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**SUNDAYS IN DECEMBER at 10:00am
It's A Wonderful Life**

As we bring 2011 to a close, we will explore what it means to live a wonderful life using the holiday classic "It's A Wonderful Life" as our teaching tool. In this heartwarming movie, the hero, George Bailey, doesn't know his value and worth until life seems hopeless and he is offered a hand up by a wingless angel named Clarence Oddbody. This holiday treat is rich with Spiritual Truths for us all to embody as we create our own wonderful lives. Give yourself a gift this month by being with us each Sunday and, sometime during the month, warm up a mug of hot chocolate, wrap up in your favorite afghan and watch the movie. You can either rent it or find it online at: <http://www.fanpop.com/spots/christmas/videos/12876/title/wonderful-life-classic>.

November 27th - "A Run on the Bank"

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

December 4th - "What If I'd Never Been Born"

Each one of us has a unique role to play in this life, but many of us don't realize it. Our hero, George Bailey, certainly did not know his value until his guardian angel, Clarence, showed him what life would have been like without him. Today, we will take our own journey to find the tremendous value we each bring to this life.

December 11th - "A Family Christmas Service"

Our Youth will join Rev. Beth to celebrate "A Family Christmas." (Be on the lookout for a Special Visitor.)

December 18th - "What Bails Out Bailey?"

At his darkest moment, George needs a miracle and not knowing what else to do, he offers a short prayer, "Father in Heaven, if you are there and can hear me, show me the way." That prayer was the beginning of his redemption, although it doesn't seem so at first. What bails Bailey out is what will bail us all out in our times of need if we are but open to receive it.

December 25 - "Designing Our Wonderful Life"

We are always creating our life - either by design or by default. On this very special Christmas morning, we take the opportunity to create our wonderful life in 2012 by design as we combine elements of music and prayer. This is a sacred and holy service you won't want to miss.



**You are invited to a SOUND JOURNEY facilitated by
Janine Chimera Sunday, December 4, 2011.**

It's an experience created through the use of sounds in a positive, loving, and healing environment. You need do nothing but be still and allow the vibrations of sound from voice and various instruments to bathe you and assist you on a personal journey. WHAT TO BRING...A mat, pillow, blanket...all these are optional. (This event is not suited to young children.) Suggested offering: \$10

CHRISTMAS POTLUCK NOON on December 11, 2011 - We take time to celebrate Christmas dinner with our Unity family. Bring a dish to share, large enough for your family and a few more.



CHRISTMAS EVE CANDLE LIGHTING SERVICE Saturday,

December 24th 7:00 PM Featuring the play, The Little Soul and The Sun, a Christmas fable about the birth of the Christ Light into the world. Adapted from Conversations With God by Neale Donald Walsch What part of the Light were you born to be? 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.

PRAYER FOR WORLD PEACE Saturday, December 31st at 7 am, Where ever you are this New Year's Eve morning take the time to pray for world peace. Know that you are joining your heart and prayers with people all around the world.

YIKES! It's 2012 Sunday, January 1st at 10 am. Help us usher in 2012 as year of unprecedented prosperity, peace and vision. Our goal is to discover the power inside to create an exceptional life. This is the Year! Now is the Time!

DURING THE WEEK

Tuesdays and Thursdays at Noon - Healing Prayer Service open to all.

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

1st Tuesday Gendal Reike Mediation Service Sessions 9:30-11:30am Love Offering for each session

1st Wednesday of the month, Dec 7th Revolutionary Agreement Groups 7:00pm

2nd and 3rd Wednesdays at 6pm Rev Beth Head conducts a service at Trinity Towers East

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

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

2nd Saturday of the month, Dec 10th at 1:00pm Revolutionary Agreement Groups

Sundays, 11:15am-noon. Adult Sunday school - Join us as we have a metaphysical discussion.

1st Sunday of the month, Dec 4th at 4:00pm Reiki Healing Service with Lloyd Reiser

2nd Sunday of the month, Dec 11th at 4:00pm Chanting with Lloyd Reiser

3rd Sunday Dec 18th at 2:30pm Unity's Licensed Teachers conduct a mini Sunday Service at Carnegie Gardens

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

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

**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

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

Anais Nin

Horizons thanks
everyone willing
to take the risk

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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the December 2011 edition of Horizons Magazine. It's been an interesting past month of twists and turns. I wrote on Facebook last month: *"Say a prayer for me, please. A friend is going through a hard time and I'm trying to help as much as I can."* I got great responses, without question as to what was going on. It's one of those things where I'm not sure I'm supposed to jump in and try to fix it, but so many synchronicities happened that I feel I was put in place specifically to help. I always consider if it's just my savior complex. A friend reminded me that *"Support can make or break a person."* I recall the times in my life that was so true. Just a word or touch or knowing someone was there for me, even if not physically there, made all the difference in the world. That's what I want to be for whoever's life I am called into. And if it costs few dollars but I'd unexpectedly come into just the right number of dollars immediately beforehand, I can only think that is what it was meant to be used for. It was for someone to get home to their family in time for a holiday gathering, for a family that underwent many changes in 2011 and lost several key clan members. The first holidays without them can be an emotional time for all.

It happens. We get used to a tradition of gathering with family during each holiday season and when someone is missing, we feel their absence. As kids, we grow up being told this is how we spend Thanksgiving and Christmas, like it or not, and we must grin and bear it and make the most of our time together while we have it. No pressure there.

We'd spend the week ahead dreading the onslaught of family visitors. Yes, we adored Aunt Helen, but her husband was a grouch and their kids were brats who always had the sniffles. The women would be piled into the kitchen together, while the dads sat outside to smoke and sneak drinks and watch the kids run rampant in the yard. We all wondered, *"Who is this dad who's being happy and friendly and talking to the other dads and joking?"* We never saw that guy at home. And we had to be careful, since he could appear happy and let us get away with being loud and boisterous, only to throw it back later with an extra punishment. We knew the drill. It kept us on eggshells all day. Every day. For 18 years.

After gossiping and criticizing each other all through dinner, the talk would turn to who died that year and who else died in the recent past. Then they'd gossip and criticize them awhile. After the first quick minute around the table before the meal where we each had to name something we were grateful for, the talk settled into less lofty fare.

If it's so aggravating and unpleasant, why do we miss it when they're gone? Part of it has to do with us reframing the experience in our mind after the fact. We have time, in retrospect, to contemplate where Aunt Helen was really coming from, and how her beliefs and expectations were formed by her early environment.

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MATRIX



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THE LAW OF ATTRACTION NEEDS NO PRACTICE

There are three powerful Universal Laws that are of value for you to understand if you wish to guide your life deliberately, and the Law of Allowing is the last of these. It would seem logical that we would talk of the first Law, then the second and finally the third—and we have previously done exactly that. We are, however, emphasizing this third important Law because it is really the Law that you have come here, in this time and space, intending to master.

This is the Law that you must practice if you are to become the Deliberate Creator that you came forth to be. The first Law, the Law of Attraction, is not something that you need to practice or even something that you can practice, for it is a Law that exists in every particle of the Universe—and it just is.

Just as your Earthly law of gravity requires no practice but just consistently responds to all matter in a consistent way, neither does the Law of Attraction need practice. You do not have "gravity instructors" teaching how to avoid falling up, because falling up instead of down is not an option—or a problem.

And, in like manner, you will not need to practice in order to cause the powerful Law of Attraction to respond to you in a consistent way . . . for it will bring things to you that match your vibration, and it will do so even in your ignorance of the Law.

