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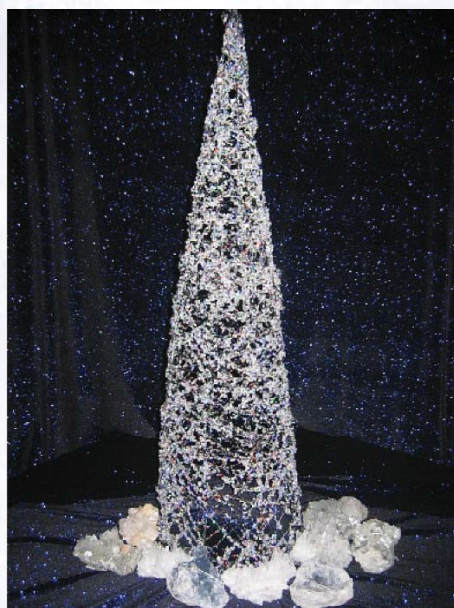
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### CHRISTMAS EVE CANDLE LIGHTING SERVICE THURSDAY, DEC. 24TH

7:00 PM Every year we are filled with a sense of awe and wonder during our candle lighting service. Let your heart be open for a greater experience of Christmas. Congregants from The New Way will be joining us for this service – we will love to sing with their choir. We will have a short play and then our traditional candle lighting service. Children are welcome and childcare will be available.



### BURNING BOWL SERVICE SUNDAY, DEC. 27TH

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### PRAYER FOR WORLD PEACE

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### December 6th - Reiki Healing Service 4:30 PM

**Friday, December 11 Brevard County Buddhist Fellowship.** The meetings include a brief meditation period and open discussions. Email Tim at [brevard@bffct.net](mailto:brevard@bffct.net), or call (321) 720-0738.

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# THE GREATEST OPTICAL ILLUSION IS SEPARATION

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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*

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**ARTICLE SUBMISSION:** You may submit articles of 200-900 words on any area of personal growth and practical spirituality to [HorizonsMagazine@aol.com](mailto: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/](http://www.new-thought.org/) Email [oneheart@roadrunner.com](mailto: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

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 chimenea 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.

**H**ello and welcome to the December 2009 edition of Horizons Magazine. This year seems to have flown by. So many things changed recently that I'm not even living the same life I was living a year ago. Hmm, I seem to say that each year but it's true.

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

Did you ever have an argument with someone and walk away feeling like you weren't sure what just happened? Maybe felt as though the two of you were not having the same conversation? I do readings for a lot of the people I know and so I often hear both sides of a story. I know I don't always experience what the other person experiences. As far as arguing over something that happened, I can tell someone: This is what happened to me. This is how it looks to me and this is what I am reacting to. Please tell me what you experienced. Until I do that, I can't really know.

## *Are you in a Relationship or Just Filling in the Blanks?*

*...continued on page 20...*

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*Yes! I want to receive Horizons Magazine at my own front door*

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# ABRAHAM-HICKS



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

Visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

## *Recognize the Essence of Your Thoughts*

**E**ven if something that you really want has not yet manifested, do you feel joyful anyway? Wanting is a good thing because when you get to the place that unfulfilled desire feels fresh like it did when you were two or three, or four, then you have returned to the vibrational stance that you have always intended.

From your broader, Non-physical perspective, you understand that there is no question about you being able to receive anything that you desire, because, from that vantage point, you understand the Laws of the Universe—you understand that when you ask, it is always given. And so, there is not a particle of discouragement or worry about things not yet manifested, because it is so clearly understood that all you have to do is focus and relax, and allow it to be.

In your physical format, you get caught up in a feeling of competition. You worry that someone else might get your prize, when, in reality, there is prize enough for everyone. You are the creator of your prize and the Universe will deliver it to you. It is not possible that you could be deprived of something that you want because someone else achieves it—that could not possibly be. In fact, the Universe expands in direct proportion to the desires that you conjure here. The Source Energy Stream exists in its powerful, focused force because of your focusing of your desires.

There are three steps, simple steps, (really, laws are like that, aren't they? Simple in theory and a little trickier in application) Step One is ask, and you can't stop doing that; preference is born constantly out of your observing and remembering and focusing, and imagining. So, your asking is the byproduct of your living in this focused environment. Step Two is not your work; Source answers what you ask for. It answers the cells in your body. It answers spoken requests; Source answers unspoken requests: your vibrational signal, your preference, your desire...Step Three is what this essay is all about. Step Three is about you bringing yourself into vibrational alignment with your desire.

The reason that, often, physical friends are not in vibrational alignment with their desire is because they're focused on something other than their desire. Now, think about it. Law of Attraction says, that which is like unto itself is drawn. So, if you want something and you're focused on that something that you want, then you are offering a vibration about that something that you want, and you are fulfilling all three steps: You're fulfilling the two that are your responsibility—and Source is fulfilling the other.

So, then you say, "Well, there must be something I'm missing, because I believe that there are things that I desire that have not come to me... I've got stuff in my life I don't want, and there's stuff missing that I do want. And I'm pretty sure that I'm thinking about what I want." And we say: not possible. If you were thinking about what you want, in time you would develop such a vibrational habit around that, that it would have to be yours. In fact, you can be sure that whatever you are getting is what you've been thinking about.

But then you say, "Can't be true. I have a disease I never thought about. Never even heard about it 'til they assigned it to me. How could I have been thinking about this thing if I didn't even know it exists?"

You develop patterns of thought which cause you to offer patterns of vibration, which equal what you are living. What manifests is always an accurate reflection of the thoughts that you've been thinking. And so, it is helpful if you think in terms of the vibrational essence of the thought that you are thinking.

You might not have assigned it a name, but if you are focused upon the absence of Well-Being in some area of your life, and you have held your attention upon that, enough that you've, sort of, beat the drum of it, meaning, you develop a vibrational cadence; it's where your thoughts easily go; it's where your conversations easily turn; it's just the way you feel about this or about this, or about this...those practiced, conscious or unconscious, vibrations, then become your point of attraction. And what you're getting matches that perfectly, every single time.

*...continued on page 29...*

### **CALLING ALL COURAGEOUS SOULS –**



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# Caterpillars in Therapy

David A. Cronin is the owner of Changing Times Books and Gifts, a spiritual and inspirational bookstore in West Palm Beach Florida. He has been teaching spirituality in one form or another since 1974. His writings have appeared in numerous Internet sites and magazines across the country. Please visit his web site [www.changingtimesgifts.com](http://www.changingtimesgifts.com).



**T**he story of the caterpillar turning into a butterfly is a common idea in spiritual literature. The image is a powerful metaphor for the transition we sometimes undergo in our lives. I wonder if the caterpillar really knows what is about to happen as it creates its cocoon. Does it ever question the first stirrings of change birthing inside of itself? Does it experience terror as all the ways it has ever identified itself as start to dissolve? I can just image a caterpillar, let's call him Barry, starting to feel something he's not quite sure of, going to see a therapist, a ladybug named Louise.

Barry: "You know, I just don't feel quite right these days. I really can't put my finger on it. Something is just off."

Louise: "Tell me everything I need to know to understand this completely."

Barry: "Well, it just feels like I am not really here some how. Nothing seems to hold the same value for me. It's all so confusing and I might add, more than a little unnerving."

Louise: "How so?"

Barry: "Well, it feels like something just wants to bust out but I have no idea what it is. And on top of that I have no idea what life will be like should whatever this is actually busts out. It's like I am afraid to let go yet I can't hold on any-more!! It's really freaking me out!!"

Louise: "I understand, thank you. Tell me something you are afraid to say."

Barry: "I HATE THE TASTE OF LEAVES!!! Phew, boy does it feel good to finally just come out and say that. I mean, I'm a caterpillar for Pete's sake, that's what we do. I used to love them; couldn't get enough of them. But now I am just sick of them. If I never eat another leaf it will be okay with me. But this is all I have ever known so what does this all mean? Who will I be if I am not a leaf-eater?"

Louise: "Thank you for being honest with what you are feeling. Tell me what is true for you."

*...continued on page 30...*



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# The Prosperity Project



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

## Prosperity Project: Day 1

**T**his game I call the Prosperity Project was suggested by Abraham-Hicks in the book, *Money and the Law of Attraction*. The idea of the game is to get used to the idea of having, spending, and enjoying money.

Start small, and every day increase your allowance by \$1000. Gradually, you will be able to easily picture yourself having larger and larger sums of money, and that idea won't seem entirely ridiculous to you, because your dream grows incrementally over time.

Please join in this game with me. Let's attract some major abundance!

