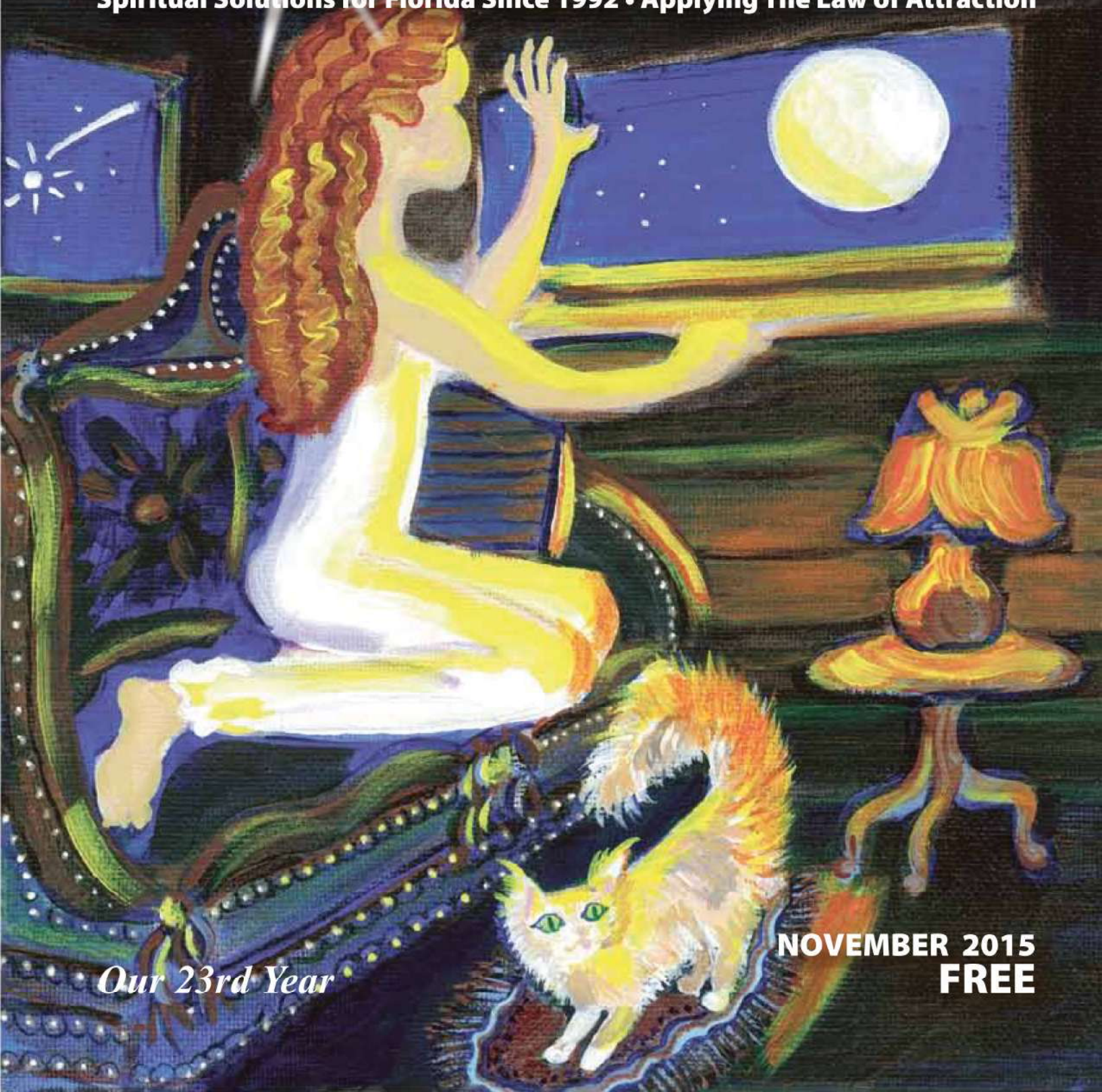


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GEM SPOT

Margaret Ann Lembo is the author of *The Essential Guide to Crystals, Minerals and Stones*; *Chakra Awakening*; *Color Your Life with Crystals*; and the *Angels and Gemstone Guardians Cards*. She is a spiritual entrepreneur and practitioner, aromatherapist, and owner of *The Crystal Garden*, a book store, gift store, and spiritual center. www.MargaretAnnLembo.com • [Facebook.com/MargaretAnnLemboPage](https://www.facebook.com/MargaretAnnLemboPage)

Ammonite

The energy of autumn and November carry the vibration of inner connection and gratitude. Ammonite is a fossil from an extinct group of invertebrate marine animals. The spiraling structure of this fossil provides a tool for spiraling into the center of your own consciousness. Focus on this fossil while using tools for awareness like dream work, meditation, spiral dance, and walking a labyrinth or a medicine wheel.



Photo credit Andy Frame Photography

Ammonite assists you in reaching in to examine the deeper recesses of your mind. Gaze at this fossil and follow the spirals to encourage your mind to go within to find answers, uncover truths, and deepen your connection with your own consciousness. It is helpful for resolving problems or issues by getting to the center of the challenge.

Ammonite fossils are usually found as spiral (ram horned) shaped calcite fossilized shells. Named for the ram's horns, ammonite assists you when it is necessary to just ram ahead and delve into the past to uncover the source of emotional trauma. With this fossil on hand, bring the challenge into the light, observe it, and allow the light to transform and transmute stuck emotions and feelings that hold you back from achieving your full potential. This stone signals a time to stop, go within and allow yourself to step into the deep recesses of your mind and emotions to uncover the truth. It can be helpful to go to the ocean or a body of water to take the time to reflect.

AFFIRM: All the answers lie within me waiting for me to acknowledge them. Ancient knowledge and wisdom are available to me when I go within. I recall my dreams when I wake and use them as tools to help guide me in my waking life.

Excerpted from *The Essential Guide to Crystals, Minerals and Stones* by Margaret Ann Lembo



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Tuesday, Nov 10 and 24 7pm Meditation with Jenny, love offering

Wednesday, November 11 7:00pm Aroma Yoga with Dr. Marcela Bowie Love offering – part of our love offering this month will go to a veteran's organization.

Friday, Nov 13 7:00pm Concert with Douglas Blue Feather

Douglas Blue Feather is a songwriter and performer of contemporary music featuring the Native American flute. He has released 14 CDs. As a veteran performer and pioneer in modernizing the Native American flute, the highlights of his career include winning the 2010 Indian Summer Music Award for "Best Native American Flute." Concert is \$15.00.

Saturday, November 14 2:00pm Drumming Circle with Douglas Blue Feather.

Join us for Family Day event. Adults and children are welcome. If you have a drum, please bring it.

Sunday, November 15 11:30am Flute Workshop

with Douglas Blue Feather. Douglas will play his Native American flute during our 10am service and will be teaching his Native American flute workshop at 11:30am. Flutes will be available for you to try and practice with or bring your own flute. Flutes will also be available for purchase. Workshop is \$20.00.

Wednesday, November

25th Thanksgiving

Eve Service 7:00pm

Join us as we pause to give thanks for our new church home and all of our blessings. Service will include communion.



