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DECEMBER 2007

Andrea de Michaelis presents

HORIZONS

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DECEMBER 2007
FREE



The *Gathering* is not just a place but rather the coming together of a group of people who are determined to see Love instead of fear in every situation. Grounded in the teachings of A Course In Miracles and open to the exploration of all spiritual paths, we gather to join in Spirit, examine our beliefs, and take joyful responsibility for our choices and experiences.

The Village Gathering

“Teach only love, for that is what you are.”

— A Course in Miracles

Sunday Evening Programs

6 pm to 7:30 pm

Dec 2 **Sunday Night Alive!**

SNA features humorous sketches which compel us to examine our world, our lives and our hearts. Energized with live music and guest singers, **SNA** is a fun, once a month Spiritual evening out! Don't miss it! Check our website frequently for short segments of **SNA**.

Dec 9 **Sunday Night Conversations**

with Swami Anjani, Hindu leader from the Kashi Ashram joins Rev. Paula Langguth Ryan to compare the 4 Noble Truths of Hinduism with ACIM teachings

Dec 16 **The Truman Movie**

Dec 23 **Christmas Eve Meditation and Music and Potluck**

with Fred Goodnight, Rev. Paula Langguth Ryan and Rosalie Bianco, MMF

Dec 30 **Burning Toilet Bowl Ceremony**

with Rev. Paula Langguth Ryan

It's time to flush out all the things we're ready to let go of that no longer serve a purpose in our lives. Come and join us for our year-end celebration!

Visit our website for a full Schedule of Events.

www.TheVillageGathering.com



Rosalie Bianco

A Course in Miracles

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Join me on Wednesday nights and together we will bring the teachings of A Course in Miracles to life – to your life and mine.

See you there.

Rosalie



The Village Gathering

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Rev. Albert J. Bowes

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

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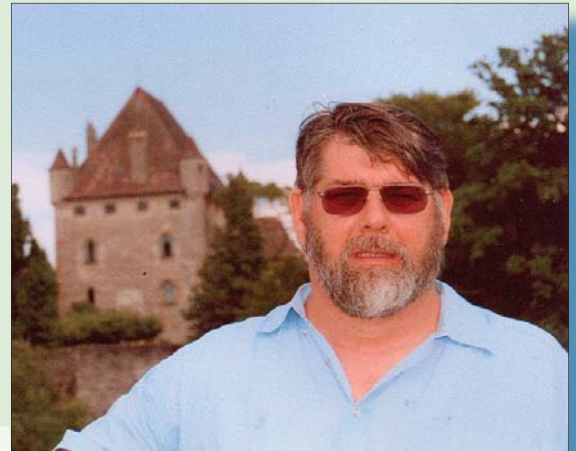
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- Provide guidance for self-analysis, discovery and growth.
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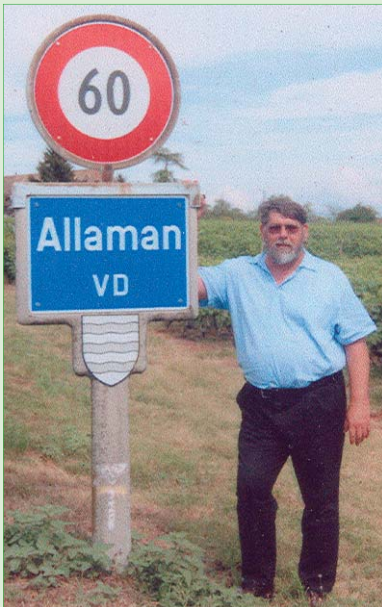


CREDENTIALS:

Albert was the subject of the internationally published book "VISIONS OF TIME", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with **NASA** & the **FBI**, to working on academic projects, to finding missing persons and sunken ships.

He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities.

He was also a Project Manager and Lecturer for the **Edgar Cayce Foundation** and their **Association for Research and Enlightenment**. Albert also hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.



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

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December 2nd	Hope In My Heart
December 9th	Be A Messenger Of Peace
December 16th	Expression Of Love
9:00 AM	- Join Rev. Beth Head and Revs. Tom & Therese Lee
11AM-	Join us as our Youth & Family Ministry Dept celebrate our Sunday Service
12Noon	Our first annual Christmas Potluck
December 23rd	Incorporate Joy

**MONDAY, DECEMBER 24TH * 7PM
CHRISTMAS EVE CANDLELIGHTING
SERVICE** - Every year we are filled with a sense of awe and wonder during our candlelighting service. Let your heart be open for a greater experience of Christmas.

SUNDAY, DECEMBER 30TH * 9:15 & 11:00 AM * BURNING BOWL SERVICE

* Prepare for the New Year as we experience a burning bowl service and time to reflect on 2008 affirmations.

Monday, Dec. 31st
**7AM PRAYER FOR
WORLD PEACE** - During
our annual Prayer for World
Peace service, we will be bless-
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we have breakfast fellowship at an area restaurant.



DO YOU WANT TO IMPROVE YOUR LIFE? Feb. 3-8



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Faculty from Unity Institute will be teaching Metaphysics II, How To Let God Help You, Jesus' Teachings in the Bible and Interpreting the Bible. We will be offering an elective: Spiral Spirituality: The Evolution of Spirituality beginning Sunday evening Feb 3 at 6:30pm. See website.

LOOKING FOR THE PERFECT CHRISTMAS GIFT?



As a congregant of Unity of Melbourne, \$100 discount off your ticket with stops in Costa Rica, Panama, and Costa Maya. Prices begin at \$1,379 pp Speakers will include Rev. Michael Beckwith (from The Secret and the AGAPE church), Dr Darren Weissman, Niurka and the Music of Rickie Byars Beckwith. Visit www.OceanofGratitudeCruise.com or 800-874-1996. Tell them you are with Unity of Melbourne.

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THE GREATEST OPTICAL ILLUSION IS SEPARATION

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Horizons

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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Hello and welcome to the **December 2007** edition of **Horizons Magazine**. This year seems to have flown by. So many things changed in 2007 that I'm not even living the same life I was living a year ago.

The end of the year is always a powerful time for me to review what has taken place in my life and in my consciousness the past 12 months. Also to see how far along I've gotten in my personal projects, which include personal, spiritual and business goals.

I always write my New Year intentions down, but I don't think of them as resolutions. I don't always even follow up on them, but rather work on projects as I am guided by what feels fun and holds my interest. Being an Aries times five, I like having many creative projects going at once. I work on each as I feel led and guided to. If I ever feel bored (what's that??) I can always go back to my New Year intentions and see what I thought sounded fun and interesting at the beginning of the year. I can see if there's something

that sparks my attention again, that this would be the perfect time to get involved in. I'll know it's the perfect time when I feel everything is in place and flowing easily and I feel stoked and excited about the doing of it.

So start thinking about what some New Year intentions might be. Start a preliminary list and keep it on hand. At the end of the year I always do a burning bowl ceremony. I make a list of what things in my life I am ready to release and forgive. I make a small, safe fire in my chiminea and as I burn the pages, I experience the healing of the situation and know I am free of it. Send me your lists of New Year Intentions, and also your list of what you are ready to release. I love to hear your thoughts.

NEW TOPIC: I'm a workaholic! I admit it! But my work is fun and it's more of a mission than a job, so it seldom feels like "work." Since I do spend much time working and traveling, I can't always visit with friends as often as I'd like.

A new friend mentioned they didn't want to disrupt my way of running myself and my business. It made me think about just how I do run myself and my business?

I discovered that I actually welcome disruptions. They allow me to test my personal discipline of focus of attention. They give me a chance to exercise that muscle. That muscle that lets me go back to center once I have let myself be distracted and lose focus and balance.

I was a little surprised to learn that I welcome disruption, and I realized that may be because I like change. Change excites me and takes me out of any rut I'm in. Sometimes it's the pleasant rut I get knocked out of.

...continued on page 33...

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THE ESSENCE OF ABRAHAM-HICKS



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

Here is the essence of the Abraham-Hicks message, distilled from workshops with Abraham since 1986

You are a Physical Extension of that which is Non-physical.

All-That-Is, or God, is not finished and waiting for you to catch up. You are the leading edge of thought, here seeking more: more of all that feels good to you, more of that which is fresh and gloriously uplifting. (You are, in essence, bringing heaven to earth.)

You are here in this body because you chose to be here.

You wanted the opportunity to experience this delicious contrast in time and space, and with great anticipation you came to co-create with other joy-seeking beings, to fine-tune the process of deliberate thought. (What, where, when and with whom are your choices, too.)

The basis of your life is Freedom; the purpose of your life is Joy.

You are free to choose to discover new avenues for your joy. In your joy you will grow; and in your growth you will add to the growth of All-That-Is. (However, you are also free to choose bondage or pain... but everything anyone chooses is only because they believe it will help them feel better.)

You are a creator; you create with your every thought.

You often create by default, for you are getting what you are giving your attention to wanted or unwanted but you know by how it feels if what you are getting (creating) is what you are wanting or if it is not what you are wanting. (Where is your attention focused?)

Anything that you can imagine is yours to be or do or have.

As you ask yourself why you want it, the essence of your desire is activated, and the Universe begins to bring it to you. The more intense your positive feelings, the faster it is coming to you. (It is as easy to create a castle as a button.)

You are choosing your creations as you are choosing your thoughts.

Your loving Inner Being offers guidance in the form of emotion. Entertain a wanted or unwanted thought and you feel a wanted or unwanted emotion. Choose to change the thought and you've changed the emotion and the creation. (Make more choices in every day.)

The Universe adores you; for it knows your broadest intentions.

You have come to earth with great intentions, and the Universe constantly guides you on your chosen path. When you are feeling good, you are, in that moment, allowing more of that which you have intended from your broader perspective. (You are Spirit Incarnate.)

Relax into your natural Well-being. All is well. (Really it is!)

The essence of all that you appreciate is constantly flowing into your reality. As you find more things to appreciate, your state of appreciation opens more avenues to more to feel appreciation for. (As you think you vibrate. As you vibrate you attract.)

You are a creator of thoughtways on your unique path of joy.

No one can limit where you can direct your thought. There are no limits to your joyous journeys to experience. On the path to your happiness you will discover all that you want to be or do or have. (Allowing others their experiences allows you yours.)

