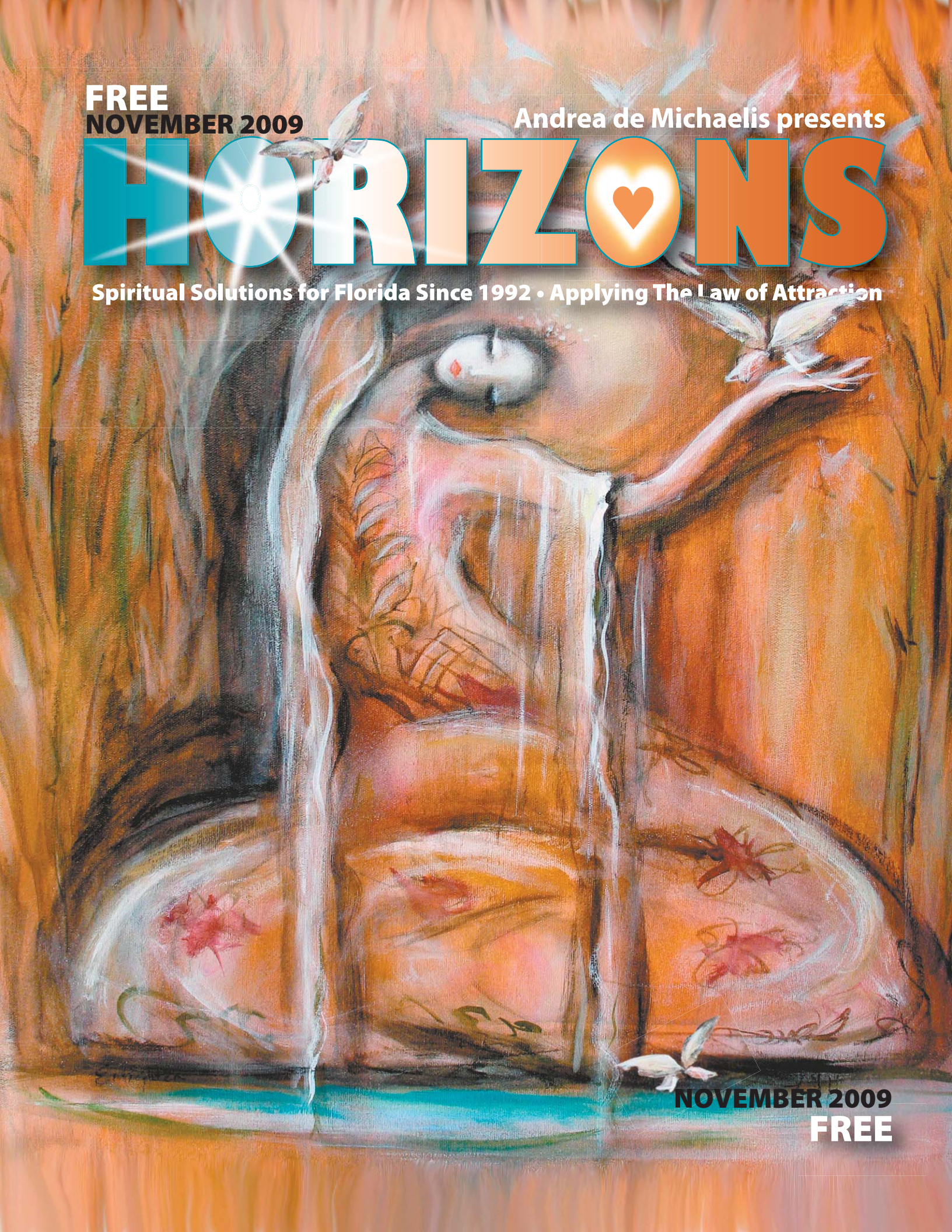


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Fri & Sat Dec. 18, 19

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Saturday Nov. 14, 28

Saturday Dec. 12th

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Special Events: November 2009



Saturday, November 7 - at 7:00 pm:
Visionary Art Show

*Featuring all-original visionary and spiritual paintings. Visionary artists:
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Saturday, November 14 - at 7:30 pm:
TranZen Concert: Enlightening Music
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*Their music attunes you to a calm state of heightened awareness.
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Saturday, November 21 - at 7:30 pm:
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SUNDAYS IN NOVEMBER

Nov 1st Essential Spirituality - Awaken Your Spiritual Vision: see clearly and recognize the sacred in all things.

Nov8th Essential Spirituality - Cultivate Spiritual Intelligence: develop wisdom and understand life. Speaker will be Maggie Rosche.

Nov15th Essential Spirituality - Express Spirit In Action: embrace generosity and the joy of service.

Nov22nd Gratitude and Spirituality - Thanksgiving as a spiritual practice.

Nov29th The Joy and Wonder of Choice - Speaker will be Terry McBride.

Nov. 1st Mark Your Calendars! Change Your Clocks! Daylight Savings Time Ends

Sunday Nov. 1st Immediately after our 10 AM Service. **Fall Potluck To celebrate the Time Change.** Bring a dish - enough for your family and some to share. The church will provide drinks and paper products.



Nov 8th WE WILL RESUME NORMAL WINTER SERVICE TIMES. 9:00 and 11:00 AM

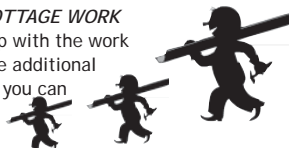
Sunday Nov1st, 4:30pm REIKI HEALING SERVICE with Lloyd Reiser



SOULS4UNITY. Unity Church of Melbourne and other member churches of The Association of Unity Churches have partnered with Soles4Souls in an effort to sponsor 525,600 pairs of shoes to deliver people in need around the world. That's means we would be delivering one pair per minute to enrich lives around the world in 2010! During November and December we will be collecting monetary donations to Soles-

4Souls. Our contributions could provide shoes for a person, a family, a school or an entire village. Over 300 million children around the world are without shoes. Our goal is to deliver a pair of shoes a minute in 2010.

Nov. 14th 8:30 am Unity of Melbourne COTTAGE WORK DAY. We need plenty of strong hands to help with the work that day as we level the walls. We could use additional hydraulic jacks. Please let Tim Hall know if you can work or if you have jacks.



Tuesday Evenings November 10th and 17th LOVE & MYSTICISM:

Meditating with the Masters with Rev. Elizabeth Hess Stamper 7-9:30pm Love Offering. NOVEMBER 10 - MEDITATION AND HEALING. *NOVEMBER 17 - NATIVE AMERICAN SPIRITUALITY (Special Guest Mike Edwards)

Wednesday, November 25th THANKSGIVING EVE SERVICE 7:00 PM

Join us for a service of sacred music and communion as we pause and offer thanksgiving to God for all of our blessings.

THANKSGIVING DAY POTLUCK DINNER 1:00 pm If you don't have another place to be, join us for Thanksgiving Day Potluck Dinner. Call to RSVP and sign up for the dish that you wish to bring. Turkey volunteers needed.



Nov 29th and 30th 6:30-9:30 PM

YOU AND YOUR DREAMS With Terry McBride

You have the Power and the Authority to create what you want. Any idea other than that is a lie claiming to be the truth. Unity believes that there are many paths to one's spiritual awakening. Sometimes these paths seem to be in conflict with one another. Learning to go with the flow is not the same game as learning how to change the course of the river. Accepting your human limitations is not the same as understanding that you are unlimited. Giving up your ego centered desires is not the same as making your dreams and desires a reality. The choice you have is which of the great spiritual paths do you want to follow? As Charles Fillmore states throughout his writings, "Our perspective should cause us to know that when we work, we should work definitely for what we want. He continues and says, "Therefore you may know that everything you do, say or think carries with it Divine Authority." There are many paths, many great teachers, and many great spiritual disciplines that can lead you to, "knowing the truth that sets you free". What path would you like to take?

ARE YOU INTERESTED IN BECOMING A CHAPLAIN? Now is the time to talk with one of our chaplains or come to one of the chaplain orientation. Our Chaplain Training Retreat begins Friday evening December 4th and goes until noon on December 5th. One of the benefits our training will enable you to pray with anyone about anything.