ONGOING WEEKLY

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Wednesdays - Chair Yoga with LindaJoy \$5 a session, first Wed of the month free

First Sunday of the Month
Reiki Healing Service 11:30am

Second and 4th Tuesdays
Meditation with Jenny 7PM

Second and 4th Thursdays
Club CHIP 6pm

Fridays – Qigong
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Second Friday Night – Craft Night 6:30pm – bring your unfinished projects to work on

Third Friday Night –
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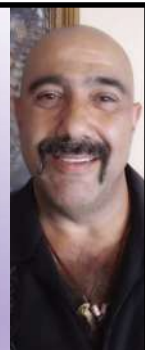


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Publisher/Editor/Creator
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On the Cover (page 26)
Skylight Window Watcher
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Contributing Writers:

Michelle Whitedove
Doreen Virtue, Ph.D.
Dr. Wayne W. Dyer
Dr. Alberto Villoldo
Judith Orloff, M.D.
Sonia Choquette
Cecelia Aitavale
Margaret Lembo
Abraham-Hicks
Ma Yoga Shakti
Karen Williams
Gopi Kallayil
Mike Dooley
Barbara Lee
Alan Cohen
Tom Sannar
Jeff Brown

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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



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everyone willing
to take the risk**

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- 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.



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 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 2015 edition of Horizons Magazine. It's finally cool enough to do yard work!

The humidity finally broke enough for me to venture outside for some yard work. I love being all woodsy but that means I often don't get the ocean breezes until they're almost gale force. It felt good to be outside without being wrapped up like a bee-keeper to keep mosquitoes at bay. I was going to simply take a walk, but -- I know me -- so I dressed to go into the deep woods and stuck hand pruners in my back pocket. In my yard, I can get quickly overwhelmed if I ask "where to start?" I've learned to have some basic tools at hand then just take a stroll and be ready for whatever unfolds before me. *I try to do the same with life.*



I turned toward the sunrise into the East garden and the first thing I do is begin pulling up the thumb sized loquat seedlings that begin growing on the path after every rain. I also begin re-routing the philodendron that begins crossing the path. I move it so it makes a nice natural border for the walk way.

This practice reminds me to place things where they are most likely to thrive and remove them if they are blocking progress. Keep pathways clear, and have boundaries clearly marked.

The rains make everything grow quickly, so I topped a couple dozen turks' cap and arbutus bushes and stuck them in the ground to root in the bare spaces. I top them when they begin getting leggy, that encourages them to get thicker from the bottom up. If I top and root every 3 months, I can have a decent hedge in two years. *This practice reminds me if I treat resources as renewable, they will renew for me.*

There was so much topping to do that I gave myself the behavior modification exercise of dropping the cuttings to the ground with no intention of trying to root them. I'd simply cut them and leave them where they fell, and in a few days I'll go out and collect the cuttings and take them to the street. *It's a good exercise to practice letting go and being unattached.*

I made cuttings of the night blooming jasmine where it began to hang over the path. It blooms a few times a year and the smell is heavenly. I've now got it all over my yard, in the sunny patches and under the deep shade. I have to giggle when I think of it in the shade, since I know it needs more sun in order to bloom. I reason that in the shade is where it can root more quickly, then when friends want small plants of it, I already have them rooted in a manageable size to dig up.

I passed the gardenia bush outside the master suite which is one of two sunny spots in the yard. She's only bloomed a few times, maybe because she doesn't get much attention. I can dig it. *We all do better with a little acknowledgement.* She got a good drink of water and I topped a few inches for her.

...continued on page 28...

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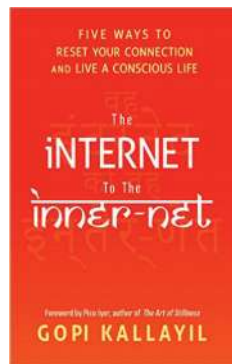
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BE THE BISON

The following is an excerpt from *The Internet to the Inner-Net* by Gopi Kallayil. It is published by Hay House (October 2015) and is available in bookstores and online at www.hayhouse.com



“Ladies and gentlemen,” the chairperson of the conference announced, “we have a distinguished speaker from Google with us today. Please welcome Gopi Kallayil.”

Amid applause, I stepped onto the stage in front of some 400 attendees. I was all set to deliver my keynote address on “Technology for Greater Good” at the Wisdom 2.0 Conference to this audience of mostly senior citizens attending sessions on wisdom and aging. I knew my subject backward and forward, and with my Toastmasters training, I was perfectly at ease as I greeted them and pressed the clicker to advance to my first slide. Nothing happened.

I had seen this problem before, so I wasn’t concerned. “It will be just another thirty seconds,” I told the audience, “and I’ll be ready to start.” But still nothing happened. My computer was frozen solid. The mouse was dead. The keyboard was sulking. The cursor was not winking back at me. I began to feel a little anxious. “It will be just another sixty seconds,” I said.

I rebooted my computer and heard that familiar, reassuring sound that a computer makes when starting. Cha . . . chaaang . . . It warms our hearts when we hear that sound. It reassures us that all is well in our life.

Except all was not well in my life on that stage. Cha . . . chaaang went my computer, and then it gasped and died. Three times I tried it. Three times it went cha . . . chaaang and sputtered and died again. With each cha . . . chaaang a small part of me died.

By this time I had been on the stage for nine minutes. I had not even started my talk. Nine minutes is a very long time when you are standing in front of 400 people. Now the audience was snickering. Even the Google guy can’t make his technology work for him.



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That was when I remembered the story of the American Bison. This was a story my colleague **Mike Nelson** had told us at work. When we were in the midst of a challenging work situation, Mike pulled a buffalo nickel out of his pocket that he’d had for a long time. He intended to pass it along to his own children. The coin had an image of the American Bison embossed on it. And as it was passed down, each generation told the next the same story. Mike’s family is from Montana, where winter storms in the mountains and valleys are swift and brutal.

When a storm approaches, the wind starts howling. Heavy snow covers the ground. All the wild animals flee the storm. Except the bison. The bison is the only animal that will turn toward the storm, lean into it, and walk to meet it. It knows instinctively that if it does this, it will be out of the storm sooner. This is why Native Americans call the bison “Faces the Storm.”

As I stood on that stage, with my presentation in shambles, a storm was rapidly approaching me. **Mike Nelson’s** story had prepared me for it. I chose to be the bison. I walked into the storm. I stepped to the center of the stage.

“Ladies and gentlemen,” I said, “I came here to talk about the amazing technologies we build at Google. But the most important technology we use in our lives is right here—our body, our breath, our brain. Let me show you how we can use this technology most effectively when challenged by life’s problems. Let me teach you a small breathing and mindfulness technique I am using right now to manage this situation up here on the stage.”

From that beginning, I gave an impromptu keynote on how to manage our inner technology when our outer technology fails and creates a problem we don’t expect and can’t immediately solve. The audience had stopped snickering. I felt a tremendous sense of support and empathy from them.

I told them to breathe a little more slowly, a little more deeply; to notice whatever was arising in their bodies and minds with no judgment, but lean into the feeling. If it was a feeling of panic as I was experiencing a few moments ago, that was okay too. I told them to lean into the feeling and walk toward it just as the bison do. All of a sudden, the feeling is no longer intimidating, and soon enough it passes just like the storm as the bison walk through it.

When I finished speaking, they gave me a standing ovation. We all want certainty in our lives. But the only thing I am certain of about your life is that there is no certainty. At any point in time you may come face-to-face with a small irritant, a large problem, or even a full-scale life catastrophe. It may come in your work, in your finances, or in your relationships.

When that happens, you can choose to be the bison. Turn toward the storm. Walk toward it. Walk through it. Embracing whatever life places in front of us—that is full engagement. That is the suchness of life. That is the juiciness of life. That is the fullness of life.

ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Author of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and NY Times Best Seller, Money and the Law of Attraction, visit www.abraham-hicks.com.

Stop trying to get people to see it the way you see it

Stop trying to bring others with you. Stop trying to bridge the gap for those who have a different understanding than you. The less you care about how many others are up to speed with you, the more likely you will find a place of allowing. Stop trying to get people to see it the way you see it. Especially if you think it's for their own good.