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

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

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

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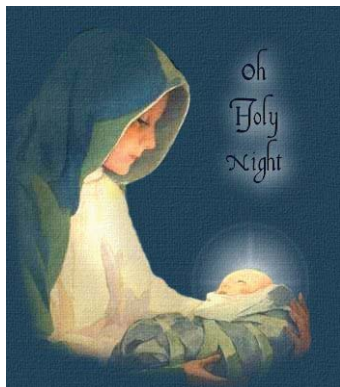
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DECEMBER 25TH,



Birthday of the Savior/ God in Many Traditions

**The actual birthday
of Jesus was forgot-
ten by the early**

Christian movement. In those days, various groups celebrated his birth on January 6, April 21 and May 1st. By the 4th century, the church selected the approximate time of the winter solstice as the date to recognize Jesus' birth.

The winter solstice occurs about December 21 each year. It is the day of the year when the night is longest and the daytime shortest. Using the crude instruments available, ancient astronomers were able to detect by December 25 of each year that the daytime had become noticeably longer. This date was chosen, and remains, the traditional date for followers of many different Pagan religions to celebrate the rebirth of the sun. Following the solstice, each succeeding day has slightly more sunlight than the previous day. It was seen as a promise that warmth would return once more to the earth. Numerous pre-Christian Pagan religions honored their gods' birth or rebirth on or about that day. Their deities were typically called: Son of Man, Light of the World, Sun of Righteousness, Bridegroom, and Savior. Some examples are:

- **Roman Pagan Religion:** Attis was a son of the virgin Nana. His birth was celebrated on Dec. 25th. He was sacrificed as an adult in order to bring salvation to mankind. He died about March 25, after being crucified on a tree, and descended for three days into the underworld. On Sunday, he arose, as the solar deity for the new season. His followers tied an image of Attis to a tree on "Black Friday," and carried him in a procession to the temple. His body was symbolically eaten by his followers in the form of bread. Worship of Attis began in Rome circa 200 BCE.

- **Greek Pagan Religion:** Dionysus is another savior-god whose birth was observed on Dec. 25th. He was worshipped throughout much of the Middle East as well. He had a center of worship in Jerusalem in the 1st century BCE. Some ancient coins have been found in Gaza with Dionysus on one side and JHWH (Jehovah) on the other. In later years, his flesh and blood were symbolically eaten in the form of bread and wine. He was viewed as the son of Zeus, the Father God.

- **Egyptian Pagan Religion:** Osiris is a savior-god who had been worshipped as far back as Neolithic times. Worship of Osiris and celebration of his Dec 25th birth, were established throughout the Roman Empire by the end of the 1st century BCE.. "He was called Lord of Lords, King of Kings, God of Gods...the Resurrection and the Life, the Good shepherd...the god who 'made men and women be born again'" Three wise men announced his birth. His followers ate cakes of wheat which symbolized his body.

Many sayings associated with Osiris were taken over into the Bible. This included:

- 23rd Psalm: an appeal to Osiris as the good Shepherd to lead believers through the valley of the shadow of death and to green pastures and still waters
- Lord's Prayer: "O amen, who art in heaven..."
- Many parables attributed to Jesus.

- **Persian Pagan Religion:** Mithra was a Persian savior. Worship of Mithra became common throughout the Roman Empire, particularly among the Roman civil service and military. Mithraism was a competitor of Christianity until the 4th century. Their god was believed to have been born on December 25, circa 500 BCE. His birth was witnessed by shepherds and by gift-carrying Magi. This was celebrated as the "Dies Natalis Solis Invite," The "Birthday of the Unconquered Sun."

Some followers believed that he was born of a virgin. During his life, he performed many miracles, cured many illnesses, and cast out devils. He celebrated a Last Supper with his 12 disciples. He ascended to heaven at the time of the spring equinox, about March 21.

- The Babylonians celebrated their "Victory of the Sun-God" Festival on Dec. 25. Saturnalia was celebrated from Dec. 17 to 23 in the Roman Empire. Roman Emperor Aurelian blended Saturnalia with a number of birth celebrations of savior Gods from other religions, into a single holy day: Dec. 25th. As the people of the Roman Empire were accustomed to celebrating the birth of a god on that day, the developing Christian church adopted this date as the birthday of their savior, Jesus.

From www.religioustolerance.org/xmas_sel.htm



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THE THREE OWLS



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

From my blog (waynewirs.com) on 11/03/2011: I am writing this before I connect to the Internet, before I get inundated with the daily emails, before I lose the feel for what has happened. I'm going to do the absolute minimal of editing to get it out there. I don't want it to lose the power behind it. For the last three months, I have been experimenting with the Law of Attraction/The Secret/the Power of the Mind/Wish Fulfillment/....

I feel if it works for anyone, it should work for me---one who has so little to get in the way of the Universe (though I hate that term). I'll go into more details in future posts, but this entry seems to be the conclusion to those experiments.

My mother has (had?) the same rare form of cancer as Steve Jobs had, a cancer so rare that there is no agreed upon course of treatment. After her recent surgery, after it had shifted and metastasized to her liver, she was prescribed a two-pill form of chemotherapy. One for brain cancer, one for colon cancer. She has neither, but there you go.

On Monday, my mother had a barium CAT scan done to see how the treatment was working.

On Tuesday, they did another CAT scan (non-barium this time) because "something was wrong" with the first CAT scan.

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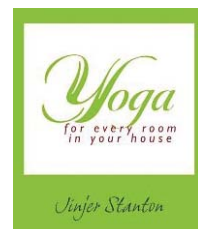
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Is there stress in your life? To paraphrase Zorba the Greek, "Life is stress. Only death is not. To be alive, is to open the door and look for stress!"

But the idea is valid. Stress is the signal that we have opportunities to grow or that we need to make changes in our lives. You've heard in all kinds of media and, possibly, from your doctor, that stress is bad for your health as well.

True enough. So how can we make use of the lessons and opportunities stress points out to us and minimize the impact stress has on our health?

To answer that question, let's contemplate what happens to our breathing when we are under stress.

First, our breath becomes shallow.

Second, that shallow breathing increases our level of stress.

Third, our breath becomes shallower.

Fourth, that shallow breathing increases our level of stress. And on, and on ...

One of the most powerful things we can do to minimize the impact of stress on our bodies is to become conscious of what's going on with our breath. One of my yoga instructors, Bonnie West, used to suggest that the next time we found ourselves being yelled at by either bosses or kids, we should throw ourselves belly down on the floor and rest our foreheads on our crossed arms.

The first thing that does is stop the yelling. The second, and more important, result is that we are forced to breathe deeply, which stops the negative feedback loop of stress and shallow breathing in its tracks.

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HERB CORNER

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

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 throughout the year. In Celtic tradition Mistletoe was believed to hold the spirit of the tree it grew on since it remained green all year long. 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 and 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. **In 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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Why Did We Choose Our Family?

My cousin recently mailed me copies of some DVDs that contained footage from films that her father had taken over the years. Almost everyone in the DVDs had passed on and a lot of the footage contained my uncle's in-laws and friends - people that I no longer remembered or never knew.

So over the weekend I edited the films down to just one DVD to pass on to my own children and grandchildren. The edited DVD contains my grandparents, parents and family.

Within the edited footage, I added freeze frames with text about the family tree connections and who the people in the scenes were so that my grandchildren would hopefully value the film.

As I looked at footage of my parents when they were newly married, of my grandparents still young, of weddings, picnics, vacations and holidays - I thought of how the films always showed them all smiling, happy and celebrating life. But was that how it really was?

No. They had good times, but they also had struggles, disappointments, disagreements, challenges, broken dreams and their times of grief.

For example, my grandmother was made a young widow when my grandfather died at the age of 54. At the time, my grandmother may have thought that her life was over, but in actuality she lived nearly 40 more years, had two more marriages, and several great and great-great grandchildren.

