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Mark Anthony
The Psychic Lawyer

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SUNDAYS IN NOVEMBER at 10:00am

October 30th "God Knows" Most often when that statement is said, we are at our wit's end, completely exasperated or fed up. But today, we will put a completely different spin on those words!

Daylight savings ends Nov 6th 2am



November 6th "An Integrated You" We will talk about reconciling the dark and the light, the shadow and the sun, realizing that we are all God, and that is all good!

November 13th "Are You Self Centered or Centered in Self?" You will leave today with a clear understanding of the difference and a powerful "code of conduct" by which to you can live your life centered in Self.

November 20th "Abundant Gratitude" Of course, we will end our month talking about gratitude, but gratitude with a different twist. Rather than looking at gratitude for events, people or things, we will focus on gratitude for Spiritual Truth and how it works in our lives.

November 27th - "A Run on the Bank" - George Bailey's life does not look like he expected it to look. He had exotic plans and dreams of travel and adventure. Instead, he stayed in the town of his birth to run his deceased father's building and loan association. One day, there is a run on the bank, and George did a most unusual thing. Today we explore what he did, why he did it and the message for us hidden in that act

PLATFORM AND MEDITATION TRAINING with Rev. Beth Head for 4 Thursdays (11/03/2011, 11/10/2011, 11/17/2011, 12/01/2011) mornings at 10:00 - 11:45am or evenings at 6:30-8:30pm. Learn how to contribute to our Sunday service. Subjects covered will be: Meditation, Opening prayer and welcome, Blessing the offering, making announcements and closing the service. This class is mandatory for anyone who wants to participate in Sunday Service.



DESSERT COOKOFF at 12 Noon November 6th
Bring your favorite dessert and a copy of the recipe. Tickets to try the desserts are 4 for \$1. The recipes will be included in a Holiday Cookbook.

UNITY YOUTH CANNED FOOD DRIVE: As part of our Thanksgiving lessons, we are inviting the children to bring in canned goods for those in need, to be distributed through Daily Bread Food Bank for Thanksgiving. They are in the most need of tuna fish, beef stew, and soups. The collection box is located in the Unity of Melbourne hospitality area.



NOVEMBER FAMILY DAY Saturday, November 19 from 5:30pm-7:30pm. at Brunswick Harbor Lanes, 1099 North Wickham Rd. (across from Wal-Mart) The ticket price (\$5 plus a non-perishable food item) includes 2 hours of bowling, shoe rental, and a free pitcher of soda (per lane). Tickets are available at Unity of Melbourne. Donated food items will go towards Unity Youth Thanksgiving Food Drive



THANKSGIVING EVE TAIZE: "We Are A Circle"

Wednesday evening 11/23 Prelude 6:45pm Service 7:00 pm

Please join us for a contemplative service celebrating the start of the year-end holiday season. We will focus on Native American spirituality. We affirm the familial relation of all with the Great Spirit and open to the love feast of our common divinity, the true and Holy Communion, which mends hearts and heals nations. Taize prayer is a meditative service using the chant, silence, readings, and candlelight of the original French worship community. Reflection and ritual leads us from head to heart, moving beyond spoken and mental prayer to a felt, "embodied" experience. Come join our circle of Life.



THANKSGIVING DAY POTLUCK starts at 1pm on 11/24

(THANKSGIVING DAY) Sign up in the hospitality area to bring meat, dressing, gravy, side dish, dessert, or condiments.



PRAYER RETREAT - With Jim Rosemergy. The retreat is at *St Stephen Retreat Center*. Join us Thursday evening or Friday evening for this weekend retreat. For more information see the sign-up sheet in our hospitality area or check our website. www.unityofmelbourne.com We only have 18 rooms - sign up soon.

DURING THE WEEK:

Tuesdays at Noon - Healing Prayer Service open to all.

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

1st Tuesday Gendai Reiki Mediation Sessions 9:30-11:30am Love Offering for each session

1st Wednesday of the month (Nov 2nd Dec 7th) Revolutionary Agreement Groups 7:00pm

Thursdays at Noon - Healing Prayer Service open to all.

1st Friday Raw Food Group And Potluck 6:30-8:30pm. \$3. Guests not bringing a raw food dish may donate \$10 per person instead. Everyone is welcome RSVP trish@animalsage.com or call at 321-431-4312

1st Saturday Buddhist Guided Meditation 6 to 7:15pm. Beginners and experienced. Everyone welcome

2nd Saturday of the month (Nov 12th Dec 10th) Revolutionary Agreement Groups 1:00pm

Sunday, 11:15-noon. Adult Sunday school - Join us for metaphysical discussion.

1st Sunday of the month (Nov 6th and Dec 4th) 4:00pm Reiki Healing Service with Lloyd Reiser

2nd Sunday of the month (November 13th and December 11th) 4:00pm Chanting with Lloyd Reiser

3rd Sunday of the month (November 20th and December 18th) at 2:30pm Unity's Licensed Teachers conduct a mini Sunday Service at Carnegie Gardens

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

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

The greatest optical illusion is separation

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head
Morgana Starr


On the Cover (see page 10)

Mark Anthony
The Psychic Lawyer

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Our Advertising Rates ... Low because we're 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	9
About Mark Anthony and About Never Letting Go	10
Mantras of Mystical Oneness by Wayne Wirs	11
Curiosity: The WD-40 for Liberation by Vicki Hannah Lein	12
Herb Corner with Cecelia Avitable	13
7 Short-Cuts to Daily Bliss by Meryl Davids Landau	14
Ask Whitedove with Michelle Whitedove	15
From The Heart by Alan Cohen	16
Devotion by Ma Yoga Shakti	17
Our Classified Ads	18
Our Calendar of Events	19
Our Phone Directory *Horizons may be picked up at most of these locations*	20
What if everything you believed turned out to be wrong? by Armand	24
Abraham Fun with Karen Williams	25
Notes From The Universe by Mike Dooley	28
What Teachers Make by Taylor Mali	30
Suggested Reading, Watching, Listening	32
Our Mission Statement	35
Monthly Horoscopes by Barbara Lee	36



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

Horizons thanks everyone willing to take the risk

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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the November 2011 edition of Horizons Magazine.

Another year coming to a close! I laugh at how as I get older, the time flies by so quickly. I'm glad I work at making each moment fun and productive. Someone wrote on Facebook that it's been a year of losing friends, a half dozen friends having passed in the prior five months. Among the condolences, one comment said, "*This has got to stop.*" I laughed so hard the water I was drinking squirted out of my nose. No disrespect to anyone who's lost a loved one, but isn't it time we began to embrace that death is part of the process? That's like saying I'll throw noodles and sauce and cheese in the oven at 350 for an hour but OMG, I don't want to see lasagna at the end of it. Death happens. Prepare for it. Live and love as well as you are able before the time comes. Read Ram Dass *Still Here: Embracing Aging, Changing, and Dying*. Ram Dass has transitioned from rebellious youth to cherished elder and proven to us that all suffering can be used as grist for the spiritual mill.

I know, we get so wrapped up in living that we forget it won't last forever. We don't prepare for death. Heck, we don't even prepare for life. We forget what we know. Sometimes we let ourselves get sucked into projects that, had we considered the consequences ahead of time, we may not have undertaken. Take **Domino** for instance. I had a late night reading with **Domino** this week. She's been with **Dennis** for 5 years. When they met, they'd both just gotten divorced and he'd just moved to **Florida**. She was thrilled to find a man who didn't drink himself into a stupor every night and who had a good job. So good a job, in fact, that when he moved in, he suggested **Domino** quit her job and go back to school to get her degree. It was perfect. **Domino** couldn't quite believe her luck. Then one day she came home to find a process server looking for **Denny**. Apparently he owed about \$41,000 in back child support. She didn't even know he had kids. The legal system had caught up with him and were garnishing his bank account and his wages. He did what any self respecting, responsible man would do. Wait, no he didn't; instead, he quit his job.

Yep, he figured the court would have nothing else to garnish if he didn't have an income. It's a shame because he'd also hurt his back and was thinking about applying for disability, but he knew they could garnish that also. He assured **Domino** that he could do enough under the table jobs to keep them afloat while she got her degree. Being a savvy woman, she got a part time job to help out. It went downhill from there.

Instead of looking for work, **Dennis** began thinking of one money making scheme after another, none of which panned out and all of which cost **Domino** money and her excellent credit standing. She got a second part time job. She didn't want to quit school since she was halfway to her degree. She'd worked hard to get where she was and wasn't going to let anything stop her.

...continued on page 34...

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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, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships 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.