Friday, November 13th & 27th, 9:00 PM Brevard County Buddhist Fellowship. The meetings include a brief meditation period and open discussions. Email Tim at brevard@bffct.net, or call (321) 720-0738.

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

THE GREATEST OPTICAL ILLUSION IS SEPARATION

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Andrea de Michaelis

Thanks for help this month

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Barbara Lee
Sharon Janis
Alan Cohen
Mike Dooley
Tom Sannar
Guy Finley



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

Anais Nin

*Horizons thanks
everyone willing
to take the risk*

HORIZONS

Our Advertising Rates ... Low because we are in it for the outcome, not the income	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
The Teachings of Abraham by Esther and Jerry Hicks	8
It's OK to Quit by Veraunda Jackson	9
How To Make Your Dreams A Reality by Valerie Saurer	11
Herb Corner with Cecelia Auitable	13
Our Classified Ads	14
Ask Whitedove with Michelle Whitedove	15
Maintaining an Attitude of Gratitude by Sharon Janis	16
From The Heart by Alan Cohen	17
Notes From The Universe by Mike Dooley	18
Why Is Man Unhappy? by Ma Yoga Shakti	19
Find New Strength in Awakened Attention by Guy Finley	21
Our Phone Directory *Horizons may be picked up at most of these locations*	23
Animal Spirit Guidance: What's Your Sign? by A. Venefica	28
Abraham Fun with Karen Williams	32
Cover Art	34
Our Calendar of Events	35
Our Mission Statement	40
How to Use Horizons Magazine	40
Solar & Lunar Celebrations of the Ancients by Roger Coleman	41
Suggested Reading, Watching, Listening	42
Monthly Horoscopes by Barbara Lee	44

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

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page 14
page 23
page 35

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the November 2009 edition of Horizons Magazine. By now everyone has heard of the incident in Sedona, AZ where 19 people became ill and 3 later died at a sweat lodge given by Self-help author James Arthur Ray (who appeared in *The Secret*) as part of his *Spiritual Warrior Retreat*. At issue are several factors, disagreement over who constructed the sweat lodge, was 415 square feet large enough for the 55-65 people who were inside, who was in medical charge of the attendees. Why was there no permit, why were medical releases not signed.

But the greater question becomes: how did James Arthur Ray, one of The Secret teachers, attract this? In a 2007 Interview, Ray stated: *"The results you have in the third dimension are a reflection of who you are in the spiritual realm. Read that again because it's critical."* Ray so clearly knows how crucial it is to realize that the results we have in the real world - the third dimension - are a reflection of who we are in spiritual consciousness, that he says *"Read that again because it's critical."* Ray goes on to say the law of attraction *"guides and creates every single result I produce..."*

So how did Ray attract a situation like this? I mean, if he knows *The Secret* and all. As Abraham-Hicks so clearly explains, it's always ever only one reason: Whatever we are experiencing, we experience because we are in vibrational resonance with it. We are vibrationally in tune with it.

And where we are vibrationally attuned can change in every moment with the change of every thought.

And we can train ourselves to keep our thoughts focused on particular things we wish to attract.

And we know when we have tuned in successfully, because we then have that experience.

But what about the things we don't want to experience? James Ray did not want to have that experience at the sweat lodge. He probably never considered it, thought about it, pre-paved it or visualized it. So how did he attract it? *Like little kids who die young: they aren't contemplating bad things happening to them, so how do they attract it?*

We attract it when we don't have a strong focus on what result we want and where we want to be. We attract it when we get wrapped up in the stories and concerns, real or imagined, of those around us. When you're in a sweat lodge of just a dozen people, you are in the midst of a large vortex of emotional energy. Whether you believe it or not, your own body and mind will tend to go in the direction the majority are going. If there are 60 people in that small a space, everyone's body gets affected. Everyone's mind gets affected. Everyone's emotions get affected. So even people with good intentions, like James Ray likely is, can get caught up in it and lose focus, and attract something he doesn't want.

...continued on page 20...

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Page 7

ABRAHAM-HICKS



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

Visit www.abraham-hicks.com.

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 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. 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. They are vibrationally different and you're visually interpreting the difference. You interpret vibration through your ears, every sound you hear is your physical interpretation of vibration. What you feel with your skin, what you smell with your nose, what you taste with your tongue, these are interpretations of vibrations. 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 want to assist you in utilizing a sensor or interpretator 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.

...continued on page 29...

CALLING ALL COURAGEOUS SOULS –



You know there's more to life!
You want to experience God with all your heart. You are willing to test new ideas, be honest about your fears, discover emotional truth, even investigate the Divine Love path!

Groups are forming this month in Cocoa and Melbourne to introduce the work of A.J. Miller and James E. Padgett.

Please visit www.soultruth.org for more information.

It's OK To Quit



Veraunda Jackson is an attorney, author and international speaker. She is a senior attorney for the Department of Children and Families in Orlando, Florida. She has authored three books. Visit her online at www.ehapinc.com

It's OK To Quit

1. Quit arguing with people about the same old foolishness! Respect their position and keep it moving!
2. Quit telling people your secrets when you know they are not going to keep them! And if you keep telling them, then quit getting mad when they tell your secrets!
3. Quit trying to pull people on your journey who don't want to travel with you. Either they believe in you and value you... or they don't!
4. Quit complaining about things you can't and won't change!
5. Quit gossiping about other people! Minding our own business should be a full time job!
6. Quit blaming each other for things that in the big picture aren't going to matter three weeks from now! Talk solutions...and then implement them!
7. Quit eating things you know are not good for you! If you can't quit...eat smaller portions!
8. Quit buying things when we know we can't afford them! If you don't have self control, then quit going to the stores! Quit charging things, especially when you don't NEED them!
9. Quit staying in unhealthy relationships! It is not okay for people to verbally or physically abuse you! So quit lying to yourself! It is not okay to stay in the marriage for the children! Ask them and they will tell you that they really would prefer to see you happy and that the misery you and your spouse/partner are living with is affecting them!
10. Quit letting family members rope you into the drama! -Start telling them you don't want to hear it! Quit spreading the drama! Quit calling other relatives and telling them about your cousin or aunt! Go back to #5 minding your own business should be enough to keep you busy!

...continued on page 30...



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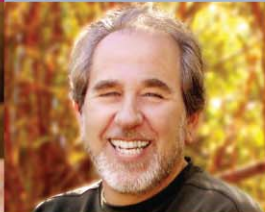
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How To Make Your Dreams A Reality



Valerie Saurer is the founder of The Attitude of Gratitude Project, an interactive gratitude journal on Facebook visited daily by thousands of grateful people from all over the world. She is the author of two blogs, <http://thenewbookofclues.blogspot.com/> and <http://Living-Gratitude.com> attitudeofgratitudeproject.com. Email sendoutgratitude@yahoo.com

Last night I heard a lecture by **John Maxwell** entitled, "*How to Make Your Dream a Reality*." He gave us 10 questions we can ask ourselves to find out if we are on the right path. *Here are my notes from the lecture:*

You have greater odds of success in you have many valid reasons for achieving your dream. The dream journey is long, difficult, and filled with challenges. If you only have one reason to get there, you'll most likely lose heart.

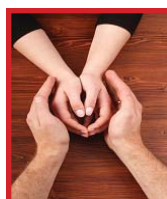
Put your dream to the test; here are ten questions:

1. OWNERSHIP: Is my dream really MY dream? Most people are living someone else's dream. You can tell if it is really your dream because you won't make any excuses for not achieving it. You BUY it; you have pride of ownership. You bet on yourself, and invest your own money, reputation, and time. There is a difference between believing in your dream and buying into your dream. You can have a really big dream planted right where you are; don't use your current circumstances as an excuse.

2. CLARITY: Do I clearly see my dream? If I don't know what it looks like, I won't know if I have it. You won't be able to see the whole journey laid before you, but can you clearly see what the end looks like? It's kind of like putting together a jigsaw puzzle; you need to keep your eye on the box so you know how the pieces fit together. As you move closer to your dream, the picture becomes clearer. Once you have a clear picture you can prioritize correctly.