Deposit \$1000 into imaginary checkbook. I spent mine on:

\$500 Plane Ticket to San Francisco  
\$200 Excellent walking shoes  
\$300 All-weather jacket that fits perfectly and makes me dazzle

I'm going to San Francisco next month to meet the people that my brother works for. He is their personal decorator, making \$100K a year fixing up homes they rarely live in. They have a home in Cleveland Park, in Washington DC, a home in Sonoma Valley, CA, a home in South Beach and one in Fisher Island off Miami. I want to talk to the husband about The Attitude of Gratitude Project; I want to talk to the wife about the possibility of being her personal assistant when I'm done making the pool store sparkle. I'm going to imagine what a beautiful life of opulence and joyful abundance might be like for me. I suffered in Florida this summer, and would love to summer in Northern California where there is no humidity. I kind of like the idea of living in those beautiful homes, three of which I've already visited. *I wonder what my jacket will look like?*

...continued on page 33 ...



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### COMPLETE PERSONAL READINGS

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

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



*Accuracy scientifically proven*

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

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

Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies.  
Visit him online at [www.psychicconsultant.org](http://www.psychicconsultant.org)



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## Mistletoe

A parasitic plant that lives off of oaks, elms, pines and other trees; **Mistletoe** is steeped in ancient traditions; it's most commonly known as the plant people kiss under during the holidays a tradition believed to have begun during Victorian times.

Yet there are many other traditions surrounding **Mistletoe**; in Norse mythology Frigga and Odin's son was killed with an arrow made of **Mistletoe**. When his life was restored Frigga gave **Mistletoe** to the goddess of love and made it a sacred plant that would bring love instead of death proclaiming anyone who walked under it should be kissed.

First century Druids believed **Mistletoe** to be both medicinal and mystical. In their language **Mistletoe** means "all-healing" with Druid priests gathering Mistletoe on the 6th day of the moon giving it out amongst the group for their safety through out the year protecting them from evil spirits, storms and from all that could make them ill. In Celtic tradition **Mistletoe** was believed to hold the spirit of the tree it grew on since it remained green all year long and during the Middle Ages it was hung over the door to scare away demons.

Behind the traditional stories of **Mistletoe's** protective properties are stories of its healing properties which still hold true for today. Drinking 3 cups of tea made with **Mistletoe**, **Motherwort**, **Hawthorn** and **Linden** helps to improve circulation, this can help normalize blood pressure, reduce a high heart rate or an irregular heart beat. In the respiratory system Mistletoe has anti-inflammatory effects aiding asthma, whooping cough or a dry cough and in the digestive system it helps to ease diarrhea and calms ulcers.

When combined with **Black Cohosh**, **Mistletoe** helps to reduce anxiety, palpitations, hot flashes, ovarian cysts and heavy menstrual flow and for the nervous system when mixed with Lemon Balm and Gota Kola Mistletoe helps reduce anxiety, panic attacks, migraines, depression and insomnia.

For centuries **Mistletoe** has been thought of as an herb for cancer; in the past 25 years there have been studies done showing it inhibits tumor growth. When studies were done in Europe they found Mistletoe contains viscotoxins, glycoproteins, flavanoids and lignans which have been shown to have anti-tumor and anti-cancer activities.

Breast cancer is a hot topic in the news yet herbs rarely get as much attention as **Mistletoe** has. **Suzanne Somers** made even more people aware of **Mistletoe** when it became part of her cancer protocol even though it has not yet been approved by the **American Cancer Society** or the FDA. When a study was done in a 2001 issue of **Alternative Therapies in Health and Medicine** concerning **Mistletoe** and traditional western medicine it found that **Mistletoe** along with traditional cancer protocols for breast cancer were much more effective than just western medicine but unfortunately it didn't work as well for other forms of cancer.

If you have been diagnosed with any form of cancer, working with a doctor and doing your own research is your best bet. An informed patient has the best odds.

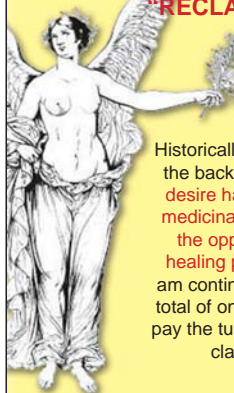
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We are in the process of updating our web site with a variety of new events for the remainder of 2009 into fall of 2011.



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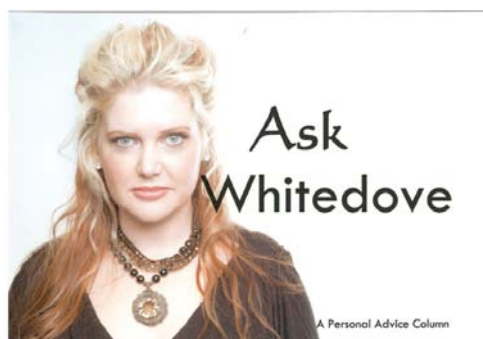
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**D**ear Whitedove: With the holidays coming up and all the news reports saying that our economy is only going to get worse; I'm afraid to spend money unless absolutely necessary. If my husband were to lose his job on Wall Street we would be in financial ruin. Spiritually speaking, what I can do to prepare? *Scarce in Manhattan*

**Dear Manhattan:** First of all, be thankful for the things you do have in your life instead of worrying about the things you don't. Christmas is a time to be joyful for family and to show love to those in your life; not so much through the giving of expensive gifts but through the enjoyment of a quiet time together for celebration, laughter and love. There is so much fear in the world right now please, don't help feed it. Clinging on to a bit of Christmas money will not save you from drastic financial difficulty. You have to trust that Spirit will take care of your needs and help you. When we hang on to money to tightly we are saying that we do not trust spirit. I am not telling you to spend your money frivolously, but sometimes you have to give in order to receive, it's the natural flow of the Universe.

*...continued on page 38 ...*



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*"Watch your thoughts, for they become words. Choose your words, for they become actions. Understand your actions, for they become habits. Study your habits, for they will become your character. Develop your character, for it becomes your destiny." - Anonymous*

**L**istening to the radio recently, I couldn't help but notice how sad and bad the news was. A real bloody day for people in Afghanistan, Iraq and LA, not to mention continuous doom and gloom reports about job loss and the failing economy and everyone's own personal issues. I felt a knot of anxiety growing in my stomach as I tried to digest the constant barrage of bad news hitting me. Bad news paints pessimistic pictures of the world, coloring the content of our thoughts, affecting us all.

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An affirmation is a positive statement asserting that the goal to be achieved is already happening. It is a declaration to manifest a desired outcome. This desired way of being may seem far from the truth at the moment, but amazingly enough, with repetition and focused intention, it can become reality. Since the subconscious mind processes affirmations and suggestions as reality, it is important be aware of one's thoughts and constantly edit out unwanted negative suggestions.

The fact is, we are constantly affirming in our mind what we believe. When we look honestly at the content of our thoughts, we may be shocked to discover that we have been telling ourselves a 'load of crock' as they say. We can usually tell the quality of our subconscious mind by looking at the quality of our life. If we are not pleased with our life, we must look at the content of our mind to discover how we have been programming our existence to meet our belief structure.

*...continued on page 38...*

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# From the Heart

Alan Cohen is the author of many popular books, including his inspirational novel, *Linden's Last Life*. Beginning in January 2010 Alan is offering a Life Coach Training program. For info on Alan's programs, books, or his daily Wisdom for Today lessons via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or 1-800-568-3079



## Healing Allowed

**W**hile I was presenting a program at a long-established spiritual retreat center, several participants and I were eating lunch at a picnic bench next to a snack bar. As we finished, one of the participants stood behind me and began to gently massage my neck and shoulders. I, of course, was delighted to receive this gift. I sat at the bench with my eyes closed, soaking it up.

Suddenly I was jarred by a deep voice booming, "No healing allowed here!" I was certain this was another student playing a joke, and I opened my eyes to see who it was. To my surprise, the retreat center security guard was standing behind us. He looked the part: burly, a close-shorn crew cut, and a well-substantiated gut brimming over his belt. His name badge said "George." I looked at George in disbelief.

"I'm sorry," George uttered authoritatively. "No healing is allowed on the campus except in the healing temple. If you want to be healed, you have to go there."

I looked around at my friends and we cracked up. We thought this was a practical joke. After all, who would make a rule against someone being healed? We looked again at George and realized this was no joke. The student removed her hands from my shoulders and sat down.

After lunch I walked back to my room for a siesta. By that time I decided the situation was quite funny. Who, then, do you think I encountered along the way? You guessed it—Officer George. I decided I would have some fun with George. "Sorry about that healing back there," I told him. "I can't imagine what came over me."

George remained quite serious. "I hope you understand. If I let you do healing there, before you know it, people will be healing all over the place!"

I had to muster all the will power I could to keep a straight face. I told George, "And that's the last thing we would want to see happen, isn't it?"

"That's right," he answered.

I dashed to my room, closed my door, and roared. This was too strange to be true. Then I remembered a Bible story that put my experience in perspective.