It's All About Vibrational Relativity

Whenever you start guiding yourself by caring about how you feel, you start guiding yourself back into your Stream of Source Energy, and that's where your clarity is; that's where your joy is; that's where your flexibility is; that's where your balance is; that's where your good ideas come from. That's where all the good stuff is accessed from... You cannot get to the good stuff from the place of feeling bad—it defies Law. And you cannot get to bad stuff from the place of feeling good—it defies Law.

But you've got to decide first, that it is good to feel good. It is so screwy...how did you ever get crosswise of that? "Let's see now, struggle is good; pain is good." And we say, in what world? Oh, they promised you that it would be good after you die. Well, they lied...It will be good after you die, but not because you've paid the price of struggle.

It's just good when you die because when you die, you quantum leap into Pure Positive Energy. When you die, you stop beating the drum of all of those things that have been keeping you from full Connection to Source.

But friends, as long as you're here in these physical bodies, quantum leaps, rare as they are, never last. That's not the route you're wanting to go. You're not wanting to jump right to bliss from despair. Just work your way up your emotional scale.

So here's this Emotional Scale. On one end of it, it feels really good; on the other end it feels really bad. On the really goodfeeling end there is your perception of freedom. On the really bad-feeling end, there is your perception of not freedom. (And we carefully ask Esther to find the word perception because freedom is perceptual.)

...continued on page 26...

Tom Arcuti
Yachak Shaman of Imbabura

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CASSADAGA SPIRITUALIST CAMP PRESENTS

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

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

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

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

HISTORICAL TOURS Monday - Saturday 1pm & 3pm. Sunday 5pm
Learn about Cassadaga's beginnings, unusual architecture and spirit activity.

ORB TOURS Available Nightly Except Fridays 8pm A walking tour of Cassadaga to explore energy spots. Take your own photo or see pictures taken by your guide.

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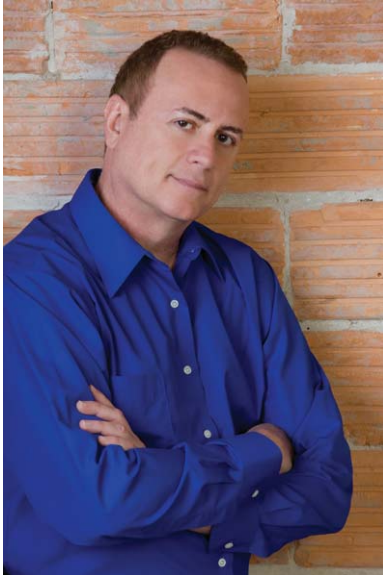
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About Mark Anthony

"Being a lawyer and being a psychic are not mutually exclusive. They are both about evidence."

-Mark Anthony, Psychic Lawyer



Mark Anthony the "Psychic Lawyer," is a psychic medium specializing in communication with spirits. He is descended from a long line of psychics and mediums that have been helping people connect with deceased loved ones for over 100 years.

His upcoming book, "**Never Letting Go**," (October, 2011, **Llewellyn**) is the definitive guide to healing grief with help from the Other Side. The video about "Never Letting Go" can be viewed at www.NeverLettingGo.com

Although he has inherited the ability to communicate with spirits, Mark has worked conscientiously to expand his psychic gifts to

the fullest potential. This includes study at the prestigious **Arthur Findlay College for the Advancement of Psychic Science** in **England**.

Mark is also a successful attorney and certified mediator, licensed to practice law in Florida, Washington D.C., and before the United States Supreme Court. He earned his law degree from **Mercer University in Georgia** and studied law at **Oxford University, England**.

"Grief leads to crime and crime leads to grief."

-Mark Anthony, Psychic Lawyer

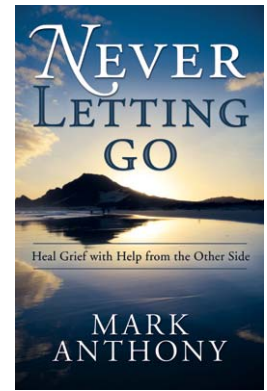
As both a defense and prosecuting attorney, Mark has solid experience with a wide range of criminal offenders from shoplifters to carjackers to murderers. His professional life has been enhanced by his exceptional intuition. His psychic gifts have provided him with a unique outlook on criminal behavior as well as uncanny empathy for murder victim's families.

A charismatic, intelligent and humorous accomplished public speaker, Mark regularly lectures at universities, civic, religious, spiritual, and grief support groups on **Life after Death** and **Contact with the Spirit World**. He also appears world wide on radio and television as an expert in spirit contact and the paranormal, as well as connecting audience members to loved ones on the other side.

"I believe communicating with spirits is a very important therapeutic step in the long and difficult journey through grief" -**Mark Anthony, Psychic Lawyer**

It is Mark's life mission to use his abilities as a medium to assist those suffering with grief from the loss of a loved one.

About Never Letting Go



"This deep, emotionally touching book is destined to become a metaphysical classic." **Joyce Keller, author of Seven Steps to Heaven**

Never say goodbye— even after death

Never Letting Go is a powerful and revealing guide for those suffering from the death of a loved one. Readers will find great solace in this book, with clear help on how to start healing the pain from grief.

Never Letting Go is an inspiration for those who are looking for evidence of the Afterlife. Incredible stories offer clear evidence from loved ones on the Other Side.

Never Letting Go teaches us all how to recognize spirit contact. Learn the tell-tale signs of those loved ones on the other side who may be trying to contact you.

Never Letting Go heals you with message of hope from the Other Side.

Mark Anthony is a psychic medium and an attorney, who always "follows the evidence" - whether in a criminal trial or those seeking his mediumistic connections with loved ones in spirit. An **Oxford** educated attorney who grew up with "psychic parents," makes Mark's voice clearly unique. A natural story teller, Mark's engages his readers through his narrative style with powerful true stories offering hope, inspiration and comfort. A truly compelling read for anyone, of any faith.

"An enlightening journey through coping with grief and discovering spiritual renewal. I highly recommend this book!"—**Jeffrey A. Wands, author of Another Door Opens**

An attorney and intuitive, **Mark Anthony** appears regularly on national media and radio shows and has been a legal commentator for news networks. A natural mediator, Mark combines his intuitive gifts with his legal experience in his grief and spirit contact counseling work. He currently lives in Florida. To view the video about this book visit www.NeverLettingGo.com

MANTRAS OF MYSTICAL ONENESS



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

The Path of Mystical Oneness takes the mystic through four distinct phases of their spiritual growth: Mortal, Soul, Radiance and Oneness (Enlightenment). Each level is 'softer' than the one before...

THE MANTRA OF THE MORTAL

Want. Want. Want. Want. Want. Want. Want. Want. Want.
 Must. Must. Must. Must. Must. Must. Must. Must. Must.
 Hurry. Hurry. Hurry. Hurry. Hurry. Hurry. Hurry. Hurry.
 Win. Win. Win. Win. Win. Win. Win. Win. Win.
 (Fear) (Fear) (Fear) (Fear) (Fear) (Fear) (Fear) (Fear)
 (Fear) (Fear) Danger! Danger! Danger! Danger! Danger!
 Danger! Danger! Danger! Danger! Danger! No! No! No! No!
 No! No! No! No! No! No! Me! Me! Me! Me! Me! Me! Me! Me!

Find a way to get away. Find a sanctuary, a sanctum, a still and quiet place.

In the silence, She whispers.

In surrender, She acts.

THE MANTRA OF THE SOUL:

Deathless. Fearless. Free and Happy. (My karma, my karma, my karma, (me)). Deathless. Fearless. Free and Happy. (My karma, my karma, my karma, (me)). Deathless. Fearless. Free and Happy. (My karma, my karma, my karma, (me)). Deathless. Fearless. Free and Happy. (My karma, my karma, my karma, (me)). Deathless. Fearless. Free and Happy. (My karma, my karma, my karma, (me)).

...continued on page 27 ...



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CURIOSITY: THE WD-40 FOR LIBERATION

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www.outrageousvisions.com is an international speaker, singer/songwriter, author, humorist, and Aliveness Coach. An enlightened neurotic herself and legally blind as well, Vicki's clear-sightedness and wicked sense of humor helps people find the courage and perspective they need to set themselves free.

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Imagine this scenario: You are in a foreign country far away from home. You have no cell phone. You are staying in the guest bedroom of the man who invited you to do workshops. You are legally blind.

Instead of being defensive, you are curious: curious at a time when it would've been very easy to be afraid, sad, angry, and mean. Your heart beat doesn't go up. You are full of compassion for yourself and for the man who is so angry at you. Although you are being attacked, you feel extremely grateful for the moment.

