth of it.

Experiences are not usually shared with others, because if you do so a kind of pride and ego comes between as an obstacle between you and the Energy. I shall tell you one instance. When I came for the first time to the forest land (which is now the Palm Bay ashram,) I chanted this mantra while sitting under a tree on a little hill. A year later, I came and slept overnight on the land and chanted this mantra. A devotee also chanted this mantra for three hours and that same day we received a donation which encouraged us to continue in spite of all difficulties. Many times this mantra will help you because it has been made in a state of inspiration, invoking Divine energy.

There is energy around which can be destructive, creative or protective. Mantras are to invoke the psychic energy. Psychic energy may function as *Chit* or intelligence, Truthfulness or as vibrations of Bliss. It can be approached by your truthfulness. When the heart is very truthful, it is invoked. It is approached and hit somehow by your intelligence or acute point of concentration. It can be hit by your joyful feelings, happiness or universal love. If you have tremendous love for others, then this energy begins to function.

Mantras do help people in their times of distress. When nobody is around to help you, God through the vehicle of mantra will help. This is a spiritual law which has nothing to do with reason or intelligence. Intelligence may fail, but prayers and mantra will help. This is the reason why all through the ages people have followed the path of God and mantra. Worship is any form, but without the Energy, we are nothing. That Supreme or Auspicious Energy must be remembered in our lives through mantra.

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Kitty Hawk Moments

When the Wright brothers achieved the first airplane flight at Kitty Hawk, North Carolina on December 17, 1903, they likely had no idea how much the world would change as a result of that single event. The flight lasted only twelve seconds and distanced only 120 feet (shorter than the wingspan of a Boeing 747), but it marked a milestone in human history. In that one instant humanity recognized that powered flight was real and we were no longer bound to the earth.

Each of us has our own “Kitty Hawk moment” — a term used to describe an event or experience that previously seemed impossible, but is now a reality. Do you remember the first time you typed on a personal computer, used a fax machine, or surfed the Internet? Where were you the day a man walked on the moon? Did you watch the celebration of President Obama's election? In each of those moments what was once a dream became reality.

Kitty Hawk moments do not need to be cosmic or world shaking. They can be a simple “aha” that opens you to a new possibility. I remember visiting the Kripalu Yoga Center and noticing that their auto mechanics garage was spotless. That vision dissolved my belief that garages are oily and messy. From that point on my garage became cleaner.

As you strive for greater success and happiness, you may experience a Kitty Hawk moment that does not sustain. You may meet someone you love, but that person is not available to be your partner. You may feel healthy for awhile after long chronic pain, or happy after being depressed. You may write a piece of music or create a new painting that gets your juices flowing like none before it, yet after that moment you slip back into a sense of uncreative mediocrity. At that point you may feel discouraged because you tasted well-being or greatness for a flash, and then it dissolved.

But the Wright brothers did not wring their hands and give up because their flight was so short. Instead they celebrated piercing the veil of impossibility to let a crack of light into human consciousness. It would only be a matter of time until jetliners cruised the atmosphere at 600 miles per hour, carrying 500 passengers halfway around the globe in 12 hours. The first moment was not ultimate, but it was pivotal.

What your mind can conceive, you can achieve. The very

fact that you have an idea means that it is possible. On some level the idea is already a reality. Jesus said, “In my Father's house there are many mansions,” meaning that there are infinite possible realities, all of which exist simultaneously. When you have a clear vision, or a Kitty Hawk moment, you have found the key to the room you wish to enter. Keep turning it, and you shall gain entrée.

Let's play with the quantum mechanics of Kitty Hawk moments. In your mind, fast forward to realities you would like to see come about, as if they are already done. *Do you remember the day you turned on the television and heard the thrilling news that a cure for cancer had been found? Where were you when UNESCO made the announcement that every child on earth was being fed a healthy diet? What did you feel when you learned that the national budget for education exceeded military expenditures? How did you celebrate when the last war on the planet came to a truce?*

While some or all of these ideas may now loom as fantasies or far-remote possibilities, one day they will be so. Air flight, television, an African-American president, and a mobile phone for nearly everyone on the planet once seemed just as chimerical. Yet now we take all of these once-time dreams for granted.

While visionaries are often scoffed at, they are the magi who move the world forward. A visionary is a time traveler who casts his or her mind forward and accepts ideas as done as soon as they are conceived. Then it is only a matter of closing the gap between belief and manifestation.

One of my favorite bumper stickers proclaims, *Reality is for people who can't handle imagination*. Imagination is not separate from reality; it is the beginning of it. All belief systems (initials B.S.) give way to broader belief systems. No belief system is ultimate or final. For every belief system you can think of, there is a greater one. Never argue for your belief system when confronted with a broader one. Stephen Wright declared, “A conclusion is where you got tired of thinking.” Sir James Jeans said it this way: “Science should give up on making pronouncements. The river of truth has often turned back upon itself.”