Yes, you create your own reality and there's a word we'd like to insert that will make it easier for you to understand. You create your perception of reality. You create your perspective of reality, your vibrational ability to see reality. You realize reality based upon what you're doing vibrationally. Your perspective is uniquely yours and so is your experience.

Were you ever an eyewitness to something that someone else was also an eye witness to? And since you were an eyewitness to it, you know what you saw. You have a perspective about what happened and so does the other. And they don't always match.

Everyone gets to create their own version of reality. The life they've lived and the vibration they're offering is the reason they see it as they see it. You will waste your life trying to get them to accept your version.

Two can live in the same community and have very different lives. Let them see it as they see it. You have different perceptions of reality, over which you have complete control. You cannot control the "conditions," you are not the creator of someone else's reality. But because you can control your perceptions, you are the creator of your own reality.

If you could give up your determination to explain yourself to get people to see it the way you see it, life would begin being sweet for you right now.

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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 321-757-7522

Bacopa for ADHD and Memory

Bacopa monnieri also known as **Brahmi** or **Water Hyssop** has a long history in **Ayurvedic** herbal medicine for **memory enhancement**. Research found **Bacopa** decreases dopamine levels in the prefrontal region of the brain associated with **ADHD** symptoms. This helps reduce the severity of the symptoms of **ADHD** including defiance, impulsivity, aggressiveness, and restlessness, which can affect education, home and social interactions **Bacopa** has neuro-protective and antioxidant effects on the hippocampus and frontal cortex, (which seems to be smaller in kids with ADHD). These are the areas of the brain associated with the ability to control inhibitions, impulsivity critical for attention, cognition and reducing stress on the brain. Studies found **Bacopa** enhances learning, memory and concentration improving visual information processing and rote-learning. It acts as a nerve tonic supporting new nerve production along with the repair of damaged nerve cells improving nerve signals to the brain (this is also good for **Alzheimer’s**).

Right now the typical medications for **ADHD** are stimulating to the **Central Nervous System** these target catecholamine’s by inhibiting dopamine releasing presynaptic neuro-dopamine increasing dopamine levels in the cortex. **Bacopa** contains bacosides this constituent helps to protect the synaptic functions of the nerves in the hippocampus and prefrontal cortex; the areas of the brain associated with memory. These bacosides also help with the restoration and regeneration of nerve impulses. According the **University of Michigan Health System** bacosides help improve memory, learning and overall mental functions similar to the drug **lorazepam**. And much like SSRI’s bacosides also block the intracellular depletions of serotonin working like antidepressant medications increasing serotonin levels in the brain.

Bacopa may also be of benefit to **Alzheimer’s** studies found it to decrease the amount of forgetting new information and alertness enhancing nerve impulses and transmissions by reducing beta-amyloid plaque associated with **Alzheimer’s** and by helping prevent the depletion of cholinergic activity in the hippocampus; which is one of the causes of **Alzheimer’s**.

Besides being beneficial for ADHD **Bacopa** also has bronco-vasodilation actions that can be helpful for asthmatic conditions. It helps mediate Gama-aminobutyric acid (GABA); an inhibitory neuro-transmitter that has calming effects to the nervous system and may be helpful with **Parkinson’s** anxiety or seizure disorders, excitability and aggressive tendencies.

ADDICTED TO ANXIETY?

How Not to Be



Judith Orloff MD is a psychiatrist, intuitive healer, and NY Times bestselling author of *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life*, *Emotional Freedom*, *Positive Energy*, *Guide to Intuitive Healing*, and *Second Sight*. www.drjudithorloff.com This article is adapted from "Emotional Freedom"

Our world is in the midst of an emotional meltdown. As a psychiatrist, I've seen many people are addicted to the adrenaline rush of anxiety, known as "the fight or flight response" and don't know how to diffuse it. An example of this is obsessively watching the news about natural disasters, trauma, economic stress, and violence, then not being able to turn bad news off. Also, people are prone to "techno-despair," a state of high anxiety that results from information overload and internet addiction. It's also related to our super-dependence on smart phones and the panic of feeling disconnected if technology breaks down and we can't access emails or other communications--a new version of what's clinically known as an "attachment disorder." I've helped many patients address the adverse effects of techno-despair such as insomnia, nightmare, restless sleep and ongoing angst. You too can break your addiction to anxiety and lead a more peaceful life. To determine your current level of anxiety take this quiz.

Quiz: Am I Addicted to Anxiety?

Ask yourself:

- Do I worry about many things every day?
- Is it difficult to stop watching anxiety-provoking news on TV or the internet, though I try?
- Do I experience separation anxiety when I can't access my smart phone or computer?
- Do I make problems larger, not smaller?
- Do I worry about things that no one around me worries about?
- When one anxiety is solved, do I immediately focus on another?

If you answered "yes" to all 6 questions, worry plays a very large, addictive role in your life. 4-5 "yeses" indicates a large role. 2-3 "yeses" indicates a moderate role. 1 "yes" indicates a low level. Zero "yeses" suggests that you're more warrior than worrier!

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Doreen Virtue is a spiritual doctor of psychology and 4th-generation metaphysician who works with angelic, elemental, and ascended-master realms. Doreen is author of 50+ books about angels and mind-body-spirit issues. See www.angeltherapy.com

Eight of Winter

The idea that you're trapped by your situation is a false one.

Don't let your ego convince you that you're without power. You have what it takes to move out of any situation you don't like. With resolve and determination, tell yourself that you will have the life you desire. Believe in yourself! Changes require commitment, and that means making a choice to actively improve matters. If you find it difficult to focus, ask God, the angels, and the fairies to send you signs to help create a plan. Take responsibility for your life now.

A fairy stands on a slab of ice, feeling trapped. However, the distance from her island of ice to the next one is short and the space easily stepped over. Her sense of entrapment is an illusion. **Additional meanings of this card:** The illusion of being trapped. The need to take back your personal power. Not believing in yourself.



SOULSONGS ABRAHAM FUN



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 FB and like her FB page, "Soulsongs." karen@karenmoneywilliams.com

How Can I Not Worry About the World?

Weather patterns...war...disasters... pollution. It would seem I'm callous and ignorant if I don't fret over world conditions.

But I pause to consider: Every thought that has ever been thought still exists - thoughts of vulnerability and thoughts of security, thoughts of a scary, hostile world and thoughts of an increasingly thriving planet, thoughts of heading towards disaster and thoughts of peaceful expansion. Since the Law of Attraction - like attracts like - applies to every facet of existence, similar thoughts find each other, flow together, and influence world conditions to the degree of their preponderance. Which streams do I wish to contribute to via my mental focus? Peace or war? Well-being or vulnerability? Hope or hand wringing?

The greatest gift I can give to the world's people is to envision global well-being and to look for the same, appreciate it, and talk about it when the subject comes up. The more I notice what's wrong, the more I contribute to what's wrong. The more I notice what's right, the more I welcome that - for the world and for my own little corner.

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Sonia Choquette is a world-renowned author, storyteller, vibrational healer, and six-sensory spiritual teacher in international demand for her guidance, wisdom, and capacity to heal the soul. She's the author of several best-selling books, including The New York Times bestseller *The Answer Is Simple . . .*, *Ask Your Guides*, *Trust Your Vibes*, and *Soul Lessons and Soul Purpose*. Visit soniachoquette.com


If you are feeling empty, isolated, or disconnected from life in any way, then perhaps you have lost touch with your Spirit and an awareness of the many blessings and gifts God has placed before you right now. To

lift out of low spirits, wonder where you might be missing the blessings raining upon you right now, and begin to notice them. Start by counting your blessings, one-by-one, beginning with the most obvious. For example, you might count the blessing of having had a good meal today, or a warm bed to sleep in. Or perhaps you can count the blessings of the companionship of a wonderful pet. Maybe you can count the blessing of being able to be a good friend to someone, or the blessing of being able to help another in trouble. Blessings are not just those received, but also those we can share with others.

