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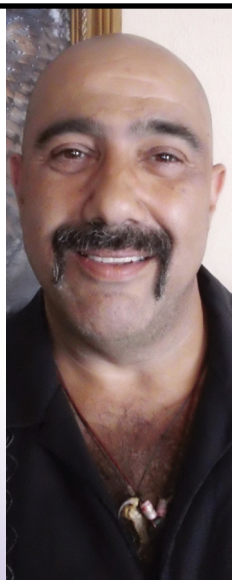
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optical illusion
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**"And the day came when
the risk to remain tight in
a bud was more painful...
than the risk it took to
blossom." Anais Nin**



**Horizons thanks
everyone willing
to take the risk**

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.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.



YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE



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 2013 edition of Horizons Magazine.

Ah, thanksgiving. What am I most thankful for? I'm thankful that in 2013, veils were lifted and my eyes were opened, allowing me to see opportunities for deeper emotional fulfillment. Even if it took a dark night of the soul to do it. A Facebook friend posted: "After her walk last night, my elderly, arthritic dog wanted out again, so I let her into the fenced backyard. It was late and dark and I was tired, and I completely forgot she was out there. All night long, I was awakened by quiet barking and couldn't figure out where it was coming from. Found her curled up in a ball on the brick pavers at 5:30 am. I'm sure she's not speaking to me. I don't blame her. Meanwhile, my chihuahua spent the whole night in bed with me, under her Egyptian cotton blanket - laughing it up, I'm sure. She has a competitive streak." I commented "her dark night of the soul did her good - now she knows she can make it through on her own!"

That's what a dark night is all about: being left on our own, with no visible means of support, questioning everything and wondering if there's anyone who really cares or can help. In

the dark night, we don't know, and we don't know if we can trust what we think we know. We have to rely on faith.

Secret magical tip: We'll have several dark nights, so if we can discipline our minds (through repetitive thought with emotion) to develop faith, next time it happens we'll surf it easier, and see the light at the end of the tunnel much quicker.

The dark night comes upon us when our soul begins to overshadow our personality. We get restless. The things that used to fulfill us no longer do. Like the **Saturn return** in astrology or the **Uranus opposition**, we take a look back at what we've been living. If we don't like what we see, if we don't want more years of the same, in the dark night of the soul we feel forced to reflect on our past. Old thoughts keep coming up of past crap we now wish we hadn't done, or would simply do differently now. These thoughts are not demons, these thoughts are angels guiding us out of the dark night we now find ourselves in.

These thoughts are coming to you to be healed and corrected. These thoughts are brought to mind by your soul. You've had glimpses of your soul in tender moments, in compassionate moments, but your personality is the more practiced vibration. The soul is the **God** connection within you. The personality is the combined package of your physical body, your thoughts and memories and emotions. Knowing that, it's a wonder it ever gets a word in edgewise, right? But the soul will have its say in quiet moments, and you are the one in charge of how often that is. In fact, it is when you do not give time for the soul to reflect, that is when the dark night comes upon you. It's like the soul is calling a Time Out, and making the personality sit in the corner awhile. If you're stubborn and don't listen the first time, you'll get the cosmic 2 x 4 followed by the dark night. **The magical secret remedy:** When you begin listening to the soul, you learn the importance of clearing up the past. Making amends where you can pour a **Niagara Falls** of holy water over those situations, they are swept away leaving room for your easier future life.

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The Excitement Of Learning To Flow Energy

Something we've been observing in you as you've been deliberately applying the law of attraction and deliberately applying your desire to be deliberate creators, and deliberately wanting to allow -- what we've noticed, almost without exception among you, is that when you feel negative emotion, usually you beat up on yourself. Usually, when you feel negative emotion, you feel wrongdoing in that moment. And we've

never wanted to imply that to you. In other words, we didn't, really. You just picked it up because you're used to beating up on yourself. And because your physical training teaches you more clearly to know what you don't want than what you do want.

What we are wanting you to realize is that negative emotion is a wonderful thing, because negative emotion is part of that guidance system that shows you how you are flowing energy.

So, next time you feel negative emotion, rather than saying, "Agh, shame on me. Here I'm doing it again. I keep doing it. I keep doing this dumb thing." Instead of beating up on yourself, instead feel appreciation for your AWARENESS that you are feeling negative emotion. "Ah, my guidance system is working. I can feel that I'm flowing my energy in the opposite direction of something I want."

Whether it is a flurry or a ruckus you're having with your child; or whether it is an animal that you don't understand; or whether it is boys that don't behave; or whether it is a mate that doesn't appreciate you; whether it's not having enough money; or whether it's having a body that doesn't cooperate; or whether it's having a dog that is biting you. It doesn't matter what the negative experience that you are having in the moment is. The only thing that matters is that out of it is coming a keener awareness of what you are wanting.

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A Glimpse Into The Afterlife

Annie Kagan is a singer/songwriter who gave up her medical practice and returned to songwriting. While writing her first novel, her brother died unexpectedly and began speaking from the afterlife. Annie now shares Billy's wisdom, humor and description of the

bliss and wonder to come in the next life in her debut book, *The Afterlife of Billy Fingers: How My Bad-Boy Brother Proved To Me There's Life After Death*. Visit her at anniekagan.com

"The first thing that happens is bliss, at least it was like that in my case." I grabbed a pen and began writing my brother's words as he spoke. Nothing would have been odd about this had he been sitting next to me or on the phone. But he was dead. He died three weeks earlier after being hit by a car. I'd been a mess ever since, so depressed over Billy's death I could barely lift my head from the pillow. But on this day, I was awakened at dawn by his unmistakable voice calling my name. "Annie, Annie it's me. It's Billy. Get up and get the red notebook."

The red notebook he told me to get had been a birthday gift from him the year before. I remember it seemed strange, his giving me a blank book with an inscription that read:

"Dear Annie, Everyone needs a book dedicated to them. Read between the lines."

As cryptic as it was, I don't think either of us could have imagined what it would be used for. But that red notebook became our book, mine and Billy's, a record of my encounters with my dead brother as he spoke to me about his journey through the afterlife.