3. REALITY: Am I depending on things within my control to achieve my dream? Reality is the foundation upon which you build your dream. It must be solid. The following statement is

...continued on page 33 ...



SPIRITUAL DIRECTION/COMPANIONING

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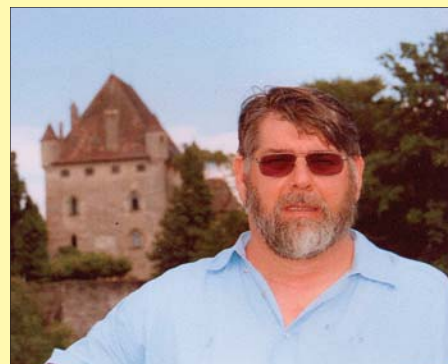
"Albert has helped individuals establish new businesses that become very successful. He also has helped owners with businesses in trouble--even when their problems are due to the economy. Many have given up hope. They are able to find solutions to their problems and return to success and prosperity."

Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients. He uses this gift to give people gentle but firm guidance into knowing themselves better. *Albert's assistance to business has had wonderful success with those who have taken his information and followed his insights. They have achieved their goals, saved businesses, or realized their dreams. They have been developers, bankers, doctors, oil companies, etc -- the list is long. For information on business readings, call Albert -- He travels anywhere he is needed, as necessary.*

COMPLETE PERSONAL READINGS

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

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



Accuracy scientifically proven

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

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CREDENTIALS:

Albert was the subject of the internationally published book "VISIONS OF TIME", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with NASA & the FBI, to working on academic projects, to finding missing persons and sunken ships. He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities. He was Project Manager and Lecturer for the **Edgar Cayce Foundation** and **Association for Research and Enlightenment**. Albert hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

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

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Cecelia 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. For more information call 321-757-7522

Just What is Essiac?

Essiac is a blend of herbs used by Canadian nurse **Rene Caisse** in the 1920's; while working with a breast cancer patient who did not have the money to pay for medical treatment. Fortunately Rene was acquainted with an Indian "Medicine Man" who believed he could help this patient with his herbal tea. After her recovery, Rene used what later became **Essiac** on both her mother and her aunt who lived much longer than their doctors had expected.

The original "Medicine Man's" formula was modified a few times and over next 50 years it helped many other patients believed to be incurable by their doctors. Rene eventually formalized **Essiac** into a 4 herb formula containing **Burdock**, **Sheep Sorrel**, **Turkey Rhubarb** and **Slippery Elm**. Unfortunately this blend has never been approved by the AMA or the American Cancer Society; to scientifically prove its effects would take millions of dollars and 10 years of research; but over the last 80 years Essiac has had positive results with so many people.

I became familiar with this formula years ago when my husband was diagnosed with a brain tumor; his only option was radiation and his doctors were not hopeful since no one had survived this type of tumor before. I immediately went into research mode; I found that for centuries **Burdock** had been and still is used all over the world as a cancer fighting herb one that helps to reduce lymph-edema with anti-mutagenic and anti-tumor properties. **Burdock** helps to restore the circulatory, respiratory, urinary and lymphatic systems removing toxins from the body caused by radiation.

Nutrient rich **Sheep Sorrel** nourishes the blood carrying oxygen throughout the body. It contains aloe-emodin found to have anti-leukemic properties and other compounds found to cause the regression of metastasized cells reducing tumor growth.

Slippery Elm is another nutrient rich herb in **Essiac** it contains beta-sitosterol and polysaccharides found to have anti-cancer activities. Its other nutrients help to soothe, heal and reduce inflammations of the throat, esophagus, vocal cords, stomach, bowels and reproductive organs greatly reducing pain.

Turkey Rhubarb helps to ease constipation, detoxify the liver, improve circulation and reduce inflammation it contains emodin, aloe-emodin, catechin and rhein all found to have anti-cancer activities with the emodin being a strong inhibitor of leukemia.

Together this blend boosts your immune system, destroys parasites, they remove heavy metals and other toxins from the body caused by radiation and chemo. They ease side effects of chemo and radiation including pain, inflammation and stomach distress.

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Essiac can be found in health food stores, the doses can vary depending on the severity of the condition with my husband he started with 4 capsules and went up to 18 capsules in one day; for some people this can cause stomach distress or diarrhea my advice would be to take it slow.

Essiac makes no claims to be a cure for anything but it has stood the test of time as a complement to most traditional therapies, and in our family it has served us well.

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



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

New Open On-going Psychic - Mediumship Classes:

New Class in Gainesville- Sat November 14th 2-4:30 PM
Held @ Unity of Gainesville, 8801 NW 39th Ave

Jacksonville - Wednesday, November 18th - 7-9:30 PM
Held @ 1437 Flagler Avenue Jacksonville

Neptune Beach - Wednesday, November 18th - 1-3:30 PM
Held @ 1112 Third Street, Suite 7

W. Melbourne - Tuesday, November 10th - 7:00 - 9:30 PM
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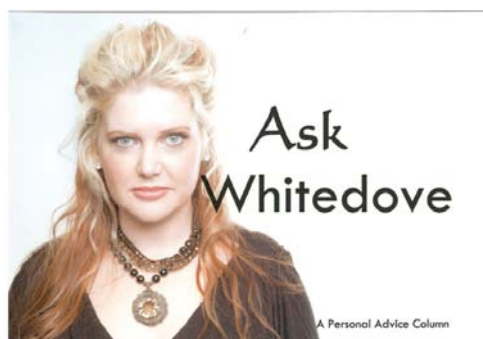
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Dear Whitedove: Everywhere I turn I see the world in crises. The media is always talking about natural disasters, food shortages, and unclean water. I'm scared all the time, are we doomed? What can I do to not be so fearful? **Frightened in Fresno**

Dear Frightened:

Fear does nothing but create the very thing you are scared of. There are many parts of the world right now that are plagued with natural disasters and we need to come together as light workers and find ways to fix what we have broken. We have allowed the Earth to be polluted and the natural disasters we are seeing are in large a result of this. **Imagine if each person who had the same fear as you took that energy and instead of worrying began to pray and work toward solutions; it would be amazing how quickly things would turn around. Trust in your connection to Spirit to help guide you to making good decisions that will keep you out of harms way as well as protecting the planet.** Pray for Mother Earth and all her children, recycle, make your home energy efficient, car pool, don't litter. Be prepared for the worst but always pray for the best.

...continued on page 38 ...

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Maintaining An Attitude Of Gratitude



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

When you arise in the morning,
think of what a precious privilege it is to be alive —
to breathe, to think, to enjoy, to love.
—Marcus Aurelius

You have a choice, no matter who you are or what your life is like. You can either be grateful for whatever you have, or you can be ungrateful. I suggest that making an effort to be more consciously grateful for whatever large or small blessings have come into your life is a good idea. Gratitude is the magic formula, not only for forgiveness, but also for happiness and peacefulness, along with worldly and spiritual success.

When you're grateful, you're likely to be in a better mood, and when you're in a better mood, you're likely to be kinder and friendlier with people, generating more friendliness in return. Being in a good mood automatically makes your life better and helps you work, play, and love better.

Having a bigger-picture spiritual view of life gives you many more opportunities to feel gratitude. Everything is a gift from God and divine spirit, and the more grateful you are, the more opportunities you'll likely have to experience even more gratitude. The world inherently draws to you people and experiences that reflect your thoughts and feelings; therefore,

having gratitude can reflect back to you in wonderful ways. Eventually you may achieve a state of mind that maintains a base level feeling of gratitude at all times and in all circumstances. True gratitude is ultimately independent of the specific details of your life. A true attitude of gratitude is an unconditional appreciation for everything, all at once.

Thank you, God!

Here is a contemplation that can help you feel more gratitude for everything in your life:

1. Take a few moments to contemplate something you're especially grateful for in your life.

Allow your feelings of gratitude to come forth, while remembering all the details about whomever or whatever you're feeling grateful for.

2. Now, remove the outer circumstances from your mind and focus your attention on just on the feeling of gratitude that remains.

3. Allow that essence of gratitude to expand throughout everything in your life.

Be grateful for life itself, without limiting your gratitude to anything in particular.