Another way I've found to lift my Spirit is to do something I love to do, every day. Start by remembering what you love, naming all of those things, out loud. For example, I love my daughters, travel, good friends, drinking good coffee, listening to great music, singing, dancing, yoga, meditating, listening to my guides, taking classes, walking, being a student and learning new things, assisting others in meeting their Spirit and trusting their intuition, laughing, sitting quietly, and more. Remembering and naming what you love brings you back to center, to your true Self and the path of your genuine purpose, the pathway of what brings you joy.

Once you name what you love, commit to engaging in one of those things every day. Make it first on your list, a priority, and not last, something you might try to shove into your busy day after you do everything else you must do. For example, I love yoga, and start my morning with it everyday. The few minutes of yoga I practice every morning centers me and makes me happy. And because it makes me happy it allows me to feel more love for everything else I do in a day.

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FROM THE HEART

Alan Cohen is the author of *A Course in Miracles Made Easy*. Join Alan's celebrated Life Coach Training Program, beginning January 6, 2016, to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's Hawaii Retreat, free daily inspirational quotes, and weekly radio show, or visit AlanCohen.com



Soul at the Helm of Destiny

When actress Meryl Streep was about to graduate from college, she planned to become a lawyer. She applied to law school and set up an appointment with an admissions officer. On the morning of her interview, she overslept and missed her appointment. At that point she decided she would rather pursue an acting career instead. And aren't we glad? Meryl Streep is considered by many fans and critics to be the greatest living actress. She has garnered three Academy Awards out of 19 nominations, 6 Golden Globes out of 28 nominations, and a vast array of other acting awards, totaling 171 wins out of 260 nominations.

It was no accident that **Meryl Streep** overslept on the day of her admissions interview. While her intellect told her she should become a lawyer, her inner being recognized her grander destiny. On that crucial morning her soul commanded her life path. What a loss to the world it would have been if Meryl Streep's true talents were missed because she followed her mind rather than her heart!

You, too, have a destiny your soul has chosen. Your intellect may tell you one thing, but your soul continually prompts you to stay on course with your mission. In the first **Superman** movie, Superman's parents, realizing that their planet was about to be destroyed, placed the baby **Superman** in a space capsule and propelled him off toward earth. During his long journey, a series of audio recordings taught **Superman** about his powers and purpose. By the time he arrived on earth, he knew who he was and what he was here to do.

Likewise, you and I were seeded with the awareness of our true identity, potential, and destiny before we came to earth. But then we forgot. The density of the three-dimensional world obscured our memory of our identity and our vision. But in spite of the distractions of the toys and trinkets of trivial purposes, your soul had not forgotten who you are and what you are here to do. Your inner being is constantly urging you to live in accord with your true mission.

...continued on page 26...

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ASK WHITEDOVE



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Dear Michelle, I recently lost my Father. I was with him during the last weeks of his life and he was speaking to my Mother although she passed ten years ago. I'm just wondering if this is common; are our loved ones waiting at death's door to usher us to heaven? **Comforted in CT**

Dear Comforted, During the transition that we call death, it is quite common that a deathbed patient is coaxed by their most beloved on the other side. They are given assurances that everything will be fine. And sometimes these are quite lengthy conversations or debates that happen within weeks or days of dying. I know this from my experiences:

My friend Frank was a professor and metaphysician. The hospice nurse that watched over him for weeks said that he told her that his Aunt Mary was coming to get him on Thursday. Frank was in his late 80's and the nurse knew he didn't have much family. The following week Frank crossed over to Heaven on a Thursday. Family was notified and then friends. When the story was relayed we learned that Mary was the loving aunt that raised him.

An elderly man who was an Atheist saw an opening between this dimension and the next. There stood his long dead wartime comrades, they were youthful and beckoned him to join them.

Through the years, I've seen and experienced many deathbed scenarios. Even though most doctors and family believe that it's the drugs, a hallucination or lack of oxygen; because they can't see or take part in the conversation. Just know that when life comes to a close it's between you, God and what your soul needs to make the transition and birth your soul back into the Heavens. It's too bad that more people can't witness this beautiful supernatural process.

Dear Whitedove, I was brought up with a very traditional religious background. We were taught that souls go to a place called Purgatory to cleanse themselves of sin before entering Heaven. Many of my childhood beliefs I can no longer justify. But since you can see the other side, I'd like to know, does this place really exist? **~Philosophical in Pensacola**

Dear Philosophical, As multidimensional beings and co-creators our reality, at the time of death, our soul continues on our eternal journey. Even as we pass from this life, our free-will allows us to go where we feel compelled to go. Our individual belief system is powerful; because of our religious



Rev. Andy Conyer

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beliefs we may see Jesus, Buddha, Mohamad, Mother Mary or a beloved family member. At time of death, God still honors our Free-Will. We may even turn away from the light of heaven and want to stay for a while with our relatives who are grieving. Or you may experience the undeniable sensation of unconditional love that washes over you and you jettison towards the higher vibration of Heaven.

Yes I have seen this place called Purgatory where many souls are waiting because they believe that they need this experience and so they pause and wait for a period. It is a "waiting room" that has been created by the mass consciousness of souls on an astral realm. Eventually the soul will move on to Heaven. Just know that as your spiritual beliefs evolve and your soul develops you will put aside beliefs that no longer serve your spiritual path. Our route to Heaven will be unique to our needs and beliefs - but eventually every soul returns home.

November 2nd is All Souls Day and the perfect time for group prayer to send love and light to all of our departed loved ones on the other side.



OPEN BLESS-A-ME

An excerpt from *An Uncommon Bond*. Former criminal lawyer/psychotherapist, Jeff Brown is author of *Love It forward*, *Soulshaping*, *Ascending with Both Feet on the Ground*, *Apologies to the Divine Feminine* and the spiritual documentary - *Karmageddon* - which stars Ram Dass, David Life, Deva Premal & Miten. See www.Soulshaping.com

I reached for my cell phone, eager to call her. I dialed her number time and again, hanging up on her voicemail every time it came on. I had to hang up because I didn't want to hear her voice recording and come into stinging reality.

I factually knew she was gone-that much I had integrated. But there were deeper levels of acceptance I just couldn't assimilate. I still needed to pretend there was someone waiting for me on the other end of the phone.

I walked back to the market hopelessly confused. I didn't know how to live in this world any longer. I had climbed heart mountain and landed, face first, on a rusty spike. The contrast between the wondrous world that love reveals, and the materialistic world below, was almost too much to bear. When you love as God loves, all life forms appear beautiful. When you fall from grace, you can't help but wonder why he ever bothered creating them. Would I ever smile again?

I got my answer around the next corner. As I turned into the Market, I saw my homeless mystic - **Dude** - sitting against his pushcart in front of the taco place. He was sipping a beer and taking some sun. I put \$20 in his bowl and sat down beside him.

"Not needing any wisdom. Just want to sit here," I said. Nothing comforted me more than Dude right now.

After a few minutes, he reached inside a small knapsack at the base of his pushcart and took out a nail file. He began filing his fingernails slowly, methodically, like he was engaged in a meditative practice.

"Look at my last finger," he said, holding up a finger with a long, rough nail.

"Okay, I see it."

"That's like the soul when we begin this incarnation."

"The soul is a fungal fingernail?"

He guffawed at my sarcasm. **"It's not fungal, it's just dirty. Look, the point is that life is the nail file. It wears the nail down until all that's left is the true essence."**

I rolled my eyes. **"But why do some nails get rougher over time?"**

"Those people didn't live their real lives. They didn't learn the lessons that smooth the soul. They hid from reality." The guy was a walking metaphor. I didn't know what to do with him. **"You mean smooth the fingernail, don't you? Have you taken this theory to the beauty salon to see what they say?"**

He didn't answer, filing his nails mindfully.