There is also some footage of my father, smiling and waving at the camera, belying the fact that during that year he had survived eleven major surgeries. At that time, would he have believed that he would live another 30 years and live to see his grandchildren become adults? I doubt it.

In viewing the edited footage, I realized that, for the most part my parents and grandparents were younger than I am now.

...continued on page 31...

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Dear Whitedove

My Auntie is a miser that's hoarded every nickel that her husband earned. She spends money only on necessities and has lived frugally for an entire lifetime. She has so much money although you'd never know it. My dilemma? There's been a hardship in our family and I want to encourage Auntie Money Bags to loosen up her purse strings and be generous with our loved one. Can she learn to become generous? *Cash Poor in Canada*

My Dear Canadian

Anything can be learned! Generosity begins with a pure intent. Selfless giving is a gift and a good deed. When we leave this realm we don't take our money with us. What we do take is our deeds. So set an example for your Aunt and hopefully she'll follow your lead. Freely give her your smiles, a kind word, helpful deeds and your prayers and do the same for your family member in need too.

Now remember, it's not something you do with an underlying motive of self-gain...then it's not pure intent or authentic. But show your family the joy of giving and sharing. You'll find that true generosity creates abundance for you and for the recipient of your kindness.

Dear Whitedove

I was raised in a home where words were used as weapons. Sometimes I fall back into that old pattern with my own kids. Why do we hurt the ones that we love? *Hopeful in the Hamptons*

...continued on page 32 ...

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Leave Your Nets

December marks the beginning of whale season in Hawaii. Around this time, majestic humpback whales appear in Hawaiian waters, having traversed 3,000 miles of deep blue sea from offshore Alaska. The whales stay through the winter, mating and bearing their young. To watch them is a spectacle for the senses and the heart.

Last Valentine's Day, Michael Fishbach and Gershon Cohen were fishing off the coast of Baja when they encountered a humpback whale tangled in a myriad of fishing nets. The animal's fins were encumbered to the point that she could not swim and, if she remained fettered, would soon die. Armed with but a pen knife, Fishbach and Cohen worked diligently for over three hours, cutting away one small section of netting at a time, until "*Valentina*" was free. As soon as she gained a distance from the small boat, *Valentina* put on a freedom show to bring tears to any eye. (Check out the YouTube record of the event by searching "*Saving Valentina.6.8.11.h264.mov*".)

I was amazed that such a huge creature — as large as 40,000 pounds — could be imprisoned by relatively fragile nets. In a way that's what happens to human beings. Spiritually we are huge, free, and unlimited — literally children of God, with all the powers of the divine imbued within us. Yet we become encumbered by the nets of earth and we experience being imprisoned. Our nets are not physical, like *Valentina's*, but mental and emotional. We have been conditioned to believe we are small, frail, lost, and limited, and those thoughts are enough to keep us so.

One of my favorite Star Trek television episodes, *Menagerie*, portrays Captain Christopher Pike (Captain Kirk's predecessor) imprisoned on a planet supervised by mentally powerful aliens. At one point Captain Pike begins to sense that his jail is not physical, but an illusion created by his captors. The next time one of the aliens comes to feed the crew, Pike grabs the alien by the throat and tells him that he believes the jail is just a trick of the mind, and he demands to be free. At that moment the appearance of the jail disappears and the crew is liberated.

The symbology of this scene goes far beyond fiction. Human beings have been subjugated to what Ernest Holmes called "race thought" — the cloud of fear, separateness, and limitation that hangs over the world because people subscribe to beliefs of lack, loss, and divisiveness. This sense of alienation from love is not real, but a mind-net we strengthen by believing in it. Indeed there have been many noble individuals who have transcended their sense of limits and served as models of freedom. We call them saints, gurus, healers, free spirits, and sometimes lunatics. Yet they are no freer than we are. They have simply recognized the freedom we all own, claimed it, and lived it.

Jesus told his fishermen disciples, "leave your nets." This advice was a double entendre. On one level he was telling them to let go of their profession as fisherman and come with him. On another level he was telling them — and all of us — to let go of the mental and emotional nets that have encumbered our fins, so that we can swim in the great ocean granted to us as our divine domain.

I am very interested in the phenomenon of hypnosis. When hypnotized, subjects can be burned with a lit cigarette and develop no blister because they have been told that they were being touched by a finger. Others can be touched by a finger and develop a blister because they were told it is a cigarette. The power of the mind is phenomenal, creating very real physical results. A normal person can lift a car leaning on someone stuck under the car, when under less dire circumstance the weight would be unbearable. These examples are insignificant compared to the entire world we have created because we believe in it. A Course in Miracles tells us, "Illusions are as strong in their effects as the truth," and that there are no idle thoughts, because "that which gives rise to an entire world can hardly be called idle."

For this reason we must constantly examine our thoughts to discern between thoughts that imprison us and thoughts that liberate us. Every thought is taking us either deeper into illusion or toward greater freedom. If you monitor your thoughts you will be amazed at how many nets you have wrapped around your massive fins. While this realization may be startling and even feel daunting, there is a gift in it: If you have the power to net yourself, you have the power to release yourself. Herein lies the method and path to freedom.

We are living during a time of great awakening. The ills that seem to plague our world must be undone from inside out. Each of us must find our way to freedom so that we may show others the way. You may feel netted but you have also been given a knife. The freedom available at the end of the knife is one that will give rise to a most glorious show.



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Yoga is essentially a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the

sanskrit word "Yuj" to unite. It means union or identification- The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga.

The aim of Yoga is to make the Soul recognize its true self. Every Soul is in reality the Paramatma but due to the veil of Maya or Spiritual ignorance the individual Soul appear. to be separated from God the Supreme Soul.

In the modern world of constant and continuous tensions, noise, hurry, insecurity; fear and loneliness, man seeks beauty, harmony and happiness. Being In constant tension and conflict, he is unable to perceive the true dimensions of life and to get a true perspective of his place In the Universe.

Beauty, harmony and bliss are all around us and within us but because of the agitations of our minds we cannot perceive them, if our mind can be relaxed and quieted it would respond to the beauty and harmony within and around us and we will find bliss everywhere.

Yoga is an experimental science as in all sciences new techniques are being constantly discovered by individual teachers and taught to their disciples. It is not a subject to be merely talked about.

The human personality has an infinite range of awareness, it can experience the totality of existence and be in a harmonious, happy blissful state, but in ignorance we choose to live on a very narrow limited plane of awareness made up of superficial sensations succeeding each other rapidly. This is the cause of all tensions and conflicts. We do not understand the true purpose of life and so we try to file it up with what we imagine to be pleasurable sensations

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Ma Yoga Shakti

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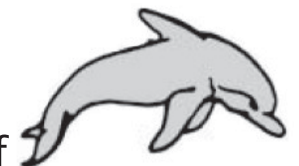
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Thus our life continues to be a span of purposeless living. In spite of the research work carried out in the scientific laboratories and of the many new inventions made to promote, and attain happiness, man still remains dissatisfied and finds that the happiness he seeks is not within his grasp. Constantly man tries to avoid that which is painful, unpleasant and binding. Yoga is the answer and a definite cure for the two-fold problem of quest and struggle. Yoga is neither religion of the Hindus nor renunciation. It is 'the right way of life' for all human beings, everywhere, at all times.

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

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

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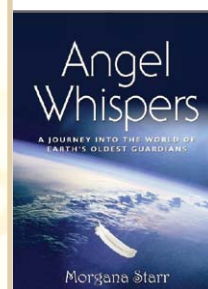
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I Swear To God, I think I'm Agnostic ~ I'm just not sure



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This is crazy. I've been pursuing a belief in God since Catechism as a young boy. I became a born-again Christian when I was in middle school, spoke in tongues and was fully baptized too. I have been ministering since I was 11, speaking full time in churches since 1996 and was ordained in 2000. I have considered my deep belief in God to be the cornerstone of my philosophy.