FEELING A DIVINE PRESENCE

When I first heard Billy's voice, I wasn't sure if I was having some sort of strange grief-induced reaction to make me feel better about his departure from earth. But as my brother went on speaking, for the first time since his death I felt happy. I knew Billy was okay as he assured me, "There's nothing hard or cruel for me anymore. I'm drifting weightlessly through these gorgeous stars and moons and galaxies twinkling all around me. The whole atmosphere is filled with a soothing hum, like hundreds of thousands of voices are singing to me but they're so far away I can just barely hear them. And although I can't exactly say anyone was here to greet me, I feel a Divine Presence, a kind, loving, beneficent presence, twinkling all around me."

When Billy was alive, he was far from perfect. My bad-boy brother did a lot of things that many people would consider big mistakes. Although the end of his life was filled with darkness as he battled his addictions and lost the war, my brother was healed by the light as soon as he left his body. According to Billy:

1. What lies beyond this world is a realm of absolute love that reaches far outside the limits of human understanding.

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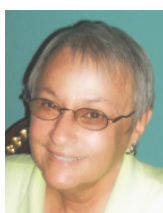
2. Some believe there's Judgment Day after you die, but Billy says the opposite. There's No-Judgment Day.

3. As you experience the unconditional love of the Divine Presence, you begin to feel that way towards yourself, unconditional.

So whatever our struggles, whatever our truth, whatever darkness we may encounter, Billy wants us to know that, "The shadow is illusory and temporary. Bliss, ultimately bliss and light, are the truer and stronger reality." People often ask if hearing Billy's voice from the afterlife is frightening. Not at all. As he speaks, the bliss of his world flows into mine and I feel almost euphoric. According to Billy, this is just the smallest taste of what awaits each of us when we pass into the next dimension.



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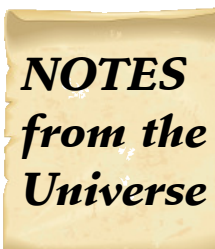
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Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners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

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Herbs play an important role in the prevention of viruses boosting the body's own ability to produce the natural killer cells that destroy viruses, increasing the activity of the whole immune system including the cells that trigger an immune response in the thymus, tonsils, bone marrow, white blood cells, lymphatic system and your natural production of stem cells helping to block the replication of viruses so they cannot affect healthy cells; in effect out-smarting the virus.

Herbs have a great advantage because they are so complex; containing upwards of 100 different compounds in a single herb engaging all of the immune system.

For instance **Echinacea** has compounds that help deactivate and destroy viruses making it an excellent herb for fighting the flu especially if you begin using it at the first sign of feeling ill. **Garlic** in the immune system fights against many strains of viruses and bacteria. It activates the immune system helping prevent infections from taking hold especially within the respiratory system. **Garlic** contains sulfur compounds that are active against many viruses especially the influenza virus. It was the herb of choice long before the discovery of **penicillin**.

Elderberry contains compounds that prevent the spread of viruses from infected cells to healthy cells. Recent studies found it to be effective for all forms of the influenza virus. **St. John's Wort** typically thought of as an anti-depressant herb has strong anti-viral activities. Glycyrrhizic acid in **Licorice** helps the body to keep up its production of natural interferon which is a potent anti-viral found to inhibit the replication and growth of many viruses. **Astragalus** contains polysaccharides that strengthen the immune system boosting the production of bone marrow increasing the levels of alpha and gamma interferon the strong anti-viral compounds.

The anti-viral activities in **Green tea** are believed to come from catechins which inhibit the replication of influenza viruses, according to the *PubMed publication* (PMID16137775) it is believed to be equal to Tamiflu. **Pau d'Arco** contains some 20 active compounds including lapacho, beta-carotene and beta-sitosterol that are effective in fighting many viruses.

These are just a few of the many anti-viral herbs I encourage you to do some research on the effectiveness of **Lemon Balm, Olive Leaf, Peppermint, Skullcap, Ginger, Turmeric, Usnea** and **Eucalyptus** in their effectiveness in fighting viruses.

I've put together a tea made with **Licorice, Boneset, Rosehips, Astragalus, Calendula** and **Peppermint** it's tasty tea and it helps keep my immune system nice and strong. Ask me for some.

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Reclaiming Our Roots will start you "on the road" to herbalism providing the options of health-promoting herbal skills nearly lost to our "modern" world. In this 7 month journey you will learn how to treat non-emergency health problems, and gain an excellent grounding in the basics of herbal medicine making including teas, tinctures, salves, syrups, compresses and more.

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Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. You can join Karen's "Abraham Fun" group on Facebook and like her Facebook page, "Soulsongs." karen@karenmoneywilliams.com.

Soulsong #300
HOOKED UP

Earlier in life, I may have picked up a message from well-intentioned elders that how I feel isn't as important as how much I achieve, how much I accomplish. I may have also learned that how I feel isn't as important as how I fit into society and what others think of me.

It doesn't matter where I absorbed these ideas or how long I've held them. It does matter that I now realize: how I feel is all-important.

My emotions are my guidance system, pure and simple. Moment-by-moment, they convey an unmistakable and crucial message to me: the degree of my connection to the Source energy from which I came and of which I'm a part.

A scuba diver had best stay well-connected to an air supply. An astronaut needs to stay well-connected to a space module. When I am mentally focused on what I like and want and thus feeling positive and eager, I am likewise well-connected to Source.

And I flourish.

--from Soulsongs Volume 3 e-book:
Exploring the Law of Attraction

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TESTIMONIALS:

I wanted you to know that you were on target more than probably either one of us could have guessed, and I'm sure that if I hadn't had your reading I wouldn't have had the push & the courage to risk a deeper level of contact. Thank you. DHJ

How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe myself. Thank you. JJB

I let someone pull my strings for too long, thank you for helping me break free of the cycle. Sometimes it takes an angel to let us know that WE are somebody too and that WE count, too. You know my sad story and act like it doesn't matter. That helped me know NOW matters more than THEN. You made me see my life in a new way, a way that doesn't hurt to remember now. You know my journey and lighted my way. You are my peace. Thank you. GS

Awakening to a new reality, a new perception of all your old beliefs can be a very lonely road. Until you awaken to the fact that others have been there too. Others that can point you inward toward the answers. They can help you to realize the scope of the incredible spiritual transformation you are undergoing. Call it a mid-life crisis, unhappiness, longing or discontent, whatever it is, it's calling you to make a change. Face the fear, make the change, live harmoniously, love life and move forward. Andrea de Michaelis was that light for me when I thought I was the only one. You ignite my mind with possibility, showing me errors in perceptions and helping me reshape things for a more fruitful outcome. If I was to write a "rags to riches" tale of success, it would begin here. Jeremy James Bonner