Actions to be taken and money to be exchanged are by-products of your focus on joy.

On your deliberately joyous journey your actions will be inspired, your resources will be abundant and you will know by the way you feel that you are fulfilling your reason for life. (Most have this one backwards, therefore most feel little joy in their actions or their possessions.)

You may appropriately depart your body without illness or pain.

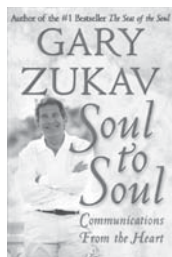
You need not attract illness or pain as an excuse to leave. Your natural state coming, remaining or leaving is that of health and of Well-being. (You are free to choose otherwise.)

You can not die; you are Everlasting Life.

In grace, you may choose to relax and allow your gentle transition back into your Non-physical state of pure, positive Energy. Your natural state is that of Foreverness. (Have fun with all of this. Lighten up! You can't get it wrong.)

P.S. It is not necessary for even one other person to understand the Laws of the Universe or the processes that we are offering here in order for you to have a wonderful, happy, productive Life Experience for you are the attractor of your experience. Just you!

SOUL TO SOUL: A Q & A WITH GARY ZUKAV



Gary Zukav is the author of *The Dancing Wu Li Masters: An Overview of the New Physics*; *The Seat of the Soul*, the celebrated #1 New York Times bestseller; *Soul Stories*, also a New York Times bestseller; and many others. His books have sold millions and are published in 24 languages. His new book, *Soul to Soul*, is now out, from Free Press. Gary lives in Oregon with his spiritual partner, Linda Francis.

How do you know? What is your philosophy based on? How do we know what you wrote is only an illusion/fantasy, or whether it has value?

"How do you know what you know?" is as difficult to answer as the question, "Where does life come from?" I pay attention to my experiences. I listen to my inner sense of what is worth listening to. When I feel it, I make a point of remembering what I have heard and applying it to see if it works for me. Rejecting—for any reason—what you recognize to be significant for you invalidates your own experience, your own power, and the impulses of your own heart. I suggest that you decide for yourself whether what stirs you is worthy of your interest.

Do we have a destiny? If the Universe determines my destiny, what role do I play in shaping my fate?

The Universe does not burden you with a destiny. It provides you with potential. How much of that potential you realize depends upon the choices that you make. At each moment you are given an opportunity to choose. Your path through the Earth school is determined choice by choice—your choices, not the Universe's.

What are the first steps of spiritual growth? What are the first steps I should take to begin to explore my spirituality?

Start by becoming aware of your emotions. You cannot become spiritually advanced while you are unaware of what you are feeling. Emotional awareness requires you to become conscious of everything you are feeling all the time.

It is difficult to become emotionally aware because many of your emotions are painful—but your painful emotions offer you the opportunities you need to grow spiritu-

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ally because they originate in the frightened parts of your personality that you need to locate, challenge, and heal in order to grow into your full potential.

How can I let go of my expectations of others? Why is letting go of my expectations so difficult?

Shift your attention from others to what you feel when you interact with others. When you have expectations and they are met, notice what you feel. Notice also what you feel when your expectations are not met. The most effective way to do this is to notice what you are feeling without speaking or acting. The more proficient you become at feeling these sensations, observing them, and learning about them, the less interested you will be in diverting your attention from them by shouting, withdrawing, judging, and all of the other ways that you have used in the past. Once you develop emotional awareness, your emotions will become more interesting to you than what appears to cause them. When that happens, your expectations will disappear naturally, and you will not even notice that they are gone.

**IS IT POSSIBLE TO EXPERIENCE MY SOUL?
HOW CAN I FEEL MY SOUL?**

When your life fills with meaning, you are on the path that your soul wants to take. When your life is devoid of meaning, you are on a path that your soul does not want to take. When you experience your emotions, you feel your soul. Your emotions are the force field of your soul. Your soul is at the center of all that you experience. It is your essence. It is the part of you that is immortal. It is a powerful presence.

...continued on page 30...



"Lori is an expert
in her field..."

INVITE BEAUTY AND HARMONY INTO YOUR ENVIRONMENT

NINE QUESTIONS

Lori Grear is a feng shui consultant, speaker, author and teacher. Her newest book, "Dear Empress" is available on the web at www.empressfengshui.com/



When performing a personal or business consultation, the individual is asked many questions. Including, of course, "How many people live/work here?", or, "What is your favorite/least favorite room?" These questions help a consultant to get into the energy of the individuals living or working in that space, and allows a consultant to assist them in creating a powerful and personal space.

There are 9 groups of questions, however, that are very important. These questions send up 'red flags' and reveal major areas of imbalance.

These questions need to be answered honestly and in the present moment (not, for example, "I used to be happy", etc. Each one of these groups of questions relates to a specific area of the home or office.

1. (Career Area) Are you doing what you really love? Are you fulfilling your life's destiny? Are you completing your life's work? Are you on YOUR path.

2. (Relationship Area) Are your relationships nourishing to you? Are you surrounded by people who support and uplift you and your dreams?

3. (Family Area) Do you have a wonderful relationship with your parents, employers, and elders? Are your family relationships strong and healthy? Are your basic needs, (emotional and financial), being met?

4. (Wealth Area) Do you feel richly blessed? Do you feel that all of your material needs are met? Are you satisfied with your current level of prosperity?

5. (Health Center) Are you physically healthy and strong? Are you happy with the amount of stressors in your life? Do you like what you physically see in the mirror?

6. (Helpful People/Travel Area) Do you have people who support and guide you? Do you have a strong support network? Are you able to be honest about what you need? Are you able to travel as much as you would like?

7. (Children & Creativity Area) Are you creative? Is your relationship with your children good? Do you have time for fun and creative projects? Is your life filled with joy?

8. (Knowledge & Self Cultivation Area) How is your relationship with yourself? Do you love who you are? Are you good to yourself? Are you growing daily? Can you meditate?

9. (Fame & Reputation Area) What is the state of your reputation? Are you proud of it or could it be better? Do you get the recognition you deserve and desire? Do you like how other people see you?

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FROM THE HEART

This month's article is an excerpt from Alan Cohen's new bestseller, *Don't Get Lucky—Get Smart*. Alan is the author of many popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore*. Join Alan for his life-changing Life Mastery Training in Hawaii, February 10-16, 2008. For information on this program or others, or to receive Alan's free daily inspirational quote and monthly newsletter, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



Who to Spend the Holidays With

The holiday season brings with it the inevitable questions, "Who will I spend the holidays with?" "Which family members should I visit?" "Must I really go to this party?" Here is the answer to all of your holiday questions, as well as any that occur during the rest of the year or your entire life: Love yourself enough to be where joy guides you.

Toward the end of his Hawaiian vacation, my friend **Jack** came to visit me. As I drove Jack to the airport he confessed, "There were two things I always dreamed of doing with my beloved, and waited to do with her when she came along. One was to buy a house in a neighborhood I have always loved, and the other was to visit Hawaii. Last year I decided to quit waiting for my beloved to show up before I could enjoy those gifts. I bought the house, and now I have come to Hawaii and had a stellar vacation." Jack went on, "Now I realize that I have done those things with my beloved. My beloved, you see, is me."

When I next saw Jack, he introduced me to his fiancée. When he found his beloved inside him, he found his beloved beside him. As you find your beloved inside you, you will know exactly where to go and when, and find many different manifestations of love beside you.

Over years of counseling people in relationship and life choice quandaries, I have observed many happy endings. This has taught me that no romantic, friendship, or family relationship issue is so overwhelming that you cannot find your way home; indeed some of the most painful predicaments are preludes to glorious triumph.

Take **Hannah**, for example, a young **Jewish** woman who fell in love with a **Muslim** man. Hannah's father was furious about his daughter's romance and forbade her to date **Rashid**. Over several years Hannah attended my seminars and plodded through the saga of her star-crossed love. Finally she mailed me a copy of a letter she wrote to her father explaining to him that she appreciated all he had done for her, but this was her life and this was the man she loved, and she could no longer deny her heart's calling. A year later I received Hannah's wedding picture, and the following year her baby's photo. Eventually her father dropped his resistance and accepted Rashid into his heart and family.

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Then there was **Erin**, the wedding coordinator who could get everyone to the altar but herself. When she finally admitted that she was in the wedding business because she really wanted to be in a wedding, she let a good man into her life. Then someone else planned the wedding at which she finally walked down the aisle herself.

Wherever you stand on your relationship journey, any perceived deficit can get offset with a healthy dose of self-love. Self-honoring is, in fact, your first order of business. A love affair with yourself is not egotistical or self-indulgent. It is a prerequisite to all acts of true service to others. Those who love themselves have far more to give and share than those who dislike or deny themselves. It's hard for a hungry person to feed others, and equally hard for a love-starved person to give and receive from a lover. Light your own fire and you will illuminate the way for others to light their own. They will catch your and together you will amplify it.

Someone once sent me a pamphlet entitled, "**Are you Letting Life Love You?**" I meditated on that question for months, and I am still doing so years later. Every moment is a choice between letting love in or pushing it away. The universe would take you for its lover—are you willing to welcome into your chamber?

This holiday season, find the courage to put an overwhelming sense of "should" aside, and live from "would." Where would love lead you, from your heart, out of choice, guided by joy? Say "yes" to everything that brings you closer to inner peace and "no" to everything that distances you from it.

A couple whom I did not know well invited me to their wedding in my town. I told them I would attend, but regretted my response. I told myself, "This is the last time I will engage in a social situation out of obligation. Next time I will honor my inner voice." When the wedding day came, an hour before I needed to leave for the ceremony I decided to lie down to take a nap. To my surprise, I woke an hour after the wedding began! My inner being commandeered my action and I ended up honoring my true choice. Since that time I have made it my mission to honor my true choices without having to fall asleep to do so. Like quitting smoking or losing weight, it's either now or it's not. The one thing you cannot postpone is joy.

This holiday season practice staying awake in self-love. Be the light that the holidays seek to celebrate, and you will attend every party, gathering, service, and ceremony—or not—with your true beloved.