Lately I've been questioning everything. I've been resonating more and more with Hinduism and Buddhism and less and less with any form of Christianity. The beautiful thing about New Thought is that it is such an open philosophy that even my new tangent can still wonderfully fit into the broader New Thought perspective. Whew, I almost lost my part-time job!!

For some reason, I looked up the word agnostic today and was blown away. I have thought for some time that the concept of God and the workings of Existence was too vast for our human thoughts and words. I have lately begun to believe that any book or talk on the subject must be, by its very nature, made up. This led me to make up my own "spiritual teaching" based upon everything I have ever studied and strongly influenced by Angelina's philosophy that Free Will and Divine Order are mutually exclusive, combined with letting go of anything that did not offer me sustained, non-judgmental Peace. As many know, I call this new spirituality *The Script*.

Still, I have lots of confusion even within *The Script*. Did God create Life or was it our Egos like A Course in Miracles concludes? Do we have free will over our thoughts? How do I pray if I don't believe it has any physical effect? Who do I pray to if I don't believe in a Creator. OMG, I need not know any of this if I claim my agnosticism. Deep breath! Ahhhhhhhhh

Agnosticism is the view that the truth value of certain claims—especially claims about the existence or non-existence of any deity, but also other religious and metaphysical claims—is unknown or unknowable. Well, that's exactly what I've been feeling for many months now.

I used to think that religion was the problem but now it appears that fervent belief in the truth value of a certain religion is more like the problem. I even had a pretty heated discussion recently with a dear friend who is A Course in Miracles enthusiast. I take responsibility for my part AND it appears to me that the underlying challenge is that she believes that ACIM is true. Period! How many times have I had that same belief about my particular religion or spiritual/philosophical views, which only lead to separation?

The Dalai Lama states clearly..."we need to have many religions in order for every one's spiritual needs to be met". He didn't say "we need to find the one truth" or "Buddhism is right for everyone". I find Buddhism's lack of focus upon God or Supreme Being very enlightening because it focuses more upon the now and how to be the best we can be.

Like Atheism, New Thought and Buddhism, Agnosticism is not a religion but more of a spiritual philosophy. Religion usually has a deity or God/Creator. Buddhists generally do not believe in a Creator/God, an entity that is separate from, independent of, and superior to humans, but rather "a spiritual nature" as an intricately linked part of all things, and that we all have this nature often referred to a Buddha nature. This is similar to what is called "Christ consciousness" or "The I AM Presence" in new thought/new age philosophies. In 12-step recovery, this is often referred to as "Higher Power".

Agnostics can be divided into many categories. Here are a few I like:

Agnostic atheism

Agnostic atheists are atheistic because they do not have belief in the existence of any deity, and agnostic because they do not claim to know that a deity does not exist.

Agnostic theism

The view of those who do not claim to know of the existence of any deity, but still believe in such an existence.

Apathetic or pragmatic agnosticism

The view that there is no proof of either the existence or nonexistence of any deity, but since any deity that may exist appears unconcerned for the universe or the welfare of its inhabitants, the question is largely academic.

It appears that my best self description (for today. LOL) is: "I'm a Pragmatic Agnostic, Buddhist, Scriptist." Funny thing is.....I feel less confused than ever. Angelina describes herself as "an Agnostic Theist, Buddhist, Scriptist" since she believes in some form of God. Angelina just reminded me that we also believe in the presence of the "angelic realm" which makes us just weird!!

Regardless of what or who you believe in. We believe in You. We believe in Love and we believe in Armand and Angelina. As always, I'm open to feedback and more awakening.

ABRAHAM *FUN*



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

How Can I Lose Weight?

I may have tried various diets that worked for a while or didn't work at all or simply required more discipline than I could muster. I became defeated, guilty, and frustrated while searching for that elusive plan that will finally be effective.

A diet is a physical regimen established in order to meet a goal - a slimmer body. But if I'm changing only my eating habits and not my habits of thought, I probably won't be successful long-term. If I'm thinking a lot about what I want (weight loss) but also a lot about what I don't want (fat), the numbers on the scale are likely to stay stuck, for my thoughts are sending mixed signals to my body.

Instead, I stop thinking about what I want to decrease and avoid - pudginess, ill health, clothes that don't fit, people's unkind comments. I begin thinking more about what I do want - to be trim, active, healthy, and complimented. I drop all notions of fighting with my weight and replace it with the realization that losing weight can be easy once I get in the mental groove.

I stop seeing food as a temptress and enemy but rather a source of enjoyment. I move beyond patterns of depriving myself and then overeating by becoming

relaxed about my intake, knowing that my metabolism is responding, moment-by-moment, to my thoughts.

I spend time each day envisioning how I want to look. I "see" the scale registering what I want. I "see" myself wearing the clothes I want and engaging in fun activities. I "see" myself enjoying food and feeling satiated while easily maintaining my desired weight.

If I'm willing to do the mental exercises, the physical regimen will become, well, a piece of cake.



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One of the Best Exercises Ever

Sometimes people do dumb things. Sometimes people are thoughtless, rude, or crude. Sometimes people obsess about relatively meaningless things, and sometimes they overlook what they probably should address.

So what? I possibly have a flaw or two of my own tucked away somewhere.

Today I practice one of the most health-giving exercises ever devised: I raise my shoulders while holding my arms out, palms up - I shrug things off. I shrug off petty annoyances. I shrug off irritations. I shrug off pointed remarks. I shrug off bloopers, blunders, and human frailties.

Instead of stubbing my mental toe on frustrations, I practice staying calm regardless of what comes my way. Thus I vibrate happiness and optimism. I align with my joyful divine self. And that which comes my way keeps getting better.



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Abraham-Hicks

...continued from page 9...

The second of these three powerful Universal Laws is the Law of Deliberate Creation. By deliberately directing your attention and thoughts toward the outcome that you desire, you can be or do or have anything that you choose. The application of this powerful Law has resulted in the manifestation of this magnificent planet upon which you live, and in everything that you are able to see. And in the same way that the Non-Physical Source Energy applied this Law—and through powerful focus, created this environment that you call life on planet Earth—you are continuing the process of creation from your physical vantage point.

LIVING THE LAW OF ALLOWING

And while these first two Laws are of extreme importance and your awareness of them is of great value to you and to All-That-Is, your understanding and application of this third Law, the Law of Allowing, is really where all of your personal power lies.

The Law of Attraction says, “The essence of that which is like unto itself, is drawn.” And what that means is: If I feel unappreciated because of circumstances that have recently occurred in my experience, the Law of Attraction cannot now surround me with people who appreciate me. That would defy the Law of Attraction.

If I feel fat and unhappy about the way my body looks and feels, I cannot discover the process or state of mind that is necessary to achieve a good-feeling, good-looking body. That would defy the Law of Attraction.

If I feel discouraged about my financial situation, it cannot improve. Improvement in the face of discouragement would defy the Law of Attraction.

If I am angry because people have been taking advantage of me, lying to me, dishonoring me, and even defacing my property, no action that I can take can stop those unpleasant things from happening, for that would defy the Law of Attraction.

The Law of Attraction simply and accurately reflects back to you in a myriad of ways an accurate response to your vibrational output. In short, whatever is happening to you is a perfect Vibrational Match to the current vibration of your Being—and the emotions that are present within you indicate that vibrational state of Being.