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Because I was curious instead of destroyed, I felt stronger about myself and my abilities. He is very, very angry at you. He has the secret list of all the things you would never want to have anyone say to you. He declares you have lied to him. You are ungrateful. You have tricked him. You have ruined his reputation with 1 billion people. Furthermore, he fires you for being incompetent and boring.

Now imagine this:
 Your response is, "Really? Tell me more."
 And, you are grateful that you practice curiosity enough, so that when you really needed it is there for you.

This is a true story that happened to me during a trip to India in 2008. I presented workshops for private schools. The head of one school said I was the best presenter she had ever seen. A military school commander sang and danced with me on stage to school teachers. Another school has since invited me back to present again. At one of the school presentations, however, the response was less enthusiastic than I usually encounter.

...continued on page 35...

HERB CORNER

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

RELIEVING PAIN

Pain affects millions of people every year, it can range from acute pain let's say from moving a bed or it can be a chronic condition like arthritis or fibromyalgia. With herbs or any other healing modality you don't want to just treat the pain alone you want to find the root cause. Pain is a signal of an underlying condition, it may be from an injury, strenuous exercise, kidney stones, depression, a tumor, stress, cancer, hormonal imbalances, viruses, autoimmune conditions and the list goes on.

Once you know the source of your pain, then you can begin to put your body back into balance so it can heal. You can do this with diet, lifestyle modifications, supplements, acupuncture, massage, and aromatherapy and, of course, herbs which is why I am writing this article.

I chose herbs for my own pain management because they are easier on the body and they don't have the harsh side effects like pharmaceuticals have. Herbs help with so many aspects of pain management; my job as an herbalist is to find the one/ones specifically for your pain. They can be used externally as a liniment, salve or a balm. There are some herbs that act as rubefaciants or circulatory stimulants to bring blood the site of the pain; this helps remove inflammations and the build up of toxins; **St Johns Wort**, **Burdock**, **Yarrow** and **Oregon Grape Root** have this ability. Some herbs help to block the transmission of **substance P** (a protein that transmits pain between neurotransmitters and the brain). Studies have found that **Cayenne**, **Ginger** and **Turmeric** have this ability.

Internally, herbs can help to provide the needed nutrients to help bring the body back into balance, supporting the whole body. They can help reduce muscle spasms or cramps and calm the nervous system helping with neuralgia and neuropathy relaxing the nerves at the site of the pain. **Chamomile**, **Kava**, **Linden**, **Wild Lettuce** or **Jamaican Dogwood** can help here. You also want to *support* the immune system when you are in pain with herbs like **Astragalus**, **Nettles** or **Ashwaganda** because, when you are in pain, your immune system becomes depressed or in some cases it over stimulates the immune system causing conditions like **lupus**, **rheumatoid arthritis** or **fibromyalgia**.

These are just a few herbs there are so many aspects of pain both physical and emotional. If you are in pain my first advice is to please see your doctor to find the source. Then you can work with your massage therapist, acupuncturist, chiropractor, energetic body worker, a meditation group a nutritionist or an herbalist.

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Meryl Davids Landau is the author of the new spiritual women's novel, *Downward Dog, Upward Fog*, touted as "an inspirational gem that will appeal to introspective, evolving women." She has written for many national magazines—including *Reader's Digest*, *Whole Living*, *Self*, *O-The Oprah* magazine and more. For info about Meryl and her debut novel please visit: www.downwarddogupwardfog.com

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Sure, the ancient yogis found inner bliss by stretching in their yoga poses and sitting on their cushions for hours on end. But we live in the real world—frequently too busy treading water to spare that kind of time! Fortunately, after digesting tons of spiritual books and attending myriad workshops, then experimenting with what works for me, I've created my own *Reader's Digest*-ish short-cut to daily bliss. To connect to your elevated interior, try (as best as you can) to sprinkle these simple steps throughout your day:

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1. Sing in the shower. One thing the ancient yogis were right about: Set a good tone first thing in the morning and you float through the day. But I can't drag myself out of bed early enough to meditate, so my solution is, I sing in the shower. Rather than fixate on problems and to-dos, I send my thoughts skyward via song. I learned this technique from a healthy and joyful 99-year-old man, whom I'm convinced got that way because he belts out "Oh, What A Beautiful Morning" with every shampoo. I prefer Natasha Bedingfield's "Unwritten."

2. Listen for the bird chirp (or the dog bark...). Several years ago, I read the old Aldous Huxley novel, *Island*, where the Mynah birds on his utopian Pala constantly shout, "Attention, attention," to remind the natives that here-and-now is most important. I decided to use the occasional chirping of the birds outside my South Florida window as my own prompt to pause. I stop and take a long, deep breath, and am immediately pulled into the present moment—the only place we can access our higher selves. If you don't have regularly cacophonous fowls, any vocal animal, or even a neighbor's crying baby, are equally wonderful cues.

...continued on page 31...

Ask White dove



Got a burning question? Celebrity Psychic and Spiritual Teacher Michelle White dove is here to help give clarity on topics from Archangels to Zodiac, just ASK WHITEDOVE! Lifetime TV named her "America's #1 Psychic" after showcasing her gifts on "America's Psychic Challenge." Ask your specific questions at www.MichelleWhitedove.com.

Michelle White dove will appear at the Cassadaga Spiritualist camp in Cassadaga, FL on Sat Nov 5th for an event: SPIRIT MESSAGES go to MichelleWhitedove.com for details. Lecture, readings and book signing. Nov 6th Private Readings Call 954-435-5564

Dear White dove

In ancient Greek mythology there were Oracles who were all-knowing. Can you tell me: Who were they really and why did they all disappear? Historian in Athens

Dear Historian,

Oracle type prophecy is the ability to communicate with God as a clear Channel. In ancient times before Christ, the Oracles were enlightened Priests and Priestesses that lived in the temples. They were sought out by Kings and commoners for their gift of Mediumship and the ability to foretell future events.

Today there is still a country that has Oracles: Tibet. Their mission is not only to foresee the future but these mediums are protectors of the cosmic order. And there is one that's highly revered in rank "the Chief State Oracle" that is a spiritual/medium Tibetan Monk whose main duty is to guide the Dalai Lama and the Country of Tibet.

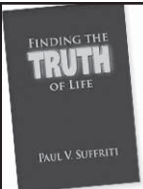
Dear White dove

My Native American friend suggested that I begin meditation and then start to Shamanic journey, but I'm clueless as to how this will help me? Worldly in Wisconsin

Dear Worldly,

Once you master the art of meditation (listening to guidance from The Divine), then you will be encouraged to develop your Spiritual awareness further. Through inner exploration you can reach a new level of personal growth. Shamanic Journeying is a consciousness-expanding trip, a way to be connected to the Earth, the cosmos and to all beings. You

...continued on page 32 ...




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From the Heart

Alan Cohen is the author of many popular inspirational books, including his forthcoming book *Enough Already: The Power of Radical Contentment*. (Portions of this article are a sneak preview.) Join Alan for his Personal Mentorship Program beginning January 4, 2012. For more information about his books, programs, or free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-808-572-0001.



I Wish I Could Give You the Moon

A Zen story tells of a man who came home one evening and found a thief tossing his possessions into a sack. In Zen fashion, the homeowner decided to sit outside the door and meditate. At some point the thief saw the man and dashed out of the house. In the commotion the homeowner opened his eyes and saw that the thief had dropped a bowl from his sack.

"Wait, you forgot something!" called the homeowner as he picked up the bowl and tried to catch the crook. But the thief was running fast and soon disappeared into the night.



The owner stopped and took a breath. He looked up into the sky and noticed the night was illuminated by a stunning full moon. "I wish I could give you the moon," he whispered with a sigh.

This story makes no sense from a worldly point of view, since most people who discovered a thief would likely be outraged. From a higher vantage point, however, it makes perfect sense. The world as God created it is far more meaningful and valuable than any object we might possess. We already own everything worthwhile. The homeowner in the story sighed because he felt compassion and pity for the thief, who missed the magic of the moon because he was distracted by a few paltry possessions.

We all have possessions and we want to keep them. *The question is, do you own your possessions or do they own you? If your possessions bring you joy, they are serving their purpose. If you worry about them, you have missed the moon.* No one possesses the moon, yet everyone does. It is a gift for everyone to enjoy. If you are worried about your iPhone, car, or house, stop for a moment and look up. No one can take from you what God has given you. The appreciation of simplicity only increases with maturity.

At this year's Academy Awards ceremony, best actress Oscar winner Natalie Portman was interviewed as she strolled down the red carpet en route to her win. "Do you enjoy all the glamour and attention?" a reporter asked Natalie. "Actually, my most delicious luxury is getting home, taking off my makeup, and lounging on my couch in sweats," she replied.