"Not judging you at all Dude, but how come you live on the street? Why homeless? You could get social assistance and get a place, or...."

"For the same reason you couldn't land that divine love in this here world. The more open something is, the more difficulty it has with society. Society was built on a foundation of fear, not authenticity. I get too numb when I join the world. I lose my openness, my access to the divine." Then, pointing to the world around him, he added, **"This way, I'm always part of it."**

He did seem more alive than the rest of us. **"Okay, I get it."**

"And I ain't homeless - I'm houseless. The bunch of you are the ones without a home. You got a house, but you ain't got no home. You can't be at home on this planet if you're not at peace in your own skin. That's where our real home is."

Soul-food for thought. And he was right. Right now I felt like one of those people: housed, but homeless.

"Any last thoughts on my heartbreak?" I asked as I stood up to leave.

"Yes...Open Bless-a-me."

"Open Bless-a-me? You mean Open Sesame!"

"No, silly. Open Bless-a-me. Say that whenever you feel your heart closing. Open bless-a-me! No sense asking the universe to bless you if you aren't blessing yourself. It all starts with you."

I thanked him and started walking. When I got halfway down the street, I heard him yell to me at the top of his lungs, **"OPEN BLESS-A-ME!"** I looked back and he was waving to me with a big fat smile on his beautiful face. It was contagious. For the first time in weeks, I actually found myself smiling, too.

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NOTES from the Universe

An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for The Secret, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. tut.com

Random awkwardness, unexpected shyness, feared inadequacy, and occasional blushing are just a few of the signs, that a giant is settling into their greatness.

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Former criminal lawyer and psychotherapist, Jeff Brown is author of Love It forward, An Un-common Bond, Apologies to the Divine Feminine and the spiritual documentary - Karmageddon - which stars Ram Dass, David Life, Deva Premal & Miten. Soulshaping.com

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SHAMANIC HEALING: Cleaning Up Your River. A Conversation with Alberto Villoldo

Trained as a psychologist and medical anthropologist, Alberto Villoldo traveled to Peru in 1973 to study shamans of the Amazon. Over the next 30 years, he would be initiated into an ancient and sacred body of knowledge, practically unknown in the West. In this conversation with Kripalu Online (www.kripalu.org), Alberto, one of the leading teachers of shamanic wisdom and healing practices, discusses some of the foundational beliefs of the shamanism of the Americas.

Kripalu Online (KOL) You've been working with shamans in South America for more than 30 years. How would you define shamanism?

Alberto Villoldo The term shamanism encompasses indigenous wisdom teachings and healing practices, as well as rites of passage or initiations.

KOL So shamanism is not a religion so much as a spiritual path.

Alberto Exactly. Religion is based on belief. Spirituality is based on experience. It is verifiable through personal experience. With religion, the older it is, the better it is. But eternal teachings like yoga, like shamanism, existed even before humans arrived. They are a body of wisdom that has to be individually accessed through practice and initiations.

KOL What are the practices of a shamanic life? What does a shamanic life look like?

Alberto On one level, you brush your teeth and have a cup of tea like everybody else. On a deeper, more internal level, you are in communion with all of nature at all times. And your practice is one of finding how you can be in service, as a steward of nature and to the world that you want your children's children to inherit. So the core task of the shamanist is to dream her world into being. Otherwise, she has to settle for the collective nightmare that is being dreamt by others.

KOL How does the shaman dream her world into being?

Alberto Ah, that's the trick. We now know that whatever you vibrate, you create and attract to yourself. So, you work on healing yourself in order to create peace around you. You become peace. If there's conflict living within you, you cannot live in a world of peace. The world mirrors back to you perfectly the condition of your love and of your intent.

And if the world you're living in is not a world that is at peace and at joy and at grace, then you have to find peace, joy, and grace within you. The shaman no longer looks for meaning in life, but brings meaning to every situation. The shaman stops looking for truth and instead brings truth to every encounter. You don't look for the right partner, you become the right partner. And then the right partner finds you. It's a very active practice focused on healing.

KOL And do your beliefs affect your ability to be healed?

Alberto Yes. And it's important to differentiate between healing and curing. Curing is the business of medicine and has to do with eliminating symptoms. A cure will seldom ever result in a healing.

Healing is a different business. **Healing works on four levels:** the energetic; the mythic (the level of the soul); the psychological, where you can test out new beliefs; and the literal, where you can test out new behaviors, new diets, new yoga practices, new exercise routines.

We all know people who have been cured but who haven't been healed; they've had the tumor removed or worked through their mother issues, but they haven't changed their diet or eliminated life stressors. Or their interpersonal lives are a mess. Generally their symptoms will come back—six months, or a year, or six years later. And there are plenty of spiritual people, yogis included, whose upper chakras are very open, but they haven't seen their mother in years or their children won't talk to them. Everyone's got to do what the shamans call "cleaning up your river."

KOL Are you born with a clean river or is there a karmic aspect to what kind of river you come into the world with?

Alberto You're born with imprints, former lifetimes that predispose you to the families you're going to be born through. Most of us think we got the wrong family. One of the exercises I have students do is to write a story about the baby that was dropped off by the stork at the wrong house. We should have been dropped off at the house where the parents stayed together, where there was no arguing, nobody died, and everything was beautiful. But the soul, which shamans understand as the luminous energy field, gravitates to the families where you're going to learn the most.

The luminous energy field is very potent. It has imprints that predispose you to how you will live, how you will age, who you will marry, how you will die. It is so powerful that it will even bring two people together for a single night of love in order to be born through them. I have a friend who said, "That's exactly what happened to my parents. Except they stayed married for another 55 years afterwards."

...continued on page 21...



SHAMANIC HEALING

...from page 20...

Shamanic healing practices consist of erasing these imprints and downloading a new code that is free of this karma so that you don't have to work it out through the next job, or the next spouse, or the next city. We want it cleared at the level of the luminous energy field. Then it stops choreographing our physical reality, which includes our biological and psychological reality.

The luminous energy field encodes all your information—what you inherited karmically, what happened when you were 6, when you were 12, as well as all your genetic information. If heart disease runs in your family, it's encoded in the luminous energy field. And you want to deal with it at that level—not at the level of a heart attack in the ER.

KOL So if we have all these imprints that choreograph our lives, once they are cleared, is there nothing choreographing us?

Alberto Then you become the author of your own script. You become the storyteller instead of being in the grip of the story. So a genetic story of breast conditions is like a bomb waiting to go off and can be triggered by external stressors or a crisis. The luminous energy field is like the software while DNA is the hardware.

But that gene does not have to express itself. You can heal your DNA. That's when healing becomes spiritual growth. It becomes a movement towards consciousness and ceases to be a physical or a psychological phenomena.

KOL Does shamanism contain the concept of some purpose that a person is meant to live?

Alberto Absolutely. You are here to fulfill a destiny. When you have trauma that occurs in your life, your destiny is derailed. It becomes fate, and whether it's genetic fate or psychological fate, it is fatal. Fate is a story that's been written for you by somebody else. By your parent's genes, by what happened to you when you were a child, by your culture, by the fact that you were born a man or a woman. Destiny is a story that you write.

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Addicted to Anxiety? How Not to Be

...from page 11...

To quiet anxiety and turn off your flight-or-flight response, it's important to re-train your brain to send chemicals to counteract this powerful biological response. Otherwise, anxiety can become an addiction. In contrast, with a calm biology, you can generate endorphins, the blissful natural painkillers in your body. To master your anxiety, practice the techniques below to quiet your system. They will help you achieve immediate and longer term results.