Once aware of the powerful Law of Attraction, many people make a conscious decision to be more in control of their own thoughts, for they have come to understand the power of focusing thought. People attempt to control and more effectively focus their thoughts through a variety of methods—ranging from hypnosis or an attempt to control unconscious thoughts . . . to meditations, affirmations, and strong methods of mind control.

But there is a much easier way of going about the Deliberate Creation of your own experience and of fulfilling your intention for this joyous life experience, and that is an understanding and application of the Art of Allowing. It is the conscious, gentle guiding of your thoughts in the general direction of the things that you desire. And as you come to understand this powerful Stream of Life that we are explaining, and as you get a glimpse of the larger picture of who-you-really-are, and, most important, as you become convinced that your true work is to simply realign with who-you-really-are, the Art of Allowing will become second nature to you.

GO WITH THE FLOW OF WELL-BEING

And so we devote the book *The Astonishing Power of Emotions* (of which this article is an excerpt) to assisting you in going with the flow of your natural Well-Being. We will discuss the essence of nearly every conceivable situation that you could find yourself in, and we will offer guidance and suggestions that will cause you to turn and go with the natural Current. We will help you consciously rediscover the amazing sensory perception that you were born with that helps you determine the direction of your true path.

...continued on page 33 ...

Tod
McNeal's

NATURE'S HAVEN SPIRITUAL SPEAK

321-208-3636

Let us be grateful to people who make us happy, they are the charming gardeners who make our souls blossom -- Marcel Proust

Rental Homes North Brevard: <https://www.facebook.com/pages/Natures-Haven/198291863535804?sk=photos>



The Three Owls

...continued from page 11...

On Wednesday---yesterday---her doctor told my mother that the CAT scans revealed no sign of cancer, that the tumors--which were obvious on a CAT scan taken four months ago--were no longer visible. They took two scans because they were so surprised. They put her on three more months of the therapy (just because it isn't visible doesn't mean it isn't still there), but all in all, it seems like a miracle and by the doctor's surprise, it seems he'd agree.

This morning---12 hours after I heard the above news---I awoke to the sound of an owl. Sitting alone on a branch outside my camper, he hooted. I went outside and looked up at him, feeling that this was some sort of sign, some mysterious message, some arcane confirmation of the mysteries that lie behind all Form, some further confirmation that She (God) exists, and is involved and cares.

Photo by Wayne Wirs <http://waynewirs.com>



A few minutes later, another owl flew over and sat on the branch next to him. A few minutes later, a third.

Never in my entire life have I seen even a single great horned owl.

Today I saw three.

I don't know how else to explain this. I know I've said it on this blog a million times before, but at times like these, it really hits home: that these bizarre but wonderful events are just further proof that the less there is of you, the more there is of *Her*.

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

Thank you so much. Klara

Email alwaysnellie@yahoo.com

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NOTES from the Universe



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

Like most things in life, getting what you want, or doing something new, or being really honest with yourself, is typically very, very hard for first timers, but then... it becomes patently, ridiculously, absurdly and preposterously EASY for the rest of eternity.

I'd say do it right, nail it, whatever it takes, because "easy" is good, and eternity is long.

Comprende?

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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 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, you can experience a new and healthy vital energy flowing.

OBE 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 it.



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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Email andrea@horizonsmagazine.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

COVER ART



ANGEL OF THE PALMS

by Ann Rothan

Angel of the Palms

I was in Florida giving a demonstration for a Painting Your Dreams and Visions class, when the students noticed that I had painted this Angel and palm trees upside down. When I turned the paper around to face me, there was this lovely shape shining above the images of the trees. All I needed to do was fill in the details, the Angelic face, the birds and the palms. There is a sense that all is well as this beautiful Angel blesses our animal kingdom.

Ann Lee Rothan, born 1937 in Louisville, KY is a Mother, Artist, Teacher, Illustrator and Writer. She 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. See more art at www.whereangelsdwell.com

The Lighthouse



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

"And my answer is: So you think it's all about an accident? Or that you're being punished? Then you have missed the grandeur of a standard Lighthouse. Lighthouses aren't built in safe places. They choose to be where the storms are! You're not being punished.. You're being taken to a difficult place to shine your light -

Physically, what should you be doing with the people around you? Can you love them? Listen to them! Listen to what's really happening in their lives. Consider every day one where you have an opportunity to create light in a dark place. Watch attitudes change.. You may be "weird" to them, but they know you represent integrity.

Spiritually... you're a light in a dark place and you wonder why you're there? **It isn't always about you.** Think about them! You're being given an opportunity. This is the work you came to do, and it's not forever. In a place you don't want to be, working with people you don't want to be with, is the work of a Lighthouse... What if you're the only light they ever see?"
www.kryon.com

A Folk Ways Calendar



DECEMBER 2011						
SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Ancient people saw the flow of time as circular, not linear, and the changes were understood as a great wheel. Woven together with the solar cycles are the monthly lunar cycles, which affect all life on Earth from the tides of the oceans, to the fluids within our bodies, to our emotions, to our unconscious. Many folk/ethnic/Indigenous religions and other traditions have been lost through time, destroyed by men who sought to establish a new God. Which is interesting since Christianity and most of its rituals is based on Egyptian mythology, whose source is pagan.

I recognize that much myth and tradition isn't about worshipping gods or goddesses, rather about recognizing and honoring archetypes in a way that can be useful in our daily lives. Much can be rediscovered through folk customs, legends and folktales. Our ancestors found comfort in the cycles of the seas and the stars. It gave them faith that when the sun left the sky, the moon would appear. It gave them faith that when a season of snow passed, a season of sunshine would follow. They learned by the phase of the moon and the cycle of the seasons the best times to plant and to harvest.

My experience is that being in tune with the natural rhythms of our Universe helps me find my place in it. It helps me feel connected and supported by the natural world around me, no matter what human chaos may be happening at the time. When we feel ourselves to be separate from nature, we feel fragmented and frazzled by our daily lives. If we're to change this, it helps to begin seeing ourselves and our relationship to the Earth, the moon and the sun with new eyes. To look for the natural patterns and cycles, and see what relevance they might have in your life.

As a gardener and one who studies weather patterns, I find the cycles very relevant to my daily life. At new moon and full moon, I do a moon ceremony, to celebrate the last 14 days and welcome in the next 14. Observing the natural cycles teaches that every one and every thing is valuable and sacred. You might want to Google the unfamiliar names you read here and see what some of the ancients believed, and how they celebrated the cycles.

-- Andrea de Michaelis, Editor

DECEMBER 2011

Dec 7th - Guatemala: Burning of the Devil (La Quema del Diablo) The idea is to burn all of the bad from the previous year and to start anew from the ashes

Dec 1-17 - Islam: Festival of the Whirling Dervishes, to honour Rumi, Islam's greatest mystic poet

Dec 10th - Full Moon in Gemini lunar eclipse

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

Dec 20-28 Hanukkah, Judaism

Dec 21st - Winter Solstice The Sun is at its lowest point in the sky and it will be the shortest day and longest night of the year. . This is also the first day of winter.

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

Dec 24th - New Moon

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

Dec 25th - The birth of the savior/god in many traditions is celebrated (see article page 10 this magazine), including:

Christianity: Christmas: Jesus

Roman Pagan Religion: Attis

Greek Pagan Religion: Dionysus

Egyptian Pagan Religion: Osiris

Persian Pagan Religion: Mithra

Babylonians "Victory of the Sun-God" Festival

Dec 26 - Jan 1st -- Kwanzaa, African American celebrating the 7 principles of unity, self-determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith.

Dec 27 Ta Chiu, Hong Kong Taoist festival of peace and renewal



Soul Powered Life

...continued from page 14...