I want to thank you because ever since I decided to be the weirdo to you and talk about my Jerry Springer psychic life, I have not had anymore nightmares. Thank you for the reading... TSR

That was a fairly good reading considering you have never met me. How can you read someone's energy without them being present? Fascinating. Thanks! OJL

"Just a quick update from the reading you did a month or two back - You mentioned my brother needing surgery for something and there may be some complications, but all will bring the family together - got the call today artery blockage to his heart. Just another confirmation under your belt!" TPC

Andrea online at <http://horizonsmagazine.com/blog/>



Debra Strasser's blog is
<http://the5thingsineed.wordpress.com/>
 Email her at dstrasse500@gmail.com



November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
3	4	Election Day	5	6	7	8
10	Veterans Day	11	12	13	14	15
17	18	19	20	21	22	23
24	25	26	27	28	29	30
			Thanksgiving Day			

Welcome to November! November's full moon is known as the **Snow Moon** and will occur on the 17th. November's full moon is also sometimes called the **Quickening Moon**, which feels a little appropriate here in **Florida**, where some of us are now planting vegetable gardens to take advantage of the cooler temperatures. We will be entering November with a **Mercury retrograde** that lasts until the 11th, so take advantage of the classic themes of a Mercury retrograde and 're' do things. Renew friendships and family ties with holiday activities. Plant and replant a garden. Trees do go into dormancy at this time, so it's a great time to root prune and prepare to move them in the spring. Don't forget to take some time to reflect and decide what you could prune now in your own life and move to a new place in the future.

While traditionally we are getting ready to wind down the calendar year, November also sees new beginnings for many. On **November 3rd**, people of the Hindu faith will be celebrating **Diwali** and welcoming the new year with a festival of lights, fireworks and family feasting. For many **Neo-Pagans**, the new year was observed on **October 31**, when the Wheel of the Year has turned to the observance of **Samhain**. On this full moon, you will be able to view the **Pleiades** star cluster at it's best. In ancient times, the observance of the Pleiades marked the beginnings and ends of agricultural cycles all over the world. Again, while our harvest may be long from over here in **Florida**, look to nature for it's gifts. The oak trees will now be dropping acorns. Acorns can be a food source if properly processed. The oak also provides many other things, shade for us and homes for wildlife. Oak's bark and twigs are medicinal and anti-microbial. Enjoy November's gift's and Blessed Be!



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Al Rapaport is Director of Open Mind Zen Center in Melbourne, FL. He is an authorized Zen Teacher who continues to experiment with melding ancient eastern and modern western techniques for awakening. For more information, email openmindzen@aol.com and visit www.OpenMindZen.com. The following is excerpted with permission from Open Mind Zen A Guide to Meditation by Al Rapaport.

THE BLUES

We are very fortunate that for human beings there is a third, or middle way to deal with suffering, and that is to simply experience it - to become one with it.

I love listening to the blues—

I just wouldn't want to live that way

-Carl Silver, Psychologist What now is the Noble Truth of Suffering?

When Gautama Buddha began teaching after his enlightenment, he taught what are called the Four Noble Truths. The First Noble Truth deals with the fact that suffering is an inescapable part of our human existence. Yet even when we admit the validity of this teaching, our minds constantly seek to avoid the reality before us when that reality is unpleasant. When this occurs, we suffer.



Rev. Andy Conyer



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Avoiding that which is painful is rooted in an ancient way of reacting called the fight or flight syndrome. For instance, when an animal is confronted with pain or distress, its reaction is either to run from it or to turn and fight it. This behavior is obviously rooted in the desire to continue to live free of pain, which all sentient beings possess. However, on a physiological and psychological level during meditation, the fight or flight syndrome manifests as both mental and physical movement. When we are confronted with physical pain, or with uncomfortable thoughts or feelings, our first tendency is to attempt to escape by moving the body, or allowing the mind to move on to various fantasies, thoughts and desires. When this attempt fails, as it inevitably does during prolonged meditation, we resort to fighting, or resisting through mental and physical tension.

But what works for an animal in a life or death struggle against an outside force doesn't work for us, because what we are really fleeing from or resisting during the meditation process is our own mind! Since our mind follows us wherever we go, it is fruitless to attempt to avoid it. Whether we realize it or not, a major point of meditation is to get us to confront and go through our own particular suffering or difficulty.

When my son was two years old, he was knocked over by a small wave at the beach. For years afterwards, he wouldn't go near the water. He was not aware at that young age that his avoidance was due to an incident from the past, but nevertheless, the unconscious message was that water was

...continued on page 27...

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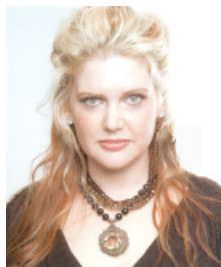
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Dear Whitedove, From around the world there are so many fascinating religious traditions and celebrations. I'd like to know how you feel about November's Mexican holiday Dia de Muertos which translates to Day of the Dead?
-Dying to know in El Paso

Dear Dying, Spiritually speaking, **Day of the Dead** is a beautiful tradition. It's a Latin religious festival and feast that celebrates the souls of those who have died and made their transition within the last year. This celebration is connected to the **Catholic All Souls Day** and **All Saints day** of **November 1-2**. They are spiritual days set aside to pray for our dearly departed although the Mexican ceremony is much more elaborate.

Each family honors their dead by preparing their favorite foods along with traditional sweet treats of cakes and Mexican sugar skulls decorated with bright colored flowers made of icing. They are not mourning; they are happy and celebrating the person's life and feasting! In their heavily adorned home or at the cemetery, families create a beautiful atmosphere with lots of fresh marigold flowers, music, photographs and crosses.

Prayerfully they light so many candles that they illuminate the night. Everyone tell stories especially funny ones as they memorialize their loved one and accept callers that come to honor the beloved relative. During these sacred days, they believe that their recently departed loved one has the ability to visit them from Heaven and enjoy the celebration of their Earthly life. These families understand and honor the duality of life and death with love and joy. I feel that **Day of the Dead** is a beautiful tradition that is passed down to each generation.

Hi Michelle, I just read your book "She talks with Angels", an excellent book that I couldn't put down! I have a question for you: towards the end of the book you wrote about these times of change and the global economic crisis. You mentioned that we will revert to some methods of bartering and trading. Does this mean in the future we won't work at companies any longer?