Life is a series of Kitty Hawk moments that lead us from good to better to best, and beyond. They are the moments when earth no longer contains us and the heavens become our new playground. May you have many.

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The Habit That Fuels Addictions

I may feel I have an addiction to alcohol, drugs, tobacco, or food. But those addictions are usually secondary - symptoms of an underlying addiction to self-defeating thoughts and the emotional pain they generate. These thoughts seem to arise spontaneously. It might seem that I can't shut them off. When they run unbridled in my mind, I feel emotionally bad and it seems I have no recourse but to soothe myself with another cigarette, beer, drug, or bag of Oreos with double filling.

And yet this addiction to self-sabotaging thoughts (such as resentment, self-pity, self-criticism, or it's-a-scary-world) isn't really an addiction at all. It's merely a long-practiced habit that is comfortably at home in my cranium.

Countless people have been able to move beyond addictions, and I can too. But it will probably require more than simply swearing off the Marlboros or Bud-Lite. It will mean getting proactive with the painful thoughts that keep me reaching for that Marlboro or Bud-Lite

Step 1) I place a rubber band on my wrist.

Step 2) I flip myself whenever I notice I'm going down that familiar feel-bad thought path, and I change the subject in my mind. Each time. Every time. Diligently.

Step 3) Each day, I spend some time alone in silence, relaxing and allowing loving energy from my Source to flow unimpeded to assist me. The road to recovery rises up ahead.

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I have noticed that any time I'm upset over something or someone, it ends up being about me. As I've been processing a painful ending to a 29 year co-dependent relationship with another couple, I've noticed that my "spiritual path" has not been able to bring me to peace the way it usually does. Last night I started meditating on this and was able to get some insights. The dialogue between self and Self went like this

Why am I hurting?
You are judging.

Who am I judging?
The couple.

What am I judging?
Their lack of honesty with you, anger towards you and lack of support of you.

I already have accepted those things in them.
Not fully because you haven't accepted those things in you.

What you talkin' bout Willis?
If you look deeply, you'll see that you possess all of that energy towards them too.

Ouch, I didn't see that but you're right. I've been pretending to have positive feelings for them for years when deep down, I f%#@ing can't stand them. I have supported them though, haven't I?



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You've supported them in some ways but you have not fully accepted them for how they have showed up in your life.

Damn, that's true. How come Spirituality hasn't been able to override this for me?

Spirituality is available to give perspective, understanding and guidance to what you are conscious of. It cannot help you with what you don't know that you don't know. You were pretending to be loving but deep down you were judging so until you owned that, you would always suffer and they would always end up doing/reflecting something to you that would trigger this suffering.

Wow, that is very helpful. Now I feel even worse about the way I have been with them, especially recently when I told them off in an email.

Good, you are conscious of what you are feeling and now you can use your Spiritual tools to change your thoughts. Knowing you, you'll do that very quickly. Now it's time to forgive yourself and them completely, (remember, you are them and they are you) knowing that you all did your best and the only thing that you could at the time.

Forgiving them will be the easy part but letting yourself off the hook for doing and thinking what you believed was beneath you will take some courage. This is your pride and it does not serve you. You are a spiritual teacher because that's what you came here to do. Not because you are supposed to be more or less than anyone else.

Remember, all are equal and no-one need have any more pressure upon them to do what they came here to do than anyone else. When you say, "I'm more spiritual than this", you are effectively saying "it's OK for them to be that way because they are inferior to me". When you can have equal compassion for everyone and yourself, you'll be able to embrace your "I'm not proud of myself or anyone else" philosophy more fully.

Ouch! OK, more self forgiveness. I get it. Thank you.

Anytime my friend. BTW, I'm You, I'm God, I AM. LOL

So once again I'm reminded that the Buck Stops Here! While Angelina and I were in Vegas in December, we saw a girly pink shirt with rhinestones that said "It's All About Me". Although the makers may not have been consciously aware of how true that statement is, we both said "that pretty much sums up consciousness."



Abraham-Hicks

...continued from page 8...

place else, and for that moment you will free yourself from the vibrational magnet that is bringing that in. That's the thing that trips most of you up. This vibrational magnet that is bringing things to you that you do not want, is also bringing you to this thing you do not want. It's hard to let go of the complaining thoughts, but when you do it, just for a moment, and you see the Universe's quick response to your different thought, before you know it, you can begin to exercise true Creative control of your own experience.