It dawned on me how quickly life passes and that in another generation, most of the film could become worthless, the people captured by the film forgotten. Their influence on myself and my own children and grandchildren, not realized.

But what was their legacy? What were their dreams and hopes? What made them act, react and think the way they did? What were their core values and beliefs?

"If I have seen further
it is only by standing
on the shoulders of giants."
~ Sir Isaac Newton

We take the baton, so to speak, from our forefathers and we carry it until we can hand it off to our children and grandchildren.

Hopefully, I will have helped them move beyond and further and higher than from where I stood when I began.

How am I doing? I wondered. Have I taken what my ancestors handed me and grown from there?

"The way you evolve is from where
you now are standing on your current
platform, and a large part of your
current platform equals a large part
of your current vibration—
that's what your belief system is."
~ Abraham-Hicks

As I looked at some of the footage of myself as an infant I thought, "Why did I choose to be born into that family? How was I shaped and influenced by them? What was my life plan? What were my hopes and dreams? What is my legacy to my grandchildren?"

We may someday be forgotten... just faces in a video that no one knows. Part of photo albums that rot and decay. Part of images that get deleted from memory.

But our essence, our energy lives on, not just in the Spiritual realms, but within those who follow us.

We are all energy - energetically connected. What we do each day matters. And how we live - most importantly how we love - influences greatly those who have come after us - and those who are still waiting in the wings to be born.

"Love lifts us up where we belong." ~ Will Jennings

How can we help uplift ourselves and our descendants? By pondering more on what's great about our life. By being grateful for what is. By telling a new story - about the good that we desire. By being thankful for our life.

By taking the time to get quiet and get the inner guidance that can help us align with our highest good. By raising our own energy vibration through our prayers, meditation and imagination so that we magnetize into our lives what we truly desire - for the greatest good of all concerned.

So that our life - and those who follow us - can live more awesome lives - moving beyond the platform from whence we came.

As we move beyond and higher than the shoulders that carried us, we carry with us the hopes and dreams of our ancestors. And we honor them and in some way, in some energetic connection, I believe that they too are uplifted. The celluloid films may degrade or become lost. But the energy of the life force lasts forever.

It's all energy. It's all about Love.

Oobe You Are Not The Body
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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.

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SEE PAGE 28



Ask Whitedove

...continued from page 15...

Dear Hopeful

Verbal abuse can leave scars on the mind and the soul. Being a victim yourself, you should know better. Innocent children have the ability to love unconditionally and you take for granted that they'll forgive you. For the sake of the family's wellbeing, your mission is to break this negative cycle that has run in your family for generations.

You'll need to start the process of reprogramming your internal dialog. Monitor your thoughts. Be in the moment and be mindful of what you say. Use your words to Bless, Heal or Educate. Words have real power, they evoke things into matter because Ask yourself; what are you creating? From this point forward your objective is to create a loving and safe environment for your family and fill it with words of understanding and support. And if you don't have anything constructive to say, then that's when silence is golden.

Dear Whitedove

Do you believe in coincidences? When my husband and I moved to this town I began an unfulfilling job and soon had a hunch that my husband was fooling around. Through a series of coincidences I discovered the truth and I moved out. Not long after, I was given a promotion to a position that I love and recently I've met someone special. I'm very happy with my new life. Tell me; do coincidences and intuition work together or were these just a series of random events that led to a happy ending? Thinking too much in Tulsa

Dear Thinking

Congratulations on following your intuition. This inner knowing has helped to guide you to a place that was meant to be! There's nothing in our Universe that is random... everything has purpose. God has a grand plan. Intuition is your innate guidance system or spiritual GPS that leads you to your destiny. When consecutive events accumulate into a meaningful pattern then this is called synchronicity. These are divinely synchronized events that are placed in front of you - on purpose. So give thanks to your unseen support team for orchestrating the Divine Twist of fate.



SUGGESTED READING WATCHING LISTENING

CDS:

Nataraja by Shiva Rea

Tandava compiled by Pathaan

Getting into the Vortex Guided Meditations CD

and User Guide by Esther and Jerry Hicks

BOOKS:

Spiritual Partnership by Gary Zukav

The Well That Never Runs Dry by Joann Davis

Be Love Now, The Path of the Heart by Ram Dass

Downward Dog, Upward Fog by Meryl Davids Landau

The Seeker, the Search, The Sacred by Guy Finley

Yoga For Every Room in your House by Jinjer Stanton

Fading Toward enlightenment by Wayne Wirs www.fade2e.com

The Bushman Way of Tracking God by Bradford Keeney, Ph.D.

How To Rule The World From Your Couch by Laura Day

Making Room for Mr. Right by Robin and Michael Mastro

Wild Attraction: A Ruthlessly Practical guide to Extraordinary

Relationship by Paul and Patricia Richards

The Physics of Miracles by Richard Bartlett, DC. ND

The Wisdom of a Broken Heart by Susan Piver

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

Question Your Thinking, Change the World by Byron Katie

How to Hear Your Angels by Doreen Virtue, Ph.D

Healing Words from the Angels Doreen Virtue, Ph.D.

The Age of Miracles Marianne Williamson

The Hidden Spirituality of Men by Matthew Fox

Do It Anyway by Kent M. Keith

Saying goodbye to your Angel Animals by Allen & Linda Anderson

Why Walk when You Can Fly by Isha

365 Prescriptions for the Soul by Dr Bernie S. Siegel

How to Be Compassionate by His Holiness the Dalai Lama

The Secret Life of Water by Masaru Emoto

The Miracle of Water by Masaru Emoto

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The Astonishing Power of Emotions

The Law of Attraction: Teachings of Abraham

From Grief To Joy: Moving Up The Emotional Scale

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[MUST SEE DVDs](#)

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

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



Abraham-Hicks

...continued from page 26...

And it is our expectation that as you read this and return to your conscious awareness of the amazing power of your emotions, you will become the Allower of the Well-Being that you are from your broader Non-Physical, Source Energy point of view.

The most common misunderstanding that prevents people from getting control of a situation and gaining their personal balance is the belief that I need to get to where I want to be right now or as quickly as possible. We certainly understand your desire to find the answers to your questions quickly or to solve your problems as fast as you can, but still, that urge works against you. When you feel an urgency to be somewhere else, you are pushing hard against where you are. That is upstream.

But an even more important flaw in the premise you are beginning from is this: In your belief that you must hurry to an improved place, you are discounting the power of the Stream, its speed, its direction, and its promise. And in the forgetting of those things, you are definitely pointed in the opposite direction of who-you- truly-are and all that you have become.

So now, turn your attention once again to the upstream/ downstream analogy, and feel for a moment the sensation of relief that you would experience if you had been paddling against the Current in an upstream direction and then suddenly just stopped paddling, in an attitude of giving in to the Stream and letting it just turn you and take you downstream.

Let this picture soothe you even further as you try now to remember that this Stream is benevolent and wise, and it is actually taking you toward the things that you want. In your mind's eye, lie back in your boat, feel it turn naturally downstream, and relax into the idea that this Stream will carry you to your inevitable Well-Being and to a fulfillment of your desires.

YOU ARE ADDING POWER TO THE STREAM

The following words have the potential to help you quickly align with everything you have ever wanted. But that alignment will not be likely unless you have taken the time to accept the validity of the analogy of the Stream. If you can accept that from your Non-Physical vantage point before your physical birth, you had set forth intentions, and those intentions account for part of the momentum of the Stream . . . and that as you are here in this physical

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body, life causes you to ask for more things, and that those things account for part of the momentum of the Stream . . . and that in all that you have lived, you are constantly shooting vibrational rockets out ahead of you, and that those rockets account for part of the momentum of the Stream . . . and, most of all, if you can accept that your Inner Being, the Source within you, now stands in vibrational alignment with all of that becoming, and that the Law of Attraction is drawing to that furthestmost summoning point . . . now you understand the power of this Stream.