While many of us dream of glamour and some of us actively pursue it, there is an internal reward that runs far

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deeper than attention or accolades. Your spirit is already bathed in a light brighter than spotlights. Jim Carrey noted, "I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it's not the answer."

If riches and fame are not the answer, what is? A *Course in Miracles* tells us that the only gifts worth having are those that increase when you give them. These are the gifts of the spirit, all variations on the theme of love. When you give kindness, compassion, understanding, laughter, or forgiveness, you do not lose anything by giving. To the contrary, both giver and receiver gain, and the blessing of the gift expands in your life and the lives of those you touch. You are bringing the eternal to earth and growing it in your experience.

When you give a finite gift such as money or an object, the giver has less and the recipient has more. The *Course* would say this is not a true gift, since in the process someone lost and someone won. The only true gifts are those in which everyone feels fulfilled.

When you give money or an object, the real question is, "What is the spirit in which the gift is given?" If you are giving with a sense of guilt or obligation or you hold the receiver indebted, no gift has changed hands because the spirit of the transaction is void. If, on the other hand, you give with love, generosity, and delight, and you are happy for the recipient, the gift is real and it enhances the lives of both parties.

In a culture hell-bent on doing, the experience of being is extremely refreshing, even healing. While many people can do, only a small number can be. Yet there is a part of each of us that knows how to be. Metaphorically, while a part of us is gathering stuff in our sack like the thief in the Zen story, another part recognizes the magic of tonight's moon. Whether you experience the stuff in the sack or the moon depends on where you choose to place your attention.

At some point the thrill of seeking gives way to the deep satisfaction of finding. We value innocent pleasures more than contrived ones. Then we understand Leonardo DaVinci's message: "The greatest sophistication is simplicity."

Many of us have read books and gone to seminars to practice manifestation. After a while, you become more interested in de-manifestation. Many of us would gladly trade a sack of stuff for the moon. If so, just look up. It's waiting for you to be full.



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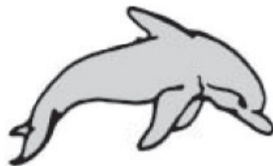
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Feel that your heart is full of love. Let your ego be surrendered and humility take its place. Love is the only way to live.

We learn to love by loving God. Love God and you will love others also. Love

God, love Guru, love your family, your brothers, your sisters, your children, your neighbors. Where there is love, there is no mistake. Where there is love, there is satisfaction. Where there is love, there is knowledge. Fill your heart with love. It is the basis of success, the basis of everything. It is meditation, devotion, beauty.

Pure love is called devotion, bhakti. Without bhakti, every sadhana is a waste of time. Without bhakti, every work is a waste of energy. Whatever you think, think with love. Whatever you do, do with love. Without love, life is a waste, energy is wasted, time is wasted. Where there is love, miracles happen. Where there is love, everything is complete. Where there is love, money, wisdom and prosperity will flow.

Devotion is the basis of everything. Devotion is the highest form of yoga. True love is full of dynamic energy. Other types of energy run out. Where there is love, you can work like ten persons. You can work like giants and never get tired.

Where there is love,, there are no shortcomings. All shortcomings become beauties of life or character. All mistakes become right, if there is love. If we do anything with love, it becomes a form of sadhana, spiritual practice, worship. Anything done without love is a waste.

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Tuesdays ROCKLEDGE 7-9pm Comparative Religion discussion group currently discussing, *The Tibetan Book of Living and Dying*, by Sogyal Rinpoche, meets at the Center for Spiritual Living, 835 Executive Lane, Rockledge. Love donation. Questions? Call Kathryn 321-591-5171 or Eddie 321-427-6731

Thursdays PALM BAY Tai Chi for Seniors 2:00pm Palm Bay Community Center Port Malabar Blvd email wmiddlee@earthlink.net

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

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

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

Sundays MELBOURNE 10AM Spiritualist Chapel of Melbourne, 1924 Melody Lane, behind the Melbourne Auditorium 321-733-1555

Sundays MELBOURNE Metaphysicians' Circle NEW 307 E. Lincoln Avenue downtown Melbourne 7:00-8:45pm \$3 321-474-7348

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair NEW LOCATION 307 E. Lincoln Avenue 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348

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Sat Nov 19th ROCKLEDGE 9am-12pm Thanksgiving Special: Mini tarot/psychic readings 15 min \$20 2-4 From the Eyes of the Seer: Group medium session. Messages from spirit, guides & ones passed over will be given to each attendee \$25 Gifts of The Muses Metaphysical Services. 1080 Judith Terrace, Rockledge, FL 32955. (321) 544-6738

Friday Dec 2 - Sunday Dec, 4 MIAMI Reconnective Healing is an extraordinary opportunity and invitation to learn how to heal others, yourself and your loved ones by engaging with scientifically measurable new frequencies that researchers are calling the forefront of "Information Medicine." The next seminars in Miami, will take place from December 2-6, 2011 at the Hyatt Regency Miami Hotel. "Reconnective Healing is not just energy healing, but instead a more comprehensive spectrum of healing composed of energy, light and information," explains Dr. Pearl. "Anyone can learn to access these energies once you interact with them. Dr. Pearl is the author of *The Reconnection: Heal Others, Heal Yourself* — now published in 36 languages — a book that chronicles his transformation from a highly successful Los Angeles chiropractor into a Reconnective Healer when his patients began reporting miraculous healings from cancers, AIDS-related diseases, epilepsy, chronic fatigue syndrome, cerebral palsy, rheumatoid and osteoarthritis, birth disfigurements, and other serious afflictions — even though he physically had not touched them. The level I/II: Reconnective Healing Seminar is slated for Friday, December 2nd, Saturday, December 3rd and Sunday, December 4th in Miami at the Hyatt Regency Miami. The fee is US \$549. Level III: The Reconnection follows on Monday and Tuesday, December 5-6 and the fee is US \$750. For more information and tickets, visit www.TheReconnection.com or the DLB Group office at 848 Brickell Avenue, 8th floor, Miami, FL 33131. Ph. 786.230.06.11 - 305.373.5757.

Sunday, January 15 CAPE CORAL (near Fort Myers) 2 p.m. - 4 p.m. Meditation Seminars with Roy Eugene Davis, a direct disciple of Paramahansa Yogananda. Effective Techniques, Helpful Routines & Practice Sessions at Center for Spiritual Living, 406 SE 24th Avenue Travel directions: 239-574-6463 Tues. & Thurs. 10 a.m.-2 p.m. All Are Welcome Donation Basis Reservations Are Not Needed. Visit www.csa-davis.org.

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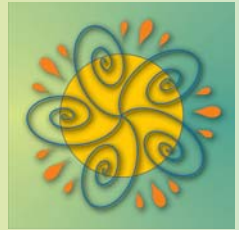
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Yesterday, much of what I've been thinking, believing, teaching and knowing was dismantled. Much of my life has revolved around "positive thinking" and "co-creating the reality I desire". Recently the subtle sage, **Angelina**, has been hinting that much of my time pondering how to say, do and think the thoughts that will pave the future I desire, may be a total waste of time. She and I resonate strongly with the concept that *"Everything is in Divine Order"*. I would say that sharing that belief is the cornerstone of our "spiritual marriage" because no matter what has shown up, we have always been able to ultimately find peace using "Divine Order" to explain it all. Lately she's been asking, "if it's all in divine order, then what makes you think you have any control over anything?" What's so wonderful about her is that she never suggests that she knows anything, only that she wonders about my relentless pursuit of understanding. As a seriously recovering "control freak", the ultimate sobriety would be to accept that I have absolutely no control over what shows up in my life or the lives of others. I have been hearing this in different ways since our friend **Melanie Buzek** proposed this idea to us around 2003. Still, I had trouble embracing destiny and fate completely.

Another idea that I've fully embraced is "the law of attraction." It makes total sense that in this universe, *like attracts like and what you think about, speak about and visualize will be made manifest*. I'm not saying that this is no longer true for me, but what about all the folks who practice these techniques and continue to manifest their opposites? I would always say to myself, "the reason my life is so charmed is because of my positivity and effective use of truth principles". What a wonderful way for me to feel superior!! What about all the deperately poor people that have a much happier life than I do, are more appreciative of what they have, and have not had to spend thousands of dollars and hundreds of

hours of time in some form of therapy to heal their issues, as I have? I know so many folks that have actually gotten more depressed believing in tools like the "law of attraction" and becoming extremely dissappointed when their tools *seem* to be used in vain.