You are living the exaggerated, finely tuned physical manifestation result of vibration. And in your physical format you have learned to interpret vibrations rather well. What you see with your eyes is your physical apparatus' interpretation of vibration.

Do you know that the reason sugar tastes sweet and lemon tastes sour is because they have different vibrations, and your body interprets the vibrations differently?


We are wanting to assist you in utilizing a sensor or interpreter of a most subtle vibration, the vibration by which all things are created: The emotions that you feel are still another interpreter of vibration. When you feel elation or joy or appreciation or love or passion or enthusiasm, those feelings are interpretations of vibration. When you feel anger or fear or blame or guilt or disgust or any of those negative emotions, those feelings are interpretations of vibration.

You are physical extensions a much bigger part of you that is expressing that Energy Force, and your physical mechanism is the receiver and interpreter of the Energy, or the Spirit or the Soul of that which you are.

As you stand in these physical bodies, you are a literal extension of the Nonphysical you, and when you are in harmony, when you are vibrationally a match, when you are vibrationally up to speed with that Core Energy, that's when you feel those positive emotions. The more in sync with Source Energy you are, the better you feel. And the more out of sync with Source Energy you are, the worse you feel. The more in sync with Source Energy you are, the better you feel. And the more out of sync with Source Energy you are, the worse you feel.

Imagine a cork, floating on a body of water, as being your connected point of view. That's when you are soaring, that's where your appreciation is high. You are tuned in, tapped in, turned on. You're up there in that high natural frequency. Now take hold of the cork and hold it under the water. That's what negative emotion is. That's where you are ornery or irritated or insecure or fitful or frustrated or overwhelmed or blameful or guilty. That's the negative emotion. The good news is, in the moment that you take your attention away from whatever it is that's holding you in that vibration, you let go of the cork and it floats right back to the top. And that is perhaps the most important thing that we want you to hear from us today. It is natural for your cork to float. It is natural for you to feel good. That is what is natural. Anything less than that is not natural. And that's why we see, with so many of you, a true and justified indignation when you find yourself, by virtue of whatever it is that you are observing, feeling less good than you naturally would if you were left to your Nonphysical Energy current.

...continued on page 33 ...




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Your differentiation between the colors in your color spectrum is your literal deciphering of the different vibrational frequencies in the color spectrum. That's why red looks different to you than blue.

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smell with your nose, what you taste with your tongue, these are interpretations of vibrations.



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PROBLEMS AND PERSPECTIVE

...continued from page 11...

The Radiant Level: Fully stabilized as a Soul, the mystic, recognizing the Divine moving within all life, surrenders to this Intelligent Life Force and cedes her will to Her (God/ Universe/Light). This level of Radiance, is the level of the great saints of history and the mystic who has attained it naturally feels and radiates Love from her very being.

Mystical Oneness: Having surrendered nearly everything of herself to the Divine, the mystic, if she so chooses, can surrender her last vestige of separation and control and merge completely with the Light. The two become One. No mystic, no Light—just Oneness. Nothing and Everything living at once and in harmony.

SMASHED HOPES

The mystic, no matter how advanced, must still live in the world. So how do I, someone who flows constantly between Oneness and Radiance and Soul and Mortal, handle disappointment? One word: Dynamically.

Each level has a distinct feeling. Unlike what you may have heard about enlightenment being all bliss and pretty flowers,

every emotion is still felt; but no emotion (or any situation) is ever taken seriously.

So how does the **Mortal** in me handle disappointment? He gets angry, feels helpless, hopeless, guilty, and depressed.

How does the **Soul** handle it? He realizes that—just as he's forgotten a thousand details of a thousand other lives—he will soon forget this too.

How does **Radiance** deal with disappointment? Surrenders, relaxes and has faith that She (the Divine, Light, God, etc.) knows what She's doing and has everyone's best interests in mind.

And **Oneness**? From Oneness—as the **Tao Te Ching** says—you do what needs to be done.

None of the levels fixes my (entirely selfish) disappointment, but each level transcends it in its own way. Each level provides a different perspective—a broader perspective. Each level feels softer and more open than the level before it.

The spiritual path is not a path of self-help—it is not about fixing yourself—it is a path of transcending yourself.

Note: Obviously there is a whole lot more to the “Mom’s got cancer” issue (the wonders and curses of modern medicine, constant doctor’s visits, emergency room visits, parents’ age, sibling indifference, 24-hour blaring TV, errands, privacy, guest rooms, lumpy beds, ...) but in the interest of clarity, I focused on this one issue to demonstrate how all the spiritual levels perceive the same “problem” from different perspectives.