So now, just lie back for a moment and contemplate this wonderful, powerful Stream of Well-Being, which moves unendingly in the direction of your becoming, and toward the fulfillment of that which is you. . . .

And now you are ready to apply the upstream/ downstream comparison toward any and all aspects of your own life experience. It is our expectation that you are now ready to personally acknowledge, thought by thought, if you are pointed upstream or downstream; and whether you are closing the gap between you and You or are holding yourself unnaturally apart.

This article was excerpted from Chapter 9 of the book *The Astonishing Power of Emotions*



Thoughts about things...

... from page 7...

Part of it has to do with the fact that a vibration of an angry and aggravating family gathering is something that feels familiar. Like it or not, it feels familiar to you. That's one reason that couples who fight stay together. They're used to it and find comfort in the familiarity of it, good or bad. When we spend all day every day hitting our head against the wall, we get used to the resonance. If we're not careful, its rhythm can become the soundtrack for our life.

As soon as I was able to break free of family dinners and holiday obligations, I did. I let everyone know I adored them but didn't enjoy the gatherings and had other plans I'd rather do that day. Period. Sometimes I'd stop by for a quick visit, and it always felt lighter, since it was my choice to go and not an obligation I had to fulfill.

In my teens, family members began dying. The first were my grandparents, which felt different than when a school friend died, or when a brother or husband died. I got an early education in death and dying. I also got an early education in getting over it and realizing life and death and rebirth is a cycle. I got an early education in moving on from sentimental thought about it.

Don't get me wrong, I look back on my childhood and it was a good one. I have no regrets or troubled memories. It just was what it was. My parents and us kids were all just raising each other the best we knew how. No praise or blame. I made it through without giant emotional scars.

Since the 90's, I've spent each Thanksgiving and Christmas day working and playing in my garden. Sometimes I drive out for a quick visit with friends, but I never commit to spending time on those days. As soon as something becomes an obligation, it feels resistant to me.

*If people say something bad about
you - even friends and family - don't
be affected... just remember that dogs
never bark if they know the person*

I want my time spent with friends and family to be times I am in the vortex — when I am emotionally feeling good and in alignment.

So how can I keep myself in alignment during a holiday season when there is so much sadness in the air over who has passed, and who is no longer with us?

Know that while your heart hurts now, it will lessen with time. Know that everyone passes and everything changes. Period. Know that you can begin to think of the holiday season in a new way, a way that will fill you with good feelings, no matter who is there or not.

It helps to know that in your 50's you'll become interested in family origin and history and wish you'd spent more time listening to parents and elders. Ask Uncle Earl what it was like being a chicken farmer surviving the Depression, ask where his family came from and where everyone is now.

Don't talk the weather when you have elders with you, ask them something about their life. What things brought them the most happiness? What dreams did they get to fulfill? You can learn some interesting things and they will feel good that you've had them recollect some happy memories.

I spend time each holiday to bring to mind the ones who've passed, I bring to mind what I appreciated about them and how they added to my life.

I don't let my thoughts linger long on what if? or regrets or mistakes. I honor that they were part of the cycle of my life and that I had them for a few years. I remember that some day we'll meet again, in other bodies at another time. I remember it's all a cycle.

People come and people go. The Now moment is all that can be counted on. When you make the most of it, that will become your new emotional default setting for the holidays. And that's how you'll sail through them with flying colors.

...continued on page 38...





Yoga for Every Room in the House: *Breath is Life*

... from page 12...

Mainstream medicine recognizes that it is impossible to be healthy if we don't breathe deeply and fully. A healthy set of human lungs has a potential vital capacity of between six and eight quarts. Many of us have lung capacities of only two quarts.

We can lose vital lung capacity through ongoing stress, disease, and inactivity. (Lack of activity also decreases the heart's ability to pump blood back to the lungs, which also affects its function.)

Healthy respiration increases longevity and helps medical conditions like asthma, poor digestion, insomnia, high blood pressure, heart disease, etc.

It is paramount to learn to breathe properly and fill the lungs completely. This is something you don't even need to stand up for though you do need to keep your spine straight, whether you choose to stand or sit.

Inhale slowly and deeply while consciously expanding your belly. Imagine your chest cannot expand until your belly is full and tight with air. You may feel slight discomfort from being so full of air.

Exhale slowly from top to bottom so that your chest empties first, then your abdomen. When you think your lungs are empty, keep on exhaling anyway as you round your shoulders to squeeze out any stale air hiding in the corners.

Repeat several times. You only need to squeeze the stale corners once a day, not every breath.

Many of us are so unaccustomed to this deep breathing we can't tell, at first, whether we're breathing deeply enough to push the abdomen out.

The first few times you try this, place your hands on your upper belly with just the tips of the longest finger on each hand touching the corresponding finger on the other.

As you inhale, you should see a gap appear between your fingertips. As you exhale, that gap should disappear again.

If you get light-headed, stop. Try again tomorrow, and the next day, and the next. Keep it up and one day you'll realize that you breathe well automatically.

The spirit in me salutes the spirit in you. We're all in bodies together.

OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



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

HOROSCOPES

Aries: March 21 to April 19 "I Am"

Be like the ram and move forward with strength and passion in the construction of your empire. This month is a new beginning as far as relationships are concerned. You will be the instigator in any new relationships in the future; your needs will be met for a peaceful and balanced friendships.

Taurus: April 20 to May 20 "I Have"

You will continue to experience a steady growth in the alchemical mixing of opposites. How you put yourself out in the world has everything to do with who you are on the inside. Big shifts are in store for you and how you will be of service to others this season.

Gemini: May 21 to June 20 "I Think"

All your goals and dreams are coming true because you have done your homework for what you want to create. A new beginning in regards to relationships will heal past hurts and allow another level of family healing to occur. Things will be set in motion by the beginning of April 2012.

Cancer: June 21 to July 22 "I Feel"

Emotional satisfaction will drive you to a state of clarity and celebration as you continue to move forward with what has heart and meaning for you. Good news of prosperous opportunities will help you have a positive attitude when life brings unexpected change. Go with the flow and all will be in Divine order.

Leo: July 23 to August 22 "I Will"

You can now relax a little since transiting Mars has moved into Virgo. Your purpose is to manifest your a soul through a human machine and breath life into your vessel. This is also a time to turn your energies inward to percolate much needed time into a quiet kind of creativity.

Virgo: August 23 to September 22 "I Analyze"

This month, beware of the tendency to analyze or criticize your loved ones, this is the best way to alienate them and back yourself into a lonely corner. You cannot expect to enjoy the fruits of labor when you have not earned the right from honest work and noncommittal attitude.

Libra: September 23 to Oct 22/23 "I Balance"

The key to your happiness is the ability for others to allow you to share your life with them. You need others to be your mirror, otherwise you can't see yourself, reflection is the key to a positive and happy relationship. This month is a new beginning with lots of ideas that will inspire a very fruitful year.



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FOR DECEMBER 2011

Scorpio: October 23 to November 22 "I Create"
Your strong physical urges have a life of their own this month; do what you need to do to direct your energy into a positive manifestation. The thing that is nice about your life right now is that you have the freedom to create miracles as you focus on your spiritual growth.

Sagittarius: Nov 22 to Dec 21 "I Perceive"
This time of year you are very eager to travel and taste the culinary delights of the worlds as of yet untested. Your enthusiasm is contagious. Your soul is adventurous, balance of the serenity of an inner retreat will be the true blessings of your souls journey. Being centered in your integrity will allow your focus to be in sync with divine timing.