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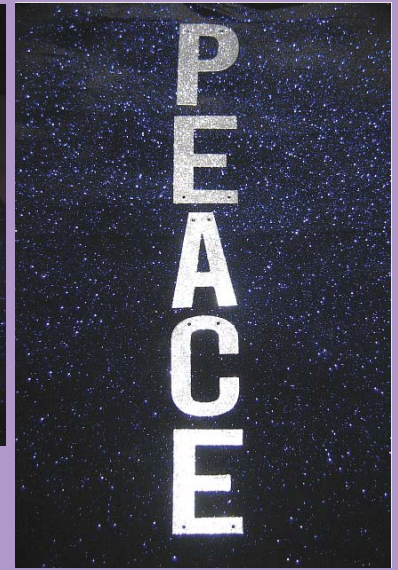
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BOOSTING YOUR IMMUNE SYSTEM NATURALLY

It's cold and flu season again, and every year the media gives us a new super-bug to be concerned about! MRSA is normally a harmless staph infection found in the nose and on the skin; the problems start when this staph enters the body through a cut. If this happens you may notice small pimple-like bumps or something that looks like a spider bite. In very severe cases MRSA has caused problems with the blood, the lungs, the joints and the heart.

WHAT CAN BE DONE TO PREVENT THIS?

If you have any cuts cover them with a bandage applying a salve using **Goldenseal, Myrrh and Echinacea** to help fight off any microbe from entering the cut. Wash your hands often especially if you work or visiting a hospital, if you belong to a gym, work or attend school. Heck, everyone should be washing their hands often! This is also a good time to begin eating as organic as you can because of the over use of antibiotics in our foods. When animals are given antibiotics they develop a resistance to bacterias which may pass to us, making us resistant.

This is the time to incorporate herbs into your life because they are so complex they out-smart the bacteria. They do this because they can contain up to 100 compounds that fight ever changing bacteria where antibiotics contain one or two. My personal favorite herb is **Garlic**; research has found that garlic can kill bacteria, viruses, parasites and funguses, especially ones that are resistant to medications. If you are going to use fresh garlic try juicing one clove with some vegetable juice. You can also make a garlic honey by placing 2-3 cloves of garlic in one pint of honey letting it sit for at least two weeks taking at least one teaspoon per day. I prefer **local wild flower honey** to boost my immune system for its vitamins and minerals and its antibacterial and antiviral properties.

Other herbs used to support and enhance the immune system are **Astragalus, Licorice, Eucalyptus, Boneset, Ashwaganda, Turmeric, Thyme, Oregano, Sage, Ginger and Usnea** the extra benefit to these herbs is they are also specific to the staph that causes MRSA.

AN EASY HERBAL RECIPE: A Rosehip and Astragalus jelly can be made by mixing $\frac{1}{4}$ oz Astragalus powder with 2 oz. Rosehip chips in a glass jar pouring just enough organic apple juice to cover the herbs. The next day shake the jar vigorously until the herbs form a gooey substance which can be spread on biscuits, toast or eaten plain.



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CROSSOVER READINGS WITH MARIA

If you like John Edward, you'll like Maria

If you should have an out-break of MRSA on your skin mix finely powder **Turmeric, Eucalyptus leaves and Echinacea angustifolia root**; applying to the skin as needed by mixing with water or honey.

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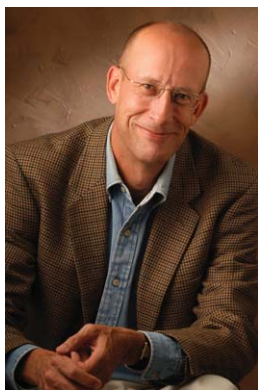
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NOTES from the Universe



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

When desirous of a life change or any kind of a change, it's wiser to start from a place like: "I am who I am today, where I am today, because this was my choice and it has served me well. However, it no longer serves me, my choices have changed, and I give thanks for the amazing changes that now sweep through my amazing life."

Rather than, "I don't know how I got here. I hate this. I must be sabotaging my own progress. I just won't accept things as they are any more. I'm desperate for a change. By this time next year my life will totally rock!"

OK?? You don't even have to remember the choices that led you to the day, but by understanding you made them, the kingdom, the power, and the glory knowingly become yours.

**Chic-a-boom,
The Universe**

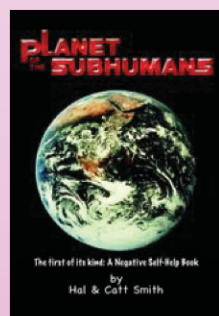
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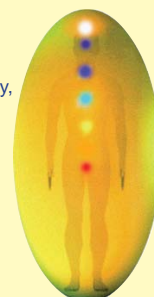
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SECRETS

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Writer-producer-artist-musician Sharon Janis is the author of *Spirituality For Dummies*, *Secrets of Spiritual Happiness*, and *Never to Return: A Modern Quest for Eternal Truth*. Visit her website for inspiring book excerpts, streaming videos, devotional chanting, more: www.sharonjanis.com

OPEN YOURSELF TO INNER GUIDANCE

Sometimes, we think we're supposed to fix everything in our lives, and maybe we're really only supposed to learn something from the situation.

- Louise Hay



One helpful secret of spiritual happiness is to learn how to teach, guide, and lecture yourself. Don't always wait for someone else to lecture you. Don't think that you have to keep buying books, going to workshops, and seeking knowledge from others. That's all fine, but you can also learn to find wisdom and guidance inside yourself.

Even our choices of outer knowledge can be motivated by inner guidance. If we do want to enjoy a lot of outer classes, workshops, audio books, and other sources of external wisdom, we can still allow our inner guidance to help us choose from where we will receive our outer guidance.

Once you realize that a great wise soul exists inside of you, you'll be able to seek answers within your own depths of wisdom. If you have made a mistake, you'll be able to contemplate and learn from what you did.

You don't have to chew your head off or criticize yourself into the ground when something goes wrong. Be honest and loving with yourself.

Guide yourself, and invite your wise and compassionate soul to have a stronger voice within your being.

Our recognition and acknowledgement of the inner wisdom is a kind of invitation for it to speak more clearly. Actually, the inner guide is always speaking - the universal soul exists inside each one of us, and speaks to and through everybody.

Our job is to learn how to listen to that pure note above the cacophony of not-so-wise thoughts and sounds.

Inside yourself, invite your own wise soul, your own bit of divinity, to speak to you. You can also ask for guidance from your own clear intelligence, or even from your knowledgeable subconscious mind, which has access to all kinds of information that your conscious mind doesn't.

Open to whatever within yourself is greater than the usual realm of hashed and rehashed superficial experiences and thoughts. Turn your attention inside, and let your inner wisdom guide you and give you advice.

You know more than you live; we all know more than we live. I know a lot more than I live, but I have also tended to seek guidance within and to lecture myself from within. And in my books, I lecture myself, and you get to listen in.

If you're feeling upset about something, take time to talk within your mind. Even while talking with others about whatever events may be sparking your feeling of upset, use those discussions to explore your own thoughts, and to gather advice and information that may help you more effectively figure things out and heal your troubles.

Don't just share your woes over and over without purpose, because the more you repeat your troubles, the stronger they are likely to become. Remember how powerful your words and thoughts are, and with that remembrance, seek guidance within yourself.

If you're feeling unhappy or upset, remind yourself of what you know, what you've read, what you've learned, and what you've thought during happier times. If this doesn't come easily, try picking up some uplifting spiritual writings to see if they'll spark your inner wisdom.

Then, enter your deeper knowledge that exists even beyond what you've read, learned, and thought. Trust God, trust the universe, trust your own great Self, and open up to your inner guidance.

Teaching, guiding, or lecturing yourself doesn't mean that you put yourself down any kind of demeaning or judgmental way. Guide yourself lovingly. Talk to yourself with kindness.

...continued on page 31...

FILM REVIEW: LAUGHING CLUB OF INDIA



Mira Nair's LAUGHING CLUB OF INDIA
Will Lift Your Spirits and Your Immune System

By Arielle Ford

Rumor has it that the world-renowned director Mira Nair (MONSOON WEDDING, VANITY FAIR, THE NAMESAKE), was in Bombay, stuck in traffic on Marine Drive and in the midst of a movie-maker's equivalent of writer's block when she discovered the source of traffic was hundreds of women dressed in all white crossing the street. She was so intrigued, that she ditched her cab and followed these women with her DV camera -- some time later, the LAUGHING CLUB OF INDIA was born.

In this compassionate and entertaining documentary, award-winning director Mira Nair has captured a unique slice of life in contemporary India...the Laughing Clubs. From shop workers laughing to relieve stress, to widows cackling to forget their grief and children gleefully giggling with their teachers; THE LAUGHING CLUB OF INDIA documents the thousands of people who come together foregoing their caste or class, to laugh for 40 minutes and to belong to a community dedicated to creating more joy in the world.

This delightful film explores the power of laughter through the popular phenomenon of laughing clubs founded by Madran Kataria, a jovial, energetic, laughter-loving Bombay cardiologist. Dr. Kataria's passion for bringing the healing power of laughter to the world comes from a deep belief that laughing daily is the key to happiness and well being. In the early days Dr. Kataria would begin club meetings with jokes to get people laughing but he soon discovered that by just pretending to laugh or simulating laughter, real laughter would soon follow. He invented several different kinds of laughs; the greeter, milkshake, and lion. You have to see them to get the full comic effect.



More than 1300 Laughter Clubs now exist throughout the world. The Laughing Clubs meet in parks, offices, private homes, community centers and rooftops, just about anywhere. Throughout the film we get up close and personal with club participants including Dr. & Mrs. Kataria, a stockbroker, three bawdy women, a musician, a widow laughing to cope with grief, and two old men - friends since school days who meet daily to laugh.



The healing power of laughter has been well documented and has been shown to boost the immune system. THE LAUGHING CLUB OF INDIA will not only make you laugh till you cry and double over in stitches, but will inspire you to make laughing a daily practice.

The Spiritual Cinema Circle, America's fastest growing DVD club, will feature THE LAUGHING CLUB OF INDIA in the January 2008 collection along with Knights of the South Bronx starring Ted Danson and two wonderful short films. For a limited time, new subscribers to the Circle can receive a free trial membership (for a nominal shipping fee) by visiting: www.spiritualcinemacircle.com or by calling: (800) 556-0129.