Jesus was admonished by the Pharisees for healing on the Sabbath. Now, if you value healing, you would love to see anyone who needed healing, receive it, right? My God, if you were in pain and someone came along who could help you feel better, you would jump at the opportunity. But not the Pharisees; they had rules, you know. Later Jesus chas-

...continued on page 30 ...

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**What if you first got to decide  
how you'd like to feel - happy  
or sad, hurt or mad, approving  
or jealous - and then I had to go  
out and rearrange all the people  
and circumstances of your life to  
make it so?**

**You'd like that, huh?**

**You'd choose happy, eh?**

**Done.**

**Yeah, 'mon,**

**The Universe**

## CAN'T MEDITATE? BET YOU CAN.

**SEE PAGE 46**

*"I never felt very successful at meditating until now... things don't worry me as much now. Thanks for the kickstart."*



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**K**am khao, gain khao" is a Hindi saying that I love. It means, "Eat little and eat patience". Control your diet and control your emotions and you will be the wealthiest person in the world.

Many people think that what we eat will make us healthy and happy, but eating is not the source of health and happiness. We should eat little and only what the body needs.

We have to distinguish between real and artificial needs. It is usually the mind and not the body that needs to eat. If we take too much, our digestive and mental systems become weakened. We have a right to take only what we need..

"Gain khao" means control your emotions: Eat your passions, your impatience and your sorrows

Chew your emotions. Never be unhappy.

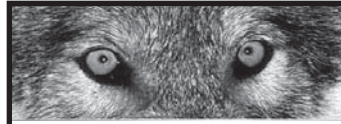
You must have patience to resist the temptations of retaliation. It is easy to retaliate or retort. The first reaction of the mind is to retort.

Put a restraint on your reactions. Horses have reins to restrain them. The mind., which is powerful, also needs a restraint. Somebody should ride over it and it should. be you. Don't let your mind. run away.

Body should be given what it needs and not more than that. Mind should be given training and. restrained.. These are two basic principles of happiness and health and that is why I like the saying, "Kain khao, gain khao".

## *Be Like the Spider not the Ant*

Have your desires, but don't get involved. See the example Of the spider who weaves a web, but is never caught in it. She is aloof and is herself never killed in the web. An ant likes syrup, but when she goes into it she dies. The ant is killed by her own desires. Don't be like the ant, be like the spider who is never caught in her own web. Live in the world, but be like a boat in the water. The boat is in the water, but it is not drowned. Live in the world, but don't get drowned in it.



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### Sleepytime Recharge

Science knows the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Disease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health.



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*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..*

How can there be so many misunderstandings between people? It's usually because they are not talking and discussing new issues as they naturally come up in life, so they are filling in the blanks and causing their mind to react to sh\*t that's not really there. And if they are talking, the words they use don't always mean the same for both.

Then sometimes we purposely don't talk, because we don't want to burst our partner's bubble. My friend Domino is like that. He gets into a series of relationships with women who cater to him and support him and with whom he has the "I think you're the one" talk. Actually, it's usually the women who have the talk and he merely smiles and gives non-responsive rhetoric, and he lets them fill in the blanks.

Don't get me wrong, he likes these women, he enjoys being with them, and he is looking for the one. But he realizes early on that they are not the one. He says nothing because he's enjoys the current living arrangement (each time). He doesn't want to commit, but he isn't ready for anything to change. She cooks him breakfast and dinner, for gosh sakes. She does his laundry and the sex is good. Who wants to jeopardize that?

He doesn't think of it as leading them on, but he's definitely letting them fill in the blanks with things that he has no intention of participating in. He says he's just letting them stay in the mystery a little longer to help fuel their creative visualization. They, on the other hand, always believe he is their fiance.

I say he's limiting himself if he stays with someone he is not absolutely wild about. I say if you know the one you are with is not The One, free them up right away so they can attract The One that can be wild about them, someone they can find actual love and joy with.

Don't phone it in. Don't let your partner fill in the blanks.

Be there or be gone, leaving you both available for the next joy to come.

I've written a lot about relationship at [www.horizonsmagazine.com/blog/](http://www.horizonsmagazine.com/blog/) - simply type the search word "relationship" or "dating" in the SEARCH box and it will show you all the related posts.



Enjoy our offering this month.

Hari Om.

*Andrea*



# Raising Your VIBRATION

John Hill is an Australian living in Thailand. He likes to spend his time sharing information with others by writing original and motivating articles. His website is [www.universeofsuccess.com](http://www.universeofsuccess.com) and he may be reached at [john@universeofsuccess.com](mailto:john@universeofsuccess.com)

**R**aising your vibration is the only effective way to get to the life you truly want to live. While you are emitting a low vibration or frequency your life will never really be in harmony and you will constantly live with an inner feeling of discontent. It is this life of discontent that you put up with and accept that keeps you in a state of low vibration. When you find the courage to do something about your low quality of life and choose to make things better you are on the right track to raising your vibration. Raising your vibration comes down to many factors and listed below are 10 key steps that will definitely help towards raising your vibration immediately.

1. Be mindful of your thoughts, when raising your vibration. It is imperative to keep a close eye on the habitual thoughts that enter your head. It can be difficult at first to be aware of the many thoughts that constantly bombard your mind all day long but by beginning to notice unwelcome or negative thoughts you can start to replace them with a positive thought you already have preprogrammed in your mind, this works wonders towards raising your vibration. When I say preprogrammed I mean you have a positive thought in your mind, a thought that you know makes you happy, that you substitute in place of any negative thought that comes into your mind. The key to this thought substitution is to spend as much time thinking positive thoughts and less time thinking negative thoughts. By spending more mental time in the positive, this will help raise your vibration.

2. Only talk about what you want, not what you do not want when looking to raise your vibration. If you are looking for a new relationship, don't say things like, I can never find the right person for me. If you talk like this, this is exactly what you will get and you will make your quest towards raising your vibration that much harder. You get what you say and think. Even if you haven't been too successful in finding the right person previously, it does not matter. Change your words and you will change your life and what you get in your life. Instead

*...continued on page 31...*



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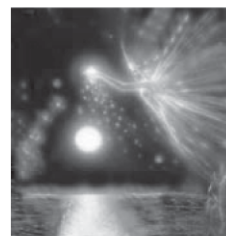
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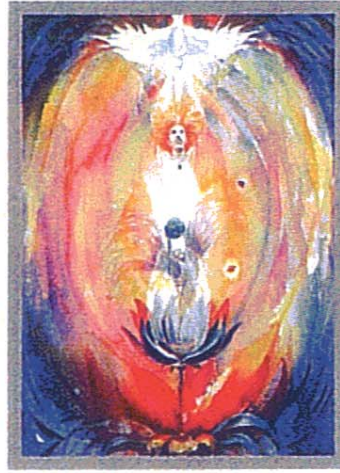
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DEAR ANDREA: I saw something I wanted to pass along to you. It's from your piece in the August 2009 issue:

*"When you meet someone you click with - and this is in any area of life, not just intimate relationships - you come alive. You feel inspired. The thoughts and ideas and creativity begin to flow."*

That's what happened when I met you Andrea. Something clicked and I became alive and open to a whole new way of thinking.

Thanks Andrea,  
Michael Everly

Andrea's daily blog can be found at  
[www.horizonsmagazine.com/blog/](http://www.horizonsmagazine.com/blog/)

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## *Invoke Animal Totems, and observe their presence in your life*

**O**ne method of identifying your animal totem is by purposefully observing your environment at all times.

Specifically, you can invoke an animal spirit by mentally or verbally setting an intention that you wish to contact your animal totem, and then set about your daily routine, or go on nature walk.

To set this intention before your walk or routine, simply say the following phrase, or use one of your own:

"As I go now on my way,  
I affirm my animal totem show itself  
today.

I am thankful for this sight,  
I receive this gift with delight."

Be confident in the repetition of this or a similar phrase of intention. Confidence will inspire your animal totem to show itself to you as you go on your way through the day.

Your animal totem can show itself to you in several different ways. To identify its presence you will need to be observant, patient, and sensitive to your surroundings.

One way an animal totem will come to you is if you actually see an animal during your daily routine or nature walk that calls to you in some way. For example, if you see a red fox walking through a hedgerow during your morning commute after you set your intention to meet your animal totem - this is a potential totem for you.

How to confirm this? Ask the spirit of the animal that revealed itself to you. Be still, and the answer will come to you. It takes practice to be still and listen - but once we are able to do this, our animal spirits will begin to confirm their presence to you, and serve as powerful totems in your life.



For the Native American Indians, totems were encountered when they set a similar intention while in a trance-like state or while journeying in nature. The animal totem would be revealed in the either physical form or in a vision to the Native American.

Australian Aborigines go on "walk-about" and often encounter their personal animal totems during this purposeful, observant walk through the realm of nature.