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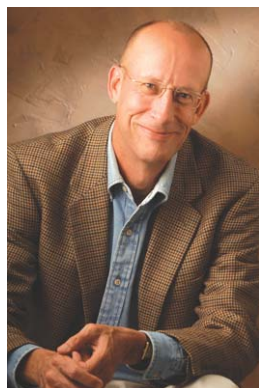
*It is the only true guide
you will ever have.*

*And if you cannot hear
it, you will all of your
life spend your days on
the ends of strings that
somebody else pulls.*

Howard Thurman



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!

Is it my imagination, or are you receiving guidance from within?

You know, by the kind of feelings that either tell you to "have back at it" with the zeal of a lion, or perhaps to finally turn the page, the entire page, not just dog-ear it, and move on.

I thought so.

Well then, may I suggest you act on it, as if nothing else mattered?

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The Universe

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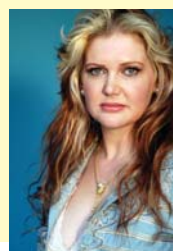
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COVER ART

BUTTERFLY ANGEL

by Ann Rothan



BUTTERFLY ANGEL

This Angel Fairy awakens the butterflies very early in the morning. As they emerge from their sleep, she lets each one know the joy they are bringing to the human kingdom. She blows gently on their wings, infusing them with sparkling colors that will shimmer in the sun. When fully awakened to their mission, she sprinkles them with magic and

sees them on their way, to bless the world with each flutter of their wings.

Ann Lee Rothan, born 1937 in Louisville, KY is a Mother, Artist, Teacher, Illustrator and Writer. She co-founded the PSI Center in Cincinnati, Ohio and the Spiritual Awareness Community in Bend, Oregon. The company, 360 Degree Press was started in the 1980's under the name ARC Inc. Through this format, Ann has shown her Sacred Art at churches, trade shows and galleries. During this time she began publishing her work on greeting cards and prints.

Ann speaks at many Unity, Catholic, Methodist and Science of Mind Churches throughout the U.S. She leads classes on "Painting your Dreams and Visions" and "Beginning Meditation." Some of her TV appearances include: the PBS Wisdom Channel, Portland Oregon, shown nationally and Portland, Oregon; Seattle Washington; Anchorage, Alaska; Columbus, Ohio and Fort Myers, Florida.

Illustrating children's books is one of her favorite projects. She has illustrated for "Highlights Magazine," "Bluestar" and others. Her art is on covers of numerous magazines and books. The video produced at Xavier University, entitled "Body of Light" has been shown on occasion during the "Weekly Friday Meditation" at the Pentagon.

Visit Ann and see her art at www.whereangelsdwell.com



HOW TO KEEP THE FEELING GOING

...continued from page 14...

Instantaneous healings, money coming out of the blue, or people inexplicably helping us out of a jam can't be explained by the mind. Therefore, the mind conveniently forgets to remind us of miracles that break its rules.

By periodically re-reading your log, you can tap back into the flow and ease that occur when you take intuitive action.

Written facts from your personal experience become your best ally. When your mind is trying to convince you to not trust your intuition, your log will show you the truth.

3. Merge with the Surge

Merge with the aliveness of your intuitive breakthroughs. Soak up the feelings of joy, peace, Grace and the excitement of success.

Let the feeling of experiencing a miracle transform your life. Move past just viewing or witnessing the event. Allow the energy of exhilaration to sink into your cells.

When you let yourself be deeply affected by a high vibration feeling, your vibration shifts to a higher level. You're at a new wave length, a new frequency. You're playing at an expanded level of aliveness and power. You see fresh options. Y

ou're more creative and courageous. You become happier and healthier in the physical world.

Use your written log of past miracles to transform your life now. Allow yourself to shift into feeling the joy of the breakthrough in the present moment.

Invite the sensation of excitement to permeate your body. Let the vibration affect you. The more deeply your bones and tissues absorb this vibration, the more your life changes. Let the sensations sink in.

Merge with the surge of Grace. When you feel the rush of sweet success, celebrate it. Own it. The higher vibration is now yours to use to create more miracles.

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SEE PAGE 28

Morgana Starr
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Ask Whitedove

...continued from page 15...

But when the Spanish conquistadors arrived, they saw these rituals as sacrilegious. They were not able to eliminate the ceremony so over a period of years, elements of Catholicism have been integrated.

Today the ritual is continued in Mexico and parts of Latin America on November 1st to meld with the *Catholic All Souls Day*. You'll see effigies of Jesus and Mother Mary, next to highly adorned skulls. To the Aztecs, skulls were the symbol for life and rebirth and in modern times they are decorated with brightly colored designs and flowers to honor the dead and they're even inscribed on cookies, cakes, candy.