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Tues. Dec. 4th, Ronald R. Mueller, MBA, PhD., "It's How Much You KEEP, That Counts! Not how much you MAKE", tax seminar, \$10 pre- registration-includes lunch, 12:00-2:00 PM

Sat. Dec. 8, "Discover the REAL You" with Enneagram Expert, Steve Hart, Love Offering, 1:00 – 4:00 PM

Weds. Dec. 12, RIBBON CUTTING AND HOLIDAY OPEN HOUSE, wine, snacks, entertainment,

Sat. Dec. 15, "Nature's Faerie Grab Bag" with John Springer, 2:00 – 4:00 PM, Children \$5.00, Pre-registered Adults \$10.00, At the door \$15

Thurs Dec 20, "Laughter Club with Pegatha McKeon", \$10.00, 7:00 – 9:00 PM, \$10

2nd, 3rd, 4th Weds, "Mid-Week Meditation" with Kathryn Flanagan, RScP, love offering, 6:00-6:30 PM

Wednesdays, "Belly Dancing with Jeanette", \$10.00, 7:00-9:00 PM, beginners welcome

Wednesdays, "Great Art Craft Classes with Suzanne", 10:00 – 12:00 PM, \$20.00-includes supplies

Thursdays, "Coffee Talk" book discussion group with Virginia Panek, RScP, love offering, 10:00 – High Noon

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DEAR LOUISE...



Louise L. Hay is a metaphysical teacher and best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *The Times of Our Lives*. For a free catalog call (800) 654-5126 or fax: (800) 650-5115. Please visit www.hayhouse.com. For info on becoming a certified teacher of Louise Hay's philosophy, call Patricia Crane at (800) 969-4584 U.S. & Canada, or at (760) 728-8783 internationally.



Dear Louise, I'm a struggling actor in London and have been told I have ADD (attention deficit disorder). I've taken drugs but have had no success. I'm not focused and have a poor attention span. You inspire me immensely, and I would dearly love some advice, help, guidance, and a plan. Thank you. **K.C.**

Dear K.C., Dietary changes and going to a homeopathic physician could make a big difference in your health. Most of us don't realize what damage we do when we eat sugar and processed foods. However, you're not limited by anyone's diagnosis, even your own. Stop saying, "I'm not focused and have poor attention." That's not an affirmation you want.

Now, for the next step. Take on the healing process of your body like you'd take on a new part in a play. Study your lines, research, and do exactly what the part tells you to do: rehearse, rehearse, and rehearse. In no time you'll be the healthy actor you want to be. Affirm: I move beyond all limitations. I am far greater than I used to believe. I am at peace in my mind and in my body. My body knows how to heal itself, and I allow this to happen. New roles open for me. All is well in my body and in my world!

Dear Louise, I'm in a black hole of despair, and every time I find myself pulling out of it, someone pushes me right back to the bottom. I have an overbearing husband (he's 64 years old) who tells me when I can go out, who often berates me for being stupid, and doesn't talk to me for days if he can't have everything his way. We haven't shared a bedroom for more than ten years.

I continually cry; and suffer from depression, headaches, and back pain. Is there any way to improve my way of living or must I just suffer forever? Can you help me? **B.C., Sydney, Australia**

Dear B.C., You must have read some of my books or else you wouldn't have written to me. Have you done any of my exercises? We have to improve your way of thinking before we can improve your way of living. Your husband may not be supportive of you, but you're the only one who thinks in your mind. You're choosing thoughts that cause your suffering. Change your thinking and you will change your life.

Affirmations for you to do: I am free in my mind. I think thoughts that make me feel good. I know I can make positive changes in my life. I now create a life of my own. Life loves me and brings new and positive experiences into my life. It is safe for me to love myself. All is well in my world.



THE INTUITIVE SPARK

The following excerpt is taken from the book *The Intuitive Spark*, by Sonia Choquette. It is published by Hay House (November 2007) and available at all bookstores or online at: www.hayhouse.com

BRINGING INTUITION HOME TO YOUR CHILD, YOUR FAMILY, AND YOU

Too many people have the false notion that following your intuition means tuning out the real world, but nothing could be further from the truth. As strange as it may seem, in order to become aware of your sixth sense, first it's necessary to be mindful of the environment around you and fully conscious of what's here and now. My spiritual teacher **Dr. Tully** taught me that the key to developing inner knowing is to pay attention to what's happening in the world around you. He told me that those who think that receiving spiritual guidance is about tuning in to some otherworldly frequency are confused.

"Genuine intuition," he explained, "is founded on accurate observations of current reality. It's this information, when turned over to the higher mind, that leads to the most advanced insights." In other words, you need to be completely present in the moment to activate your vibes.

Many of us today, especially parents, are so overbooked—juggling too many things at one time, constantly playing catch-up, and racing around like crazy—that we often end up diminishing our awareness to nothing more than a whirling gray fog. When we're so overwhelmed and exhausted, we can't see the most obvious of details, let alone tune in to the more subtle, intuitive aspects of life.

BE INTERESTED

I truly believe that one of the bedrocks of helping people—especially your children—develop their sixth sense is showing your interest and care. I've noticed that a number of immensely creative and highly intuitive people had at least one nurturing, dedicated adult to guide them. **Steven Spielberg**, for example, had a mother who was very supportive of his passions. She helped him make his earliest movies, even taking him out of school at times to do so. And in the case of **Jane Goodall**, the famous primate anthropologist, it was her mom who cleared a major obstacle that allowed her to go to **Tanzania** to study wild chimpanzees in 1960. At that time, it was unheard of for a young woman

...continued on page 42...

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Richard A. Singer Jr. is a therapist living in the Cayman Islands. The following is from his new book, "Your Daily Walk with the Great Minds of the Past and Present". To learn more, visit his Web site <http://www.yourdailywalk.org/> or E-Mail him at RAS9999@aol.com.

"There are no simple or easy formulas. In handling all life's experiences, we must endure a degree of emptiness and the agony of not knowing." M. Scott Peck

MEDITATION

As we all have experienced, life is difficult at times, however, it is never necessary to give up. The goal is to put one foot in front of the other during these arduous times and remember that these feelings will soon pass. These difficulties will soon be resolved. Recognize and honor the emotions and move on. These difficult and emotional times will keep you full of gratitude for the enjoyable experiences to come. Keep pushing forward no matter what happens along the path. Difficulties are the factors that build you up and prepare you for success.

PERSONAL JOURNALING

What can you learn from your emotional difficulties today?
What are you grateful for at this point in your life?
(Remember, put one foot in front of the other
and these times will soon pass.)

Today, I will treat all my difficulties as opportunities
for growth and enlightenment.

ANIMAL SPIRIT GUIDANCE



By June K. Brown Animal Spirit Guidance is my passion. My Church is my backyard, the beach, or the grocery store parking lot. Everywhere I look, I see the omens sent to me from The Great Spirit, guiding me daily on my quest to spiritual enlightenment. Thank you Grandmother Spider! Email June at moonmother8@gmail.com

FOLLOWING YOUR OMENS

In last month's column, I discussed the illusion of life and how **Dragonfly** told me that I needed to find the guts to leave my 'branch' and fly in the sun, illuminating my true colors.



I did just that.

I flew right into a potential legal battle. Something that I would normally avoid. I had to put up a fight to get what was rightfully mine. I had to work hard to reach a goal that I had set for myself. I left my safety zone (the branch) and soared to a new height. I took a stand against people that I considered to be stronger than me, and I won. I took a leap of faith, which opened doors that I didn't know existed. I am now the owner of a new business, one that will change my existence on this earth and make my life more abundant both financially and spiritually.

I can fly!



Many animals have been speaking to me lately. Each and every one having great significance on my journey. **Bat** arrived on my doorstep (literally) several months ago. She was telling me that I would be going through a big change. Something about my life would die, and although it would seem that everything was falling apart, I would be reborn into a better life. When one door closes, three more will open.

Squirrel approached and told me to 'be prepared'. I wasn't sure exactly what I needed to be prepared for, but in a few days time it all became clear. The legal battle I mentioned was coming into play. I gathered documents and information, contacted the right people and ended up receiving the money owed to me without having to go through a lawyer.



Fox crossed my path. She ran right in front of my vehicle as I was driving my son to school. Fox was telling me to be 'camouflaged'. On that particular day I had to make a delivery to a client that seemed to be in a perpetual whirlwind of anger. I did not want have a run in with him, but knew that he would be there when I arrived. Remembering the Fox as I approached the delivery point, I quietly dropped off the order and left. Words were never exchanged between us, therefore I wasn't caught up in his whirlwind. The day turned out fine.

I find that when I truly listen to my personal omens, every circumstance that has the potential to be negative, becomes positive. When animals appear to you, whether it be in dreams, meditation or reality, I ask that you listen. You may not like what you hear but you should always accept the message. When **Bat** arrived on my doorstep, I did not want to believe the message. I resisted the knowledge that things were going to get worse before they would get better. I wasn't thinking about the doors that would be opened, only the doors that would be closed. Resistance made my journey longer and more agonizing. It wasn't until I really listened that everything changed, moved faster and moved toward the positive.

Don't go through your life with blinders on, you'll never see the new doors that have been opened for you.



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COMMUNICATION WITH ALL LIFE

The following excerpt is taken from the book *Communication with All Life*, by Joan Ranquet. It is published by Hay House (November 2007) and available at all bookstores or online at: www.hayhouse.com

Animals are always loyal in communication sessions. Even if there's a perception breakdown and the household has run amok, they still make their feelings known from a place of love. Sometimes people are afraid that their dog or cat is going to "tell" on them. This still cracks me up even after years of doing this work, because this is anything but the case. The only information that gets exposed is exactly what needs to come out in order to improve the situation.

On occasion, animals will reveal some quirky behavior of their "person." For example, a 20-something gal came over to have a reading of her two adorable little dachshunds. One of them told me that his person sang a lot in the middle of the night. The young woman confirmed that when she couldn't sleep, she got out of bed and did karaoke! I don't think any loyalty was breached there, and we had a great laugh.

BETH AND PETUNIA

Sometimes animals send me a concept wrapped in symbolism to protect their person, yet it still relays a message. A woman named Beth had me over to talk to her three cats, one of which had been sick, and Beth wanted to know if it was her time. That day—that minute—it wasn't.