7 STRATEGIES TO OVERCOME ANXIETY

Strategy 1: Eliminate caffeine, sugar, and other stimulants - these fuel the flight-or-flight response.

Strategy 2: Avoid people who reinforce your fear whom I call "emotional vampires"--they are biological irritants; stick close to positive people.

Strategy 3: Stay away from violent newscasts, arguments, the internet, paying bills or other stress inducers, especially before sleep.

Strategy 4: Set healthy limits and boundaries. To combat stress, it's important to realize that "No" is a complete sentence, and a healthy way to set limits and boundaries with stress inducing people and situations.

Strategy 5: Pause when agitated. Make this vow: "I will never have a conversation with someone, send an email, or make a decision when gripped by anxiety." No matter what the upset is, do not act until you have gained calm and composure.

Strategy 6: Use this Progressive Relaxation Technique. In a comfortable position, sitting or lying down, take a few deep breaths while letting your body go as limp as possible. When you're ready, begin by tightening the muscles in your toes... hold to a count of ten... then relax. Enjoy the relief of tension melting. Do the same with flexing your foot muscles, and move slowly through your entire body: calves, legs, stomach, back, neck, jaw, face, contracting and releasing each area.

Strategy 7: Stay in "The Now." Try not to project negative scenarios about the future. Stay solution-oriented in the present moment and be grateful for what is positive in your life. Being aware of what triggers your anxiety and mindfully making choices to cope with them provides emotional freedom. Then you won't simply be reacting when your buttons get pushed. You will be better able to take charge of your emotions and your life.

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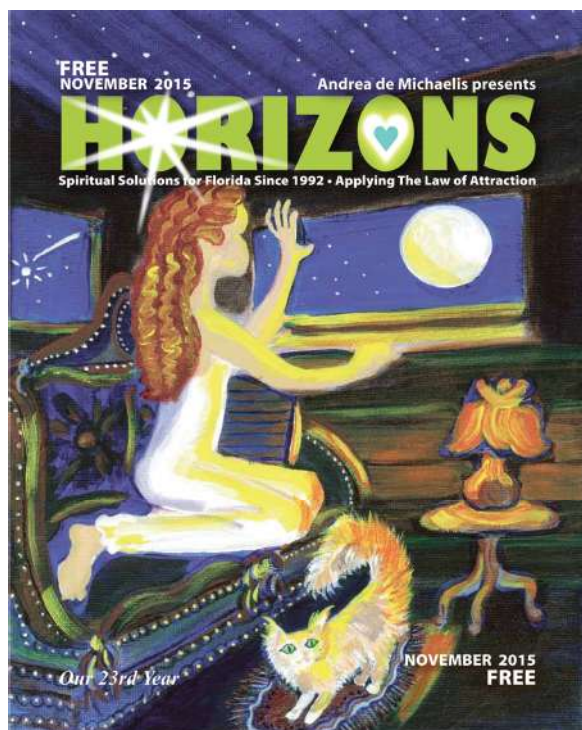
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COVER ART

Skylight Window Watcher

by Andrea de Michaelis



I've published Horizons since 1992. I use painting as a medium for my spiritual path. I love the image of a watcher at the window, sitting inside cozy and warm while it's bright and starry outside. When I feel led to paint a person, I take them as a guide who's come to give me a message, then I wait for the message to unfold itself to me. They tend to have long hair like me, since hair is a natural extension of the nervous system, like fine antennae enhancing intuition and guidance. *She's reminding me that while it's important to look within, to pay attention to the stirrings of my soul, it's also important to look outside.* I paint the moon to portray observation and watchfulness. It has to do with illumination and reflection, dreaming, mystery and the emotions. The salt lamp illuminates the tabletop with a sunny glow. I love to have several sources of Light, to reflect not only in the direct presence of It but also in the reflection of It. I'd love to sink into that cozy settee and gaze out at the moon and the constellations, and meditate on the goodness of my life.

Prints available \$20. Horizonsmagazine@aol.com
 Read Horizons at <http://horizonsmagazine.com>
 Andrea's blog -- <http://horizonsmagazine.com/blog/>



Alan Cohen

...from page 14...

We all have critical choice points, defining moments at which we are invited and urged to stay on track with our destiny. When I was 14 years old I was living in a bad part of town with many seedy influences. With pimples, braces, and a gawky body, my self-esteem was in the pits. I felt lost and alone. Then one day I received an invitation to attend a youth brunch at my synagogue. While I had no reason to attend—I was turned off to religion—something inside me urged me to go. There I met a young rabbi who gave an impassioned speech that stirred my soul. I became deeply involved in the temple youth group, that the rabbi became my mentor, I associated with friends of a higher caliber, and my life changed entirely. That event and my relationship with my mentor were pivotal incidents in my life. They were my dates with destiny.

Perhaps you are now facing a critical choice point in your own life. "Should I be with a certain relationship partner?" Or "should I leave?" "Where can I find a job that will bring me both passion and income?" "Where is my right home?" "What can I do to foster my health?" "What spiritual path is mine?"

While you may have spent a great deal of time and effort asking your mind, other people, and external sources for the answers to these important questions, you may not have asked your soul. The mind wonders, but the soul knows.

Ask your soul to guide your destiny, and it will do so with amazing results. One of the most affirmations you can state it, "I now allow my soul to guide me to my highest destiny." Your soul will immediately leap to respond. Love will have its way.

When you come to the end of your life, there is but one important question you will need to answer: "Was I true to my soul's calling?" Did you follow your deepest guidance? Were you the person you came to be, and did you do the things you came to do? Do not assess your success by the yardsticks of achievement dictated to you by others. They are often shallow and do not apply to you. Assess your success by how much your outer life aligned with your inner truth. Real achievement is more spiritual than material. Outer attainment means nothing if your soul is starving. Soul nourishment brings true value of life.

You can wander from your soul's path, but you cannot lose it. Even the apparent detours are a part of the journey to your true destination. What seems to be an oversleeping that misses one appointment is really an awakening to keep your true appointment. The next time you see Meryl Streep in a movie, remember that soul stands at the helm of destiny, and all divinely guided appointments will be kept.



