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SUNDAY Services 10:00am

Sunday, December 16, 2012, 6:30-7:30pm facilitated by Janine Chimera, CMP

Celebrate Christmas with Unity of Melbourne

Sunday December 23, 2012 Sunday Morning Service 10:00AM. Family friendly service will include our Children's Christmas Program, a celebration and musical performance

Christmas Candlelight Service 7:00PM

Sunday December 23, 2012. Our spiritual community will celebrate the joy of Christmas with music, story and the lighting of candles. Bring friends. Child care provided.

New World Eve - Birth 2012 - UNTO US A WORLD IS BORN

Monday, December 31, 2012, TAIZE PRAYER SERVICE: MIDWIFING THE NEW EARTH
Prelude 6:45 PM Contemplative Service 7:00 PM Music/chant, Silence, Commitment Ceremony, Meditation Seed #4, Hand-washing Ritual

Midweek Meditation Wednesdays 6:30pm facilitated by Michelle Lyon.

Meditating in a group is particularly helpful for beginning meditators as they are surrounded by the energy of more experienced meditators. Come and be lifted up.

DURING THE WEEK

- o Sunday, 11:15 to noon. Adult Sunday school - Join us for metaphysical discussion. Childcare available.
- o Tuesdays and Thursdays at Noon - Healing Prayer Service open to all.
- o Tuesdays 7:30pm A Course In Miracles
- o Wednesdays 6:30pm Midweek Meditation with Michelle Lyon
- o 1st Sunday of the month (Nov 4 and Dec 2) 4:00pm Reiki Healing Service with Lloyd Reiser
- o 3rd Sunday of the month (Nov 18th) at 2:30pm 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.

SUNDAY
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**The greatest
optical illusion
is separation**

HORIZONS

**Publisher/Editor/Layout
Distribution/Billing**
Andrea de Michaelis

Thanks for help this month
Morgana Starr
Jeremy Bonner

On the Cover (see page 26)
Guardian Angel by
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Debra Strasser
Paul Goldman
Barbara Lee
Mike Dooley
Alan Cohen
Tom Sannar

**“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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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

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

1. Recognition - God Is First. I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.

2. Unification. I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.

3. Willingness To Change. I am willing to assess my life, to honestly look at and face all my fears.

4. Dominion. I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

5. I Live On Principle. I know that I am a Spiritual Being. I live my life with honesty and integrity.

6. I Live On Purpose. I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

7. Forgiveness. I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

8. Positively Present. I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

9. Persistence. I persist through faith. I maintain focus and discipline.

10. Service. I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

11. Gratitude. I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.

12. Tithing. I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE



Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the December 2012 edition of Horizons Magazine. I want to share with you The Parable of the Rainbow Room by Kryon. This is a parable, a metaphor of life, and it goes like this: There is a room we will call the Rainbow Room. In this room, all the colors of the rainbow present themselves linearly, one at a time, and they change every few thousand years. The room needs this to exist, and that's why it's called the Rainbow Room. For thousands of years, the room is yellow, then it turns into the blue and the red, the purples, the greens and slowly, the room goes through all the colors of the rainbow. The colors take their turn in the spectrum, one at a time.

In this room, I would like to introduce you to some creatures - smart, intelligent and sacred, all born during a time when the color in the room was red. Their parents were also born during the red cycle, and even their grandparents. In fact, as far back as they had recorded history, the room was always red. It's all they've ever known. Therefore, you might say they have a red consciousness and they expect red. Everywhere they go, they work with red. They are the red people.

Over time, the Rainbow Room starts to do what it always has done and slowly begins to move into its next color, purple. The room starts to become purple. What happens to those who have always known red? The first thing is fear. The red people say, "Here comes something odd and unusual, and it has never happened before! It's dark and somehow scary. We must have done it. We must be responsible. There is no other explanation! Therefore, we must find ways to stop the purple. It's supposed to be red. Purple is bad."

But even among the red people, there are a few who say, "We welcome the purple. We don't know why it's here, but we recognize that it's appropriate. Although we've always been red and we don't understand the purple, we're not afraid of it. Ancient esoteric prophesy told us that someday a shift in the red would come. God bless the purple."

And that's the energy you sit in now, for that which has been normal on this planet for all of these thousands of years is simply shifting.

end of Parable of the Rainbow Room

Makes sense, doesn't it? A great metaphor for so much of the fear in the air right now, the bickering and fighting back and forth people do with each other.

WHY COMPETITION AND JEALOUSY WHEN WE'RE ON THE PATH? BECAUSE THAT'S HOW WE WORK THIS STUFF OUT: WITH EACH OTHER

Do you notice how when you're fully connected to your inner guidance, you see the world and everything in it just fine as it is? You don't worry about what the news says or what the complainers say, because you're filled - maybe just for a few moments - with that feeling that it's all under control and that everything happens for a Divine purpose?