...continued on page 38...



Past / Future Life Readings with Christopher Tims

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From the Heart

Alan Cohen is the author of many popular uplifting books, including his exciting new inspirational novel, *Linden's Last Life*. Beginning in January 2010 Alan is offering a Life Coach Training program. For more information on Alan's programs, books, his free inspirational quote program, or his daily Wisdom for Today lessons via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079



A Reputation to Live Up To

A number of years ago I went on an intense lecture tour that left me feeling exhausted. The last event of the trip was a full-day workshop in Atlanta, and as I pulled myself out of bed that morning to get ready for the seminar, I wondered how I would gather the energy to present a decent program. When I arrived at the venue, I found a young man at the door, waiting to greet me. He shook my hand vigorously and told me, "I read your book and it changed my life. I drove four hours to get here today, and I can't wait for the seminar. I came to meet the man who wrote the book."

Well, that sure put a different spin on the program for me. When I saw the eagerness in that fellow's eyes and I felt the sincerity in his voice, I was moved to present the seminar he came to receive. I couldn't let my tiredness or resistance stand between him and his intention. I felt a burst of energy and enthusiasm, and went on to offer a program at the level of excellence he expected. That fellow literally called forth the man who wrote the book.

You, too, have the power to call forth the brilliance and genius in those around you, as well as yourself. You just need to give more attention to what is working and what you want to happen, than to what is not working and what you do not want to happen.

The Spiritual Cinema Circle (www.spiritualcinemacircle.com) has distributed a potent short film, *Validation*, which you can find on YouTube. The film tells the story of Hugh Newman, who validates tickets in a public parking garage. Yet Hugh's validation goes far beyond stamping parking tickets. When each customer arrives at Hugh's station, he gives them a sincere compliment like, "Wow, what a great smile!" or "You are an amazing, wonderful person!" One by one, tired business people light up and step away with joy, confidence, and spryness absent just a few moments earlier.

Hugh's reputation as an uplifter spreads far and wide, so people come to park in his garage and stand in long lines just to receive the validation from him that they are missing in the rest of their lives. Hugh is a true healer, using his occupation as a venue to feed the soul of the world.

...continued on page 30 ...

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NOTES from the Universe



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Tell you what: If you can get happy right now, in spite of any problems, challenges, and circumstances that now seem to taunt you, I'll take care of those problems, challenges, and circumstances, as well as "ever-after."

Agh-hmm... Please, do the math, take the bait, and never look back.

The Universe

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Why is man unhappy?

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The main cause of man's unhappiness is that he wants to bring about a change in others and not in himself.

He regards others as being the cause of his sorrow and never blames himself. However, the reality is altogether different.

Man himself is the main cause of his unhappiness but it is in his nature to put the blame on others.

Let us take the example of the tree. Even if you throw a stone at it, it gives you fruits. It gives the benefit of its shade to all whether they are good or evil minded. Even when it is cut down and felled its wood is used for making furniture and fuel.

Be as large-hearted as the tree.

Without expectations from anyone, raise yourself high above the earth like the tree.

Turn your eyes which see the faults in others to see inside your own self.

If you desire to find fault, make efforts to find your own faults and failings.

Lo! You will find peace of mind.



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Nov. 14 - Shamanism Practices Around the World w/Prof. Catherine Meyer, The White Peacock, Lake Mary

Nov. 14 - Eastern & Western Medicine for Pets w/Dr. Christie Cichra, DVM, The White Peacock, Lake Mary

Nov 15 - Paws to Claws-Picking out & Taking Care of Your Pet --a childrens program w/Theresa Andrews, Pet Rescue by Judy, Sanford

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This month's
thoughts
about things...



...continued from page 7..

I went to the James Ray website for the first time yesterday, although I'd seen him in *The Secret*. I find his site typical hard-core-marketing and hype of the sort I find a turn off. But that style appeals to the masses, and if he has a multi-million dollar empire, it is because he knows how to sell something that people are asking for. And he knows the language that will draw them in and convince them to buy and to attend and to experience.

Booksellers these days have a whole new way of marketing themselves, and that includes getting up front and personal with their readership via workshops and retreats. Establishing an emotional connection with them. That works whether you want to gain someone's trust so you can help them, or so you can gain a steady customer base. *But does that make them responsible when one of their students suffers as a result of one of their practices?*

Words are powerful. People whose job it is to know how powerful words are have a responsibility to use them wisely. Teachers have a responsibility to correctly assess whether a student is prepared to take their teaching, not just financially able.

Many people who go on spiritual retreats do so out of a sense of desperation, desperate to leave the life they've been living and desperate to find something meaningful. Ray says *"Desperation is a self-fulfilling cycle of doom guaranteed to create more of the same."* It must be hard to not get caught up in that. Maybe not for a spiritual warrior.

About his *Spiritual Warrior Retreat*, Ray says its participants will "experience a new technologically-enhanced form of meditation that creates new neurological pathways." I don't know anything about Ray's work so I don't know what his technology is. But I do know that what creates new neurological pathways is thinking a new thought. What creates new neurological pathways is envisioning a better life. What creates new neurological pathways is thinking a new thought with attention to repetition, doing so purposely and mindfully, and training yourself until it is automatically the thought of least resistance. It's called creative visualization and Abraham-Hicks calls it pre-paving.

...continued on page 31...

Find New Strength in Awakened Attention



Guy Finley is the best-selling author of more than 38 books and audio albums on self-realization. He is the founder and director of Life of Learning Foundation, a non-profit center for self-study located in southern Oregon. For more info visit www.guyfinley.org, and sign up to receive a free Starter Kit which includes a booklet, MP3 files, and online newsletter.

I imagine for a moment a man walking through his office when his boss passes by and gives him a blank look. Suddenly the thought pops into the man's mind that his boss is criticizing him or doesn't like him. Now, as he starts to fear this idea a negative picture is produced by his imagination. His mind focuses its attention on this disturbing image. And the more he attends to this dark dream, the further into its labyrinth he descends, strengthening its presence and power to further frighten him. A heartbeat later, he has no doubt: the boss has it in for him! This thought grows in authority for him, tormenting him for the rest of the day and causing him to snap at his family when he gets home. And all of this suffering is born of what? The conjunction of a passing glance and a moment of misdirected attention!

Here's the amazing thing about this illustration, and what we want to learn from it: this whole drama has been played out inside of the man - storyline, stage, cast, and leading characters. But he doesn't see how this painful state is self-created; instead he believes it has been cast upon him by someone else - his heartless boss! So, what else can he do - being in the dark as he is to his true condition - but try to rid himself of his stressed feelings? How? By arguing with his boss, either outwardly or in his mind. The more he feels punished by the situation that he sees in his mind, the more he wants to fight with it. He's sure his unwanted experience exists independent of his perception of it, but we can see he's mistaken. His pain is a product of how he sees the event and then all of the misery that comes with resisting his own mistaken perception. He is quite literally lashing himself, and the more he resists what he thinks is happening, the more it happens to him! This is a good description of what I call the "circle of self." In it we can see how the pain of our own mistaken perception produces the enemies it needs to keep itself alive.

...continued on page 31...



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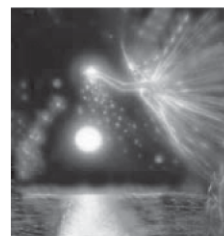
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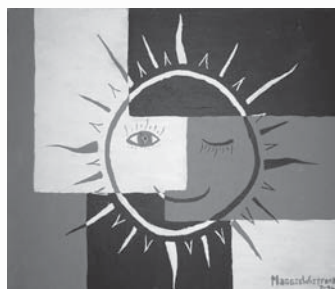
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FEEL ICKY FOR NO REASON?