The preparations for the festivity starts weeks in advance, families prepare large amounts of the deceased favorite foods for the feast day. They plan the celebration to be at the grave or in the home. The graveyard is transformed into a thing of beauty with mass amounts of flowers, candles, photos and items loved by the dearly departed are all displayed. The loved one is remembered with stories and even jokes as the family gathers at the grave for a memorial celebration and feast to honor their loved one. And since they don't see death as a separation, it's believed that the spirit also joins the party!

Dear Whitedove

Some people believe that our life is mapped out before we come to Earth, and that is our fate. Others believe that we can change our life's path at any time. So I would like to know, is there a difference between fate and destiny or is our Life Mission pre-planned? Neptune's Girl, CO

Dear Neptune's Girl,

There is a great deal of planning that goes into a life's mission. As we prepare for our Earthly journey we make an agreement with God. We select lessons to learn and also lessons that we agree to teach others. So we map out our journey. There are very few events etched in stone, but if there is something that we MUST experience it's pre-ordained or called fate. Then there are other events that will only happen if everything is lined up with divine timing as destiny or a synchronicity. One of God's greatest gifts to humankind is the gift of free will. This affords us the opportunity to co-create our life on Earth. We can get caught up in drama and create a hellish life OR we can dream big and create personal heaven on Earth. Know this: Your spirit has the ability to overcome any hurdle: poverty, abuse, illness, financial loss. Every great master has taught this truth. So I would like to encourage everyone to monitor your thoughts because they are your building blocks. Visualize the future as you want it. Then take action. Heaven is within your reach!



SUGGESTED READING WATCHING LISTENING

CDS:

Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

Be Love Now, The Path of the Heart by Ram Dass
Downward Dog, Upward Fog by Meryl Davids Landau
The Seeker, the Search, The Sacred by Guy Finley
Yoga For Every Room in your House by Jinjer Stanton
Fading Toward enlightenment by Wayne Wirs www.fade2e.com

FROM WWW.LLEWELLYN.COM

Chakra Awakening by Margaret Ann Lembo

WWW.HAYHOUSE.COM

Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D.
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles Marianne Williamson

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The Hidden Spirituality of Men by Matthew Fox
Do It Anyway by Kent M. Keith
Saying goodbye to your Angel Animals by Allen & Linda Anderson
Why Walk when You Can Fly by Isha
365 Prescriptions for the Soul by Dr Bernie S. Siegel

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MUST SEE DVDs

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

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



Abraham-Hicks

...continued from page 26...

Imagine yourself at a buffet with all of this food prepared by some other nation and you are really not sure what it is. But you fill your plate, anyway, because everyone else did. And when you get it in your mouth it is horrible. What would you do next? You would spit it out. Wouldn't you? We don't think you would eat more. Your vibrational interpretation has shown you you have something that does not suit your palette, and so you do not tolerate it.

And what we want to encourage you to begin doing, from this point forward, is, when you bring something into your vibrational arena that causes your cork to go down under the water, we want you to be as unwilling to allow that as you would to put something icky in your mouth. We would encourage you to spit it out right away, and turn your attention to something that feels better so that your cork floats.

Because when you are reaching for feelings that make your cork float and make your heart sing, then you have chosen to give your attention to something that is vibrationally up to speed with who you really are. And we've noticed, as we watch you, that you are never more pure in your vibration than when you are in the mode of appreciation. The Universe is responding to the vibration that you are offering, and while it is true that often the words you offer are a reflection of your vibration, you don't have to speak it in order to offer it. Everything in the Universe is offering a vibration, and everything else in the Universe is responding to the vibration. It is Law.

What we are wanting to assist you in doing is to consciously offer thought that causes you to offer a vibration that is in harmony with Source Energy so that you can be the extension of the Nonphysical Energy that is you, so that you can do what you came to do, and most of all, so that you can live happily ever after. We want you to vibrate on purpose. We want you to say, "Nothing is more important than that I feel good, because when I feel good, that means I'm a vibrational match to my Core Energy. And when I'm a vibrational match to my Core Energy, I'm fulfilling my reason for being here, and I'm of advantage to anyone and everyone with whom I interact, even those that I focus upon from afar.

Usually, the emotion that you are feeling is one of these three: It is either blame or it is guilt or it is appreciation. Now imagine one of those pie charts that shows percentages. Blame is two-thirds of this pie chart, and guilt is the next biggest piece. Then appreciation is a nice little sliver, in there somewhere, for most of you. We're wanting you to reverse that, so that appreciation is the biggest chunk of it and eventually the whole of it. When in the vibration of appreciation, you are in perfect harmony with your core, and you

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are in perfect harmony with all that you consider to be good and truly with all that is good. When you are in the mode of blame or guilt or fear or anger or any of those emotions that feel so awful, what it always means is, "In this moment I'm giving my attention to something I do not want. I've included it in my vibration, and I am now holding myself in vibrational disharmony with what I do want and in vibrational harmony with what I don't want."