...continued on page 28..

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the Law of Attraction and their dvd, The Secret Behind "The Secret." Visit www.abraham-hicks.com.

ARE YOU LEAVING ME?

Most people who want a relationship believe that a mediocre relationship is better than no relationship at all, but we do not agree with that. In other words, since the potential for a glorious relationship always exists—we never encourage settling for less.

Remember that you feel the way you do because of the mix of vibrations within you, and that no two people feel exactly the same way about anything. It is possible for two people to be sharing what appears to be an identical experience, but one person is enjoying it while the other is not because their individual mixture of vibrations varies.

Rather than trying to figure out what another person wants and then putting your efforts toward satisfying his or her desires, it is much more productive and satisfying for you to be directing your thoughts toward the things that you desire.

Whatever you are living is causing you to make regular deposits into your *vibrational escrow account*, so anytime something happens that you do not want, you send out a request for what you prefer instead. So, for example, now that your lover has left your experience, your request for someone who wants to be with you has been submitted in a strong, clearer way than ever before.

Many of your experiences throughout this lifetime have caused you to make requests, and so you have created a magnificent relationship that waits for you in vibrational escrow and calls you toward the fulfillment of it. And as you find more downstream thoughts, you get closer to the realization of these desires. But today, while your heart is breaking, you are going against the current, and you are not allowing yourself to get closer to the relationship that waits for you.

People are often amazed when we tell them that every bad thing that has ever happened to them in a relationship is part of the reason why such a magnificent relationship now waits for them. However, if they continue to beat the drum of those bad things that have happened, they will continue to deprive themselves of the discovery of that wonderful creation.

WHERE DO YOU WANT TO BE?

Have you seen the Global Positioning navigational systems that are available in vehicles today? An antenna on the roof of your vehicle sends a signal to satellites in the sky that identify your current location. Once you enter your desired destination into the keypad, the computer calculates the route between where you are and where you want to go. The monitor informs you of the distance you have to travel and recommends the best route to get there, and once you begin, the system will give you specific directions to lead you to your new destination.

The navigational system never asks: "Where have you been?" It does not ask: "Why have you been there so long?" Its only mission is to assist you in getting from where you are to where you want to be. Your emotions provide a similar guidance system for you, for their primary function is also to help you travel the distance from where you are to wherever you want to be.

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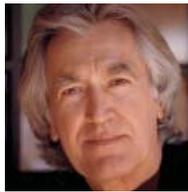
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Interview with Larry Dossey, MD, author of the book *Healing Words*



Jeffrey Austin Smith is a spiritual writer for The Attitude of Gratitude.com and lives in Largo, Florida. He shares his spiritual experiences in overcoming life's difficulties and how to be happy on his page at facebook.com/TheAttitudeOfGratitude. Email him jsmith@theattitudeofgratitude.com

My friend Jeffrey Smith is doing research for a book which involves the subject of prayer and how to use it. After seeing Dr Dossey on Oprah "Super Sunday", Jeffrey contacted him about his book "Healing Words" and there is their discussion. Visit Dr. Larry Dossey at <http://www.dosseydossey.com>

Dr. Dossey, What is spirituality? For me, it's simply a sense of connectedness with a higher power — a reality beyond the self or ego. People have different terms for this, such as God, Goddess, Allah, the Tao, Universe, and so on. I favor "The Absolute," because this term is refreshingly free from any particular religious connotation. Spirituality is not the same as religion, which involves specific behaviors, rituals, and beliefs, usually among a community of like-minded believers. People can be spiritual without being religious, and vice versa, or they can be both or neither.

Question: You say medicine is becoming re-spiritualized. What's the evidence?

In 1993, only 3 (of 25) medical schools in the United States had courses that explored the role of spirituality in health. Now, 90 have such. Research in this area is booming. Approximately 1,200 studies show that people who follow a spiritual path in their life live, on average, 7 to 13 years longer than people who do not follow a spiritual path, and they have a lower incidence of all major diseases. Several controlled experiments suggest that prayer for another person can influence that person's health, even when they are unaware it is being offered.

All medical students in the U.S. are now required to know how to take a spiritual history from a patient before being granted a degree from an M.D.-granting school. In order to be accredited, hospitals and clinics are required to have mechanisms in place whereby they can assess the spiritual needs of all patients. Surveys show that the most frequently used "alternative therapy" in the U. S. is prayer.

...continued on page 18



Tom Arcuti YACHAK SHAMAN OF IMBABURA
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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

NOTES from the Universe

People who do all they can, with what they've got, from where they are, no matter how puny their actions, how tiny their steps, or how futile it may seem, simply have more fun. Way. Of course, to the uninitiated it doesn't appear that way. To them it appears as if only those taking gigantic leaps, who drive cars with fancy wheels, have loads of friends, perfect bodies, and fly around the world in First Class Sleeper Seats, are having fun. But what they don't realize is that we're often talking about the very same folks, just at different points in their journey.