SEE PAGE 46

*"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.
Thank you. "*

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The Doorway to Symbolism



The Skunk

Many years ago, I learned the animal symbolism of the skunk first-hand. I was walking through thick woods with my head down (no doubt looking for odd stuff - it's the crow in me). When I looked up to get my bearings I found myself staring directly into the eyes of a very intense looking skunk. When I say I was siezed stiff in my tracks, you know exactly what I mean. Who among us doesn't know the capability of the skunk? Not many. Of course a chunk of animal symbolism of the skunk deals with the pungent odor of its spray let off when it's threatened. Just think what a remarkable defense mechanism: Nonviolent, passive, effective. The skunk sends a message to would-be predators: "Nothing personal, just back off and nobody gets hurt." This unique method of self-protection and the way a skunk handles its predators is symbolic of:

- * Defense
- * Prudence
- * Protection
- * Awareness
- * Pacification
- * Effectiveness
- * Good judgment
- * Confidence



We would all do well to take this animal symbolism from the skunk: Do no harm. Indeed, as a totem animal, the skunk asks us to defend ourselves effectively, without causing further conflict.

Interestingly, the skunk would prefer to be even less assertive. You see, it takes over a week to reproduce its stinky juices after using them (their glands are only good for about 4 sprays). Ergo, the skunk is 100% sure it must spray before doing so as this defense tool is a commodity in the wild - not to be wasted on false alarms.

In recognizing this, we see the skunk is the ultimate pacifist, and by adopting its peace-loving ways we may obtain the carefree lifestyle this creature enjoys. Care-free indeed, the skunk has very few predators because most of the animal kingdom recognize its tell-tale markings and know from wildlife scuttlebutt the skunk is not to be fooled with. As such, the skunk goes about its business with aplomb, and has an innocent quality that few wild creatures have the luxury of exhibiting.

Other animal symbolism of the skunk include:

- * Introspection
- * Innocence
- * Assurance
- * Patience
- * Silence
- * Peace

Those with the skunk as their animal totem are naturally buoyant. They go through life with a calm assurance, and exude a peaceful energy that is extremely attractive to others. Call upon the spirit of the skunk when you need quality judgment in a situation - particularly if you're in a stressful state, or someone is pushing your buttons. The skunk will ease you out of the situation with deft and diplomacy. The skunk can also help calm jangled nerves, and help to center ourselves into a quiet, peaceful state.

The skunk is very effective when calming small children too. Give it a try. Ask the skunk for assistance with your fussy little ones.

The skunk is happy to heed your call for help. Just remember to respect the skunk and express your thanks for the guidance and assistance.

Oh, what happened when I met that skunk in the woods long ago? He didn't spray me, although he was certainly prepared. We just kept our eyes locked on each other (his were a soft yet intensely deep brown, my eyes are brown too - but I'm sure my gaze didn't appear nearly as righteous as his - I was, after all, intruding on his turf). I slowly and quietly took steps backwards until I was at a safe distance to retreat altogether. The whole time we kept staring into each other's eyes. It was odd, eerie, and exciting all at once.

That skunk was so majestic and regal in his stance - holding his ground - fearing nothing, leastly me. I certainly backed away (literally) from the meeting with a new found respect for this creature, and derived a deeper sense of the symbolic meaning of the skunk to boot!

Abraham-Hicks



...continued from page 8...

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.

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 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

...continued on page 42 ...

It's ok to quit

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



11.. Quit trying to change people! IT DOESN'T WORK! Quit cussing people out when you know that they are just being the miserable and jealous people that they are!

12. Quit the job you hate! Start pursuing your passion. Find the job that fuels your passion BEFORE you quit!

13.. Quit volunteering for things that you aren't getting any personal fulfillment from anymore! Quit volunteering for things and then failing to follow through with your commitment!

14. Quit listening to the nay sayers! Quit watching the depressing news if you are going to live in the doom and gloom of it all!

15. Quit making excuses about why you are where you are or why you can't do what you want to do!

16. Quit waiting on others to give you the answers...and start finding the answers for yourself! If what you are doing isn't working for you....then quit it!

17. Quit settling and start making your dreams a reality!- Quit being afraid and START LIVING YOUR LIFE! CREATE THE LIFE YOU WANT! If you want something different than what you have had in the past...you must quit doing what you have done before and DO something different! JUST QUIT IT and START DOING something to create the experience you want!



From the heart

...continued from page 17 ...



Not long after seeing **Validation**, I met the real Hugh Newman. He is a **TSA** security officer in the **Honolulu** airport. After flying all night overseas, Dee and I arrived at the airport early in the morning, tired and eager to get home. When we asked the agent for the airline operating our connecting flight to put us on an earlier flight than we had scheduled, she refused. So we decided to go to the gate and ask the boarding agent for that courtesy. On our way through security screening, a handsome older agent checked our I.D. "Now there's that smile we love!" he commented as he studied my driver's license. "And don't you look lovely this morning!" he told Dee, although that's not how she felt.

You can imagine what a surge the fellow initiated in us after a long flight and the airline's denial. Suddenly I felt there might be hope for us and humanity. When we arrived at the gate we asked the agent if she would put us on the next flight, and she was happy to do so. That TSA agent called us to be the people we wanted to be, which set in motion a train of positive events.

As we move into the holiday season, we might do well to remember **Dale Carnegie's** suggestion: "Give the other person a fine reputation to live up to!" People will become as magnificent or inept as you label them, so be careful what you call them. At every moment you are scripting the actors in your life movie, for better or worse, by the way you see them and the words you speak about them.

During the next month or two you will have plenty of people to practice giving a reputation to! At your Thanksgiving family gathering, you can keep **Aunt Sally** stuck as a frumpy old gossip, or acknowledge her for the way she's been there for her kids. At your company office party, your boss can be a stingy souse, or a source of financial support for you during a lean economy. After waiting in a long line to pay for your **Christmas** present purchase, you can complain to the salesperson about how few cashiers there are, or compliment her on how effectively she is handling her customers in a crowd.

Education annals tell of a young schoolteacher who arrived at her classroom on the first day of school and, perusing her class register, saw high I.Q. numbers next to the student's names. "Thank goodness, an intelligent group!" she exclaimed. Consequently she gave the class challenging assignments and freedom to be creative. At the end of the marking period, all the students received high grades. The next day the principal called the teacher into his office and asked her, "How did you take a group of underachieving students and turn them into geniuses?" The befuddled teacher showed the principal the high I.Q.'s in her register. The principal laughed as he told her, "Those are not the students' I.Q.'s. They are their locker numbers!"

Thank goodness the teacher did not know the class was not bright. The students lived up to the reputation she gave them. And so are we all assigning numbers to everyone we meet. Let's make them high ones.

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



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

...continued from page 20..

That's what creates new neurological pathways. That's what transforms your consciousness. That's what makes you resonate vibrationally in tune with something new, and begins the attraction process. It's easy enough to do and just takes some practice to get good at. And no sweat required.

Validation is a 16 minute, award winning video, a comedic fable about the importance of acknowledgment and validation. You can find it online at www.youtube.com/watch?v=Cbk980jV7Ao. It shows the magic of looking for the best in people. **Validation** has played at 34 film festivals worldwide and won 17 awards. *I want to be like that guy.* He knows that just a few words of validation takes just a moment and can make someone's day. Always offer hope, for some it's all they get. I thought today how true that is. **People are who you make them think you think they are.**

I'm one of those who talks to other people standing in lines. I always have a comment to anyone my elder. Just today in the market I was next to a grandmotherly 80-something and she apologized for being so slow getting her green beans. I joked that *I knew what she was up to, taking all the good ones.* Her face crinkled into a big smile and I asked how she was going to cook them. I had the best time listening to her tell me some of her favorite recipes. She remarked several times about it being hard to cook for one and I told her I liked it because that meant less cleanup. And that left more time to play in the garden and think happy thoughts and go to the market and pick out all the best green beans. We had the best visit and would say *"you again!"* when we'd pass in the next aisle.

My morning was made better by listening to her. I saw her as someone who likely had something to teach me and I was right. It seemed as though she may not get often asked for advice. She will see herself a little more through my eyes at least for a few days. I hope it makes her smile. It did me.

We all need a little validation.



PS. Two hours after making a blog post about this video, and a week after writing it, I open **Alan Cohen's** article for this **November Horizons**, and in it he talks about the film! Synchronicity

Enjoy our offering this month. Hari Om.

Andrea

Find New Strength in Awakened Attention



...continued from page 21...