The main concern of the cat, Petunia, was how grateful she was that after two years, Beth had come out from under what looked like a giant sticky web and was now going back to work. Petunia had been very helpful to Beth while she was under this "web."

Well, Beth was astonished. She revealed to me that the web was breast cancer, and she'd been very sick. After battling the disease, she'd finally won and was indeed reentering the working world.

This came as an image, an impression of her being nearly suffocated by this thing—the "cancer web." Knowing what a struggle this was for her, given the public's perception of sickness, Petunia was very protective of Beth and loyal to her. It's not our animals' job to "out us" about our feelings or circumstances. Without being specific about a painful experience or blowing open our deepest, darkest secret, they will relay enough information to let me know how much their human's lifestyle, work habits, or interpersonal relationships have impacted them.

EVOLUTION

All members of our household have a right to their feelings and their history; we can't take that away. But we can shift the perspective, which could create a shakedown that leads everyone to eventually coexist—or even better, to live together with joy.

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These days, you'd be hard-pressed to find anyone who believes that animals don't have feelings. (Of course, some people don't care, or animals aren't their "thing.") But the naysayers have a tough argument, and the cards are very much stacked against them. Furthermore, the intelligence of an animal is frequently measured in the terms of our world. And there alone, they're evolving right along with us, even though their brains may not have the capacity that ours do. (In some circumstances I think, Lucky them!) Or we're evolving because of them. In fact, without horses in particular, we humans wouldn't be where we are today—they've helped us build civilization. That same goes for oxen, donkeys, and elephants.

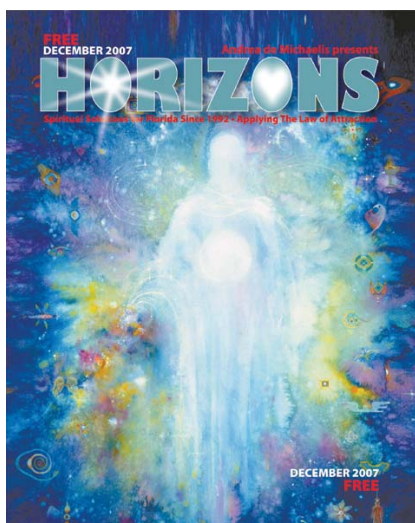
Dr. Temple Grandin is a designer of livestock-handling facilities and a professor of animal science at Colorado State University. She's also perhaps the most accomplished and well-known adult with autism in the world. In her book *Animals in Translation*, she states:

When you compare human and animal brains, the only difference that's obvious to the naked eye is the increased size of the neocortex in people. . . . The neocortex is the top layer of the brain, and includes the frontal lobes as well as all of the other structures where higher cognitive functions are located.

Grandin explains that the human neocortex is thick and is the size of a peach pit, while that of animals is much smaller. The bigger the neocortex, the more intelligence we can expect from a species. She also goes on to say that we all share the same three brain regions and, therefore, have three different intelligences or places to process: (1) the reptilian brain; (2) the middle—paleomammalian—brain; and (3) the neomammalian brain, which is the latest to develop and the highest in our heads. She states:

. . . the reptilian brain corresponds to that in lizards and performs basic life support functions like breathing; the paleomammalian brain corresponds to that in mammals and handles emotion; and the neomammalian brain corresponds to that in primates—especially people—and handles reason and language. All animals have some neomammalian brain, but it's much larger and more important in primates and in people.

...continued on page 43..



COVER ART *The Ancients Come*

BY ANN ROTHAN

After throwing color on a large piece of paper the painting dried, this figure appeared in the center, looking like it came from a Nebula explosion in space, putting me on my knees! Every time I started to paint on it, my hair stood on end...the energy was so huge! Soon, what seemed like Sacred Geometry appeared as symbols surrounding the figure. I am still in awe of this magnificent Being and the powerful energy that it brings.

Ann Lee Rothan received her degree in Fine Art at Columbus College of Art and Design. Ann speaks at many Unity, Catholic, Methodist and Science of Mind Churches throughout the U.S. She leads classes on "Painting your Dreams and Visions" and "Beginning Meditation."

Illustrating children's books is one of her favorite projects. She has illustrated for "Highlights Magazine," "Bluestar" and others. Her art is on covers of numerous magazines and books. The video produced at Xavier University, entitled "Body of Light" has been shown on occasion during the "Weekly Friday Meditation" at the Pentagon. Designed Commemorative Silver Dollar: "Haley's Comet" and "Whitey Ford," (Baseball Hall of Fame). One of 45 artists featured in "One source, Sacred Artists of America and Europe."

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...continued from page 9...

WHAT IS THE DIFFERENCE BETWEEN HABIT AND ADDICTION?

A habit is a repetitive behavior that masks uncomfortable feelings from you. Addictions are also behaviors that mask emotions, but those emotions are so painful that instead of experiencing them you feel an irresistible urge to do something, such as shop, smoke, gamble, take a drug, etc. You crave the behavior that you do not have. An addiction is a habit that masks emotions that are so painful that your need to avoid them is so great that you feel you must engage in the behavior. You do not think in terms of avoiding painful emotions. Instead you feel an overpowering, irresistible attraction. Changing unconscious behaviors requires becoming aware of what lies beneath them, and that requires developing emotional awareness.

HOW CAN I REALLY CHANGE?

Set the intention to change and hold it. Return to your intention often. It is better to renew an intention throughout the day rather than to set it once and assume that nothing more is required. The only change you will experience in your life is the change you choose to make. Only the intention to change yourself can change you, and you are the only one who can hold that intention.

WHY IS MY LIFE SO DIFFICULT?

No one's life on the Earth is easy. The Earth school is a learning environment. You are on the Earth to learn authentic power—the alignment of your personality with your soul. This requires learning how to create what your soul wants to create. It also requires developing the ability to see wisdom and compassion in every challenge that you encounter. You "get nowhere" in your life by continuing to respond to the difficulties in your life in the same ways that you have responded to them in the past. Your experiences begin to change when your responses to your challenges begin to change. Whether your responses change or not is for you to decide.

DO YOU HAVE A MEDITATION PRACTICE?

My life is my meditation, and everything I do in it is part of my meditation. Here are some of the things that I do: I observe my emotions in terms of the physical sensations in my body, especially my solar plexus, chest, and throat areas, as often as I can remember. I challenge frightened parts of my personality. I also pay close attention to my intentions when I speak or act. My intention is my reason, or motivation, for acting. It is also what creates the consequences I will encounter. When my intention is an intention of my soul—harmony, cooperation, sharing, or reverence for Life—I know I am creating authentic power. I also try to enjoy myself and the perfection of the present moment.

SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 16...

If you're feeling angry, lecture yourself as though you were your best friend, trying to help you to get through this anger.

If you're feeling sorrowful, ask your inner wise soul to remind you that grace can work through a broken heart to create an even greater space for joy, and to teach us to have greater surrender, humility, or compassion.

While respecting whatever emotions you are feeling, remind yourself to always have faith.

Talk to yourself about what you truly believe, and remind yourself of the great wisdom that you already know. This is what many spiritual sages refer to when they say that you are ultimately your own guru.

In this view, a good outer guru exists to guide you into a stronger relationship with the universal guru or guide who exists everywhere, including right inside of you.

Guide yourself. Contemplate deeper meanings behind the experiences of life. Give yourself challenges and disciplines that will help to refine and uplift you.

Figure out what is causing you problems in your life, and open your mind and heart to the guidance of inner wisdom and intuition.

Ask yourself how you can resolve or transform those troubling causes.

Discern whether to best heal those problems with an internal shift of attitude, or through external actions, or both.

Help yourself, guide yourself, and be your own best friend, always. This is a great path to spiritual happiness.

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HOW DO I TEACH JUSTICE?

This is a world of inequality. Some people have lots of opportunities; some have few opportunities. Some people have nurturing families, while others have fractured families. Some people seem to lead a charmed life; others seem almost to be cursed. What can I do to make this a fairer world for those who are less fortunate?

Well, if I truly understood how things work, I'd relinquish that question and I'd stop goading myself to do the impossible. Instead, I'd begin to share this message:

This is a planet, indeed a cosmos, of total justice. Let's go over that again: there is no unfairness. Everyone is receiving EXACTLY what he/she is asking for vibrationally. There has never been an exception, and that will continue as long as the Law of Attraction orchestrates universal goings-on.

Everyone's circumstances are magnetized via his/her habits of thought, plain and simple. Granted, most of us absorb our habits of thought from our families when we are very young, so most of us vibrate in ways similar to those around us and thus manifest similar results. But we each hold ultimate control of what goes on in our own minds and are ever free to change thought patterns - regardless of our environment or our past.

Before speech develops, babies are thinking. They begin assimilating habits of thought from their mothers before birth. So babies, too, are vibrating and encountering circumstances that match up with their vibrations.

Like many noble and well-intentioned people, I may often want to "jump into" another person's trauma or drama and make things better. That's OK - it's akin to catching a fish for a person and feeding him for a day.

But if I want to help the person long-term - if I want to teach him to fish and thus feed him for a lifetime, as the saying goes - then I'll tell him about Law of Attraction. I'll share about the magnetic power of thought and let him take it from there.

THIS MONTH'S THOUGHTS ABOUT THINGS...

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



...continued from page 7 ...

I'm an adventurer in consciousness; I like to make myself explore the avenues within my own consciousness. To do this, I like to place myself in new situations and see how I emotionally and psychologically navigate and surf through them.

So new people being placed in my life of course disrupts my way of running myself and my business. But that's great, because it makes me dig deep for resources that I don't yet have, or am not yet aware I have access to. Meaning, I barely have time for work and sleep as it is now, yet as soon as my attention is drawn to an interesting friend, I make time and find time. Ok, granted, my first thought always is, gosh if I can make time right now for a friend, I surely have time for more projects... *smile*

Then I am reminded that I need fuel to keep me moving forward in these projects, and in my work. Fuel, remember, we know when our Spirit is being fully fueled when we feel that happy, timeless sense of euphoria that moves through our chest when we are thrilled with life. And my life experience has shown me the importance of creating this feeling consciously, meaning to do it on purpose, as often as possible. The benefit is not only a boost to your immune system, but it places your mind in that state of "allowing". In a state of complete "non-resistance".