- Jack of all Trades in Trenton

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Dear Jack, Funny that you ask; I wrote **She Talks with Angels** in 1999 and published it in 2000. Everyone thought that I was crazy for talking about an impending financial crisis on a global scale - yet here we are. When I look out into the future, timing is tricky since it is so fluid and much depends on the mass consciousness. I perceive the most probable future although there is always more than one possible outcome. Our free-will enables us to create our future and change our future for the better.

Back to your question; yes we are coming away from man-made systems that no longer work for humanity. Have you noticed the "work from home trend"? You see, corporations were created to assist the workers, to give them fair wages and benefits. Now days most corporations are only concerned about the bottom line at the expense of their loyal employees. Many of these old styled companies are folding or downsizing and yet some new positive prototype businesses are being created. My motto; never put your eggs all in one basket. In these times of change, it's best to be diverse; develop skills that make you well rounded, services that help you to be more self-sufficient; skills that you can barter or sell for services that you need. Give it some thought, what are your talents: raising chickens for eggs, fixing small appliances, canning vegetables, writing a press release, baking wholesome bread? Just remember, God gifted each of us with multiple talents and you can use them to benefit yourself and your community.

From the Heart

Alan Cohen is the author of *Enough Already: The Power of Radical Contentment*. If you would like to become a professional life coach or incorporate life coaching skills in your career or personal life, join Alan for his Life Coach Training Program beginning January 1, 2014. For more information about this program, Alan's books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com, or phone (808) 572-0001.



SOMEBODY TO LOVE

I had a nasty neighbor who regularly picked fights over all kinds of issues. People drove too fast past her rural home; her neighbors partied too loud; vandals were supposedly stealing from her water line; trees encroached on her property line; and on and on. She took in tenants, most of whom lasted no more than a month. Most people cringed when they saw her.

Yet over time as I got to know **Maude**, I discovered something quite beautiful about her. She took in stray animals and cared for them with impeccable love. Dogs, cats, deer, goats, birds, and a turtle that would have otherwise suffered or died in abusive homes or the wilderness found a healing sanctuary on Maude's property. I watched her feed her critters, cuddle them, talk to them sweetly, and carefully tend to their wounds. She was like a saint—a true inspiration to behold.

Dean Martin sang, *Everybody Loves Somebody Sometime*. People who otherwise live in psychic darkness find a ray of light in loving one person or one population. Many people who have difficulty loving people love animals. I led a seminar in which a fascinating theme emerged as participants revealed themselves. Nearly everyone in the group was wounded in human love, but they all had deep love relationships with their pets. Everybody needs to love somebody sometime.

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One of my heroes is the great scientist **Nikola Tesla**. Like many geniuses, Tesla had certain eccentricities. Rather than being involved with a relationship partner, he was a loner and channeled his creative energies into his inventions and service to humanity. Yet Tesla did have a love relationship with a pigeon. In his **Manhattan** hotel room, Tesla daily welcomed a flock of pigeons to his window ledge, fed them, and made them his confidants. He was particularly fond of one of the pigeons. He nurtured and petted her and, I imagine, told her things that he did not tell people. He needed someone to love.

Most people are on a lifetime quest to be loved. We seek love from anyone who might stimulate within us that wonderful feeling. We go from relationship to relationship, marriage to marriage, job to job, home to home, ardently seeking the experience of love. We believe that if someone would love us enough, we would feel safe and worthy. But for most people the quest for love remains just that—a quest, rarely or never fulfilled.

Marianne Williamson made a brilliant statement based on her understanding of *A Course in Miracles*. She said, "It is not the love we do not receive that hurts us. It is the love we do not give."

Her point cannot be overstated. The best way to receive the love we yearn for is to give it. Giving love rewards us more richly than receiving it. The love we give fulfills us as it passes through us, regardless of if or how it is received. As the famous **St. Francis** prayer affirms, "It is in giving that we receive."

As we move through the holiday season, we have many opportunities to practice giving love. I don't mean simply putting a dollar in the Salvation Army basket. I mean with family members who irk us, annoying co-workers at the Christmas party, and with sales reps who tell us that the gift we ordered is delayed. Those are the real opportunities of the holidays.

This holiday season we can evolve from being love seekers to love expressers. **D.H. Lawrence** wrote, "Those that go searching for love only make manifest their own lovelessness, and the loveless never find love, only the loving find love, and they never have to seek for it." You cannot simultaneously be a love seeker and a love finder. Even if you have been a love seeker for many years, you can instantly become a love finder. Then you will find everything you have sought inside yourself.

I had an annoying neighbor like **Maude**. Just out of college, I was living with several guys, and **Mrs. Ryan** did not cotton to us. She complained constantly and clearly did not want us next door. Then one evening I went to a lecture on positive thinking. The teacher asked us to take one person who irked us, and send that person love. **Mrs. Ryan** came to mind, and I was able for a few brief moments to tap into the place inside me that thought fondly of her.

The next morning **Mrs. Ryan** approached me in my garden. "I just want to apologize for giving you boys a hard time," she said. "I know I have been an irksome neighbor. I'm sure you're really nice guys, so I'd like to get along with you from now on." And so we did.

I was stunned. The only difference in our relationship was that I had sent **Mrs. Ryan** genuine love for a few moments. Behold the power of true love. We all need to get it, but, more important, we all need to give it.

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ABRAHAM-HICKS

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And as you let that negative experience serve as a catalyst to help you identify what you DO want, and then you gently talk about why you want it, and envision that it has already happened, or talk about, describe what it would be like to be there, or tell others how wonderful it would be, or remember a time when you were more there, you will feel the negative emotion go away in that moment.

And the negative emotions go away -- in that moment your energy has shifted. And your new point of attraction has begun. Everything is about the way you are flowing energy.

Everything is about what you are attracting. And you now know where you are in every moment.


So, if we were standing in your physical shoes, this is the way we would approach our physical life from this point forward. We would make more decisions in every day about what we are wanting. Because, as you make more decisions, you alert all of the universe to you. The entire universe becomes aware that you want this thing. And every resource that you have which includes everyone and every thing in the universe begins to focus upon you relative to that desire. You don't have to tell them -- just let it be known yourself.

And as you are now knowing what you are wanting, your guidance system kicks in in a supreme manner. Your guidance system is now letting you know in every moment where you stand vibrationally relative to this new decision that you have made.