From our vantage point, we can see how the man's unattended mind first animated a fearful thought, which leads to wrongly feeding it with his own life. We can also see that nothing can change for him until he sees the truth behind his trouble and withdraws his consent from it. We suffer because we consort with painful thoughts and feelings, and our unconscious actions betray us: first, by animating what makes us ache, and then by binding us to that relationship through our resistance to it. Here's a simple way of saying these last few ideas: Not wanting our negative states actually nourishes them!

We literally give them a place to live in our psychic system - feed them, as it were - by trying to rid ourselves of them. But there are other ways of dealing with pervasive dark states besides resisting them, suppressing them, or trying to change the conditions seen as being responsible for them. Instead of these acts of willfulness, we choose in favor of watchfulness. Rather than struggling with dark states, learning to be quietly watchful of them does two things at once: first, it separates us from being wrongly identified with our own thoughts about that troublesome state. Second - by the light of our newly liberated attention - we catch a glimpse of a powerful insight whose light helps set us free:

If we mistakenly give any negative state its "life" - then the opposite must hold true: we can consciously withdraw that same life any time we so choose!

Here is a simple exercise to help you get started with this new kind of seeing that is the power behind freeing you. Several times each day, whenever you can remember to do it, deliberately disconnect yourself from your own thinking. Choose awareness of your thoughts over being absorbed in the sensations they produce as they carry you along to get what they want. The aim here is simple: reclaim your attention in order to be where you are, and then just quietly notice all that you can about yourself. The light of this new order of awareness empowers you to catch and release what your own unattended thoughts had been busy cooking up for you, using you as stock! Each time you remember to reclaim your attention in this manner, with it you regain your life. And here is a bright bit of encouragement to help you get started. The words that follow are those of Simone Weil, a brilliant French writer, activist, and lover of the Light: "Even if our efforts of attention seem for years to be producing no result, one day a light that is in exact proportion to them will flood the soul."

(Based on material from *The Essential Laws of Fearless Living*, by Guy Finley Weiser Books, 2008)

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. Karen's blog: www.abrahamfun.com.

What About Abuse and Abusers?

ABRAHAM: Anything you desire, the Universe can find a way to let it happen within the context of people's natural, joyful desires. It must be, for this is a joy-based Universe.

PAM (responding to the above quote): How can something harmful like child or animal abuse relate to the Universe being joy based? For so long, I was drawn to try to stop the suffering of animals and now children, and I see it seems to be perpetual in the Universe. Where is that vibration from, for people to harm other living things who are innocent and did not draw that upon themselves? How about children who are abused and die young? I just can't make sense of it.

Every religion and philosophy worth its salt tries to answer this type of question: why do bad things happen to good/innocent people? And we can well wonder: why do bad things happen to harmless animals?

I'll share the perspective I've learned from Abraham-Hicks.

We are all Source Energy (God, if you choose) in physical form. In fact, our physical self is a tiny component of all that we are. It's not that we'll be Source Energy when we die. We are Source Energy this very moment – and always. Right now, we're Source Energy and physical expression at the same time.

Source Energy loves to come forth into physical expression for a couple of reasons. First, with every experience Source Energy has in physical expression, Source actually expands. It becomes more than it was before as a result of each new event that has never happened in exactly that way before. As Source Energy expands, the Universe expands. This is how all that-is continues to grow and to thrive.

Source Energy loves physical expression, too, because physical expression offers far more contrast than non-physical existence. Contrast is that which is not liked or wanted, and whenever a physical being encounters contrast, that being immediately sends off rockets of desire for the opposite of the contrast. Then Source gets to "ride that rocket of desire," in Abraham's terminology. Source actually LIVES the desire that its physical counterpart gave birth to. And if the physical person or animal is sufficiently relaxed and happy, it, too, will

experience the fulfillment of the desire that was sparked by encountering that which was not wanted.

When Source came forth in the form of each of us—and as animals, bugs, blades of grass, you-name-it—it did not want a particularly easy time of it anymore than we would go to Disney World and sit on a park bench all day. Source WANTS contrast—things not wanted—in order to evoke our desire. And we could probably say that Source wants INTENSE contrast in order to evoke our INTENSE desire, for that constitutes the true thrill ride of physical existence for Source—and for us, too.

Suffering, abuse, and cruelty evoke intense desire for kindness, gentleness, respect, etc., and the Source Energy component of any being who suffers is experiencing intense kindness as a result of those desires. And the person or animal can experience that far preferable scenario, too, if they can take their mental focus off the suffering and place it on what they want to happen.

That, of course, doesn't always occur. Some beings die from neglect and mistreatment. But the moment they leave their physical format, they experience the culmination of all their desires—every last one. And it is bliss in a form that we can't even begin to imagine from our current viewpoint.

What does Source do when it's reveling in bliss? It's itching to return to physical expression again. It can't WAIT to return to physical expression, for the significant contrast to be experienced here is what gives rise to INTENSE DESIRES, and it is intense desires that feed and fuel the whole process of universal fun and e-x-p-a-n-s-i-o-n.

So, if we view suffering from this broader perspective, it has tremendous value for our Source Energy, and it has tremendous value for us, as well. A person who is extremely ill has the potential to be healthier than ever as a result of the intense desires that the illness prompted. A person who is poverty-stricken has the potential for more abundance than ever as a result of the intense desires their financial lack has elicited. A person who is mistreated has the potential for happier and more fulfilling relationships than ever as a result of the intense desires the cruelty has evoked in them.

But each person, to experience their desires, must "line up" with them, in Abraham parlance. ***They must gradually shift their focus from how bad it is to how good they want it to be and hold that focus fairly consistently.*** This process of shifting our focus so we can align with our desires is the primary thrust of what Abraham came to teach.

While talking about alignment, we can address the question of why would anyone harm other living things? It's because they are not responding to contrast in the way that they intended when they came forth into physical expression.

...continued on page 43...



How to make your dreams a reality

...continued from page 11...

not true: "If you can believe it, you can achieve it." It's not true because it doesn't factor in reality. If I really believe I can be a ballerina but I'm built like a linebacker, it's never gonna happen. You see it every year on American Idol. People really believe that they can win, but they have absolutely no talent for singing. You cannot achieve a dream if it depends on talents that you have not been gifted with. The things within my control are CHOICES (attitude, discipline, kindness), ABILITIES, and NATURAL GIFTEDNESS. The things not within my control are outside circumstances and abilities that I do not have and cannot learn.

4. PASSION: Do I love the dream journey? I have to love the journey, not just the end result. Passion is the source of the energy necessary to persevere. Passion will get you to do things you shouldn't be able to do, like a 27-year old conductor successfully performing a difficult piece that seasoned professionals are too afraid to tackle, using young musicians and limited resources. Passion will keep you from getting discouraged when the going gets hard, and the going WILL get hard.

5. PATHWAY: Do I have a strategy to reach my dream? Again, you won't see the entire path, but do you have some idea of how to begin, and which path to take to get to your dream?

6. PEOPLE: Who do I need to include to achieve my dream? If your dream is a big dream, you can't get there by yourself. A nightmare = big dream + bad team. If you have a 10 dream but a 2 team, you'll get a 2 result. Who will you need to include on your team?

7. COST: Am I willing to pay the price for my dream? At the beginning, dreams are free. Things will come easy as the universe conspires to help you get started. The moment you begin to actively pursue your dream, you start to pay the price. The price will come SOONER than you think, it will be HIGHER than you think (way higher), and you will have to pay

it MORE THAN ONCE. The dream journey is a toll road. Know how much you are willing to pay. It is possible to pay too high a price for your dream; if you are not careful you can lose your health, your values, and your family.

8. TENACITY: Am I moving closer to my dream? How do you move closer to your dreams? The secret to your success is determined by your daily agenda. Every day you are either PREPARING or REPAIRING. If you do all the right things today, then you will be prepared for tomorrow. **RULE OF FIVE:** No matter how big a tree is, if you take five swings a day at it with an axe, it will eventually fall. What five things can you do EVERY DAY that will move you steadily toward your dream. They are different for every one. Dr. Maxwell suggested that you spend the next few months deciding what those five things are for you, and then be tenacious about doing them every day. That means EVERY DAY. Weekends, Christmas, Birthday. EVERY DAY.