Many cultures use invocation and purposeful observation to identify animal totems. The trick is to remain intent, patient, and observant as you expect your animal totem to reveal itself to you.

Don't eliminate obvious revelations either. Say, for example, you walk by a billboard every evening, and on it is a beautifully depicted octopus.

You don't know why, but it calls to you every time you see it. It draws you in, and even comforts you when you look upon it. This is a very big sign that a octopus is identifying itself as one of your animal totems!



# Abraham-Hicks



*...continued from page 8...*

So, it's really a wonderful thing when you realize that, because then you can start watching for evidence of your vibration. Now, there are two ways to watch for that evidence. You can wait 'til something manifests, and then say, "Oh yeah, I recognize that." Or, you can pay attention to the way you feel and say, "Oh yes, I can feel what's coming."

Your emotions are these fabulous indicators that let you know what your vibrational content is. And your emotions feel the way they do because of two important vibrational factors: The factor of desire, which is the summoning power. And the factor of allowing—which is the letting, or the not letting what you've summoned flow. If you really, really want something, you're summoning Energy in a stronger way. If you've wanted it for quite awhile, you're summoning it even more. If you think about it often, you're summoning it specifically.

So, just like you can take a spectrum of light and focus it into a very powerful laser beam, you have desires that you have focused into very powerful beams. So, the more focused thoughts, are the thoughts where the Energy moves faster. And in that faster Energy, any contradiction shows up more. Just like if you're driving your car 100 mph and you hit a tree, the tree is a bigger factor than if you were going 5 mph.

So, the two factors that your emotions are always letting you know are: how focused the Energy is by virtue of your desire, and how your normal thoughts around the subject resonate or don't resonate with that desire. Easier way to say it is, "what's my attitude or what's my mood about such-and-such?"

"When I think about my body, do I love it? Am I grateful? Does it annoy me? Does it embarrass me? Do I praise it? Do I condemn it? Do I adore it? Do I compliment it? Do I criticize it?" In other words, what kinds of things do you say about your body?

When you think about dollars, do you feel joyful? Does the subject of dollars make you feel free? Do you feel eager and enthusiastic about dollars? Do you feel afraid when you think about dollars? Are you angry about dollars? Are you embarrassed about dollars? Are you fitful about them; worried about them; eager about them, happy about them?

When you think about the greater economy, are you grateful for economy? Do you love it when someone thrives? Are you jealous when someone thrives? Do you feel happy for a friend

succeeding? Do you feel unhappy about your not-so-much success when you see friends succeeding? Do you blame the government? Do you blame your employer for not paying you more? How do you feel?

It turns up in all of these different ways. All day, every day, you have opinions and attitudes. Most of them you didn't even figure out on your own. You hung around with somebody else who hung around with somebody else who hung around with somebody else... And often, you've developed an attitude, an attitude about money.

There's a pervasive attitude about money, that says, rich people somehow are inappropriate. "They've done something wrong. How dare they succeed and point out to me my lesser success? Or even worse, how dare they succeed and take such a big piece of the pie so that the rest of us are left with crumbs, or maybe nothing?"

If you are not sure what your vibrational essence is, we understand because most physical friends have not been noticing the emotional correlation between thoughts that just feel normal. In other words, you trusted your mother, she gave you food, she gave you shelter; she seemed like the vortex through which a large amount of your Well-Being flowed. And so, she seemed like someone to listen to, and she was bigger than you, and she always thought she was right, especially in the beginning. (Fun) And so, you began to pattern your thoughts around the same kinds of thoughts that she was thinking—because things went better for you when you did that. (Fun) When you disagreed with her, it didn't go as well. Then, when you went to school, there were others who wanted your agreement... And as you get out into the world, or into new relationships, there are others who want your agreement... And so, you find yourselves (bless your hearts) upside down and all around as you are trying to conform to the primary stream of thought, relative to subjects: You want to do what's socially acceptable, for you do not want to be an outcast. And you want to do what's politically correct, because you do not want to be an outcast. And you want to do what your family expects of you, because you don't want to be disinherited, and you want to do what your religion says, because you don't want to be disavowed or go to hell—which is far worse than any of the other things. (Fun)

Most of you have been using standards or measurements that are outside of you—and that have nothing to do with you—in order to try to formulate your thoughts or opinions or attitudes, or actions. And in the process, what has happened is, you have picked up an incredible hodgepodge of beliefs, some of which serve you—some of which do not.

*...continued on page 42 ...*

# Caterpillars in therapy

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



Barry: "True for me? Well, I am tired. And very sacred."

Louise: "I understand. Tell me something that feels untrue for you."

Barry: "Untrue? Well, I guess that I am 'supposed' to always be a certain way. I mean, I can change, experience new things."

Louise: "Thank you. Tell me something else that is true for you."

Barry: "You know, what is REALLY TRUE for me is that I just want to lie down and wrap myself up and sleep! But I am just too sacred to surrender into that. I am afraid if I do I will never come out."

Louise: "I understand, thank you. Tell me something else that feels untrue for you."

Barry: "Well, I guess it feels untrue that I would NEVER come out."

Louise: "I get it, thanks. Tell me something else that is true for you."

Barry: "Well, if I am really honest, I would have to say that this is something I just have to do. I don't really understand it; I don't know what is going to happen but, you know, I just have to do it. It feels like truth that I am just being pushed by some powerful force and I have to just surrender to whatever this is. This feels really clear to me now. I feel much better. I'm still a little scared, but much clearer about things."

Louise: "Good. Tell me an action you can take now"

Barry: "I'm going to go to my favorite spot, wrap myself up and just surrender to whatever life has in store for me."

Louise: "Thank you. Our time is up. Is it okay with you that we end this session?"

Barry: "Yeah, this has been great. I will stop by after I come out and say hello if that's okay. You will recognize me won't you? I hear you see a lot of caterpillars."

Louise: (smiling to herself) "Yes, of course I will."

There are times in our lives when we feel that all the ways we identified ourselves as start to shift or fall away. Perhaps the best thing we can do is simply surrender; or at least find a ladybug named Louise to talk to.

# From the heart

*...continued from page 17 ...*



tised them, "You pay more attention to the letter of the law than the spirit. . . You strain over a gnat, and miss the whole camel." Now I'm sure that George was a very nice man, and he was just doing his job to the best of his ability. I took the experience as a lesson that I cannot afford to miss the Big Picture because I have gotten caught in the details.

And what about other ways that we push healing away? What about the various actions we believe are prerequisites for healing? Do you believe that you need to attain a certain level of spiritual purity before you can be healed? Or quit smoking? Or meet the right guru? Or master your sexual desires? Or be a vegetarian? Or have the right mate? Or earn enough money to have the right medical treatment? Or lose 10 pounds? Or? Or? Or?

Healing can happen anywhere, in any way, under any circumstances, through any person or avenue. The universe is always trying to deliver well-being to us. There are no obstacles outside of us. The only obstacle is our own resistance to it. No external condition whatsoever is required for healing. The only conditions are internal. What makes or breaks healing is our belief, our desire, our willingness, our openness, our readiness. One thing is or sure: the moment you are ready and willing, the healing must come.

*A Course in Miracles* tell us that all that is required for healing is "a little willingness," and that "the real doctor is the mind of the patient." We choose doctors or external agents who tell us what we want to hear. If you want to be healed, you will find a doctor who will tell you that you can get better. If you hold some investment in staying ill, there are plenty of doctors who will agree with you.

When my mother was seeing an oncologist, one day I accompanied her to his office and asked him about my mother's prognosis. He told me it was not good. When I asked him if there was anything he could do for her, he answered, "We are not the masters of biology." Right then and there I knew he and I had nothing to talk about. He believed that cells are in charge of the universe, and I believed souls are in charge of the universe. End of conversation. My mother, you see, was ready to leave. A few months later she passed away, but before she did, she told me that she was ready to go. She told me that she had led a good life, she was very proud of me, and she had done everything she had wanted to do. It was her choice to move on. Interesting, isn't it, that she picked a doctor who agreed with what she intended to do anyway?

There are many cancer patients who are not ready to go, and they find Bernie Siegels and Andrew Weills and others who say, "You have a choice. If you choose to be alive and well, I can help you to do that." These doctors would be the first to admit that they are not the source of healing; they are the agents chosen by the patients to assist them with their intentions. Patients who realize that spirit is the master of life, not biology. Healing is allowed here. Healing is allowed wherever it is chosen.



# Raising Your Vibration

...continued from page 21...

say something like, I intend to find the perfect person for me. Have a confident expectancy that at any time you could meet this person and you will exponentially increase your chances of finding them. The same thing goes for money, do not talk about not having enough money, either do not talk about it at all or only talk positively about having money and as what you want comes to you, this will help with raising your vibration as you feel better about yourself.