So that if you begin to diverge in terms of thought, word, or action, from this new decision that you have just made you will receive a negative warning bell that lets you know-you said you want this but you're vibrating this. Wanna make a new decision? You said you wanted this, just this morning in your affirmation. We heard you say you want this, but right now you're thinking, vibrating, feeling this way. Wanna make a new decision? Yeah, I think I will. I can feel that I'm flowing my energy in opposition to what I'm wanting. What is it that I'm wanting?

Then make your statement of desire again. Speak it again. Talk about why you want it. FEEL the energy come right back into place with you.

It is so exciting once you begin to feel the deliberateness of flowing energy. You think it's fun to be strong enough that you can pick a lot of things up and move them around. WAIT UNTIL YOU CAN FEEL THE ENTIRE UNIVERSE FLOWING WITH YOUR DESIRE. There is nothing more exhilarating than to



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be physically focused in an environment with so many other participants. There is so much data, so much information, so much movement, so much stuff, so much mass that you have ability to move with the power of your thought and energy flow-there is not an arena anywhere in the universe that a creator takes greater delight in than right here and now where you are. It is like a playshop beyond description.

SO when you feel negative emotion, it doesn't mean anything other than right now I've just picked up the wrong tool. In other words, it's sort of like picking up the screwdriver that has the little straight edge instead of the little star edge. In other words, it doesn't mean anything! Don't be so hard on yourself.

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ABRAHAM-HICKS

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This is not a big thing. This is a process of sort of see sawing yourself forward into ecstasy and into joy and into contentment and into growth. There is no right answer, there is no ONE right answer. There are MILLIONS of right answers. And the fun is in putting the answers together that work best, you see. You're getting the sense of all of this?

You can't do it wrong, you can't mess it up. You can disconnect from clarity, but SO WHAT? It's only momentary. It's only as long as it takes you to realize you've done it, and recognize you don't want it -- and then re-identify what you do want.

You might trip and fall. When you see your little babies learning to walk -- remember that? When he fell down, did you say, "Get up, you little dummy!" Or did you say, "That's all right."

Did you worry about him not ever being able to get up, or did you know that he would? You see he had within him a wanting. He didn't need you. He had a wanting and one way or another he was going to figure out how to do it, you see. And one way or another you'll figure out how to do it too. You don't need us.

The advantage that we bring to you is that we remind you of things you already know. And the advantage that you bring to the Universe is that you remind others in even more physical graphic terms of what they already know.

There will come a time when you will be like your inner being is now - you will look back on even those most miserable of experiences that you have lived, and you will be able to see only the value in them.

There will be a time when you won't be wanting to talk about any of the things that hurt you at the time they were happening, because as you regurgitate them in the here and now you will feel them hurting you again.

But instead, from those memories, that little twinge of something that hurt, you will remember something much greater, you will remember the conclusion that you drew out of it. You will remember the new decision that you made from it, and you will remember the stronger effort that you made to flow your energy toward that new decision. You will remember your successes.

Do you know that when you die, when you re-emerge into nonphysical (there is not death, you know that) but when you re-emerge into nonphysical, and you look back on your experience, it's only the parties, it's only the ecstasies, it's only the high times that you remember?

Those are the only times you will have access to. You only are able to acknowledge the triumphs of your physical experience.

So we cannot imagine why, as you are physically focused, that you would spend any time doing anything other than that. Have fun with all of this.

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From Self-Judgment to Self-Love



don Miguel Ruiz, Jr., is a Nagual, or a Toltec Master of Transformation. He is a direct descendant of the Toltecs of the Eagle Night lineage, and is the son of don Miguel Ruiz, author of *The Four Agreements*. The following is excerpted from *The Five Levels of Attachment: Toltec Wisdom for a Modern World* by don Miguel Ruiz, Jr. © 2013 Hierophant Publishing, distributed by Red Wheel/Weiser. Now available at Amazon.com and BN.com.

I project onto the image of myself the values and attributes that reflect my beliefs. The more attached I am to my beliefs, the more difficult it becomes to see myself for who I am at this moment, and the less freedom I have to see life from a fresh perspective and perhaps choose a different path. As my attachments become more intense and more entrenched, I lose the awareness of my **Authentic Self** as it becomes obscured by the filters of my belief system. In the Toltec tradition, we call this the **Smokey Mirror**—the smoke that doesn't allow us to perceive our Authentic Self.

What gives these attachments their strength is conditional love. When you look in the mirror, instead of accepting yourself for who you are at this very moment, you likely start telling yourself why you are unacceptable in your current form, and what you need to do to be able to accept yourself: I must meet this expectation to be worthy of my own love.

The desire to obtain the flawless fulfillment of the archetypal model of each one of my agreements distorts my reflection even more. I begin to judge and evaluate myself according to the standards of my agreements, which have turned into the conditions for self-acceptance. I implement a system of reward and punishment to train myself to reach that archetypal model; this is known in the Toltec tradition as domestication.

The primary tool used to domesticate oneself is self-judgment. Using my archetypal model of what "**I am Miguel**" is supposed to mean, I see upon looking at my reflection all the perceived flaws or inadequacies, and my domestication springs into action: "I'm not smart enough. . . I'm not attractive enough. . ." "I don't have enough. . . I'm lacking this or that. . . ." and so on . . .

Self-judgment resides where self-acceptance wishes to be. Our attachment to these negative beliefs and self-judgments can become so normal that we don't even recognize them as condemnations anymore; we accept them as a part of who we are. But at a very basic level, our self-judgments are all consequences of what we believe about ourselves at our core—whether we accept or reject ourselves.

Of all the beliefs to detach from, this is the most important one: *Let go of the attachment that you must obtain some image of perfection in order to be happy.* And this isn't only about appearances; it includes the way we think, the philosophy we follow, our spiritual pursuits, and our place in society. All these things are conditions upon which we accept ourselves. We think that in order to be worthy of our own love we must live up to the expectations we place on ourselves—but we need to realize that these expectations are the expression of our agreements, not of our true nature.

Ironically, it is often at the moment that we have the opportunity to see our truth—when we are faced with our reflection, whether in a mirror or outside in the world—that the narrators speak



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the loudest. I know of people, myself included, who have refused to look at themselves in the mirror because the self-judgments were deafening. It is impossible for people—teens and adults alike—to live up to an illusion.