His dream was to write books, so his rule of five is that every day he does the following:

READ
FILE (quotes and stuff)
THINK
ASK QUESTIONS
WRITE

His first book took him 365 days to write 100 pages. He's not particularly good at writing books, but he's tenacious. He has written 54 books using this method.

We can accomplish less than we think we can in a week, but more than we think we can in a year -- if we follow the **RULE OF FIVE**. What are your five things?

9. FULFILLMENT: Does working toward my dream bring me satisfaction?

10. SIGNIFICANCE: Does my dream benefit others? Does it add value to other people? Success is all about you. Significance is about other people.

Dr. Maxwell suggests that we give our dreams a score based on the above questions. The closer we are to scoring a 10 on each question, the more successful we will be in achieving our dream. How does your dream rate? What can you do to improve your odds?

This lecture by John Maxwell is based on his book, *Put Your Dreams to the Test*, part of a multimedia package. You can buy *The Dream Bundle* here: <http://www.johnmaxwell.com/>

Read Andrea's daily journal at www.horizonsmagazine.com/blog/



COVER ART *Enlighten* by Lori Hlavsa

Residing in Florida with her husband, Lori Hlavsa is an accomplished artist. *I hope to take the viewer to a place where Imagination and Dreams really do exist"*

At a young age, Lori began to sketch and imagine freely. She began to work as a freelance artist in high school. In the 80's, Hlavsa's airbrushed murals on motorcycles, and vehicles were popular. She earned a degree in Advertising

Design, from the Fort Lauderdale Art Institute. In 1985 she and husband expanded their family, with a girl, and 1987 a boy. Working part-time, her signs and murals brightened up, homes, daycares, and Broward County schools.



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

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

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No calendar listings taken by telephone. All listings must include time and physical location.

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

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

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

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

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

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

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

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

Sunday MERRITT 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

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

OCTOBER 30 & 31, CASSADAGA HALLOWEEN HAUNTED WALK Cassadaga 7-11 p.m. on Friday, Oct. 30, and Saturday, Oct. 31, at Cassadaga Spiritualist Camp, 1112 Stevens St., Cassadaga, FL 32706. Tickets are \$10 per person.

October 31st THONOTOSASSA Festival. Mystikal Scents 9545 E. Fowler Ave 813-986-3212 or visit www.myspace.com/mysticalscents

November 6th thru 8th ORLANDO - Panache Desai's Florida Gathering, The Florida Hotel, 1600 Sand Lake Rd. You have the power to make a difference! As a contemporary spiritual visionary, Panache shares a rare and sacred gift empowering all who come into his presence in their full divinity. This weekend experience of activations and initiations will open you to your highest light. A weekend unlike any other in which you embrace your destiny as a vehicle of the divine. Full weekend preregistration admission \$250. For additional information call 239-649-7373 or visit www.panachedesai.com.

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

Thursday November 12 BOYNTON BEACH Enjoy Deeper Meditation Using Sound & Music Tools with Dean & Dudley Evenson 7:30-9:30pm, \$25 at The Crystal Garden, 2610 North Federal Highway 561-369-2836 Sound healing pioneers Dean and Dudley Evenson teach how to use musical techniques to reach a deeper state of meditation. Clear and quiet your mind with sound, breath, toning and positive affirmations for a successful daily meditation practice. Create your own personal healing mantra and experience chakra toning to balance your energy centers and enhance all aspects of your life. Visit their website at <http://www.soundings.com/>

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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

Nov. 14th GAINESVILLE - Psychic / Spiritual Development Classes - 2:-4:30 PM. Class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$25. Held at Unity of Gaineville, 8801 NW 39 Avenue. Sponsored by International Foundation for Spiritual Knowledge. www.ifsk.org 407-673-9776

Saturday, November 14, SOUTH DAYTONA Wholistic Health Fair, 10am-4pm: Sunshine Park Mall, 2400 South Ridgewood Avenue. Free Admission! Healthy lifestyle demonstrations, exhibitors, individual sessions and prizes. 386.248.1868, www.wholisticfairs.com

Nov 19-22, 2009 TAMPA I Can Do It! Tampa Convention Center. Experience this life-changing event for an evening, a day or spend the whole weekend and attend lectures from over 35 of your favorite inspirational speakers--including Louise Hay, Dr. Wayne W. Dyer, Sylvia Browne, Myss, Marianne Williamson, Brian Weiss, M.D., Cheryl Richardson, and Joan Borysenko just to name a few. From health, nutrition, and wellness to psychics, spirituality, and dream interpretation, I Can Do It!® will energize your mind, body, and spirit! Visit www.icandoit.net.

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

November 21 VERO BEACH 6-10pm - Divination Dinner with Rev Mary Jean in Vero Beach, Pot Luck - Mini-Readings \$25, Space Limited Call Today 772-913-1314 www.revmaryjean.webs.com

December 12th MIAMI Winter Solstice Moonfaire presented by The Witch's Garden at The Historic Coral Castle 10am-8pm Workshops, Mini Psychic Faire, Vendors Village, Concert by Witches Mark and much more. Information is available at www.TheWitchesGarden.com



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...continued from page 15...

Hoarding food, and living in fear will only help bring that fear to life. Instead be smart about your house hold supplies keep a small supply of canned foods, and bottled water, but do it openly and light heartedly so that the universe creates that abundance for you. See your self being safe and happy. Like the old saying goes "You bring about what you think about".

Dear Whitedove: I had a dream about a deceased relative and when I woke up I swear I could smell her perfume. Is there a logical reason for that? **Nostalgic in Orlando**

Dear Nostalgic: Many times our deceased loved ones will come through to visit us in the dream state. Just because we don't always consciously remember what they are saying to us, it is there way of letting us know they are still with us, and watching over us. Take those dreams as a blessing and a gift. Please know that your departed loved ones really are visiting.



...continued from page 16...

BLESSING YOUR DAY WITH GRATITUDE

Offering a moment of gratitude when you first wake up gives an empowered framework on which to hang all the events of your day. This initial offering of blessings for the day can be as elaborate as long meditations, prayers, and rituals or as simple as bowing your head and thanking God for another beautiful day. What matters more than the outer form of any spiritual practice is the depth and clarity of your feeling.

Every day is like a new birth into your world, and the transition between sleep and wakefulness is a powerful moment for blessing the day that lies ahead. If you have an altar or sacred space, you can stand before it and say a prayer to bless whatever activities will take place for you in this fresh new day.

You may also want to set your alarm for a few minutes before you have to get up and sit or lie quietly in bed for a while before rising. Rest in communion with yourself and with spirit. Feel the divine universal presence surrounding you as you prepare to enter the light of wakefulness and begin your day. This practice also applies to those who work night shifts and would be waking up and blessing your nighttime day.

BE GRATEFUL FOR GOOD FORTUNE

Receiving good fortune is one of the more pleasant lessons your soul gets to go through during its life journey. An unexpected blessing showers down upon your head. Something really great happens. You win the lottery of life. You get the job. You get the girl of your dreams. You meet a great spiritual being. You find the home you've always wanted. Good fortune can enter through many avenues.

One good spiritual response to such times is gratitude. Why? Because gratitude is the perfect companion to good fortune. The two nourish one another and come together to create something even greater than occasional moments of good fortune: the state of grace. When you're in the state of grace, good fortune becomes a natural part of your life.

Another excellent response to times of good fortune is the other "g" word: generosity. Open your heart and ask God to guide you on how to share this great abundance of good fortune. With a smile? With kind words? By sharing what you have or what you've learned? By looking for ways to help the people around you and benefit the world?

Good fortune gives you a unique chance to practice the gems of gratitude and generosity, so take advantage of the opportunity while you can!



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HOW TO CREATE YOUR OWN HORIZONS COMMUNITY GROUP

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

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

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

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



OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



Solar & Lunar Celebrations of the Ancients

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

OOBE You Are Not The Body

An astral flight out of the body

A \$10 mp3 file by Andrea de Michaelis

Being out of your body is a natural state that happens every night whether you recall it or not. With this recording, you will become aware of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely, and remember it.