3. Stay away from negative or pessimistic people. These types of people are running a very low vibration and their low vibration can have a negative impact on your vibration level. Instead of raising your vibration you will lower it and this will bring about more events residing on a low vibration, like problems, stress and worry.

4. Spend some time not thinking. Yes that is right, stop thinking so much. To do this I like to take a walk through the bush or away from the city and the noise. Go to a place in the country if you can and take a long walk, concentrating on your surroundings, keeping your mind off your usual thoughts. This is a great way to clear your head and also help in raising your vibration. If you cannot get away, try listening to some soothing music and avoid thinking by concentrating on the sounds.

5. Join groups of like minded people. Spend time with people interested in the same things you like and learn at the same time. Before I started writing for my website I took a 3 months community college course in Writing. Not only did I improve my writing I also got to spend time with other people who shared a similar interest with me. I walked away from each class feeling positive about being a writer and this had a positive effect on my vibration as it made me feel good about myself. Being around like minded and positive people helps raise your vibration and the vibration of those around you.

6. Give away something you can afford each week. Give away your time, some money to a charity you believe in or give away something you don't use anymore but may be useful to someone else. What you give is what you get in life, so by giving you will receive in one way or another. Help others and you will be helped. This has a profound effect on raising your vibration as it makes you feel good from the inside.

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SEE PAGE 46

7. Be aware of your actions. Everything you do comes back to you in some way, so always be wary of how you treat others and how you act in all situations. How you treat others is how you will be treated, by doing the right thing by everyone you help towards raising your vibration as others continue to do the right thing by you. Treating everyone well has a positive effect on attracting people and opportunities into your life.

8. Avoid the television, radio and media in general, especially all news programs as they do much more harm to your vibration level than they do good. By watching TV you end up taking in so much negative energy, it becomes confusing to your subconscious mind. That negative imagery and energy gets absorbed by your subconscious and can elevate a feeling of fear. The media works by fear mongering, they want to shock you into a state of fear so you keep on watching. This will never have a positive effect on raising your vibration.

9. Stay optimistic at all times if your goal is to raise your vibration. This can be difficult to do especially when you are in a crisis, but when you are in a crisis situation, this is when it is most important to stay positive. By remaining positive, you keep your vibration high and when you are vibrating at a higher rate your problems will dissipate or you may find it was not really a problem at all. Positive things and events are attracted to positive people. Surrounding yourself with positive people is a great way to remain in a positive state of mind.

10. Stay in touch with your feelings. This is the most important factor in keeping your vibration level high. Your feelings are the cosmic glue in regards to your entire life. When you are feeling good about yourself only other things residing on the same good frequency will be attracted into your life. Your level of vibration runs parallel with your feelings, meaning you are in control of your life and the events that come into your life at any given moment. If there was one most important point in relation to raising your vibration it would be to stay on top of your feelings and do not allow yourself to feel negative or pessimistic. The better you feel about yourself and your life the higher you will raise your vibration.

# Abraham \*Fun\*



Karen Williams is the author of *Soulsongs: Welcoming Your Deepest Desires* and distributes a bumper magnet, "Think Happy Thoughts & Good Things Will Happen." Karen and her partner, Mark, also host Abraham-Hicks discussion groups in Winter Springs, Florida. E-mail: [soulsongkaren@cfl.rr.com](mailto:soulsongkaren@cfl.rr.com). Karen's blog: [www.abrahamfun.com](http://www.abrahamfun.com).

## *Croaking: It's Not Just For Frogs*

Over the years, Abraham has had quite a bit to say about death or, as they call it, "croaking," and I'll try to summarize some things I've learned from them about the timing of it.

As far as our death being programmed in advance or in any way predetermined, Abraham would say emphatically no. In fact, they go so far to say that every death is "suicide" in the sense that we exercise full control over when we transition, whether we realize that we're exercising control or not.

So every death is not suicide in the sense that a person is consciously and deliberately choosing to die, but every death is suicide in the sense that a person brings about his/her own transition by virtue of longterm thoughts and intentions.

Abraham says that there are certain ways in which a person might bring about their own transition. The first is by simply losing interest in life — no longer experiencing desires. Desires are crucial, for they actually summon life force to a person, and when they are absent, there comes a point where there is no longer enough life force to sustain the person. Unhappy people who don't feel they have anything to live for are an example of ones who are lacking desire, but the same is true for people who have lived an enjoyable life, are satisfied with it, and simply ready to move on.

A second — and probably more typical — way that a person might bring about their own transition is by having very intense desires but, at the same time, engaging in consistent negative thinking about those desires and other aspects of life. It's great to be a "powerful wanter," as Abraham calls these people, for they get the stream of energy that's trying to deliver their desires moving very quickly. But if they consistently engage in doubt, pessimism, and noticing aspects of life that they don't like, it's as if that fast-moving stream of energy "beats them up." They've summoned many wonderful things through their desires, but their negative thought and emotion keep it at bay, and the more they notice that their desires aren't being realized, the more upset and frustrated they become. Since many such folks have no understanding of Law of Attraction and the power of thought, they may overwork and in other ways over-extend themselves in a desperate attempt to manifest the things and experiences they want so much. They may also try to numb their emotional pain through addictions of many types or engage in risky or criminal behavior. None of this, of course, correlates positively with longevity. So these people are beckoning their transition but not in any deliberate sort of way.

There is a third category of person who may have come into physical experience with a broad, general intention to be a role model in some way. It's important to know that we do not come forth planning specific situations; rather, we decide the specifics as we live life and establish preferences. However, some people do come forth with a general intent to be uplifters, encouragers, and teachers. These people might rendezvous with their transition as a result of the desire they came forth with and the situations they encounter as a result of all that. I think of Todd Beamer's famous call-to-action, "Let's roll!", on United flight #93 on 9-11. Todd might be an example of someone who held a longtime intention to be an inspiration to others. (People who come forth with this desire do not necessarily display it via a dramatic death, however, but more likely through their life.)

So yes, we could attract fatal accidents (or illnesses, disasters, etc.) to bring about our death. And we could rendezvous with these circumstances as a result of (1) no longer having strong desires that "call" to us; (2) having intense desires but intense negativity and thus strong and consistent frustration; or (3) holding a powerful desire to teach or uplift and magnetizing participation in a dramatic departure scenario.

We orchestrate our death just as we orchestrate our life — completely through our habits of thought. We orchestrate by default and knee-jerk reaction until we understand that Law of Attraction is ever responding to our thoughts and delivering circumstances that match them in various way. THEN we can start to more deliberately choose where we place our mental focus and more deliberately choreograph both our life and death.

"Sometimes someone will be sick, and a daughter or someone who loves a sick person will say, 'Abraham, I'm wanting to help this person.' And we say, just hold the image of them in a place of utter well-being and trust that through the path of least resistance, either they will recover and well-being will be restored here, or they will withdraw and well-being will be restored there.

But in either case, whether they stay or whether they have what you call death experience, the well-being is always restored. Whether it is someone who has just been bipping along in physical experience who has been meditating, who knows the sweetness of connection on a day-to-day basis, who says, 'Ah, this life experience has been so wonderful, and I think I will now turn my attention to another aspect of my life experience,' closes their eyes...and they are discovered as having made their transition in the night. Or whether they have some violent experience, where at the the gun of an enemy, or the gun of someone violent, or a car crash they make their transition. As they make their transition, ultimately it is still the same experience."

"Asking what comes after death is like asking what comes after lunch? or what comes after sleep? or what comes after now? The answer is MORE! More opportunities to focus, more opportunities to compare and, gloriously, more opportunities to decide.

You are eternal beings, romping about the Universe, giving your careful attention to a myriad of subjects, finding pleasure and interest and satisfaction everywhere you turn — forever!"





# The Prosperity Project

*...continued from page 11...*

## Prosperity Project: Day 2

Every day we get to deposit money in our imaginary bank account and imagine ourselves spending it. Today we get \$2000.

\$2000 Deposit Cha-Ching!!! I spent mine on:  
 \$1500 First Class Ticket to San Francisco to replace the economy class ticket I bought yesterday.  
 \$ 500 Set aside as spending money while I'm there.

I know I bought an economy-class ticket yesterday, but I'll cash that in and put that money in boyfriend Keith's account to spend on bills. It's easy to be generous when you know without a doubt that you'll be getting even more money tomorrow.

All my expenses will be paid while I'm in California. I'll be staying with the people I'm meeting, and I'm sure they'll be feeding us. The money is for buying gifts and enjoying experiences that would be unavailable to me if I were broke. I'm so grateful that I can do anything my heart desires.

I decided last year that I'm tired of flying coach. I got moved up to first-class for one of my flights because the universe loves me; I had no idea how comfortable those seats really are! I enjoyed being treated like the exceptionally special person that I am. I enjoyed having personal service, not to mention all the free drinks and the better food.