Of course, it's easy to blame our media, our culture, or our community for perpetuating images of what it expects of us. It is true that we are flooded with commercials and archetypal images of heroes and heroines, beautiful damsels in distress and professional athletes, examples of ugliness and how not to be. But at the very core of it, there is no one to blame, because a commercial, like self-judgment, has no power over us unless we agree with its message. It is only when we willingly attach ourselves to these images and distortions that our happiness is compromised.

We do not need to take the blame for these self-judgments. We can simply become aware that they have been developing in our lives since childhood through the process of domestication. Once we are aware of our self-judgments, we can reclaim our freedom by choosing for ourselves to transcend the rewards and punishment model that has been imposed upon us to eventually arrive at a place of self-acceptance.

We have a choice. . . . That is our power. When you look into the mirror, you are the only one who can hear your narrators; only you know what those self-judgments are. They take whatever voice and shape you give them, but they are only the expression of something you've already said yes to. You can make the choice to detach yourself from the standards that create an unrealistic image of yourself by knowing that you have to power to say no. When you no longer believe in a self-judgment, it will no longer have any power over you. You can choose to view yourself from a place of acceptance based on the undeniable truth that you are already perfect and complete exactly the way you are right now.

From this point of view, you may still choose to make some life changes; but now the motivation to change is not because you hope to someday love yourself but because you already do love yourself. When the reflection is viewed from this angle, change flows in synchronicity with the trajectory of your life, and the possibilities are limitless. Suffering only occurs when we forget that.

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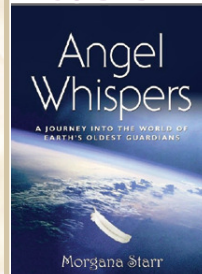
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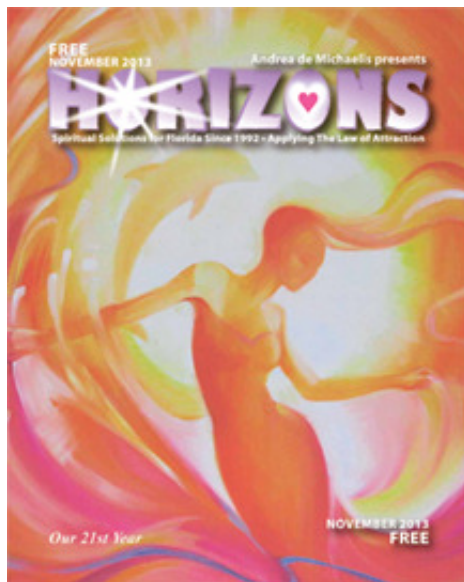
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COVER ART

SUNDANCERS

BY JANE DELAFORD TAYLOR



I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years, but am now doing far more of the thing I love best - painting in oils on canvas.

I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) Most of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.

For me painting is one of the necessities of life, - I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush!



What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website, which you may like to check out just for fun - you can find my work online at

<http://janetaylorart.weebly.com/>
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OPEN MIND ZEN

...continued from page 14

dangerous! In the same way, we all avoid this or that pain or difficulty because of our prior conditioning. In most cases we aren't aware that our choices are so conditioned by the past, and we rationalize our reluctance to take on difficult tasks with half-baked excuses. Only by freeing oneself of the past can we fully experience the present. As SasakiRoshi, an old Japanese Zen master once said, "Pain is your friend." Without it, we can remain in delusion for a lifetime.

Our own suffering can either have a positive effect, in the sense that it leads us to a place of greater understanding, strength and enlightenment, or it can have a negative result, in that it can embitter or harden us so that we abandon compassion for ourselves and others. The difference between a strong person and a weak person is not the degree of suffering they experience, but rather that the strong person does not allow the suffering to stop him or her from continuing on with their practice. The weak person, on the other hand, uses suffering and difficulty as an excuse to give up their goal. There is not any one kind of person that is intrinsically stronger or better suited for meditation than anyone else - it's just that some are willing to continue getting on the horse after they fall off, and do it for as long as it takes.

We are very fortunate that for human beings there is a third, or middle way to deal with suffering, and that is to simply experience it - to become one with it. Not avoiding, not resisting, just totally experiencing the totality of our suffering is a very difficult thing for most of us to do. The old blues singers knew this truth: when you feel the blues totally, and sing from that place of feeling, it somehow makes it better. After awhile, we realize that it is the avoidance of suffering itself that prolongs the agony. If we can learn to consciously immerse ourselves in our suffering when it occurs, while not losing track of what we are doing, we can learn amazing lessons from it. In addition, by not avoiding suffering we tend to get through it quicker, and can devote more of our energy to other things.

THE SPORT OF SITTING STILL

We have to feel our meditation in the very marrow of our bones and let it permeate our entire body and mind simultaneously.

In Zen we say that body and mind are not separate. You have to get your mind and body working together to experience what meditation is about. For instance, say we want to learn karate. We could read twenty books on martial arts and understand them all, yet still not be able to throw a punch. Understanding karate on an intellectual level may be useful in some sense, but it doesn't help us to learn the activity itself. Once our body starts performing the movements, however, it imprints

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or teaches the mind in a very direct manner. In a sense it's the same with meditation, in that sitting the body down and keeping it still imprints the mind with its stillness. Stillness of body always goes hand in hand with stillness of mind during meditation.

We could almost call meditation the sport of sitting still, because we have to involve the entire body in the meditation process to understand what it is about. It is a very physical activity. Just sitting and thinking without the gut-level body-feeling-experience doesn't get us anywhere. Of course, in a sense meditation is the opposite of a sport, as the point of it is to sit still and do nothing! But because this runs so counter to our usual conditioning, it is surprisingly difficult for most of us to accomplish.

This brings us back to the difference between thinking and direct feeling/experience. Direct contact with the actual sensations that arise during meditation is essential to passing beyond our fixation on the intellect. Some people take to this rather easily, but others have a hard time of it. Some are difficult to wean from their thinking addiction, perhaps because their experience of the mind is that of a thinking organ, rather than seeing it in a more holistic sense. It is very threatening to those who think they understand the mind to be faced with actual feelings in their body. This very avoidance of what is happening physiologically within us is the cause of tremendous suffering, as it enables us to skirt what the real issues are in our lives.

Any transcendence that we experience is always realized through the body itself, although our viewpoint on what the body actually is can change radically as our insight deepens. We have to feel our meditation in the very marrow of our bones and let it permeate our entire body and mind simultaneously. This is an important key to practice.