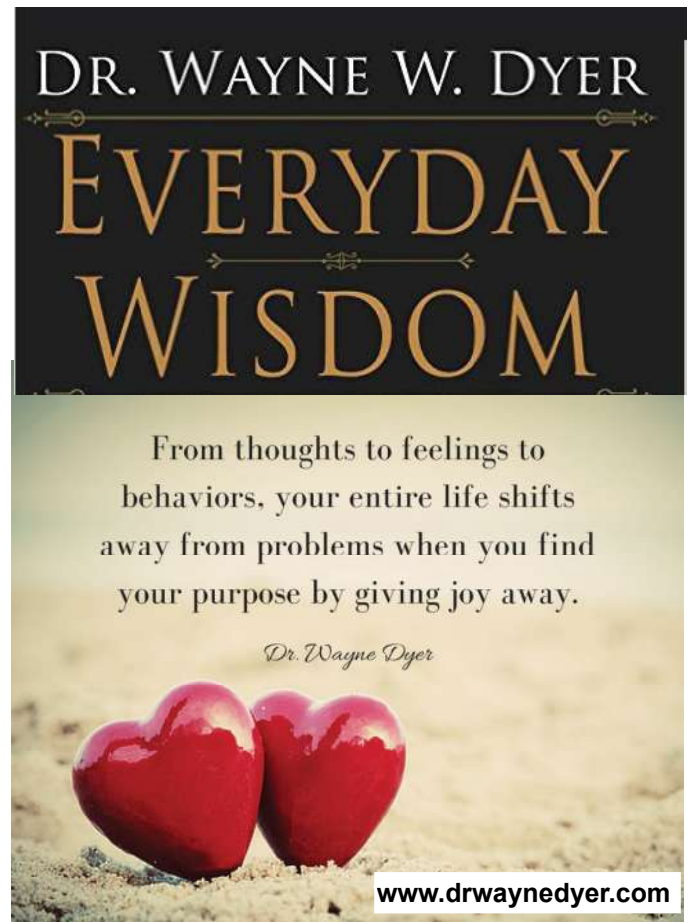
HOW TO LIFT OUR SPIRITS

...from page 13

Another way to lift your Spirit is to ask your intuition to guide you instead of trying to figure things out all the time. If you aren't sure what your intuition is trying to tell you, ask it for direction, and then answer out loud. For example, I might ask my intuition whether or not to accept a teaching engagement somewhere. Next I place my hand on my heart and answer my question by saying, "My Spirit says.... " and I fill in the blank, out loud, and quickly, before my mind kicks and tries to figure the answer out. The minute I answer, I stop and breathe and pay attention to the energy flowing through my body. If the answer is indeed coming from my Spirit I instantly feel peaceful and satisfied. I trust what I expressed to be authentic guidance because it feels so grounded in truth in my body. If my mind sneaks in and tries to fake me out, I can always tell because I feel a bit dissatisfied and restless, as opposed to peaceful and satisfied. In that case, I list all the things my mind wants to say. For example, I might say, "It's a great opportunity to spread my work, or "It's a wonderful place to visit, or "It's important to go where I am asked," or any number of other mental considerations. Once I can think of no more mental answers I then go back to my intuition and ask for guidance once again. The second time I ask, if there is one, I usually get very clear guidance immediately. This is a great tool for tuning in to your intuition at any time and it is reliable.

Another wonderful way to lift your Spirit and move into a brighter flow with life is to tune inward and ask yourself what yearns to be expressed in you that hasn't found its way into your life yet. Is there any experience or expression you long to have? For example, I've long yearned to play piano, and yet, for one reason or another I didn't allow it to happen up until recently. After experiencing much loss and unexpected change over the past year and a half I decided to fill in some of that loss with the piano lessons I've longed to take. Not surprisingly it has become one of my greatest joys. I'm playing at a very basic level, but my Spirit is thrilled to be able to play at all. In fact, playing "Somewhere Over The Rainbow" every time I sit down at the piano leaves me feeling giddy with pride and real joy to have the musical part of me finally come alive at those keys. It's not important that I play well for now, and maybe never will be. It is simply enough to give expression to the music in me in this way that I feel completely satisfied and content.

A friend of mine, Julie, broke up with her boyfriend of 5 years and was inconsolable. After grieving for over a year she said, "This is ridiculous. Why can't I move on?" I suggested that rather than judge her grieving process, she try expressing it though painting, something I'd heard her say she wanted to do for several years. My words must have come at just the right moment for her to hear, as she decided to do just that. She enrolled into a painting class at a local studio here in Chicago,



and found it did help move her grief along. Moreover, once she was immersed in the act of being creative, she noticed that other classes of interest were offered at her painting studio as well. Soon after her painting class ended she decided to try a class in pottery and after her first day, she was hooked. She absolutely loved making pottery and is now taking her second class, and plans on taking more. Opening up and responding to her yearning to create art has lifted her spirits in such a significant way that she knew she needed to do this for herself. It has given her access to an entirely new part of herself, and is causing her to feel greatly alive all of a sudden. She said it fills a void in her that was amplified when her relationship ended. She was stuck in grief because the void felt so large, but with that first small creative step toward her unfulfilled yearning she is now well on her way to healing her grief and moving joyfully back into flow.

As you enter this new era of transformation and spiritual awakening, ask what yearns to be awakened in you. What exploration, adventure, talent, or experience is calling to you right now? Do something that might be completely out of character and say, "Yes," to this impulse and then take the steps to act on it, without resistance.

Doing this offers allows more of your beautiful Spirit to step forward and be seen. Being happy is one of the greatest gifts we can share and these little things will bring in a little more happiness to your life no matter what you are facing today.



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."

In just an hour in the yard, I pruned enough branches to clear the pathways, and I created another hour's worth of work when I go to pick it all up. I like to cut one day and pick up the next. I can't wait until the first really chilly day so I can seriously tackle this yard! If it's anything like last winter, though, well, I won't hold my breath for cool weather. No time like the present.

YOU NEVER KNOW WHO THE UNIVERSE WILL WANT YOU TO MEET NEXT

I had an appointment last month to meet a new client for lunch. I looked forward to it because she seemed so pleasant and fun on the phone. On the way, I stopped in at Walmart's Customer Service Dept where a very impatient couple was complaining about everything. I played on Facebook while I stood in line and ignored them. I left right after they did. I walked up as they were pulling their car out. The woman was driving and she wasn't looking so as I get near her, I motion for her to stop because she's getting ready to hit something. She gives me a dirty look and tells me to mind my own business. I figured, *"That's cool, they're not having a good day but I am"* and I go on my merry way. I walked into Carrabba's carrying a Horizons Magazine since my client didn't know what I looked like. Guess who my client was. She looked kind of stunned, doe in the headlights, so I put two fingers to my forehead, closed my eyes and said, *"my spidey sense tells me you're having a bad day."* We laughed. She apologized. She'd been having a bad year, I didn't need to add to it by being grumpy back. I nipped it in the bud.

HOW MUCH ATTENTION DO YOU GIVE WHEN SOMEONE BEGINS HASSLING YOU? HOW DO YOU NIP SOMETHING IN THE BUD?

A friend received obscene texts from a man she'd told to not contact her. He has a reputation for making inappropriate comments to women, but he's also had several strokes this year and his brain doesn't work as it did before. Nonetheless, my friend was outraged. I know this man so I called him to get the skinny. He acted confused and denied it. Then he texted her again. My friend was livid and asked what I suggested she do.

When it began months before, she'd asked him to stop. When he didn't, she asked a mutual friend to intervene. He refused. It continued. She asked another friend to intervene. It continued. She got opinions from friends as to what to do. This was the point at which she contacted me. *I am happy to help people figure their way out. But they have to be working on it too. I said to report it then ignore it, let it go. Instead of reporting it, the story kept being told over and over to different people. Instead of reporting it, a rant was posted on Facebook chang-*

ing the story I originally got, now alleging a crime, except 'the evidence got deleted.' I recognized a pattern immediately.

I see patterns in things quicker than most simply because in my job I hear people all day long tell me about their life. Since her situation has been ongoing and she'd already threatened him with a police report, I suggested she thereafter ignore him. *Don't respond, don't give it any thought.* Since she's not a minor and since she'd originally given him her number voluntarily, he wasn't doing anything illegal. If she felt physically threatened by him she could pay to obtain a restraining order. Then when he violated that by calling, she could go through a lengthy court process to prosecute for violation of the restraining order.

Or she could take herself out of the loop by dropping her attention from it. When you stopping feeding something by your continued attention to it, it fades into nothingness of its own accord. Oh, it might go on a little longer but as you train yourself away from responding to it (*smile/delete when the calls and texts come in*) soon enough it will be over because you'll no longer be in the vibe of it.

How do you stay IN the vibe of something?

You keep yourself in the vibe of something by talking about it. If you're telling the obscene phone call story, you're keeping yourself in vibrational resonance with it. Whatever you are in vibrational resonance with will determine what you keeping attracting. If you're spending time researching the law for a loophole or in online forums dedicated to the injustice of the system to prosecute and why these acts should be against the law, you're resonating in harmony with it and attracting more to be aggravated about. And not just more to be aggravated about on this topic, in other areas of your life as well. It's all related.

How do you get OUT of the vibe of something?