So let's say you are in an interaction with someone at work and they are just being themselves, and whatever they're being is annoying you in this moment, and you can feel discomfort in your stomach. Your cork is well under the water. And you stop in that moment and ask yourself, "Is this blame, guilt or appreciation?" It's probably going to be blame. And so, in that moment, say to yourself, "Does this benefit me or them? Is this who I really am? Is this a vibrational match to who I am? Or am I wanting to rise above this? Am I wanting to set the Tone? Am I wanting to vibrate differently than this circumstance is calling forth from me? I get to choose. I have absolute freedom to pick any object of attention and, therefore, establish my Vibrational Tone anywhere I want to." And as you stand there right in the middle of this uncomfortable moment and you decide, "I am an appreciator," and you look for something to appreciate. Maybe it's within this situation. Maybe it's far outside of this situation. But as you

...continued on page 34...



Abraham-Hicks

... from page 33...

find something to appreciate, your cork begins to float as your vibration begins to raise. And all of a sudden it is as if that person stepped into another time/space reality, because you and that person are no longer a vibrational match. He just lost contact with your signal and you've just lost contact with his. He is getting static and so are you. Nothing further can happen here, because you are not on the same vibrational wavelength. And in the moment that you do that, other things that are a vibrational match to you will come into your play. And we promise you, it is not different time-wise than changing the signal on your radio dial. In other words, the new Tone can come that quickly. Somebody walks into your space, or the telephone rings and somebody rings into your space. In other words, all kinds of things happen.

Everything that is my object of attention benefits by being my object of attention as long as I am connected to Source Energy while I'm holding them as my object of attention.

Do you realize the gift that you have to give? Do you realize that you are uplifters? Now, what is an lifter? An lifter is someone who, some way or another, connects to Core Energy so that you are vibrating in harmony with Source Energy and then holds that Tone, no matter what, so that others may acclimate to it. That is the true definition of an lifter. Setting your Tone. Most people don't set their own Tone. Most people let the circumstances that they are observing set the Tone. So if there is something good that they are observing, they feel great. But if there is something bad that they are observing, they feel awful. And that is the reason that, as humans, you try to do something that isn't possible. You think you have to control the behavior of each other. You think that you have to control the conditions around you before you can feel good. And so, you embark upon an impossible task of legislation and rules and laws and punishments and monitoring that never gets you anywhere except confused and buried and further from Source Energy.

It is absolutely accurate to say that if there is something that you want that is not coming, you are not yet matching it with your vibration. Or if there is something that you've got that you would like to go away, it cannot leave because you are matching it vibrationally. The Universe is standing by ready and willing and capable, beyond our ability to find words to describe, to give you, in every moment of your day, exactly what you are vibrating. It is doing it constantly. So if you're wanting a real bird's eye view of how you're doing vibrationally, look around. Because what's happening around you is the perfect match. It is the perfect reflection of whatever it is that you're sending out in your signal.



Thoughts about things...

... from page 7...

The Truth About Hair and why Indians would keep their hair long

This information about hair has been hidden from the public since the Viet Nam War. Our culture leads people to believe that hair style is a matter of personal preference, that hair style is a matter of fashion and/or convenience, and that how people wear their hair is simply a cosmetic issue. Back in the Viet Nam war however, an entirely different picture emerged, one that has been carefully covered up and hidden from public view. Hair is an extension of the nervous system and transmits vast amounts of information to the brain, including enhanced intuition and precognition.

In the 90's, Sally was married to a licensed psychologist who worked at a VA Hospital. He worked with combat veterans with PTSD, post traumatic stress disorder. Most of them had served in Viet Nam. Sally said, " I remember clearly an evening when my husband came home carrying a thick official looking folder in his hands. Inside were hundreds of pages of certain studies commissioned by the government. He was in shock from the contents. What he read in those documents completely changed his life. *From that moment on, my conservative middle of the road husband grew his hair and beard and never cut them again. What is more, the VA Hospital let him do it, and other very conservative men in the staff followed.*

As I read the documents, I learned why. It seems that during the Viet Nam War special forces in the war department had sent undercover experts to comb American Indian Reservations looking for talented scouts, for tough young men trained to move stealthily through rough terrain. They were especially looking for men with outstanding, almost supernatural, tracking abilities. Before being approached, these carefully-selected men were extensively documented as experts in tracking and survival.