One thing I noticed on my tour of the ultra-rich lifestyle is that once you have a lot of money, you no longer use cash. When I visited Fisher Island, I discovered that there is no place on the island that accepts cash. You just sign for everything. Even the tips (gratuities, they call them) are included. You don't tip your parking valet or the concierge who lets you onto the elevator that opens up onto your penthouse suite. I imagine that at Christmas I will be very generous in giving them gifts to thank them for their excellent service.

I'm loving this game. I already feel more prosperous! And it's working too: Before I'm even out of bed this morning, someone gifted me with a free professional upholstery cleaning. I wonder what exciting experiences await me today?

*Makes a great gift!*



## Past / Future Life Readings with Christopher Tims

Insights from these readings help break the momentum from other lives, moving you forward, free of the ruts that many get stuck in. This type of reading is classically known as a

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[www.christophertims.com](http://www.christophertims.com)

## CLUE: 68 seconds

Here's another useful clue I got from Abraham-Hicks' Money and the Law of Attraction:

What we attract into our lives is in response to the quality of our vibration at any given moment in time. If you want to see the quality of your vibration, look around you and see what is manifesting in your life right now.

The Law of Attraction directly responds to emotion-filled thoughts. If you hold an emotion-filled thought for 17 seconds, it will attract another thought just like it. If you then hold that emotion-filled thought for 17 seconds, it will attract yet another thought just like that. Do that deliberately, four times in a row, and you've consistently held the same emotion-filled thought for 68 seconds.

Here's the exciting part: Once you've held an emotion-filled thought for 68 seconds, your vibration has changed to match that thought, and the law of attraction kicks in to bring into your reality that which you have been thinking.

This is great news for two reasons. First, if you find yourself thinking a negative thought you have time to choose a better-feeling thought before it affects your overall vibration. Second, you can deliberately begin to attract what you want by spending at least 68 seconds every day imagining how wonderful it will feel to have it.

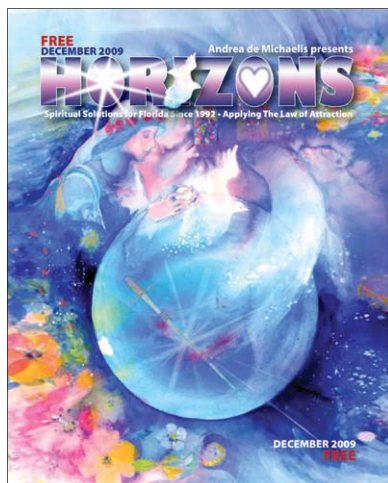
Did you spend more than 68 seconds spending your imaginary money for the day? You are already in this moment attracting more prosperity of all kinds. Just wait and see how your day unfolds!

Follow Valerie's New Book of Clues at  
<http://thenewbookofclues.blogspot.com>

Read Andrea's daily journal at [www.horizonsmagazine.com/blog/](http://www.horizonsmagazine.com/blog/)

# COVER ART

## Healing Hands by Ann Rothan



**Artist's Statement:** "This was a commission. Only half of the painting is shown (in the print). I felt the painting as a whole was not to be shared. This beautiful healer with roses around her crown, a healing orb within her hands and the dove in flight felt like it was for all of us. For me, she began her healing ways as I began to put down the blue washes. The hidden animals and angels are part of the mystery. May I always remember that my hands

hold the power to heal; that what I touch is blessed by the love I hold within my heart. May I never forget to bless all that is seen or unseen."

**Ann Lee Rothan, born in Louisville, KY is a Mother, Artist, Teacher, Illustrator and Writer.** Ann received her degree in Fine Art at Columbus College of Art and Design, (CCAD). She was awarded "Alumni of the year in 1992." Ann co-founded the PSI Center in Cincinnati, Ohio and the Spiritual Awareness Community in Bend, Oregon. The company, 360 Degree Press was started in the 1980's under the name ARC Inc. Through this format, Ann has shown her Sacred Art at churches, trade shows and galleries. During this time she began publishing her work on greeting cards and prints.



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." Some of her TV appearances include: the PBS Wisdom Channel, Portland Oregon, shown nationally and Portland, Oregon; Seattle Washington; Anchorage, Alaska; Columbus, Ohio and Fort Myers, Florida.

**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). Ann was one of 45 artists featured in "One source, Sacred Artists of America and Europe."

Ann Rothan  
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See Ann's Christmas Card selection on page 22

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Email to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) and call 321-722-2100 with credit card info.  
No calendar listings taken by telephone. All listings must include time and physical location.

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

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

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

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

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

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

Sundays MELBOURNE 9:15 and 11:00am Sunday Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (see ad pg 4)

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

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

Sundays MELBOURNE Metaphysicians' Circle meets at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7-8:45pm \$3 321-537-3843

**CALENDAR CONTINUED ON NEXT PAGE...**

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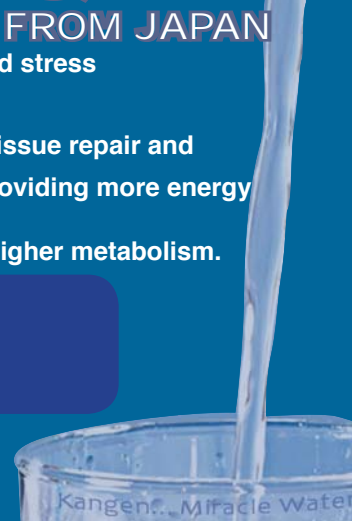


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# OUR CALENDAR OF EVENTS

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

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7:00 to 9:00pm \$3 admission 321-537-3843 \$10 for 15 minute readings 321-537-3843

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

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December 12 MELBOURNE 1-4 PM Dance & Shop Faire Wickham Park Amphitheater. Free Dance Performances, Open Dancing, Holiday Discounts for gift certificates, lessons, shoes, massage, etc. for all types of Dance. Call 321-751-4766 or visit Dance & Shop Faire on [www.ADancersVoice.com](http://www.ADancersVoice.com)

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




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Also visit Fred's syndicated radio show website at [www.fmodyssey.com](http://www.fmodyssey.com) and experience the FM Odyssey radio journey. For 19 years, this syndicated, creatively-themed show has been using emerging artists & rock legends to feed your soul, week after week. Music with heart and brain. Interviews with spirit.

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...continued from page 15...

**Dear Whitedove:** Can we have animals that act as our spirit guides? Whenever I pray and try to picture my guides I always see a great white horse, what does this mean? **Projecting Visions in Long Beach**

**Dear Visions:** Animals do not act as direct Spirit Guides; they are what I call our totem helpers. We all have two animal totems that stay with us through out our lives. We also have other animal totems that will be in our life for a period of time usually to help us with a particular issue, or lesson; and then leave when we have overcome it. When you have Horse as an animal totem symbolizes "Freedom, Power, and Astral Travel." For a more elaborate explanation there is a book by **Ted Andrews** called "**Animal Speak**" which gives you an index listing of all sorts of different animals and what they mean when you see them enter your life. Always pay attention to your animal totems because they will be a great strength to you when you need it the most.



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## How To Use Positive Affirmations To Create The Life You Desire

...continued from page 16...

In the 1950s, **Earl Nightingale**, cofounder of **Nightingale-Conant**, recorded a classic motivational record called 'The Strangest Secret.' He had identified the 'strangest secret' to be that we become what we think about every day. He emphasized the power of positive self-talk, expectation and belief. These ideas were ground breaking at the time but today, many people use guided affirmations in some way to try to achieve their goals. Like any other tool of transformation, skill and understanding are required to enhance their performance.

When we take hold of our thoughts through the repetition of positive affirmations, we can move in the direction of manifesting our highest ideals and vision for our lives.

The word 'mantra' in Sanskrit means 'mind protection' for it is through the use of a repeated phrase, prayer or affirmation that we can overcome the rampant thoughts and tape loops that tend to control us. By repeating a phrase over and over again, it becomes embedded in our subconscious mind and then the creative forces of the universe rally support to make it happen.

In the negative aspect of the repetition principle, we experience inner 'tape loops' or 'monkey mind' that constantly replay a phrase or thought that is not in our best interests. This thought may be something a parent or ex partner told us about ourselves long ago ('You are a mess' or 'You'll never amount to anything.') and we unconsciously have repeated this idea for years, creating for ourselves a messy, unfulfilling life.

Affirmations only work when spoken in the present tense. The subconscious mind takes things very literally so if you say 'I will be rich' you will never experience prosperity in the present moment. It will always be just around the corner, in the elusive future.

Speaking affirmations out loud energizes them. Speaking them repeatedly creates habituation. Though the actual statement may be different from our current circumstance, when we put our feelings into the words we come closer to experiencing fulfillment of our desires. With perseverance and repetition, the words become a part of us and before long, we look around and realize we are actually achieving what we may have thought impossible only weeks or months before.