When we are in that allowing and non-resistant state of mind, we are very magnetic attractors and are in those moments allowing the Universe to arrange for people, circumstances and events to come into our experience to bring us everything we ever dreamed we wanted to do or be or have. It's as if every happy moment brings me one step closer to my dreams. So, knowing that, don't you agree it's wise to make yourself create happy moments as often during your day as you can?

Biochemically speaking, the immune system is enhanced partially because you are increasing the levels of the "feel-good" hormones, which floods your cells with healing energy.

I know being with friends fuels my inspiration and that makes me more productive in my work. I know that my personal discipline of being able to focus my attention is working when disruptions happen and my regular routine is turned upside down, yet I can remain focused on the task at hand and centered in the truth of who I am and what is possible.

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NEW TOPIC:

Last month I drove to **Cassadaga** to deliver the **November Horizons Magazine** to them. It was raining as I left **Melbourne**, just a drizzle, and I drove up **I-95**. I'd made a turkey sandwich for lunch on the way back, and was fighting the urge to eat it on the way up.

I always thought rainbows were an optical illusion that you had to be a distance away to see.

It was misty and drizzling, with intermittent rain, and as I approached the **Rockledge** exit, I saw a huge rainbow up ahead. I could see both ends of the rainbow, the entire arc. As I got closer, I saw that the east end of the rainbow appeared to be right over I-95 and I saw cars driving through it! I took note of the markers so I could see if I could tell when I was in the rainbow, but when I got in it, I totally knew I was in it!! I felt giddy and the energy felt real dynamic and sparkly. That could have been due to me being elated I was in a rainbow...

So I travel another few miles and almost at the next exit - another rainbow! Once again I could see both ends of it, once again it ended over I-95, once again I drove right into it and once again the giddy feelings! I was excited beyond words. I wanted to take a pic but knew neither the phone nor camera would pick it up, it was very overcast and raining and the windshield wipers were going.

Almost right out of the 2nd rainbow I stopped at the rest stop. I got out of my car and looked behind me to the south, but saw no rainbow. I didn't even see any grey skies. I looked to the north, and it looked clear as well. Yet 5 minutes driving north, I encountered more drizzling misty rain, and another rainbow, this one a double! Once again I could see both ends of it, and this time it went over I-95 and I drove under it. Interesting that I could not see the rainbows from the rest area.

I drove into **Cassadaga** and went into **The Purple Rose Bookstore** and told **Mike Fedora** about the rainbows. As I delivered the **Cassadaga Camp Bookstore**, I met **Crystal** who invited me to the prayer meditation circle that was just beginning. It was the first one I'd gone to on a Thursday morning and there were a dozen or more people there. I was delighted when **Harry Byard** led a guided meditation that took us through a rainbow! What synchronicity. You can hardly beat a four rainbow day.



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Hari om.

Andrea



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OUR CALENDAR OF EVENTS

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If payment is not received with listing, your listing will not be placed and you will not be called for payment.

No calendar listings taken by telephone. Please do not fax flyers or press releases.

Mondays LARGO Healing Circle The Spiritual Center 160 6th Street SW from 5-9 pm open to all Reiki, Quantum-Touch energy practitioner ~ love donation. Meet new people and learn new skills. Tuesday Service Healing starts at 7pm Service 7:30 with messages to follow Sunday healing 10:30 Service 11:00 Sunday Evening Meditation & Messages 6 pm 727-585-4985

Monday MELBOURNE Psychic / Spiritual Development Classes ~ 1 Monday / Month ~ 7:00 - 9:00 PM ~ Each class includes meditation, a topic/lesson, and hands-on actual practice to develop your personal skills. Private readings available by appointment. Marilyn Jenquin, International Foundation for Spiritual Knowledge 407-673-9776 or www.ifsk.org

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

Wednesdays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 6:30-7:45pm Family Health and Wellness Center on AIA 321-626-5333 Rivers97@rocketmail.com

Wednesdays COCOA VILLAGE, 7PM, Belly Dancing with Jeanette, \$10.00, at What You Love To Do, 602 Brevard Ave, 321-504-0304

Wednesday COCOA 7-9pm Discussion/Meditation Group: Spiritual Principles i.e., Eckhart Tolle, Esther & Jerry Hicks, Neal Donald Walsch, Deepak Chopra, Ernest Holmes, Wayne Dyer, & "The Secret" Contact Rev. Virgil 321-634-5188 www.gardenchapelcsa.org

Wednesdays ST PETERSBURG Lightworker Guidance Classes begin 8/8, 7pm. \$27.50. Enchanted Forest 3015 16th St N., 727-823-9291 <http://lightworker.bravehost.com> All Welcome!

Wednesdays, MERRITT ISLAND, Spiritual Discussion/Meditation Group, 7 PM Center for Spiritual Awareness 480 Sail Ln, 321-634-5188

2nd Wednesdays MELBOURNE Just Say Yes! To Laughter: Come laugh "Jest for the Health of It." Club meetings: Call Pegatha for details. 321-951-2528

2nd, 3rd, 4th Weds, COCOA VILLAGE, "Mid-Week Meditation" with Kathryn Flanagan, RScP, love offering, 6:00-6:30 PM at What You Love To Do, 602 Brevard, 321-504-0304

Wednesdays, COCOA VILLAGE, "Belly Dancing with Jeanette", \$10.00, 7:00-9:00 PM, beginners welcome, at What You Love To Do, 602 Brevard, 321-504-0304

Wednesdays, COCOA VILLAGE, "Great Art Craft Classes with Suzanne", 10:00 - 12:00 PM, \$20.00-includes supplies, at What You Love To Do, 602 Brevard, 321-502-0304

Thursdays, COCOA VILLAGE, "Coffee Talk" book discussion group with Virginia Panek, RScP, love offering, 10:00 - High Noon, at What You Love To Do, 602 Brevard, 321-504-0304

Thursdays PT CHARLOTTE Beginner's Belly Dancing with Sandy Anastasi. 7-8PM. Free. Starchild. 941-743-0800 www.starchildbooks.com

Thursdays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 6:30-7:45pm Family Health and Wellness Center on AIA 321-626-5333 Rivers97@rocketmail.com

Thursdays MELBOURNE 7-9PM Mindwalk Expand your abilities! Improve your life! Weekly classes in psychic and personal development. Beginners and intensive workshops too! www.SuzieMiller.com email Aquaaura@gmail.com 321-254-0000

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

3rd Thursdays COCOA VILLAGE Just Say Yes! To Laughter: Come laugh "Jest for the Health of It." Club meetings at What You Love To Do, 602 Brevard Ave, Cocoa Village, Call Pegatha for details. 321-951-2528

Fridays PT CHARLOTTE There is something different going on at Starchild Institute! 941-743-0800. www.starchildbooks.com

Fridays, INDIALANTIC Spiritual Discussion/Meditation Group, 2 PM Center for Spiritual Awareness 501 Oakridge Dr, 321-634-5188

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

"Fridays ORMOND BEACH Psychic Development Circle. - Six weeks, 6:30pm - 8:30pm, begins January 11, 2008. Rev. Lyn Daniels. \$60, pre-registration required. Crystal Connection, 396 S. Atlantic Ave. 386-673-0014

Friday, COCOA VILLAGE, Preparing Raw Gourmet Desserts with Raw Joy, 6:30 -8:30 PM, PRE-REGISTRATION NECESSARY, What You Love To Do, \$25.00, 321-504-0304

Friday INDIALANTIC 2-4pm Discussion/Meditation Group: Spiritual Principles ie Eckhart Tolle, Esther & Jerry Hicks, Neal Donald Walsch, Deepak Chopra, Ernest Holmes, Wayne Dyer, & "The Secret". Contact Rev. Virgil 321-634-5188 www.gardenchapelcsa.org

2nd Friday NEW SMYRNA BEACH 6th Sensory Lightworker Group meeting Oct. 12th at 633 US 1, NSB Call Judson for topic more info. at 386-847-2367

Saturdays PORT CHARLOTTE: Channeling & Messages Mediums and Channels. 7PM. \$25 pre-paid. 941-743-0800. www.starchildbooks.com

Saturdays HOLLYWOOD 11:00am Yoga with Glenn Allen at Hollywood Metaphysical Chapel 954-923-0066. \$10.00 per class

Saturdays ORLANDO Pranic Healing Circle 2-4pm With the blessings of Grand Master Cho and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Christ Church Unity 771 Holden Avenue in Orlando. For information, call 407 852-3940

Saturday ST. PETE/TAMPA Psychic/Spiritual Development Class - 1 Saturday/month - 7:00-9:00 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Private readings available by appointment. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776. Locally: Karen 813-356-8066.

1st & 3rd Saturdays ORMOND Open Meditation Group 7PM. Love offering. Call 386-672-9950 for information.

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully accepted. Hield Road is off Minton Road, just north of Palm Bay Road, go west a mile or so.

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 321-452-2625

Sundays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 10:30-11:45am Family Health and Wellness Center on AIA 321-626-5333 Rivers97@rocketmail.com

Sundays COCOA Sunday Services 10:30am Center for Spiritual Awareness 5 Rosa L. Jones Drive. 321-634-5188 www.gardenchapelcsa.org

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church 1745 Trimble Rd (off Wickham) 321-254-0313

Sunday MERRIT ISLAND 11am Sunday Service, Christ Church of Positive Living, 1353 N. Courtenay Pkwy, 321-454-4109

Sundays MELBOURNE Metaphysicians' Circle meets at 1924 Melody Lane behind the Melbourne Auditorium. 7-8:30pm \$2.00 fee. Info 321-537-3843 Interesting and compelling presentations on metaphysical topics

Sunday FORT PIERCE Science of Mind For Positive Creative Living. We meet at Unity 3414 Sunrise Blvd Ft Pierce each Sunday at 4pm come join us, we have great speakers 772-785-8525

1st Sunday of every month MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:00 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm With blessings of Grand Master Cho Kok Sui and Master Stephen Co, you are invited to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313

Saturday DECEMBER 1, 10-4 AURA VISIONS by Kay. ILLUMINATIONS presents, Kay Simon, Aura Photographer. No appointment needed. \$25.00 includes, picture, computer print out and reading by Kay. Call for information 321-298-1624. Illuminations 256 Brevard Ave, Cocoa Village.