With the usual enticements, the well proven smooth phrases used to enroll new recruits, some of these indian trackers were then enlisted. Once enlisted, an amazing thing happened. Whatever talents and skills they had possessed on the reservation seemed to mysteriously disappear, as recruit after recruit failed to perform as expected in the field. Serious casualties and failures of performance led the government to contract expensive testing of these recruits, and this is what was found.

When questioned about their failure to perform as expected, the older recruits replied consistantly that when they received their required military haircuts, they could no longer 'sense' the enemy, they could no longer access a 'sixth

...continued on page 38...



Traversing the Bar

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to remind myself that I've been wanting to live in Bali since I went there in December of 2007. I have to remind myself that we figured out how to pay for it. I have to remind myself that I'm happy in Bali. I have to remind myself that Bali is a giant YES for me-I am able to contribute to others, and people are eager for my contribution.

I have to remind myself of this every day. I have to make sure I'm doing my mindfulness regime by writing, exercising, expressing gratitude, and being present in the moment. I have to be more rigorous than usual which is surprising. Aren't I heading off for a fabulous adventure of my choosing? Isn't it amazing that we've been able to figure out a way to do this and keep our house? Are we lucky, lucky, lucky? Where is there room in this equation for fear, irritation, carping at each other, and feeling disconnected?

The room in this equation is the human place in us. I think it is the divine part of us that is calling us to Bali, and it is the human part of us that is rattling our teeth with fear. I think this is part of the adventure, like climbing to the top of the mountain, that makes the view even sweeter. Just as caterpillars need to struggle out of the cocoon to become butterflies, when we make a big growth move, we shouldn't be surprised if there's a bit of struggle in there somewhere. Our beautiful wings are unfolding, but that cocoon: sure looks comfortable. In fact, Murray and I have created a gorgeous cocoon full of friends and love and beauty and activity.

What if this is a big mistake? What if we get to Bali and the friends we made all leave, and we can't make any new friends, and the connections we've made to serve Bali fall apart, and I can't find my way back, and my gums start to bleed, and my left knee hurts more- the sirens of my misery are alive and well.

WHAT'S IN THIS FOR YOU?

Cut yourself some slack. If you are doing something new, even if it is something you've chosen that you know is good for you, you might just have to go over your own Bar. Plan for a bumpy ride. If it doesn't happen-great! But if you've got your feet tucked in, you're looking downstream, and you have a paddle in your hand, you will do better when the bumps appear. You will find your balance, you may even enjoy the ride.

BECOMING A CONSCIOUS PILOT

Transversing the Bars that appear in our lives requires us to let go as we take hold. We get smarter and stronger the more we do this, and we get to have help. Sometimes we will need an expert Pilot because the transition we are making is so HUGE, the waves threaten to swamp our Life Boats. So, if you need some help, get it. Find a support group, a buddy, or a coach. In my coaching practice, I am coming to respect the process more deeply every week. We conquer an old habit, and then it appears again in a new guise. If we have regular reflection and contemplation, we won't be thrown back in the Sea so often. What a marvelous adventure this living is!

OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

To promote the reality that we survive in consciousness after the change called death.

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



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

HOROSCOPES

Aries: March 21 to April 19 "I Am".

Bhakti is your greatest aspiration! Ask yourself what are you devoted to; your passions, your family, your spiritual practices? What will bring you the most fulfillment on an energy level and be long lasting. With the full moon in Aries on October 11, the lesson of living rhythmically will be attained.

Taurus: April 20 to May 20 "I Have".

As you realize the value of future oriented imagination you can rely on your heart centered goals to bring you your greatest desires. This month will be focused on family activities in the home. The time is right for starting a spiritual group, book club or a cooking class. Do anything that will make you feel secure and nurtured.

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

If you have faith as a mustard seed, you will be rewarded with many spiritual blessings beyond your wildest dreams. With intentions set in motion and free from certain expectations see life from your spiritual eye and you will find your way through the maze of life. Allow your heart to gently guide you on your way.

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

Get your dancing shoes out because now is the time for your social life to improve. Others will notice you and want to get to know you, it will finally feel so good to be off the couch. What ever your intention is, just know that to everything there is a season. Be your authentic self and all will be in divine order.

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

This month you are focused on partnerships and all the many harmonious and exciting events that you and yours will attend.

You are in a positive position within your family to assist others to let go of grudges and heal their issues. You are an inspiration to others in your encouraging them to forgive and let go of old hurts and resentments. Once healed your wishes will come true.

Virgo: August 23 to Sept 22 "I Analyze"

With your recent Solar return, you now have a greater appreciation of your year ahead, thankful that the past is over and you are happy and whole. Discernment will always be your stabilization towards discrimination, just try and keep it positive. you can take the reality of what is without being negative.