What if...things happen the way they are going to happen? What if you can only do things the way you are doing them and when you are supposed to change, you will? What if it were absolutely perfect for everything to be happening exactly the way it is? What if no matter what you did, the same result was going to occur? What if this life is just a "movie", already written by you with a predestined ending and predestined scenes, and predestined heroes and villains? What if you had ABSOLUTELY NO CONTROL over anything that occurs??? Since there is no way to know the answers to these questions absolutely, I am choosing to engage my restless mind in what I CAN control (recovering, never recovered. lol).

I can control how I look at what's showing up. I can still be positive about life, people, experiences etc. Will this attract more of my external desires? Maybe, maybe not, but it will FEEL better no matter what shows up. Can I continue to focus upon what I desire, use my tools to ask "Why" questions (*Dawn Key-ho-te Claim, as described in Orchestrating the Symphony of our Cells*) in relationship to what I desire? As long as it feels good, yes. What leads to disappointment is the notion that "I better think, say and do things "right" in order to have the desired outcome". This leads to a very toxic thought "what if I do it wrong?" As long as I say, "the outcome will be what it will be and is not at all influenced by what I say, think or do", I will not have all the agendas, pressures, disappointments, performance anxiety, worries and fears that have plagued so much of my consciousness. I also know that when my thoughts, words and actions are loving, there is "instant karma" because it feels good. If I'm doing it for the reward, I'm doomed.

For those who cannot let go of the notion that our thoughts, words and actions DO affect our manifestations, I recommend this: focus more of your "self help" tools on manifesting more peace, more love, more harmony, more acceptance, more tolerance, more trust. These are truly what the soul longs for. These are the things that much of the poor in places like India and Tibet have abundance of and seem to have a higher "happiness quotient" than most people in America.

For me, the notion that everything is going to happen the way it is regardless of my input, has released decades of pressures and concerns from my consciousness. I've been praying for 10 years to find the peace and relaxation that comes so frickin' natural to **Angelina** and I believe that I've just been shown a new way. I hope this is of help to you in some way. If not, at least you'll get a good laugh.

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, FL soulsongkaren@cfl.rr.com. Karen's blog: www.abrahamfun.com. www.lulu.com/soulsongkaren

When to Zip Your Lip: Getting Real About Reality

When I return from a trip, do I relate everything that happened - the good, the bad, and the icky?

When I talk of my childhood, do I reveal the problems and dysfunction along with the happy times? When I describe my partner, friends, or boss, do I give a tally sheet of both blessings and aggravations?

It's typical to discuss the way people really are and the way circumstances really unfolded, but accuracy doesn't serve me as well as I might think. For when I talk of the up and down-side of experience, I will continue to magnetize a life that has a lot of both.

When I relive/discuss something unwanted or unpleasant, I invite more-of-the-same into my future, courtesy of the universal Law of Attraction. Thus I resolve today to chip away at tendencies to discuss problematic and painful parts of life.

Sure, such a habit brings me attention and empathy, but the cost of "Omigosh!" and "You poor dear!" has become too much to pay.



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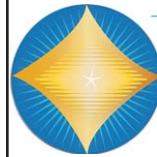
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Abraham-Hicks

...continued from page 9...

You are free. You're so free, you can choose bondage. You are so free, that no one can do anything to you. You are so free, that you are the only one who is causing anything to happen in your experience.

You say, "But wait. That person did such-and-such to me." And we say, but it was your observation of it, and the subsequent contradiction in vibration, that caused the vibrational melt-down within you that disallowed the Well-Being that would have been there if you hadn't been observing it. And you say, "Well, I wouldn't have been observing it if they weren't doing it." And we say, yes, but now you're getting into that realm where you have to control the conditions. Now you're saying, "If I observe things that feel bad, I feel bad. So, I need to find some way of controlling things so that everything that I observe will be good." And we say, give it up! You don't get to decide what other people put in their pie.

Nobody can put anything in your pie unless you observe what they're putting in their pie. And when you observe what they're putting in their pie, now you're a vibrational match to what they're putting in their pie, and now you're putting it in your pie. And now you're blaming them because you've got it in your pie! But you are the one who put it in your pie. "No, I didn't," you say, "I didn't put it in my pie. They put it in my pie. They put it in their pie first, and then some of it got in my pie." And we say, none of it could have gotten in your pie if you hadn't had your nose in their pie. If you hadn't been paying attention to somebody else's pie, you wouldn't have their stuff in your pie. You only get in your pie what you are giving your attention to.

And you say, "Well, it's hard not to notice what other people are putting in their pie." And we say, we know it can be hard, but maybe you could start making your own pie and getting

interested in that. "Well, my pie isn't as interesting as their pie. Their pie's on CNN! Their pie is on the front page of the newspaper. Their pie is on my soap opera and on all the television programs. The stuff that they're putting in their pie seems to be everywhere. And because it's everywhere, it keeps getting in my pie." Only because you're giving attention to it. Nothing can get in your pie that you're not giving your attention to.

"Well, how can I not give my attention to the things that are everywhere?" And we say, find something that feels good to you—and give your attention to that. "Well, it's hard," you say. "It's hard to focus." And we say, but that's what a creator does. A deliberate creator focuses. A deliberate creator decides what he wants in his pie, and puts it in his pie. "Well, how do I know for sure what I want in my pie?" Make some pies and eat them, and see how they taste. We call that post-manifestational pie eating. We call that waiting until it has manifested in order to figure out what the vibrational content of it was... It works.

Or, you could pay attention to the way you feel while you're putting the stuff in your pie, because if it feels good while you're putting it in there, it's going to taste good when it's done.

We call these teachings the Art of Allowing because it is the art of learning, by feeling your way, by releasing resistance little by little by little until you become up to speed, or in vibrational alignment, with your own desires. And when you do that, the vibrational alignment—even though your object of desire has not yet been manifested—the alignment with the idea of it is truly heaven on earth.

When you get in sync with the power of You; when you get in sync with your right, and your ability, to create, then you can relax and acknowledge that there is nothing that I cannot be or do or have—but I don't have to be or do or have it all right now. There is plenty to enjoy now, and plenty coming along the way, and, fortunately, it will not come in faster than I can allow it.

You will not be able to receive something that you're not vibrationally up to speed with.

...continued on page 33 ...



321-208-3636

Tod McNeal's **NATURE'S HAVEN SPIRITUAL SPEAK**

"I don't care if you're black, white, straight, bisexual, gay, lesbian, short, tall, fat, skinny, rich or poor. If you're nice to me, I'll be nice to you. Simple as that." Eminem

"Now to go one further and be nice to those whom are not so nice to me..." Tod McNeal

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MANTRAS OF MYSTICAL ONENESS



...continued from page 11...

Without the fear of Death, the mystic at the Soul Level is so much happier than the Mortal (Me, me, me, me!), but still feels the need to fix herself—to overcome her perceived failings (My karma, my karma, my karma, (me)).

The Soul level is the level of Freedom: Freedom from the fears that plague the Mortal; Freedom to act outside social conventions; Freedom to take risks.

Without fears, the mystic is free to live authentically. She is free to live true.

THE MANTRA OF RADIANCE:

Surrender. Open. Flowing. Love. Light. (me). Surrender. Open. Flowing. Love. Light. (me). Surrender. Open. Flowing. Love. Light. (me). Surrender. Open. Flowing. Love. Light. (me). Surrender. Open. Flowing. Love. Light. (me).

The mystic, in surrendering control of anything, loses nearly everything.

He dissolves into Radiance.

The level of Radiance is the level of Flowing Love. The mystic surrenders his fight to be, to resist, to control. He surrenders all he has and all he was.

He gives up.

From the deepest part of his heart, he bows his head, opens his arms and surrenders: "I care nothing about my fate. Thy will be done."

If his surrender is sincere enough, She'll hear. If he opens to Her completely, She'll stir.

As he fades, She grows. As he ebbs, She flows.

The less there is of him, the more there is of Her.



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Through the thin outline of his shattered self, She stirs. She grows. She radiates.

In his complete surrender to Her Will, She shines forth and flows.

Like a river bursting through a crumbling dam—love and joy and gratitude pour outward.

THE MANTRA OF ONENESS:

The Mantra of Oneness is just this....

That's it.

"Just this...."

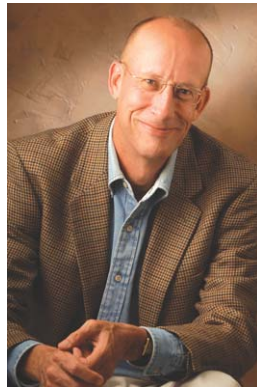
Look around. No separation. No you and other. Just Oneness.

Just this.

We don't see things as they are, we see them as we are.

Anais Nin

NOTES from the Universe



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

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

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

I thought so.