Saturday, December 1 BUNNELL "Medium's Day At The Source" Several mediums from Cassadaga will be doing Mini-Readings all day. Also available will be some of their students. 10 AM - 4 PM....\$25 medium & \$15 student. The Source, 4601 E. Hwy 100, #F-3 386-437-3230

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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Saturday, December 1 BUNNELL John Springer. "Enchanted Walkabout" at Washington Oaks State Park. Discover the faerie realm. 2:30 PM....\$25 adults & \$15 children (5-15). Call for details @ The Source 386-437-3230

Sat. Dec. 1st, COCOA VILLAGE, "River Dragon Day" Book signing by author Diane Carr and Illustrator "Java" John Goldacker, free face painting with purchase of book, clowns, balloons, magic from The Magic Shop, hair braiding, bracelets/anklets and more, 12:30 PM at What You Love To Do, 602 Brevard, 321-504-0304.

Tues. Dec. 4th, COCOA VILLAGE, Ronald R. Mueller, MBA, PhD., "It's How Much You KEEP, That Counts! Not how much you MAKE", tax seminar, \$10.00 pre- registration-includes lunch, 12:00-2:00 PM at What You Love To Do, 602 Brevard Ave, 321-504-0304.
Tuesday, December 4th WINTER PARK Guided Meditation / Visualization as an aid to healing - 7:00-8:30 PM - Learn how to use meditation/ visualization to help you become well. Marilyn Jenquin, Director, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park.32792. Donations welcome. 407-673-9776.

Friday, December 7 BUNNELL Rev. Christopher Tims. "Meditation & Prayer" Building Blocks of Spiritual Life. 7-9 PM....\$10.00. The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL 32110 386-437-3230

Saturday, December 8 BUNNELL Rev. Christopher Tims. "The Greatest Story Never Told" Who is Jesus?, Who is Buddha?, Who is Krishna?, Who is....Two Sessions 10 AM & 2 PM....\$25.00 per session. The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL 32110. 386-437-3230

Sat. Dec. 8, COCOA VILLAGE, "Discover the REAL You" with Enneagram Expert, Steve Hart, Love Offering, 1:00 - 4:00 PM at What You Love To Do, 602 Brevard Ave., 321-504-0304

Saturday, December 8 HOLLYWOOD Conflict Resolution workshop. Useful tips for the holidays and every day! 2:30-4:30 PM, The Goddess Store, Hollywood, singles and couple pricing. (954) 929-2369, www.intimateconflictresolution.com.

Sunday, December 9th Intuition / Psychic-Medium Development Class ~ New On-Going Class now Forming - 1 Sunday / month - 2:00-4:00 PM. Each class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 per class or prepay 3 classes for \$60. Marilyn Jenquin, International Foundation for Spiritual Knowledge. www.ifsk.org 407-673-9776 Local contact; Tina @ 386-738-4882

Tuesday, December 11 BUNNELL Field Trip @ The Source * St. Augustine....Orb Photos & Dinner. Call for details @ 386-437-3230

Wednesday. Dec. 12, COCOA VILLAGE, Ribbon Cutting And Holiday Open House, wine, snacks, entertainment, at What You Love To Do, 602 Brevard Ave., 321-504-0304

December 14th NEW SMYRNA BEACH 7pm 633 US1 32168 - 6th Sensory Lightworkers: featuring Speakers and discussions on topics to help you with your spiritual development. The world needs your gifts. For more information call Judson at 386-847-2367

Sat. Dec. 15, COCOA VILLAGE, "Nature's Faerie Grab Bag" with John Springer, 2:00 - 4:00 PM, Children \$5.00, Pre-registered Adults \$10.00, At the door \$15.00, at What You Love To Do, 602 Brevard Ave., 321-504-0304

Sunday, December 16 BUNNELL Field Trip @ The Source * Cassadaga....Orb & Cassadaga Tour, Dinner & Séance with Rev Dr. Louis Gates. Call for details @ reservations @ 386-437-3230

Sunday Dec. 16, COCOA VILLAGE, Concert by INNERhythm, 12:30 pm, love offering, at Center for Spiritual Awareness, 5 Rosa L. Jones, 321-634-5188

Thurs Dec 20, COCOA VILLAGE, "Laughter Club with Pegatha McKeon", \$10.00, 7:00 - 9:00 PM, \$10.00, at What You Love To Do, 602 Brevard Ave., 321-504-0304

December 28th . DAYTONA BEACH 7pm 710 N. Oleander Ave 6th Sensory Lightworkers: "Share Our Gifts" meeting. Where our members share their gifts of healing; Reiki, Spiritual Response Therapy, Healing Touch, Meditation, and more... For more info call Brenda 386-290-3535

Tuesday, January 15th WINTER PARK Intuition / Psychic-Medium Development Class ~ New On-going Class now Forming - 1 Tuesday / month - 7:00-9:30 PM. Each class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$25 per class or prepay 3 classes for \$75. Marilyn Jenquin, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park.32792. www.ifsk.org 407-673-9776

January 21-25, 2008 from PORT CANAVERAL Steven Lane Taylor "Living Life in The Divine Flow Seminar at Sea Presented by www.achievingstatoriseminarsatsea.com special pricing! Only 60 Cabins Left! 1-888-278-0270

Saturday, January 26, 2008 MELBOURNE Steven Lane Taylor Top Selling Author, Row, Row, Row your Boat: A Guide for Living Life in the Divine Flow" "Open Discussion & Book Signing", 2 - 4 PM Barnes & Noble Booksellers, 1955 West New Haven Ave 1-888-278-0270



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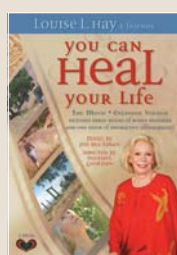
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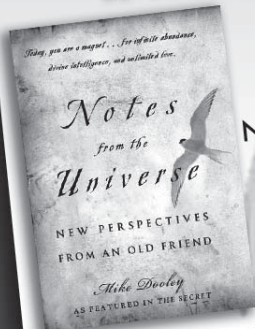
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- Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.
- Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,
- Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.



OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

DECEMBER 2007

Aha! It is the month when those evil winter spirits are chased away. Some people will blame it all on the tilt of the earth relative to the sun. They say some nonsense that the angle of the plane of the earth being tilted causes the rays of the sun to be distributed across a larger area reducing the amount of radiant energy in a fixed area.

Humph and poppycock, what an unlikely story! Just apply a simple application of Occam's razor which states that an explanation of any phenomenon should make as few assumptions as possible. What could be easier? It's the evil winter spirits! Proof of them is easy: evil spirits prefer the northern climates and that's why it's colder. So there...

Come, come thou bleak December wind,
And blow the dry leaves from the tree!
Flash, like a Love-thought, thro' me, Death
And take a Life that wearies me.

- Samuel Taylor Coleridge, 1772-1834, Fragment 3

Why do we see winter as a bleak time, but have fond memories of a snowy winter? Why do we have more colds and flu's in the winter? Is it really because we are around more people...in Florida?

Earth, mountains, rivers - hidden in this nothingness.
In this nothingness - earth, mountains, rivers revealed.
Spring flowers, winter snows:
There's no being or non-being, nor denial itself.
- Saisho

It's the evil winter spirits, I tell you! In times past, people would roll burning straw wheels down a hill to chase them away. But, then, there are few hills in Florida, so that won't work very well. Well, maybe the sun theory has a modicum of merit after all.

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BLESSED BE !

DECEMBER

Dec 2nd - Christian: Advent Sunday

Dec 5th - Jewish: Hanukkah

Dec 8th - Buddhist: Bodhi Day

Dec 9th - New Moon at 12:41 PM EST

Dec 10th - Vodoun: Ganga Bois Day, Celebration of the Loa of Nature

Dec 17th - Roman: Saturnalia,
honoring Saturn, the god of sowing

Dec 19th - Muslim: Hajj (start)

Dec 22nd - Pagan/Wiccan: Winter Solstice - Yule

Dec 23rd - Full Long Night Moon at 8:16 PM EST

Dec 25th - Christian: Christmas

Dec 26th - African American: Start of Kwanzaa
honoring seven principals of Unity

Dec 26th - Zoroastrian: Zarathosht Diso, anniversary of the death of Prophet Zarathushtra

Dec 29th - Scotland: Hogmanay, Celebration of the last day of the year

THE INTUITIVE SPARK

...continued from page 19...

(Jane was 26) to go by herself to live among the animals in **Africa**, and the **British** authorities refused to let her go until her mother volunteered to accompany her for the first three months.

Many of my six-sensory intuitive friends have also had highly present and interested parents. As I've already mentioned, my friend and mentor Lu Ann, a gifted intuitive and a spiritual scholar, had a mother who readily shared Lu's passion for philosophical query and a father who was more than happy to engage in deep discussions with her. Similarly, my friend **Ron**, a musician and composer, had a very attentive and aware father who bought him his first guitar the minute he noticed his son's love for music; and he has enthusiastically listened to every original composition Ron has written since the third grade.

Of course I'm convinced that my own upbringing provided the foundation for the strong development of my gifts. My mom was always present and listened to and enjoyed being with her children. She laughed, joked, danced, and talked with us for hours. We looked forward to telling her about our days after school because she truly wanted to know how they had gone. Even the neighborhood kids came over to our house to have conversations with her. She and I shared a special passion for all things psychic. One of our favorite pastimes was discussing vibes and spirit, and to this day, we continue to enjoy it.

Be creative in finding ways to be more present for your children today. Talk with them, not at them. Ask them how they feel, especially about their vibes regarding the things happening in their world. Explain to them that their sixth sense is natural and that we all have a quiet inner voice that speaks in our heart, guiding and protecting us throughout our lives if only we listen and follow it. Don't be surprised if your kids readily understand what you mean. After all, they're born with a strong connection to this innate wisdom, and you don't have to do much to get them to talk about it. They're conscious of their intuitive feelings and will be glad to share them with you if you're interested and open about your own.

If your life is jam-packed with obligations, get out your appointment book and find time to be with your family members before you commit your entire schedule to everyone else. Take a few moments to be with your loved ones before you fall exhausted into bed, letting them know that they're worth your time and attention. Make it one of your top priorities to have the energy and presence of mind to listen to their experiences and concerns before they go to sleep.