You take yourself out of vibrational resonance with something - be it a bad situation or a grumpy person - by having your attention so fully focused elsewhere that they are no longer on your radar. By making yourself be unaware of anything they are doing. By not keeping up with their Facebook updates, by giving no input when friends bring up the topic. You rid yourself of the situation by being very involved in something else.

HOW MUCH ATTENTION DO YOU GIVE WHEN SOMEONE'S HASSLING YOU?

I'd say ask them straight out what's the dealio. Have an exit interview - one, no going back and forth over and over - give them a chance to say what they need to say, a chance to ask you to clarify anything. Be kind and honest. That means do not be mean and snarky as though you're doing them a favor. You're doing yourself a favor. You're resolving something that feels unfinished by someone you've interacted with. I'd thereafter give it no attention. And in case you've already got an out of control full blown situation on your hands, you'll be riding out past momentum on that one but you know what to do next time.



Enjoy our offering this month.
Hari Om.

Andrea



ABRAHAM-HICKS

...continued from page 9

Moving Up Your Vibrational Range by Choosing the Thought that Feels Best: an Abraham-Hicks Process

What does one do? Well, you stand right where you are, in this rotten feeling place, and you say, “Which thought feels best?” And in this rotten feeling place, you have a range of choices.

And as you choose the first thought that feels best, not much will happen. You might not even realize that you feel that much better.

But just by making the effort of choosing — from all these rotten choices — the thought that feels a little better than the other, just by choosing this thought that feels best out here on the edge of your range, you have shifted.

Now your vibrational range has shifted. That thought that was on the edge of your range now becomes the center of your range.

It takes a selfish person: You have to want to feel good, and if you are selfish enough to reach for the thought that feels better, the same thing happens again. And if you maintain it for just 17 seconds, that becomes the center of your range.

And now, in less than a minute, you now have access to a range of much better feeling thoughts than you did before.

One thing is always true: When you make the effort and you shift, even slightly, the entire Universe yields to you differently.

Which means, you now have opened to a whole new range of thoughts. A whole different set of memories is now accessible by you. A whole different pod of traffic is accessible to you. A whole new range of ideas.

That with which you will rendezvous, physically, mentally, through memory, reaching into the future, or right here in your moment, has shifted because of this very minor effort that you have made.



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Q: How do you hold on to a feeling of alignment?

A: It's an art that you practice, the art of being aware of how you feel, the art of being willing to do something about it if it does feel off and it's about catching it in the early stages. If you've come into alignment and then something erodes it a little bit, you can catch that erosion in the early, subtle stages if you are aware of it. That is why you practice being aware of how you feel.

Q: What if you didn't catch it in the early stages? What if you have momentum going on it already and it's really bumming you out?

A: This is how you let the momentum subside so you can reconnect with who you really are: go to sleep because you will wake up in alignment. While you're in alignment, find things to do that are fun, find things to appreciate no matter what the circumstances and milk it for as long as you can. When it stops being fun, go to sleep, then wake up in alignment and milk it as long as you can, go to sleep then wake up in alignment and milk it as long as you can, go to sleep then wake up in alignment and milk it as long as you can, go to sleep then wake up in alignment and milk it as long as you can.

Each day you'll be able to carry your alignment, your appreciation further and further. This is how you let the momentum subside so you can reconnect with who you really are. And who you really are is in alignment with all good things.



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 barbaralellc@gmail.com

HOROSCOPES

NOVEMBER 2015

Aries: May 20 to April 19 "I Am"

You may be taking a walk down memory lane in the sense that what you hold dearest and closest to you has changed, but has changed for the better. Your creative efforts in the future will secure you your greatest hopes and wishes coming true. The key here is to follow your heart.

Taurus: April 19 to May 20 "I Have"

November 11th a New moon in Scorpio will light a fire under you to get moving in the right direction, although any direction at this point will be correct. Finding peace within yourself is your most important task this month. If you knew you only had a few hours left to live, would you be happy with your choices so far?

Gemini: May 20 to June 21 "I Think"

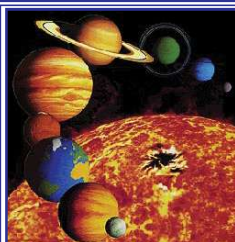
Have you been thinking of relocating to be near loved ones? Home is where your heart is, you can make a home anywhere, it is up to you. The issue of importance is when you feel safe, grounded and creative where you sleep every night, and do you feel nurtured there as well?

Cancer: June 21 to July 22 "I Feel"

You have hopes and wishes of being creative, this energy may manifest in many forms, such as babies, and or creative endeavors such as art projects, playing and teaching young children as well as creative writing, authoring a few books and painting your visionary images on canvas.



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Leo: July 22 to August 22 "I Will"

Just because you love being in the spotlight don't let your ego get the best of you when it comes to being pegged as the drama queen or king. This month you will be very inspired by many and they will want to soak up your charismatic energy, you have what it takes to make people listen.

Virgo: August 22 to September 22 "I Analyze"

Gather all your strengths this month from where ever you can. There are many that see your potential beyond what you recognize in yourself. The lesson for you is to surround yourself with people that love and uplift you. You have many opportunities waiting for you, open up to them.

Libra: September 22 to October 23 "I Balance"

Your sign is a good spot for Mercury to continue to be direct, especially after all the indecision and uncertainty you have experienced in the recent past. Sometimes we have to let go of what is not working in order to allow into our lives what is for our highest and greatest good.

Scorpio: October 23 to November 22 "I Transform"

This month rings true once again for who you really are in the sense of being the illuminator of darkness; your mission is to bring everything that is hidden to the light. Being the keeper of change, you are released to manifest your destiny.

Sagittarius: November 22 to December 21 "I Perceive"

The stars are aligned and your energy field is prime for what you intend to create. Travel for spiritual retreat is high on your list as you forge ahead to find more meaning in your life. Walk your path and the rest will take care of itself, self reliance and trusting in your higher truth is your key to success.

Capricorn: December 21 to January 19 "I Use"

Now is your time to overturn the old and bring in the new when it comes to changing habits and patterns from your ancestors. You feel the change within you, in your cells and how it affects every aspect of your life down to every belief and thought you think on a daily basis.

Aquarius: January 19 to February 18 "I Know"

This month brings great change, change that has been intended, affirmed, prayed over and hoped and wished for. Congratulations!! You did it!! All your Angels and Guides have heard your calling and they have assisted you beyond your wildest dreams. This will continue to be a team effort.

Pisces: February 18 to March 20 "I Believe"

Is it time to wake up and smell the roses? Or do you continue down the road of no return? Now is the time to clear the blocks for all that you need to be available so you may create the imaginable future that you hold so very dear. Go forward in faith and trust.

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*

YOGA: A Natural Pathway to Godhood



Ma Yoga Shakti is a beloved teacher with ashrams in India and US, instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907 www.yogashakti.org 321-725-4024 and email yogashaktipalmbay@gmail.com Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is derived from the Sanskrit word "Yuj" to unite. It means union, The union of the Individual Soul the Supreme Soul is known as Yoga.

**Let us take the example of the tree.
Even if you throw a stone at it, it
gives you fruits.**

It gives the benefit of its shade to all whether they are good or evil minded. Even when it is cut down and felled its wood is used for making furniture and fuel.

Be as large-hearted as the tree. Without expectations from anyone, raise yourself high above the earth like the tree. Turn your eyes which see the faults in others to see inside your own self. If you desire to find fault, make efforts to find your own faults and failings. Lo! You will find peace of mind.

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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

When we think that the
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resources, our world
becomes unlimited.
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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.

**Center for Spiritual Awareness,
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You are cordially invited to request a free sample copy of our *Truth Journal* magazine and a catalog of Mr. Davis' books. Visit our web site to read *Truth Journal* and articles in several languages.

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