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

I LOVE OUR LITTLE TALKS!

The Universe

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Sleepytime Recharge Science knows 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. 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 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.

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What Teachers Make

Taylor Mali is one of the most well-known poets to have emerged from the poetry slam movement and one of the few people in the world to have no job other than that of poet. www.taylormali.com



The dinner guests were sitting around the table discussing life. One man, a CEO, decided to explain the problem with education. He argued, 'What's a kid going to learn from someone who decided his best option in life was to become a teacher?' He reminded the other dinner guests what they say about teachers: 'Those who can, do. Those who can't, teach.'

To emphasize his point he said to another guest; 'You're a teacher, Bonnie. Be honest. What do you make?' Bonnie, who had a reputation for honesty and frankness replied, 'You want to know what I make? (She paused for a second, then began...) 'Well, I make kids work harder than they ever thought they could. I make a C+ feel like the Congressional Medal of Honor. I make kids sit through 40 minutes of class time when their parents can't make them sit for 5 without an

I Pod, Game Cube or movie rental. You want to know what I make?' (She paused again and looked at each and every person at the table.)

'I make kids wonder. I make them question. I make them apologize and mean it. I make them have respect and take responsibility for their actions. I teach them to write and then I make them write. Keyboarding isn't everything. I make them read, read, read. I make them show all their work in math. They use their God-given brain, not the man-made calculator.

I make my students from other countries learn everything they need to know in English while preserving their unique cultural identity. I make my classroom a place where all my students feel safe. I make my students stand, placing their hand over their heart to say the Pledge of Allegiance to the Flag, One Nation Under God, because we live in the United States of America.

I make them understand that if they use the gifts they were given, work hard, and follow their hearts, they can succeed in life.' (Bonnie paused one last time and then continued.)

'Then, when people try to judge me by what I make, with me knowing money isn't everything, I can hold my head up high and pay no attention because they are ignorant...

You want to know what I make? I MAKE A DIFFERENCE. What do you make Mr. CEO?' His jaw dropped, he went silent. What about you?

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NELLIE, you said some things about an uncle my mother had that I never knew about. You mentioned that he was a musician, and that he was very well known. The next day I called my mom in Hungary and she started to cry, she verified everything you said. I never knew he existed up until you told me about him. At the time of the reading, you told me that he was there with me, it was a life turning experience for me. Thank you so much. Klara

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7 SHORT-CUTS TO DAILY BLISS

...continued from page 14...

3. **Stop whining.** The biggest problem with our chronic complaints: They keep the mind fixated on what's going wrong, rather than on the higher-vibration, fabulous things that *are* working. Next time you're ready to criticize or complain, stop and ask, "What is this unhappy situation making me desire?" Then turn your whole focus to that.

4. **Stretch your arms up.** As a longtime, big-time fan of yoga, I know the value of sneaking even a couple of poses into the day. The stretches make you feel great physically, and, equally important, they expand your mind. My favorite micro session when I can't do a full class: A boat pose (aka Superman), a full forward bend, and a half spinal twist. (If you're at your desk: raising your arms and arching backward and holding a minute, folding forward down to your ankles for another, then twisting around to the right side, then the left.)

5. **Sit on your rump.** I'm not talking about all those hours we spend on the computer. I'm talking about meditation. Not necessarily the 15 to 30 minutes twice daily that experts recommend. (Definitely do that when you can. But I'm talking shortcuts here.) Ten, or even 5, minutes once or twice anytime in the day can be sufficient. By focusing

the mind on one thing (a word like "peace," a sound like "om," the flicker of a candle...), you're training it to release the worries about the past or fears over the future that keep us from fully experiencing the present. I adore my 10 minute mini-meds, and, more important, the way they spill into the rest of my day.

6. **Fantasize.** No, not about sex-- although you're welcome to do that, too. Fantasize about what you're wanting for your life. The teachings about law of attraction by Esther and Jerry Hicks make clear that you get what you think about. I used to spend much of my day pondering things as they were (what the Hicks' call "tell-it-like-it-is-it-is"). But if our thoughts create, it behooves us to shift to those that make our hearts sing: the desired job, financial state, health status, dream trip, romantic partner, and/or situation in the world. Ponder your desires in great detail, until you feel enthusiasm stirring.

7. **Kiss your pillow (and your partner, too).** Before going to bed each night, think about 5 people, events, and/or objects you appreciate. Begin with the easiest: items right in your delicious bed (including your scrumptious pillow and, if someone is there, your mate).

How better to end your day than by connecting to your highest self-- which, as pure love, always appreciates? You will drift off with ease, and, more important, set a glorious vibration to wake up in tomorrow morning.

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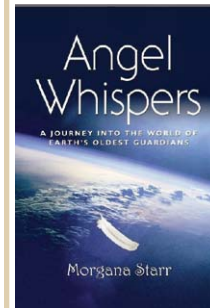
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Ask White Dove

...continued from page 15...

have to understand, before our ancestors had the ability to cross oceans, the indigenous shamans could soul travel and see other continents, other peoples, and discover the secrets of the Universe. In this way, all knowledge is available to us. Each of us has the ability to learn and grow spiritually beyond our wildest dreams and to use our knowledge to make this World a better place.

Dear White Dove,

I've been trying to work on my own personal mediumship abilities and sometimes I think that I can see and feel Spirits near by, but I'd like to know is there a way that I can bring Spirits to me? How can I communicate with them? Thank you for your insight. Wanting to see, Miami FL

Dear Wanting,

First, please know that every soul born into this world comes in with Guardian Angels and Spirit guides. The number in your unseen support team is based on your life mission. They are there with you at your side. So prayer and meditation are the only tools that you need in order to call upon them. With practice you will start to see them, feel them, know them and with dedication of time your communication with them will improve.

However if you are looking to attract wayward spirits or ghosts to yourself I'm afraid I cannot help you. Wayward spirits are lost and confused souls that need help crossing over. I don't advise anyone to do this for mere curiosity or for amusement. As a spiritual medium it is my job to help these souls resolve their issues that keep them Earth bound.

In my Ghost Stalker books I give educational information not only on different types of hauntings but also about the ghosts' Earthy life. Remember ghosts were once living humans with mothers, siblings, friends and children of their own, and they deserve to be treated with respect and understanding. Also it's important to know that not all wayward souls are benevolent. If you are interested in the phenomena of ghosts, then read about them. The only spirits that you should call upon are your helpers, ones that reside in the heavens.



SUGGESTED READING WATCHING LISTENING

CDS:

Nataraja by Shiva Rea
Tandava compiled by Pathaan
Getting into the Vortex Guided Meditations CD
and User Guide by Esther and Jerry Hicks

BOOKS:

Spiritual Partnership by Gary Zukav
The Well That Never Runs Dry by Joann Davis
Be Love Now, The Path of the Heart by Ram Dass
Downward Dog, Upward Fog by Meryl Davids Landau
The Seeker, the Search, The Sacred by Guy Finley
Yoga For Every Room in your House by Jinjer Stanton
Fading Toward enlightenment by Wayne Wirs www.fade2e.com
The Bushman Way of Tracking God by Bradford Keeney, Ph.D.
How To Rule The World From Your Couch by Laura Day
Making Room for Mr. Right by Robin and Michael Mastro
Wild Attraction: A Ruthlessly Practical guide to Extraordinary Relationship by Paul and Patricia Richards
The Physics of Miracles by Richard Bartlett, DC. ND
The Wisdom of a Broken Heart by Susan Piver

Unfinished Evolution: How a new age revival can change your life and change the world by Teena Booth

Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D.
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles Marianne Williamson
The Hidden Spirituality of Men by Matthew Fox
Do It Anyway by Kent M. Keith
Saying goodbye to your Angel Animals by Allen & Linda Anderson
Why Walk when You Can Fly by Isha
365 Prescriptions for the Soul by Dr Bernie S. Siegel
How to Be Compassionate by His Holiness the Dalai Lama
The Secret Life of Water by Masaru Emoto
The Miracle of Water by Masaru Emoto

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MUST SEE DVDs:

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

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



Abraham-Hicks

...continued from page 26...

So, it turns out that the joyous life is the life that is being lived by the person who is aware of the relativity between their currently active thought (which is all a belief is) and their desire. When you learn to manage this Vibrational Relationship between where you are and where you want to be, life becomes sweet even though many things are not fulfilled—yet...

Now, what we mean by that is, if you get—by virtue of focusing; doing creative workshops; going to meetings where people are getting you all juiced up about wanting things—if you get your desire factor activated at a much faster pace, on one or a number of subjects, than you’ve got your belief factor activated, you’re going to cause chaos in your own experience.