I know that many parents today were raised with the belief that you can't play until your work is done. However, today we know that our to-do list will never be finished and that we must carve out the time to have fun. As a matter of fact, one of the most brilliant intuitive thinkers of the 20th century, **Albert Einstein**, considered play his most important pursuit. After he died, several scientists examined his brain to see how it differed from others and discovered that both the left and right hemispheres were far more highly developed than most people's and that he had grown many more **glial cells**, which help in the transmission of signals in the nervous system and play a role in intuitive awareness.

The researchers had been inspired to study Einstein's brain by an earlier experiment, in which scientists had placed one group of rats in a sterile environment that provided only food and water and offered no playful stimulation. A second group was put in a virtual **Disneyland** that included wheels, mazes, and other entertaining activities. As suspected, the deprived animals not only didn't grow any new glial cells in their brains, but they actually lost 20 percent of the ones they'd started with. Furthermore, their awareness and intuition diminished, and they became sickly and weak. In contrast, the rats that were given fun things to do experienced a 30 percent increase in their number of glial cells. They were far more resourceful, creative, and healthy than the rats that had been put in the impoverished setting. It was an amazing discovery!

The scientists who investigated Einstein's brain concluded that his intense and relentless pursuit of play had led to the development of the all-important glial cells, an essential component that contributed to his intuitive and creative genius. They also inferred that anyone who adds more enjoyable, stimulating activities to their lives will also grow more glial cells, thus significantly increasing their imaginative and six-sensory capabilities.

By engaging in daily play, Einstein changed the face of the world. Who knows what marvelous achievements will come about if you encourage your own little geniuses, and even yourself, to experience more pleasure and recreation. With this potential in mind, don't you think it's worth re-thinking your lifestyle? If you put off the joys of sharing creative time with yourself and your children until you've finished your work, you risk missing out on everything, including the chance to develop more amazing glial cells. This would be an irrevocable loss for all of you.

You don't need large amounts of time to have fun with your kids and share their world. Even five minutes of quality presence and play is worth hours of preoccupied effort. For your own spiritual well-being and intuitive growth, allow yourself the leisure to actually get to know and enjoy these light beings who are your children.

SUGGESTED READING & LISTENING



The Law of Attraction: Teachings of Abraham
by Esther and Jerry Hicks www.abraham-hicks.com

Secrets of Spiritual Happiness by Sharon Janis
Spirituality For Dummies by Sharon Janis www.sharonjanis.com

From www.hayhouse.com

Angel Medicine by Doreen Virtue Ph.D

The Astonishing Power of Emotions by Esther and Jerry Hicks

From www.newworldlibrary.com

Does It Matter by Alan Watts

Hindu Altars: A Popup Gallery by Robert Beer,
Peter Weltevrede, Bruce Foster, Tad Wise

From www.redwheelweiser.com

Pure Magic by Judika Illes

Let Go and Live in the Now by Guy Finley

Crystal & Gemstones by Daya Sarai Chocron

Life Changing Affirmations by Vicky Thompson

From www.beyondword.com

The Way of the Fertile Soul by Randine Lewis Ph.D

The New Science of Getting Rich Wattles by Ruth L. Miller

True Self True Wealth: A Pathway to Prosperity
by Peter Cole and Daisy Reese

MUST SEE DVDs

The Secret Movie <http://thesecret.tv/>

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

From www.musicforcandles.com

Original ~ Gentle ~ Instrumental CD's featuring Native American Flute, Piano, Harp, Cello, and Guitar

Starry Night

Flow

Dream Dancer

Enchanted Lights

Kokopelli Christmas

COMMUNICATION

...continued from page 28...

In the 1980s and '90s, **Dr. Giacomo Rizzolatti** at the University in **Parma, Italy**, discovered that monkeys may have a neuron that's responsible for "monkey see, monkey do" activities. However, it became clearer and clearer to him that this neuron truly was triggered by intentionality.

The studies followed the mirror neuron in relation to how we learn language; and this same nerve cell has been found in macaque monkeys, humans, and birds. Since then, scientists have discovered that people with autism may not have it or it might not be firing in those individuals.

So, what does it mean when it is fully firing? It signifies that we have the ability to feel, hear, see, taste, and understand what another is going through. We can perceive the intention behind someone's behavior rather than simply mimicking it. There's a special place in our brain that responds to—and perhaps causes us to jump—when someone is shot in a movie, or that gets thrilled by and identifies with what an athlete is doing in a great competition. Our reaction is based on our engagement with that other world that we're watching. When we're lost in a state of our own, we have no way of deciphering this sort of information. So the next time your partner gets riled up over a football game, remind him of how in tune his mirror neuron is so that when the game is over, he can go into the kitchen and talk to the dog!

We do have the ability to understand the feelings and thoughts of our animals. Taken a step further, we can interpret their actions if we're able to get quiet enough to examine what their intention is through their feelings and thoughts. Awareness of this—and more important, of what's driving the behavior—will have an impact on your nonhuman housemates.

Animals that have been domesticated and are living in our homes are, of course, still after the basics in life such as food, water, and safety, but their awareness of our world is heightened. They're sifting through it—through our thoughts and our pictures—in order to get a sense of their own security. They're trying to penetrate this madness with their own thinking, and then they resort to communicating with us through behavior. Some of it is, by our standards, acceptable; some is true to their species and breeding; and some is just plain negative for our home environment. The not-so-good conduct is a result of our sending mixed messages or some human in their past having done so.

As much as we want to become aware of their thoughts and feelings, the first key is becoming aware of our own. Otherwise, we're looking through the lens of our own perceptions. The more we can take a step back and get to the observation deck of the One Mind, the more deeply connected we can become. And then animal communication is just ongoing.



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



HOROSCOPES FOR

Gemini: May 20/21 to June 21 "I THINK".

This month you will be driven to connect with family members. Communication will be the key to healing. Don't let any more time pass before fences are mended. You would feel so bad if a loved one died before making amends. Life is too short to hold on to grudges, you only hurt yourself.

Aries: March 20 to April "I AM".

This December your approach to life is direct and assuming. Just be aware that your restlessness as well as your lack of diplomacy could piss people off. Watch your attitude this holiday season, you do not want Santa to be upset with you. Santa says to do activities that de-stress you.

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

Home is where the heart is this season. This Christmas, fill your home with the aroma of baked goods and nutritious soups. You are a natural born nurturer, so do all you can to shower the people you love with love and tell them the way that you feel. Remember to nurture yourself first!!!

Taurus: April 19/20 to May 20/21 "I HAVE".

Be careful this season of overspending. Your heart is in the right place as well as your generosity. Use your creativity to find another avenue besides money to give. When you feel depressed, find someone who needs a helping hand to cure what ails you. Use this time to work hard.

Leo: July 22 to August 22/23 "I WILL".

You will be the life of the party this holiday season. Fun pure and simple is the name of the game this month. Under the surface is a turbulent sea of emotions. Direct all that intensity toward creativity and you will experience a huge healing. After the New Moon in Sagittarius on December 9th you will have a much deeper understanding of why events turned out the way they did.

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Virgo: August 22/23 to Sep 22/23 "I ANALYZE".

You have so much to be thankful for this season. Your job often asks extra time and effort of you, and you always go the extra mile when it comes to making sure everything is in order. The lesson this month is all about paying proper attention to your diet and eating habits in order to avoid any digestive troubles. Stay away from sweets this Christmas.

Libra: Sept 22/23 to October 23 "I BALANCE".

Being the Libra that you are, you will enjoy Holiday dinner parties, spa parties and shopping with friends this season. December 3rd and 4th are good days for you to nurture yourself because the rest of the month is going to be very busy. Be prepared for the unexpected this Christmas. There will be many happy surprises!

DECEMBER 2007

Scorpio: October 23 to November 22

"I CREATE". You are a person that can really get to the bottom of things. Trust your instincts and do what you need to do to take care of yourself. Being a more evolved Scorpio, you can really be trusted to handle other peoples' affairs. Your tenacity will only help you finish first.

Sagittarius: November 22 to December 21

"I PERCEIVE". A new Moon in your sign on December 9th will inspire you to question every belief you ever had. Eager and adventurous, you are ready and willing to learn as much as you can about philosophy and religion as well as what makes you tick. "You create your reality by your beliefs" will really ring true.

Capricorn: December 21 to January 19/20

"I USE". This is a time for you to look back on the year and be thankful for all that you have accomplished. Some issues will have to be put to rest and other issues will continue to be worked through. All in all, be thankful for the wonderful people in your life, and don't sweat the small stuff.

Aquarius: January 19/20 to February 18

"I KNOW". December 12th, 13th and 14th are good days for you when the Moon is in your Sun sign. This is also a good time to pay attention to your hunches, they are always accurate. You will have a lot of fun being the party planner this season. You always know what people like, just pace yourself.

Pisces: February 18 to March 20 "I BELIEVE".

This is a good time to take time for yourself to recharge your battery for the New Year. Take this time to get your plan for the future set in motion. It is also good planning for you to do some feng shui and getting rid of clutter in your home and work environment. More important get rid of negativity in your own mind and replace it with positive affirmations!

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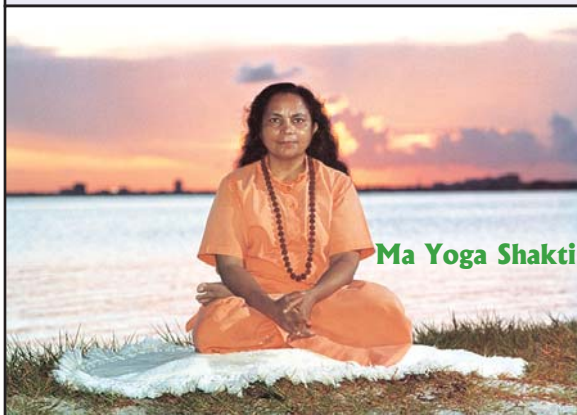
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BOOKS BY MA YOGA SHAKTI

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Techniques of Meditation to Enhance
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A Spiritual Message \$5

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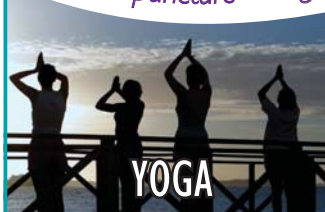


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