SEE PAGE 46

November 2009

Got Cool Yet? The hot summer is now a bit cooler as birds and humans prepare to start the long trek from northern climes to a warmer Florida. Sure, it's easy for us; tank up and hit the road and drive south.

Our ancient ancestors in the northern climates didn't have it so easy and saw this time with apprehension. The snows would cover the ground and food would become scarce. This alone made this time of year take on a special and dangerous significance.

Know'st thou not at the fall of the leaf
How the heart feels a languid grief
Laid on it for a covering,
And how sleep seems a goodly thing
In Autumn at the fall of the leaf?

Autumn Song by Dante Gabriel Rossetti (1828-1882)

The harvest would tell you how much you could put away for winter. If it was bad, then food would be scarce and those who were old or sick may not make it into winter-time. This meant that the gods of the harvest needed to be thanked if the harvest was good and asked for help if it wasn't.

Also, the presence of a dying world of brown was a reminder of those who had passed before. There, the spirits of those loved ones who had transitioned into the other world were welcomed and remembered.

Know'st thou not at the fall of the leaf
How the soul feels like a dried sheaf
Bound up at length for harvesting,
And how death seems a comely thing
In Autumn at the fall of the leaf?
Ibid.

Nov 1st - Christian: All Saints Day

Nov 2nd - Full Tree Moon at 2:15 PM EST

Nov 2nd - Sikhism: Birthday of Guru Nanak,
the first teacher

Nov 7th - Wiccan, Neopagan: Traditional
Samhain, sun is 15° of Scorpio

Nov 12th - Baha'i: Birthday of Baha'u'llah,
founder of the faith

Nov 15th - Shinto: Shichi-Go-San, Celebration
of young boys and girls

Nov 16th - New Moon at 2:14 PM EST

Nov 27th - Islam: Eid al-Adha, Feast of
the Sacrifice

A factoid with which to end the month:

Listed above is the date for Traditional Samhain. Often people assume that the Wiccan Samhain is the same as Halloween. For many Wiccans, it is. However, for many others, it is the day when the sun is 15° of Scorpio. On this date, Wiccans set out a place at the dinner table for their honored ancestors. This is called the "dumb supper" or Fleadh nam Marbh which means the Feast of the Dead in Gaelic.

Abraham-Hicks



...continued from page 29...

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 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.

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.



SUGGESTED READING WATCHING LISTENING

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

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

The Vortex, Where Law of Attraction Assembles All Cooperative Relationships

[From www.hayhouse.com](http://www.hayhouse.com)

Daily Om by Madisyn Taylor
Linden's Last Life by Alan Cohen

[From www.newworldlibrary.com](http://www.newworldlibrary.com)

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

[From www.soundstrue.com](http://www.soundstrue.com)

Leap Before You Look by Arjuna Ardagh

[Music from www.soundings.com](http://www.soundings.com)

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

MUST SEE DVDs

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

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

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

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Abraham *Fun*

...continued from page 32...

People who hurt others are looking at the intense contrast in physical expression and, instead of moving their attention to what they DO want and magnetizing that, they continue to notice how bad things are in any number of ways. Their feel-bad emotions are shouting to them to focus their attention in ways that feel better, but they don't understand the connection and they continue to think unhappy thoughts and feel lousy, even though each person at his/her core KNOWS they're supposed to feel emotionally good. This habit of dwelling on the down-side of contrast leads people to say and do things that they would never dream of doing if they were using contrast as a useful springboard to focus on what they LIKE and WANT.

Is the Universe truly joy-based? Absolutely. Every moment, immeasurably more people and animals enjoy a satisfying, safe, and fulfilling experience than those who are suffer. There are far, far more beings who are able to sufficiently focus on what they want in order to get a significant part of it than there are those who live otherwise.

Start looking for the beings who are thriving. Keep an eye peeled for those who are doing well. Make this a daily practice and you'll begin to see the world and its inhabitants in a fresh, new way. And you'll feel increasing delight to be part of this grand, glorious, contrasting scenario.



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

HOROSCOPES FOR

Gemini: May 21 to June 20 I Think.

The very foundation of your life was based on relationships; what you saw, how you were treated by your parents, and how they treated each other in front of you. What you did not receive as a child you will have a tendency to go after. The lesson here is unconditional love.

Aries: March 21 to April 19 I AM.

Your fulfillment radar is connected to having a meaningful and supportive relationship. The lesson for you this month has to do with walking the fine line of balance, between nurturing yourself and giving away your love.

Taurus: April 20 to May 20 I Have.

If you want to improve your intimate relationship, the suggestion is that spiritual and intellectual communication on a daily basis is required. The lesson this month has to do with honesty in your communication style.

Cancer: June 21 to July 22 I Feel.

You are at a crossroads, children or no children, you have a huge capacity to love deep and long. Family relationships are your life line now, be sure and show the people you love that you love them, life is too transitional not to nurture what is important.

Leo: July 23 to August 22 I Will.

It is very important that you follow your heart, and that you love what you do. Do what you love and money will follow. The more success you have the better you will feel about yourself, just like when Mama is happy everybody is happy.

Virgo: August 23 to September 22 I Analyze.

You crave perfection in all that you do and all that you are. Perfection does not always whisper sweet nothings in the ears of your loved ones. Allow them to make their own mistakes, and experience some imperfection, you're not perfect, even though you strive to be.

Libra: August 23 to September 22 I Balance.

Libras, brace yourself, you are in store for 2-1/2 years of Saturn transiting your Sun sign. The very core of who you are will be challenged to be the best you can be. This month you will be very devoted to what ever cause you choose, so choose one close to your heart.



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November 2009

Scorpio: Oct 23 to November 21/22 I Transform.

This month is full of highs and lows as well as peak experiences. Your heart is open and you are ready to love deep and hard. You will receive as much as you give in the arena of nurturing, and give support to those that need a helping hand.

Sagittarius: November 22 to Dec 21 I Perceive.

This month you thrive for recognition as you continue to climb the ladder of fame and fortune. You are experiencing a different kind of shift lately, one where what you know has substance and meaning. Whatever you do, give it the works.

Capricorn: December 22 to January 19 I Use.

Trying to control others is no way to receive love and respect, nor is withholding nurturing feelings when you don't get what you want the way to go. The biggest lesson this month has to do with balance, if you have a spouse: pay attention to them, work should not always come first.

Aquarius: January 20 to February 19 I Know.

There is a lot going on under the surface. Your reputation is your best resume, reputation is the key to many new opportunities that have recently come into your life. Now it is up to you with how you continue to manifest your desires. Ask and you shall receive.

Pisces: February 19 to March 22 I Balance.

You need a friend to help you manifest your dreams, you enjoy the looking in the mirror concept. Where 2 or more are gathered, prayers will be answered. Perspective is the key to understanding your future and how important you are in the making!

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has arrived at its final destination
on its path and announces its
closing in December of 2009.

Our Tenure is complete.



The Board of Directors,
Rev. Violet and Rev. Sigi
express their continued Love and
Support to all who had chosen this
Path of endless Growing and knowing
that the path of Learning never ends.

*May we all continue to
grow and practice in Truth,
Trust and with Passion.*

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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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PAGE 46

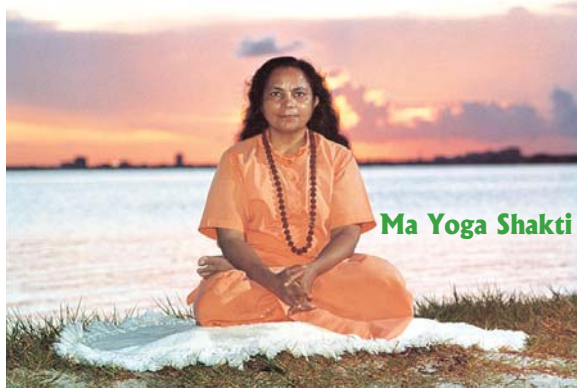
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Val Anderson
9 -10 am

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Chip & Shyama Iacona
7-8 pm

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First Wednesday of Month
6.45- 7 45 PM



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