This month's thoughts about things...

... from page 7 ...

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

When the soul overshadows the personality, as **Natalie Imbruglia** sings in **Torn**: *Illusion never changed into something real. You're wide awake and you can see* (what you thought was) *the perfect sky is torn*. You begin seeing past the superficial crap and things take on deeper meaning. You begin to see things for what they are. The first time I heard this song, a friend was ending a guru/disciple relationship and "seeing the light." To me this song is all about having false idols tumble and awakening to see things for what they really are. The personality is not always ready to handle that, so it may take time for the emotional body to settle down.

So the dark night is all about being left on our own, with no visible means of support, questioning everything and having to rely on the faith we've developed. And for those who, like my friend's chihuahua, spend their whole lives safe and comfy and laughing it up at those who struggle, don't worry, their dark night will come. I've had several dark nights of my own.

My friend in the dog story above just came out of a relationship with a narcissistic sociopath, so she knows what the dark night of the soul is "Oh," I think, knowing him, *"if only I knew her before they met, I could have warned her and saved her years of pain."* But sometimes we need pain to awaken us to a greater reality. Had I not gone through my own dark night this year, discovering that someone I trusted as a brother on the path was instead maligning me behind the scenes, I would not have been shaken out of my complacency and done some serious soul searching. In doing so, I learned a lot about myself and a lot about cause and effect. The dark night of the soul will do that to you.

In fact, in reviewing the timeline, I noticed a connection I'd missed earlier. My friend above, who left her dog out overnight, was involved with sociopath K. I recalled that just months prior to encountering my own unbalanced friend, I'd been consulted by several women who thought they were in relationship with K. I knew him but this was when I learned of his behind the scenes actions. So for several months I am in weekly sessions with women who are focused on being deceived by someone who appears one way at first and then goes all **Jeckell and Hyde** on them. I've never experienced that in my personal life. *I was about to*. I prided myself on being a good judge of character. *Pride goeth before a fall*. By vibrating in harmony with their stories for months, I stayed there long enough to attract my own situation.

My situation took the form of (what I thought was) a spiritual brother on the path. We'd spend hours a day discussing metaphysical concepts and relating personal experiences. He was recovering from bad times, we'd review what we'd learned, what we practiced, what we allowed ourselves to

fall back into out of spiritual laziness. A year later he blew up unexpectedly, turning into someone I didn't know. He went from meek seeker to arrogant bravado, culminating when I found him telling someone that I'm not what I seem, that I say one thing and do another, and denying any relevance I had in his life. The same thing he told me about his wife, his mother, his daughter when we first met. My eyes opened in that moment. The veil lifted. All the puzzle pieces clicked in place. I apologize to anyone I ever judged based on his words.

The dark night. For the next several months it was as though wandering a maze, looking for a way out of the confusion over *how did I attract that?* I beat myself up for not catching it, not knowing better. As I repeated the maze, I found it easier each time. Eventually I could whip right through it with no frustration or confusion. **That's how the dark night can be:** we practice going over our steps, seeing cause and effect in our thoughts and our actions, clearing up past karma and not creating new karma. Then we just wait for the evidence of past momentum to end. We wait for the echo to stop. Then when the dark night comes around again, there won't be so much unknown about it. We will be prepared to expect the unknown. It took a few months for the echo to die down.

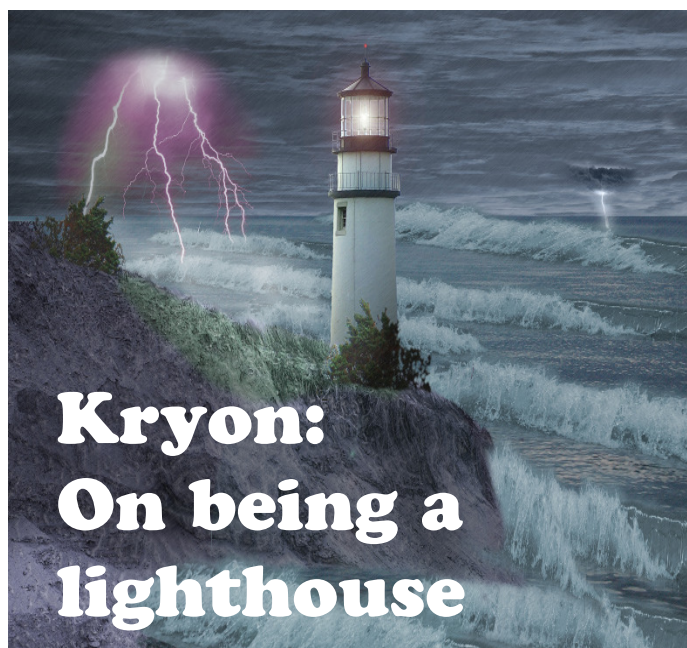
My first time in the maze at ages 31-33 felt like a dark night indeed. I lucked out though because at my side in the maze was someone more blind than I. I encountered many personal fears during that time including spending many months out at sea with a huge fear of water, a blind lover and a grumpy captain. To cope with actual fear, I allow myself the illusion of it being my job to comfort and encourage those around me who don't see what I see (hope, optimism, delight.) Little did I know at the time that I was going through my **Saturn return**, an astrological time for lessons of restriction, confinement, discipline. Also unbeknown to me, as a criminal defense paralegal I was already fulfilling one of the remedies for the **Saturn return** - I was helping those who faced restriction, confinement and discipline. I knew nothing about astrology back then, but apparently when you apply the remedy, it eases the amount of struggle you find yourself wading through. My job helped me do that.

My next dark night came at age 40 at the time of my **Uranus opposition**, which coincided with **Saturn** opposing my natal **Pluto**. **Translation:** enter my soon to be husband who was shortly thereafter confined out of state and passed away four years later. That dark night may have lasted four years but once again I applied the remedy of helping someone who is more confined than I, encouraging someone who has less freedom than I, whether in his mind or in real life. Applying the remedy always eases the journey, so my second dark night of the soul was made much easier by that.

The Universe gives you the dark night of the soul to give you opportunities. We can make it easy or we make it hard. It's usually just our struggle with the ego, or the personality, that makes it hard on us. **But the remedy is always seek out someone to help. In lightening their load, yours will be so much lighter. Accept all things. It's the only way to wake up...anything else perpetuates the dream.** Enjoy our offering this month. Hari Om.