Wanting things you don’t believe are possible is not pleasant. And yet, we don’t want you to ratchet your desire back down to your belief level— because then, nothing can change. And, do you know, that’s what most people are doing? Most people are spending most of their time looking at what-is.

When you are giving most of your attention to what-is, you’re offering most of your vibration about what-is, so you’re just getting more of what-is—different places, different faces, but essentially, what-is.

So, the way it works is, you observe what-is. You offer a vibration about what-is. Law of Attraction matches what-is, and you get more of what-is... So, you observe more of what-is; you offer a vibration about what-is. Law of Attraction matches what-is, and you get more of what-is... So, you observe what-is; you offer a vibration about what-is. Law of Attraction matches what-is, and then you get more of what-is. And then you observe what... (Fun!) We could go on because you do. That’s what you keep doing, mostly.

And what we are wanting to call your attention to is that it’s fine to observe what-is, especially if what-is is pleasing you. But you might want to fill in the missing gaps with memories of things that were pleasing, or imagining things that are pleasing, because Law of Attraction does not give you access to thoughts that are very far from the thoughts that you’ve been actively thinking...

When you focus upon something, you activate the vibration. And when you activate a vibration, Law of Attraction gives you more thoughts that are like that. And as you hold your

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attention there, that activation becomes strong enough that it’s not just an activation— it’s a dominant activation. And when something becomes a dominant activation, you call that a belief. We want to soften it by just saying a belief is only a thought you keep thinking.

When you continue to think a thought (or activate a vibration) that is not in alignment with who your Inner Being knows you are, and with what you really want— then negative emotion ensues. And what happens to so many of you (bless your hearts; we mean this adoringly) you get used to that negative emotion. So, you call it normal. You just become willing to put up with being ornery, or being overwhelmed, or being frustrated, or being angry.

And you are really not wanting to put up with that when your Guidance System is alerting you to the fact that you’re not on the path that you have designed; that you have divined— that you have honed out of the contrast of your life experience... All that stuff’s being held over there for you in Vibrational Escrow, just waiting for you to become a vibrational match to it—all of the things that you want are just waiting for you to find vibrational alignment with them. And if we were standing in your physical shoes, we would not put up for a moment with negative emotion.

...continued on page 34...



Abraham-Hicks

... from page 33...

So, it is our powerful desire that today you discover a new determination to bless your Emotional Guidance System because it is giving you such important information about the Vibrational Relativity between the thoughts that you're thinking and what you really are wanting, and that you make a decision that you are going to do your best to feel as good as you can feel—all day long—on every subject that becomes active within you.

You have, long ago, most of you, given up your rights to your own Guidance. You stopped trusting yourself because they ganged up on you. There were two of them when you were born, (most of you) and then more and more and more, and more. Then, there's all that peer group pressure, and then all those law enforcement agencies, not to mention the people that you really care about... But you tend to care more about what they think about what you're doing, than you do about how you feel.

We want to reactivate within you a determination that you are going to get hold of the Vibrational Relationship between you and You. Because you are Eternal extensions of Source Energy, and the Source Energy that is you loves you, and loves others. The Source Energy that is you knows your value; knows your worthiness; knows all of the wonderful things that are over here in **V i b r a t i o n a l** Escrow waiting for you, and will always be a vibrational match to those things that you want, and will never join you in your depression. That's why depression feels like depression: The feeling of anger, the feeling of any negative emotion, is you holding a vibrational pattern that is disallowing your full Connection with who-you-are. And so, negative emotion is your indication that you are not allowing that full Connection to Source.

We never see you stick a "Happy-face" sticker over your gas gauge because it is troubling to you to see that it's empty. "Oh, I'm empty. I'd better cover that up. It bothers me to see that." You sort of want to know when your tank's empty, don't you? And if you wait 'til it really empties out, it's much more trouble than if you just catch it as it approaches empty, and then do something about it. And this is what your Emotional Guidance System is doing for you, too. It's letting you know you're sort of emptying out in this moment. And so, you might want to see if you can't find a better feeling-place about this.

Start guiding yourself by caring about how you feel. Start guiding yourself into your Stream of Source Energy, for that's where your clarity is; that's where your joy is; that's where your flexibility is; that's where your balance is; that's where your good ideas come from. That's where all the good stuff is accessed from...

You cannot get to the good stuff from the place of feeling bad—it defies Law. And you cannot get to the bad stuff from the place of feeling good—it defies Law!



Thoughts about things...

... from page 7...

Denny wasn't contributing at all, but heck he'd done so the first year so she felt she kind of owed him. Plus it was such good sex. But now, four years later, he hadn't found a job much less looked for one. His days were spent chain smoking cigarettes on the couch watching the news, his evenings spent telling Domino how bad the economy was, along with his daily commentary on the news of the day.

Meanwhile, **Domino** spent her days working and going to school; her nights working, catching up on household and yard chores, paying for Denny's 3 pack a day cig habit and sleeping when she could finally manage to shut off her brain enough to fall into bed.

By the time she called me, she'd had enough but was just too tired to think straight. Four years of supporting a man who didn't want to contribute was way too many. Not to mention in that time he'd done nothing to clear up his financial responsibility to his ex for child support. **Domino** lost a lot of respect for him when she learned that.

It's a testament to his charisma that it's gotten to this point. He previously used his charm to get jobs, now he does it to keep himself afloat. It'd be different if he was job hunting and helping free up Domino's time by keeping the house clean, the yard picked up and doing the shopping, cooking and errands. She knows she won't find someone with no past baggage, but she can't take being so openly deceived for so long.

We all go through those times when past momentum catches up with us and we have to go through some heavy stuff to clear up our karma. It can come at you in the form of bills piling up, marriages dissolving, being fired from jobs, traffic tickets, paternity suits and child support with women you don't even recall being with a decade ago. It can come in the form of longtime friends betraying a sacred trust and in the form of being ostracized from the only family you've ever known.

But no matter what, the quicker you learn the lesson, the quicker you're on the other side of it. The quicker you get humble, surrender, drop a knee and ask forgiveness for whatever your part in whatever is happening, the quicker the harshness of your lesson will begin to dissipate. You'll know when you've done it

...continued on page 38...



CURIOSITY: THE WD-40 FOR LIBERATION

... from page 12...

Curiosity is emotional grease. Just like trustee WD-40, it keeps things moving. Instead of rust - the old patterns of miscommunication - we get to move through a difficult time. It works in all kinds of relationships and in all kinds of situations. It is trustee, dependable, and cheap. In fact, it's free!

This incident could have been devastating and terrifying. It could've corroded my self-esteem forever. Instead, it is a testament to the power of simple curiosity. Because I was curious instead of defensive, he felt heard. Because I was curious instead of attacking, he got to say everything he needed to say. His anger dissipated.

Nobody ever taught me about the power of curiosity in relationships. It is so simple and always available. No matter what anyone says to you, you can always meet it with curiosity - abuse excepted. Note: It is never good to accept abuse from anyone. Whatever we practice we get good at. If we practice allowing people to abuse us, that's not good for the person who's out of control or for ourselves.

When we are present and open, we can say simply, "Really? Tell me more." We can practice being curious about what is going on with that person. We are the final judges after all. We get to decide if what somebody says is true or not. People can say whatever they like. We're too tall, too short, too fat, too loud. We're too enthusiastic, we wear the wrong clothing, our hair is not right, we're doing a bad job, we should get a good job, were unsuited for that profession - the list goes on and on and on.

The point is everybody has an opinion. They get to have their opinion, and some people can't resist telling you their opinion, whether you're interested in hearing it or not. Bring it on! Think I'm a lousy mother? Tell me more. You think I'm foolish for taking some of my retirement so my husband and I can go to Bali for a year? Tell me more.

What does this have to do with you?
Make a commitment to curiosity. Try it a few times. Catch the feeling of defensiveness in your body, and remember to switch to curiosity. See what happens. The more you practice this, the better you'll get at it. The better you are at being curious instead of defensive, the more likely you'll be able to be curious when it can make a big difference in your life. *Here's to Curiosity, the WD40 for Liberation!*

OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



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

HOROSCOPES

ARIES: MARCH 19/20 TO APRIL 19 "I AM"

This month you will open a door that will lead to many more opportunities. The energy of your finances will feel totally expansive, but just be careful not to overspend. The abundance that is available for you will be profound as you continue to move forward with what has heart and meaning.

TAURUS: APRIL 19 TO MAY 20 "I HAVE"

You want to have clear communication with yourself and others. Daytime travels, interaction and places to be will mold you into what you should be. Life is a huge lesson in boundaries; you just have to go with what feels the best, what is most comfortable for you.