When we take hold of our thoughts and use affirmations regularly with an understanding of how they work, positive change is bound to occur in our lives. When we can truly visualize and feel the reality of the spoken word affirmation, we enter into a cooperative contract with the universe to make use of this powerful tool to manifest our highest dreams.



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## HOW TO CREATE YOUR OWN HORIZONS COMMUNITY GROUP

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

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

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

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



## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*





# Solar & Lunar Celebrations of the Ancients

Roger 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](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

## OOBE You Are Not The Body

An astral flight out of the body

*A \$10 mp3 file by Andrea de Michaelis*

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



**SEE PAGE 46**

## December 2009

**I** It's big. It's really big!

It's bigger that anything you can find anywhere around Florida, or for that matter, the whole world. Not only that, but it cannot be stopped! Not by you, not by me, not even my cousin Bubba who can stop almost anything with that big mutton chop of a right arm he uses to chop wood with.

It's big, and it will return on Monday, December 21 at 9:47 in the morning. It won't take 'no' for an answer. On that date, the sun begins its inevitable return to the northern hemisphere. OK, the earth's tilt exposes the northern hemisphere, but why be so technical. Anyway, anyone who said it would not return, well, they are just wrong!

That's no December sky!  
Surely 'tis June

Holds now her state on high  
Queen of the noon.

Robert Fuller Murray (1863-1894), A December Day

Ancient Celts saw the cycle of the year as the rein of the Holly King and the Oak King. The Oak King was the God of the Waxing Year who kills the Holly King at the Winter Solstice. He reigns until the Summer Solstice where he would once again fight the Holly King. This time, the Holly King wins and rules. This battle was an acknowledgement of the cycle of the year and was a symbol of the faith that no matter how bad things might be sometime, the year will progress and good times will return.

Winter, the aged chief,  
Mighty in power,  
Exiles the tender leaf,  
Exiles the flower.  
ibid.

No snow, no sleet, no freezing wind, just heat. Pleasant yuletide season to you all!

### DECEMBER

Dec 2nd - Full Long Night Moon at 2:32 AM EST

Dec 7th - Guatemala: Burning the Devil (La Quema del Diablo)

Dec 10th - Islam: Start of Mevlana Festival of the Whirling Dervishes

Dec 16th - New Moon at 7:03 AM EST

Dec 17th - Santería, Afro-Cuban: Feast of Babaluyaye (Babalú Ayé), Orisha for those who are suffering

Dec 21st - Winter Solstice at 9:47 PM EST

Dec 21st - Wicca, Neo-Pagan: Yule, return of the Sun God

Dec 25th - Christianity: Christmas, birthday of Christ

Dec 25th - Mithraism: Birthday of the Sun God Mithras, born in a cave or sprang from a rock

### A FACTOID WITH WHICH TO END THE MONTH:

A spider web found in the house on Christmas morning is believed to be a sign of good luck. According to an old Ukrainian folk tale, an old woman, so poor, that she could not afford Christmas decorations for her family, awoke one Christmas morning. She found that spiders had trimmed her children's tree with their webs. The sun shone on them and they turned to silver and gold. An artificial spider and web are often included in the decorations on Ukrainian Christmas trees.

# Abraham-Hicks



*...continued from page 29...*

But, most of our human friends feel powerless in what comes to them because they've been practicing this vibration and practicing that vibration, and practicing that vibration, and picking up thoughts and beliefs based upon the evidence that the society produces around them. And so now, you find yourselves often with a whole bagful of beliefs that are not serving you.

This is the greatest message. This will free you from vibrational resistance, as you hear it, and internalize it, and then practice it: The thing that is most hindering: You look at what people are living and you gather your evidence or statistics, and then you claim it as true.

You say, "It must be true. They warned me about that, and sure enough, it happened." And what we are wanting so much for you to hear, is: What anyone is living—your culture, your environment, your society, your city, your family, your person—what anybody is living, the truth, or the evidence that you are producing is only the truth that manifests in response to the habit of vibration that you offer.

So, when you look out into your society and you see something, wanted or unwanted, and you proclaim it as true—which is the reason that you give that others should think about it, write about it, talk about it, understand, and accept it as truth—do you feel how screwy that is? That's like saying, "There's something out there that I do not want, but because somebody else created it in their experience and it became their truth, now I must beat the drum of it, and make it my truth, too." And we say, fortunately there are a variety of truths for you to pick from. Fortunately, you are the creator of your own truth. No one can write a book; no one can start a movement; no one can organize a religion; no one can say, "These are the things that are important for you to do, and these are the things that you must not do," because no one knows the mix of intentions and the mix of beliefs that you hold. You get to choose all of it.

So, some worry, "Oh, I liked it better when I thought there was a religion," or, "I liked it better when I listened to my mother... I like it better when there's someone that I think is wise that sets the course and then I just copy them." And we say, that's fine.

*...continued on page 43...*



## SUGGESTED READING WATCHING LISTENING

[From www.abraham-hicks.com](http://www.abraham-hicks.com)

Ask And It Is Given  
Money & Manifestation  
Law of Attraction in Action  
The Astonishing Power of Emotions  
The Law of Attraction: Teachings of Abraham  
From Grief To Joy: Moving Up The Emotional Scale  
Think and Get Slim - Abraham on Natural Weight Loss  
The Autistic Revolution - Children - Time of Awakening  
Money and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness  
The Vortex, Where Law of Attraction Assembles All Cooperative Relationships

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

The Miracles of Archangel Michael by Doreen Virtue  
Return To Sawyerton Springs by Andy Andrews  
Angel Therapy® Oracle Cards by Doreen Virtue

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

When In Doubt, Make Belief by Jeff Bell  
Raw Food For Real People by Rod Rotondi  
Guardians Of Being by Eckhart Tolle, Patrick McDonnell  
The Magician's Way by William Whitecloud  
101 Exercises For The Soul by Dr. Bernie Siegel  
Beyond The Homestretch by Lynn Reardon  
Live Your Bliss by Terry Cole-whittaker  
Bridge Between Worlds by Dan Millman, Doug Childers

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

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

[MUST SEE DVDs](#)

[The Secret Behind The Secret](#) [www.abraham-hicks.com](http://www.abraham-hicks.com)

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

[The Shadow Effect](#) featuring Debbie Ford, Deepak Chopra, James Van Praagh, Marianne Williamson & more  
[www.theshadoweffect.com](http://www.theshadoweffect.com)

[Oh My God?](#) A Film by Peter Rodger [www.omgmovie.com](http://www.omgmovie.com)

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

Something Unknown is doing We Don't Know What



# Abraham-Hicks



*...continued from page 42...*

It's fine to copy someone who is thriving successfully, but when they croak of cancer, you say, "Hmm, maybe I would like a different role model now." And we say, what you're wanting to do is use the Guidance that is within you.

Jerry and Esther have a navigational system, (it's really marvelous) in their vehicles. It (Magellan) calculates the distance and gives directions between where they are and where they want to go. The satellites in the sky and the antenna on the roof identify where they are, and then they just program the address where they want to go, and Magellan says, "Go this way; go this way. Take the next exit. When it is possible, make a legal u-turn." Magellan never says to them, "Where have you been?" because it is utterly irrelevant. It would only complicate things if they factored all of that in. Magellan never says, "How long have you been here?" (Fun) Magellan never refuses to give information about where they will go now because they didn't listen last time. (Fun)

Sometimes, they will program a route and then they will get another idea. And before they can reprogram Magellan, she kicks up quite a squawk. She keeps insisting, "Please, return to the highlighted route! Please, return to the highlighted route!" And Jerry will say, "No, we're not going to do that. Leave us alone!" And then he will say to Esther, "Shut that broad up!" (Fun) But Magellan is insistent because she has been given (we call it a girl because it is a lovely woman's voice; the man's voice was too bossy, [Fun] they turned it off)... She has one mission only: To give directions between where you are and where you want to be. And she's relentless about it. (Fun) Never stops letting them know. "You're going in the wrong direction; make a u-turn."

Your Guidance System is the same way, because all of the days of your physical focus, and long before you got here, your intentions were set into motion. And every day that you live and experience contrast-variety, you make new determinations about what you want. And you are emitting them constantly—constant amendments to your desire going out to the ethers—and Source Energy is receiving every one of them, and then, giving you a signal constantly, that you translate, in the form of emotion, that lets you know whether you are on your way to where you've been saying you want to go, or whether you are not.

You can tell by the way you feel if you are in alignment. When you feel eagerness, you're on your path. When you feel enthusiasm, you're on your path. When you feel anger, you're off your path. When you feel frustration, you're off your path. When you feel despair; when you feel depression, you're really off your path.