Capricorn: Dec 22 to January 19 "I Use"
Your greatest lesson is to trust yourself and the love in your life. The new beginning is just around the corner and soon it will be time to make the leap of faith. You may want to put your rose

colored glasses on to cover up any sort of cynical view of the world. Do your best and forget the rest but just remember to take care of your body; all of them.

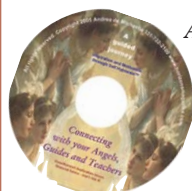
Aquarius: January 20 to Feb 19 "I Know"
You have begun a new spiritual journey and now there is no turning back, your path is one of emotional luxury and having the back bone to walk your talk and speak your truth. Many doors will open for you as you walk through them, many more opportunities to succeed will support your efforts to be successful!

Pisces: Feb 19 to March 22 "I Believe"
You have jumped on the band wagon of revolutionary thought to slay the negativity in your life. Expressing what you really feel and think will allow you to break free from constraints and move forward with new ideas. You will soon understand all the lessons of the past year.

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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

Listen online

For download, go to www.horizonsmagazine.com -- Go to "Andrea's Audio CD MP3 Page" OR directly to http://www.horizonsmagazine.com/CD_Page/index.html





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

Thoughts about things...

... from page 34...

What does it matter if it's come before? Love is the river

Domino asked me, "What am I supposed to think? I met Brad when he began a week long affair with my roommate, the married but separated Tina. When Tina came home 3 days later, she told me she'd found her soul mate, they spent the whole weekend talking about spirituality, they're madly in love and she told her husband she wanted a divorce.

By the 8th day, Brad told her they'd made a mistake. Their first conversations were about how much she wanted to work things out with her husband and Brad's thoughts kept going back to that. Tina felt hurt and played, she moved out and went back to her husband.

So what am I supposed to think," Domino asked me, "now that Brad has been coming around and saying to me the same things Tina told me he said to her? You said sometimes your heart opens wide for one person and another falls into it, is that what happened for him? Is this a rebound, is this his M.O.? What am I supposed to think?"

If it were me, this is what I would choose to think:

I'm supposed to remember that I have my own m.o. with new people as well. Many people do, it's not deceptive, it is their way. I'm supposed to think the better thought and I'm supposed to think what I feel is true.

What I'm supposed to think is that no matter what has gone before, this is our unique moment in time, and in the holy instants we spend, I feel the river (the energy, the chemistry, the shakti, the kundalini) running through me. Since I feel the river, I know if you are not the one for me, then the one for me is getting closer. I know because I feel the river and I can't stop the river and I don't want to stop the river.

All I need to do is keep myself focused on the better feeling thought and see where that river leads me. Maybe it leads me away from you, just as it led you from Tina to me. Maybe it leads me to you alone and keeps me swirling around you. But if it leads me away from you, then that is a root on the shore I need to let go of if I am to continue my journey.

Sometimes we need a root or a branch to grab hold of as we make our way down the river, when we're going too fast to plan or prepare and just need a brief respite from the rushing water.

Sometimes we just need to touch base with the bank of the river to know there is a place of stillness that causes us to be still as well, to catch our breath and recoup before we make our way back out into the world.

Maybe right now I'm just a branch in the river of your flow, maybe I'm just meant to be the riverbank you can touch and feel home and rest in the quiet of. Maybe I'm meant to be your whole world and we'll spend the rest of our lives in crazy mad love. Maybe we'll never speak again.

The point is the river IS the love, the river flows past many things and many people and we don't need to be concerned with who should feel what when or how long will it last or where is it going to go or who else was ever in the river. Sometimes you just have to do as Daniel Nahmod sings in a fave song, *Water*:

*"Well, I've seen my share of struggle
when I thought that I knew best,
when I've sailed through the storm
instead of stopping to rest.
And it always seems the hardest
when I made up my stubborn mind.
Well, I'm changing my ways this time.*

*I want to be like water,
coming down the mountain,
into shadowy canyons,
flowing from pool to stream.
I want to be like water,
head uphill no more,
I am bound for the sea.*

*Have you ever seen an eagle head straight into the wind?
He doesn't pick a fight, he spreads his wings and just gives in.
And in the end he always makes it home just fine.
Guess he knows that every storm subsides.*

*I'll let nature takes its course.
No more thinkin' that I know
where this river's meant to go.*

*I've railed against the stars for the cards that I've been dealt
for the lottery I never won, for the heartache that I've felt.
But it always seems when I let go expectation and regret,
life has plenty of surprises for me yet.*

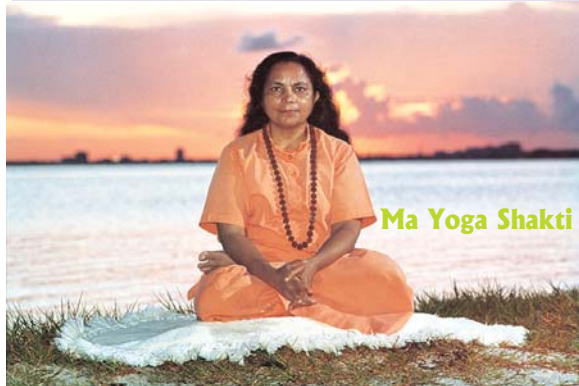
*I want to be like water,
comin' down the mountain,
into shadowy canyons,
flowin' from pool to stream.
I want to be like water,
head uphill no more,
I am bound for the sea."*



Enjoy our offering this month.
Hari Om.

Andrea

YOGA SHAKTI MISSION

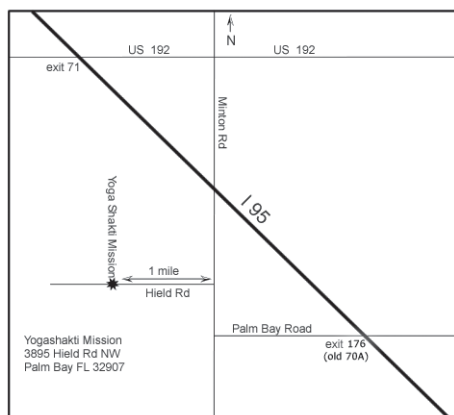


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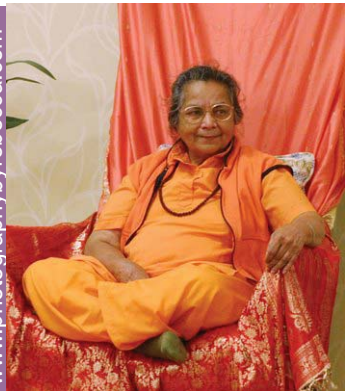
Maryann and Jim Loafman

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December 30 thru Jan 1, 2012 New Year's Retreat with Mataji

Come away for a weekend to a different world, in the oasis of beauty and peace created for us by Mataji in her Palm Bay Ashram. Sit at the feet of a Master of Yoga, Mataji, Ma Yogashakti. Hear her expound the wisdom of the Vedas. Take part in Hatha Yoga classes, early morning satsang, meditation with Mataji and traditional temple worship.

REGISTRATION: In advance \$120 per person, families \$170.

At the door \$130 per person or \$190 families.

WHEN: 4 pm on Friday until 2 pm Sunday.

MEALS: Delicious wholesome home-cooked vegetarian meals served

WHAT TO BRING: Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook.

MATAJI WILL BE IN PALM BAY THRU JAN 30

COME JOIN US, OPEN TO ALL:

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Christmas Day Dec 25th Vegetarian Potluck at 12 noon

Dec 30 - January 1st New Year's Retreat with Mataji

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

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Affirmation

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