Andrea



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

"And my answer is: So you think it's all about an accident? Or that you're being punished? Then you have missed the grandeur of a standard Lighthouse.

Lighthouses aren't built in safe places. They choose to be where the storms are! You're not being punished.. You're being taken to a difficult place to shine your light -

Physically, what should you be doing with the people around you? Can you love them? Listen to them! Listen to what's really happening in their lives.

Consider every day one where you have an opportunity to create light in a dark place. Watch attitudes change.. You may be "weird" to them, but they know you represent integrity.

Spiritually... you're a light in a dark place and you wonder why you're there? It isn't always about you. Think about them! You're being given an opportunity.

This is the work you came to do, and it's not forever. In a place you don't want to be, working with people you don't want to be with, is the work of a Lighthouse...

What if you're the only light they ever see?"

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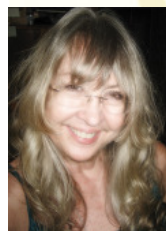
I have met many people who have been treated for depression and other conditions when they were, in fact, in the deep stages of spiritual crisis. ~ Caroline Myss

ARE YOU IN SPIRITUAL EMERGENCE-Y?

Are you in turmoil in relationships?
Have you been fired or feel betrayed?
Do you have a total sense of abandonment?
Is your emotional life a roller coaster?
Are you moving between feelings of numb blankness to darkness and despair? Are you:

Have you had a major life upheaval such as	hurt
paranormal or mystical experience	angry
near-death experience	irritable
death of loved one	fatigued
change of location	restless
job change	resentful
marriage	melancholy
disability	mentally foggy
divorce	over or under fed
illness	sleepless or overslept
	using addictive substances?

Are your spiritual needs not being met?
You know your spiritual needs are being met when you have a sense of stillness within you, and a feeling of connection to the *Creator/Source/Universe/Energy/God/Goddess* of your understanding. Spiritual emergence-y is a form of identity crisis where you undergo drastic changes to your belief system. This is a sign that deep work and purification are unfolding. It can be uncomfortable and painful, not easy to function in society and to continue with daily tasks and responsibilities. As we pursue a spiritual path, we all deal with the same issues,



"Who am I?"
"What am I doing here?"
"What is my purpose?"

"Why is there so much pain & suffering?"

These questions arise from contemplation of something that does not fit into our present belief system. In order to break through, you have to burn away your current limited view of the world and of your place in it. There are rules to

navigating this smoothly and I can teach you those rules, so you can live a more expansive life. So much of my practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Together we can discover more of who you came here to be. \$60 for one hour by phone at your schedule, and affordable because this is important work.

"How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe myself. Thank you." JJB

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Andrea online at <http://horizonsmagazine.com/blog/>
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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. Call Barbara at 1-208-640-9524, visit on the web at www.IntuitiveReflections.com, or email barbaraleellc@gmail.com

HOROSCOPES NOVEMBER 2013

Aries: May 20 to April 19 "I Am" This month expect the unexpected when it comes to your love life! Just when you thought being alone was going to be the norm for you, a gift from the universe! A true partner that will actually carry their own weight and then some. Your money worries are over, and help is on the way.

Taurus: April 19 to May 19 "I Have" With the Full Moon in your sign on November 17th you will feel like spilling your guts of every thought or feeling you ever had. Spend time with close friends and people that love you and understand what you have to say. You could use the support right now.

Gemini: May 20 to June 20 "I Think" With the holidays approaching, your household can be very busy with lots of family, food and friends. You may even have long lost relatives visit. All in all this will be a very happy time for you. If you have been entertaining writing a book, now is the time.

Cancer: June 20/21 to July 22 "I Feel" You have entered a very creative phase in your life, dream big and you will make big changes for the better. If you have ever thought of being a writer, now is the time to put your ideas on paper. Your intuitive and emotional side will take over once given the reins.

Leo: July 22 to August 22 "I Will" The focus for this month is your relationship arena; you are put on notice to take a good long look at what you really need in your relationship and how honest you can be with yourself. For you to be happy, remember you are just as human as your partner so don't expect more than you are willing to give.

Virgo: August 22 to September 22 "I Analyze" This month you are really having to stand your ground when it comes to people being overbearing. It seems like everybody and their brother wants to be your friend lately. Choose your friends wisely and don't feel obligated to hang out with certain people if you feel threatened or uncomfortable. It is okay to say no.

Libra: September 22 to October 22/23 "I Balance" You may be experiencing a lack of balance in your shared resources corner. Your partner's financial situation may be fluctuating more than you are willing to adapt to. I guess the lesson here is focus on your own income and depend on yourself more.

Scorpio: October 22/23 to November 21/22 "I Transform" Put your seat belts on because you are in for a wild ride. There is a New Moon Solar Eclipse in Scorpio on November 3rd, with daylight savings time ending, plus Taurids meteor showers. Be willing to let go of what is not working anymore to allow your higher good to come forth.

Sagittarius: November 21/22 to December 21 "I Perceive" This month you seem to be cashing in on some of your social charisma and magnetism to achieve public success. Your popularity is overwhelming at times, especially now when climbing up the ladder of success you need to be at your very best. Enjoy it while it lasts.

Capricorn: December 22 to January 19/20 "I Use" You are trying to strike a happy medium between independence and family tradition. With so much going on in the world around you, you have found yourself having more anxiety. Remember to stay focused on the prize and don't settle for less. Go for what you want and take it!!!

Aquarius: January 19/20 to February 19 "I Know" You are the walker between worlds this month from meditation to yoga and exercise to changing your diet. The change you desire is happening. Great job reaching further and further for the life you see yourself living. You are being and doing the best you can.

Pisces: February 19 to March 20 "I Believe" This month you may find yourself very sensitive, intuitive, and may indulge in mystical and psychic practices. This is the time to take up a hobby, one with a visionary twist or other worldly meaning. Painting, dancing, or cooking with a creative flare. Whatever you do you will find meaning.



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HORIZONS MAGAZINE 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. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience 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*

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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

WEST PALM BEACH January 26 CAPE CORAL February 2

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Second Class & Meditation 1 p.m.

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Sunday, February 2 2 p.m. – 5 p.m.

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Roy Eugene Davis has taught spiritual growth practices in North and South America, Europe, West Africa, Japan, and India. He was ordained by Paramahansa Yogananda in 1951.

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