GEMINI: MAY 20 TO JUNE 20 "I THINK"

You are at your wit's end as how to understand the sequence of events that has recently taken place in your family. Assimilating change into synthesizing future possibilities, and steering clear of the part of you that wants to digest everything that happens. Don't miss this opportunity to go to the next level.

CANCER: JUNE 20 TO JULY 22 "I FEEL"

You are very emotionally aware of how you have lived; and as wise as you are, your humanly wisdom will shine through your autobiography. The intensity of your feelings will drive you to your destination fully intact as creativity pours out of you like an enormous waterfall.

LEO: JULY 22 TO AUGUST 22 "I WILL"

You are so energized that even the Eveready Bunny cannot keep up with you. Focus is your hocus pocus as you bring your project through to completion. What ever direction you choose make sure your heart and soul are intertwined in the tapestry of this journey.

VIRGO: AUGUST 22 TO SEPT 22 "I ANALYZE"

Avoid talking yourself out of a great opportunity by being too critical of yourself and others. You don't have to think everything through to completion, because life does not always turn out like we expect. Make a plan, follow it and see the bigger picture as you go along. Beware of your boundaries and only do what feels right and not out of obligation.



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FOR NOVEMBER 2011

LIBRA: SEPTEMBER 22 TO OCTOBER 22 "I BALANCE"

Walker between the two worlds of mind and matter; is this not what the soul is? Transiting Saturn in your sign is helping you find more structure in your life, it can be painful but the growth is worth its weight in gold coins. Your greatest test is that of relationships and the ability to be loving and patient.

SCORPIO: OCTOBER 22 TO NOVEMBER 21 "I CREATE"

Presently you have been gifted with the chance to share your resources and be cooperative with others. You will grow the most when you are acting from a place of gratitude, and a sense of generosity. Now is not the time to be a hermit, it is a time to watch the stock market and place your bets.

SAGITTARIUS: NOV 21 TO DECEMBER 21 "I PERCEIVE"

The willingness to go deeply within yourself is the key to your being at the right time and place by becoming one with the present moment. Your cupboard of ideas are flowing and flowing and flowing, you may want to start keeping a journal along with meditation, the time is right for you to receive some higher guidance.

CAPRICORN: DEC 21 TO JANUARY 20 "I USE"

You are gathering forces to assist you in great change for the year ahead to help you lay the foundation as you work through old beliefs that no longer serve your higher good. You are headed for the top because of your goat like drive to be your very best!

AQUARIUS: JAN 20 TO FEB 18/19 "I KNOW"

Change continues to knock on your door as you pursue your goals and intentions. This Fall is good because of the wonderful new friends that you have made. You are not alone, you are a cheer leader of sorts to help push your friends to their best selves, just like others have done for you.

PISCES: FEB18/19 TO MARCH 19/20 "I BELIEVE"

What are you willing to sacrifice? What would your life be like if you could not dream, swim, or run? As you give up the personality you bring through your higher self, the one that will sacrifice your own needs to help humanity. Strike a balance so everyone can win.

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SEE PAGE 28



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

Thoughts about things...

... from page 34...

sincerely because the weight of the past will begin to fall off and you'll have renewed hope for what is to come. Maybe the situation itself won't immediately change, but instead your perception of it changes. It changes in such a way that what previously seemed overly burdensome now seems doable. It stops feeling so hopeless. You begin to see lights at the end of the tunnel.

As you begin to begin to do what it takes to clear up your past obligations and indebtedness, you'll see evidence of your karma clearing up, too. You'll see doors open you didn't notice before and you'll be led to a better place. Keep one foot in front of the other doing only as much as you can do each day, but doing that fully and completely, and soon enough you'll be living a different life and attracting a new experience that's far more fulfilling than what you scraped and settled for before.

And as for **Domino**, She's a smart woman. She joked about the fact they'd not had sex for almost a year yet that was the big draw that got her hooked on him in the first place. And now? In her own words, "The f*cking I'm getting is no longer worth the f*cking I'm getting." I told you she was a smart woman.

Letting a friend in on the spidey sense process

Except for writing about it all the time, I usually don't talk with friends about psychic impressions I get or how that whole process works, although I'm glad to tell what I know if someone asks. But when I begin spending time with someone, after awhile I have to let them know how the thought process works. It also encourages them in their own intuitive expansion, seeing how it happens in daily life.

Sunday I was hanging with a friend and began getting a tummy ache. I hadn't eaten anything weird, so there was no reason for it. But it was making me very uncomfortable. I told my friend what was happening and I took a moment to ask within, "what is this feeling telling me?"

Earlier in the day I'd met with a pal who mentioned he had *diverticulitis* and he came to mind. "Maybe I'm supposed to Google "diverticulitis" and learn more about it," I thought. I did and wrote a blog post *Foods To Avoid With Diverticulitis* and learned he'd been eating one of the forbidden foods.

My tummy pangs had eased up. "Ah," I thought, "the whole reason for me getting the tummy ache was to research and discover my friend needed to stop eating pizza. Case closed."

But **Sunday** evening the tummyache came back again. It made me very uncomfortable and I went to bed and woke up Monday feeling kinda icky, not sick, just not "right." My brain felt not in the mood for magazine work, so when a former client called and asked for a reading, it was perfect timing for one.

I almost never do a reading at the time someone calls. Even long standing clients have to make an appointment, and I have waiting lists for cancellations. But when she called, it was perfect timing. When we were talking about her marriage, I began getting the stomachache again and the words "*obstructed colon*" came to my mind. I asked her if she was having belly pain and she said yes.

I told her the information I was receiving and told her that did not mean she had an obstructed colon, that I get symbolism in exaggerated format, but I suggested she get it checked out. That's when she told me she'd been diagnosed a few days earlier and had a second opinion doctor's appointment in the morning. She wanted to see if I picked it up in the reading before asking me about it. Once again my tummy ache stopped. This time it didn't return.

I told **Jeremy Bonner** that is how it often works - that my body tunes in to someone else and gives me a feel for what is happening with them. That not every ache or pain is mine, it's a signal related to something on the way - and not necessarily for me. And, as in this case, it's not always what I think it is. I thought it had to do with my diverticulitis friend and thought I saw confirmation in that. Yet it really had to do with something, and someone, else entirely. The diverticulitis friend event was just a reflection of the obstructed colon reading to come. That's part of the process, recognizing the symbolism, how exaggerated is it to get your attention, discovering clues and recognizing what is distorted reflection and what is clear seeing. Asking within, each step of the way, "what do you want me to know?" Then staying open and nonresistant to receive what shows up as an answer.

When I spoke to **Jeremy** the next night, I told him about the reading. So he got to witness first hand how the information comes in and how, in this case, it acted on my body and mind to think it might be me, and what process I used to discover what it really was.

It's true, everyone is psychic. Don't like that word? Get over it. People won't always use words you like. If that word triggers you, you've got emotional work to do. Your intuition is an inborn skill: use it and develop it or let it lie dormant and live your small life without knowing how expansive it can be. It's your choice.

Enjoy our offering this month.
Hari Om.

Andrea

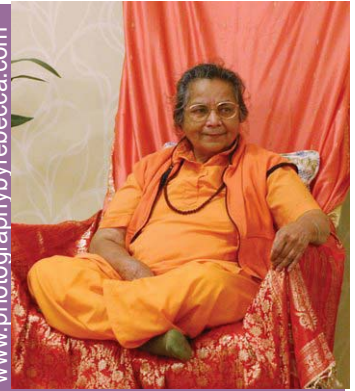
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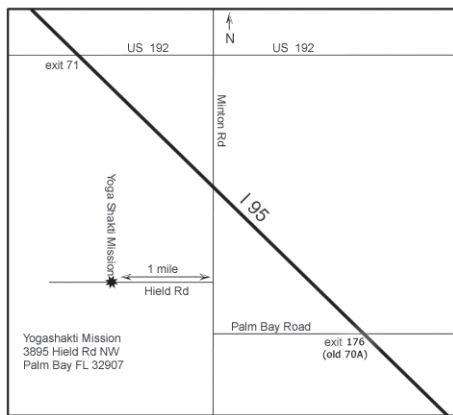
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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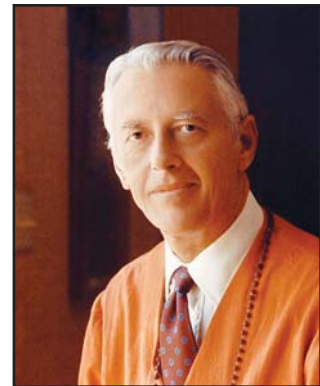
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Affirmation

“The radiant purity of my essence of being continuously illumines my mind and consciousness.”