So, we call these teachings the Art of Allowing. And what that means is, deliberately choosing thoughts that cause me to offer a vibration that causes me to allow myself to receive the things that I've been asking for.

So, creation really is more about loving yourself; it's more about feeling your worthiness; it's more about appreciating a friend; it's more about enjoying the sunset; it's more about enjoying the beautiful flowers. It's more about finding reasons to relax into Well-Being, rather than gather up your strength and valiantly go forth to achieve your tasks, and serve your cause... because your "cause" is, to be the receiver and radiator of the love and Well-Being that is You.

You are an extension of Source Energy. You are one who loves, and you are one who loves to think, and you are one who loves to create, and you are one who loves to contemplate. You're one who enjoys stimulation of thought. You're one who enjoys choosing; you enjoy considering; you enjoy pondering; you enjoy fashioning. You enjoy putting things together. You enjoy figuring things out. You enjoy knowing. You enjoy not being sure and then becoming more sure. You enjoy the evolution of a thought. You enjoy the expansion of an idea. You enjoy the expansion of life experience. You enjoy the pleasure of being this genius focused in the most creative environment that has ever existed, for the fulfillment of things that satisfy you.

You are liquid love in physical bodies, wanting, more than life itself, because it is life itself, to adore the vessel that's you through which this Source Energy flows. You are God. You are Source. You are creator.

You always feel good from your Source Energy perspective. You don't feel regret; you don't feel doubt; you don't feel worry; you don't feel shame; you don't feel guilt; you don't feel anger; you don't feel hate... You feel joy; you feel appreciation; you feel worthiness; you feel eagerness; you feel passion.

You feel like the little kids feel—watch them: they're sure; they're arrogant; they're not afraid. You say, "They're not smart enough to be afraid." We say, they are still smart—and not afraid. You say, "But they don't know enough to worry." And we say, they know everything—and they do not worry. The children are still more vibrationally imbued with that feeling of passion and joy—and that is what this work is about. It's to assist you in returning to the natural state of Well-being—the natural state of being that is really You.



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](http://www.IntuitiveReflections.com), or by email at [barbaralee21@roadrunner.com](mailto:barbaralee21@roadrunner.com)

## HOROSCOPES FOR

**Gemini: May 20/21 to June 21 "I Think".** You are in a great state of mind to help you process unresolved feelings from the past. If you don't come to terms with the anger, old grudges, and judgments from the past, they will take their toll on your health. You have to ask yourself, is it worth being an ogre? Love is the only way.

**Aries: March 20 to April 19/20 "I Am".** December 24th and 25th the Moon will be in Aries, hope will be ever present as well as a sense of a new beginning. Any unresolved issues will come up to the surface to be cleared. The best way to handle any hurtful feelings will be to listen free from judgment so you can forgive and forget.

**Taurus: April 19/20 to May 20/21 "I Have".** You will feel like a kid in a candy store this Christmas, your lesson over this is to balance your intake of sweets and get lots of exercise. Your sensitivity will heighten because of all the self healing and affirmations that you have done. You now realize because you let go of grief and anger that you have more peace of mind.

**Cancer: June 21 to July 22 "I Feel".** Get your car serviced this month because you will be doing a lot of short term travel. You will visit family and friends and part of this travel will be for education related to your work. There is a Lunar Eclipse Full moon in Cancer on December 31st, what a great way to end 2009.

**Leo: July 22 to August 22/23 "I Will".** With transiting Mars aspecting your Sun sign, you will be continually driven and inspired to get things done. Accomplishment is the key to being fulfilled. You will be very busy at the end of the year getting ready for 2010. Your home is very important to you and you will be focused on doing household repairs. Prepare for success.

**Virgo: August 22/23 to September 22/23 "I Analyze".** Balance and discernment are the reason for the season. You are very focused on completing your creative projects before the end of the year. The only caution for you is that you need to listen to your body more, and actually act upon what your body wants.

**Libra: September 22/23 to October 23 "I Balance".** I know it is hard to do, especially now, but you will start a new cycle in your health habits. All work and no play makes for a very unbalanced Libra. Do a little of this and a little of that and you will feel renewed and refreshed. Exercise is the key to your self respect and feeling good about yourself.



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# December 2009

Scorpio: Oct 23 to Nov 22 "I Create". December 12th and 13th are good days for you to do forgiveness and healing affirmations regarding any unresolved issues with your family members. You will feel so much better to start the new year free from resentment and being haunted by past pains and hurts. Ask the Angels to help you.

Sagittarius: Nov 22 to December 21 "I Perceive". You will be in the limelight this season. Be sure and be at your best. You never know who you might run into. The relationship that you just entered will uplift you and allow you to be yourself. The growth that is in store for you is amazing. You will feel loved, supported and very appreciated.

Capricorn: Dec 21 to January 19/20 "I Use". Your communication style is practical and to the point, no beating around the bush for you. Your capability always has and always will inspire your friends. Money is easy for you to attain because you are willing and ready to work hard for what you want. Your step by step process is a cinch.

Aquarius: January 19/20 to February 18 "I Know". With transiting Jupiter and Neptune still in Aquarius, you are feeling very in tune with your higher self, Yoga, spirituality, meditation and teaching are all activities that you will be more and more involved with now and in the coming months. You have always said, "do what you love and the money will follow".

Pisces: February 18 to March 20 "I Believe". This year ends in such a positive manner, many new friends entering your life with lots and lots of fun things to do. You know that saying, it pays to know the right kind of people? Well, the people you meet in the next few months will assist you in making your dreams become a reality.

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## Connecting with Your Angels, Guides & Teachers

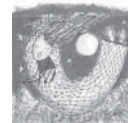
Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.



**Healthy Eating Habits** By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding interesting and fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen to this recording, you can experience a new and healthy vital energy flowing through body and mind.

## OUBE You Are Not The Body An astral flight out of the body

Being out of your body is a completely natural state that happens every night whether you recall it or not. With this recording, you will suspend yourself in the awareness of your physical body being "not there." Of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely and to remember what happened. You have the ability to become conscious and lucid when your astral body is out at night.



**Sleepytime Recharge** Science knows the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health.



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Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



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## Connecting with Your Angels, Guides & Teachers



Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.

*Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic writing that has helped me focus myself careerwise, and my new ideas are creating more income. Thank you for the kickstart. Jennifer Hudson, Orlando*

## Healthy Eating Habits



By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding interesting and fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen to this recording, you can experience a new and healthy vital energy flowing through body and mind. *Thank you! I downloaded the mp3 file in June and have been listening every night as I go to sleep. I'm down 15 pounds and I no longer have the urge to snack in front of the tv. I also find myself wanting to walk and be more active. Who knew it could be this easy? I don't know how it works, but it works. Thank you. Dee Watson, Tampa*

## Sleepytime Recharge

Science now knows that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear around us. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and thus create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health. *I listen to Sleepytime Recharge every night as I fall asleep and sometimes let it repeat over and over. I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you. K. Crane, Cocoa*



## Oobe You Are Not The Body An astral flight out of the body

Being out of your body is a completely natural state that happens every night whether you recall it or not. With this recording, you will suspend yourself in the awareness of your physical body being "not there." Of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely and to remember what happened. You have the ability to become conscious and lucid when your astral body is out at night.



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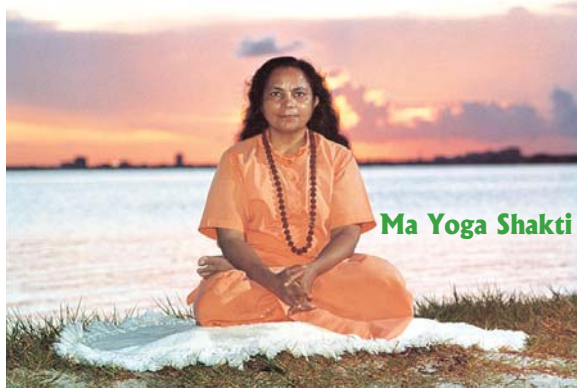
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- 5 July "Techniques of Tree Trimming" - Anna Hutson
- 12 July "Worm Composting & Super Veggie Growth"  
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- 19 July "Alternative Energy Sources and Energy  
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### **Thursday**

Val Anderson  
9 -10 am

### **Thursday**

Chip & Shyama Iacona  
7-8 pm

**Ramayan Chanting**  
Sundays 10:15-11:15 am

**Bhajans/Kirtans**  
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6.45- 7 45 PM



## BOOKS BY MA YOGA SHAKTI

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- Techniques of Meditation to Enhance Mind Power \$10
- Shri Satya Narayana Katha \$5
- Hanumaan Chalisa \$5
- A Spiritual Message \$5
- The Seven Invisible Psychic Lotuses \$10
- Yoga Aasana Chart \$2
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