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October 2011

Libra: Sept 23 to Oct 22/23 "I Balance"

Balance is the key; your middle name. When the teacher is ready, the student appears and when the student is ready, the teacher appears. You are one in the same, but time is responsible for making you change places. Saturn yes is still on your tail, with his help you will learn your lessons eventually. Take up meditation to avoid being so critical.

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

Your career may feel like it is under reconstruction, but take heart. You must hold true to your values and move forward with what has heart and meaning for you. Be the better person in this situation. Don't loose faith you have all the power to succeed and the drive to get it done. Just don't settle for less.

Sagittarius: Nov 22 to Dec 21 "I Perceive"

Your emotions are supercharged, what you do with all that energy is up to you; just make it count. What if you only had six months to live, what would you do with your time and energy? Being who you are, you would want to make your mark in the world helping others, and spend as much time with the people who you love and love you.

Capricorn: Dec 22 to January 19 "I Use"

Even though it is only October, you may be ready for a retreat into some homely hibernation self healing time. What ever the medium, self imposed or not, take the time necessary to tune into the unspoken words from your unconscious self. Hear your body talk and talk back with loving words of reassurance.

Aquarius: January 20 to Feb 19 "I Know"

Money is important as a means of power and how you go about getting the money you need can be very creative. You may also be gifted in using your intuition to earn your living. Could be an astrologer, a stock broker, or a psychic. The lesson is to be clear with your self and everyone you interact with.

Pisces: Feb 19 to March 22 "I Believe"

Self worth issues are up on your radar this month. Don't allow your self love to take a plunge because of how someone has treated you. You are worthy of so much more, own it and live your dream. As you follow your heart more others will flock to you like birds of a feather. Trust your intuition.



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

Thoughts about things...

... from page 34...

sense, their 'intuition' no longer was reliable, they couldn't 'read' subtle signs as well or access subtle extrasensory information.

So the testing institute recruited more Indian trackers, let them keep their long hair, and tested them in multiple areas. Then they would pair two men together who had received the same scores on all the tests. They would let one man in the pair keep his hair long, and gave the other man a military haircut. Then the two men retook the tests.

Time after time the man with long hair kept making high scores. Time after time, the man with the short hair failed the tests in which he had previously scored high scores. Here is a typical test:

The recruit is sleeping out in the woods. An armed 'enemy' approaches the sleeping man. The long haired man is awakened out of his sleep by a strong sense of danger and gets away long before the enemy is close, long before any sounds from the approaching enemy are audible.

In another version of this test, the long haired man senses an approach and somehow intuitively that the enemy will perform a physical attack. He follows his 'sixth sense' and stays still, pretending to be sleeping, but quickly grabs the attacker and 'kills' him as the attacker reaches down to strangle him.

This same man, after having passed these and other tests, then received a military haircut and consistently failed these tests, and many other tests that he had previously passed. So the document recommended that all Indian trackers be exempt from military haircuts. In fact, it required that trackers keep their hair long. "

COMMENT: The mammalian body has evolved over millions of years. Survival skills of human and animal at times seem almost supernatural. Science is constantly coming up with more discoveries about the amazing abilities of man and animal to survive. Each part of the body has highly sensitive work to perform for the survival and well being of the body as a whole. The body has a reason for every part of itself.

Hair is an extension of the nervous system, it can be correctly seen as exteriorized nerves, a type of highly evolved 'feelers' or 'antennae' that transmit vast amounts of important information to the brainstem, the limbic system, and the neocortex.

Not only does hair in people, including facial hair in men, provide an information highway reaching the brain, hair also emits energy, the electromagnetic energy emitted by the brain into the outer environment. This has been seen in Kirlian photography when a person is photographed with long hair and then rephotographed after the hair is cut.

When hair is cut, receiving and sending transmissions to and from the environment are greatly hampered. This results in numbing-out. Cutting of hair is a contributing factor to unawareness of environmental distress in local ecosystems. It is also a contributing factor to insensitivity in relationships of all kinds. It contributes to sexual frustration.

CONCLUSION: In searching for solutions for the distress in our world, it may be time for us to consider that many of our most basic assumptions about reality are in error. It may be that a major part of the solution is looking at us in the face each morning when we see ourselves in the mirror. The story of Sampson and Delilah in the Bible has a lot of encoded truth to tell us. When Delilah cut Sampson's hair, the once undefeatable Sampson was defeated. As reported by C. Young: at <https://indianinthemachine.wordpress.com>

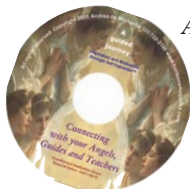
So, now I can justify not cutting my hair nor shaving and also letting my lady whiskers grow. In my job as a psychic medium, it's an occupational imperative. Enjoy our offering this month. Hari Om.

Andrea

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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

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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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