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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.



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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.

Andrea's cds Listen online



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

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WHY CHOOSE HERBS FOR YOUR HEALTH

Herbs or herbal supplements have been classified by the U.S. Dietary Supplement and Health Act of 1994 as "Dietary supplements". Traditionally they were called "Botanical" or "Phyto" Medicines. In some European countries they are classified as drugs. Herbs can be used to treat many conditions in a variety of ways including teas, tinctures, syrups, extracts, capsules, salves, and baths, even in a pot of soup. Because plants are loaded with vitamins, minerals and specialized constituents when combined they produce greater beneficial synergistic effects; aiding in our body's innate ability to heal. This is due to the fact that herbs can contain 50-2000 different constituents that benefit health and vitality.

Herbal Medicine is not new. For over 200,000 years plants have been used for health and nutrition. For centuries our ancestors used plants effectively for maintaining health with few side-effects. Today the **WHO (World Health Organization)** estimates that 80% of the world's populations use herbs in some manner to support or maintain health. It also estimates that about 1/3 of Americans are using herbs and in Germany some 600-700 plants are prescribed by physicians as medicine.

I have chosen herbs and I have seen others chose herbs as a complementary way to health. Like me, people have become dissatisfied in Western Medicine, its costs and their side-effects. Herbs have a long history of success maintaining health when used correctly. **Herbal Medicine** aims at the underlying cause of the condition. It doesn't treat the problem masking it with short term solutions (Band-Aids) that cause side-effects as Western Medicine does. Herbs naturally bring the whole body back into balance, providing us with the missing building blocks needed for health and vitality.

In the past, **Herbalism** has been misunderstood by mainstream medicine labeling it as "snake-oil". Science has not yet caught up with ancient wisdom. Even the **WHO** sees the positive effect of herbal dietary supplements considering the estimated percentage of people using herbs routinely.

Just because herbs are natural doesn't mean they are harmless. Some herbs can cause allergic reactions and all pregnant women need to consult with their physician before using herbs. Before starting anything new talk to your doctor and get advice from someone who has knowledge of herbs, especially if you are taking medications.

If you choose to use herbs as I have do your research, get knowledgeable advice and make informed choices that are comfortable for you. With proper management herbs can be incorporated into your life to increase your health and vitality.

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Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. She has been greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email yogashaktipb@yahoo.com visit www.yogashakti.org (321) 725-4024. See inside back cover for info. Yoga is 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. See page 31 for map, more info

MEDITATION

Keep the body still for steadiness of the mind. When mind is under control, it forgets the body. Practice and will are the two secrets of meditation.

At first meditation is difficult. Later the mind begins to taste the beauty of the inner life.

Chant Om and meditate on the sound.

Learn to empty your mind. Mind is like a pot. If it is clean, you can cook well. Feel empty as if you have no past or future. Release your mind from the clutches of the past, present and future. Feel as if your mind is born today. We usually feed our mind on the biscuits of the past. This habit should be broken.

Feel yourself. Feel your heart. Feel your mind. Let consciousness be with the consciousness.

Try to get to the depth of your being where there is no thought of past or future. Bathe in the River of your Consciousness.

Meditate on the sky of your mind. It is blue, vast, infinity. There is a sky within yourself. Nobody knows how far it extends. Feel your inner heart is like a blue sky stretching far and wide. We cannot find the end or beginning.

Meditate on sky and it will be your consciousness. Make a wish that is wise and good.

ABRAHAM *FUN*



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

Soulsong #433 When Mr./Ms. Right Turns Out Wrong

When a once exciting and promising relationship goes sour, I may feel intense disappointment.

That's natural. That's human. But I want to gradually move beyond disappointment in order to attract a relationship that proves to be satisfying and fulfilling.

When I'm mired in thoughts of loss, resentment, or self-pity, I can only magnetize another relationship that will have results similar to the previous one. That's how people become stuck in vicious cycles with one unsatisfactory partner after another.

Whether it's a brief date or a long-term marriage, it's important that I leave any romantic encounter by focusing on what went right, not what went wrong, by thinking about the other person's pleasing qualities, not his/her maddening quirks.

That which I remember from past relationships sets the stage for the kind of person I'll attract in the future.

I banish wounded-ness. I consistently envision my dream date. And I delight in whoever turns up next.

WINTER SOLSTICE



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

2012 Winter Solstice will occur on Friday, December 12 at 6:12am EST, just one hour before sunrise. What a great time for us to welcome the return of longer daylight, just as the sun rises. It actually took me more time than usual to find this information, as I had to comb through links about the Mayan calendar coming to an end. I think they just ran out of stone. Much like the Millenium terror, we will all wake up the next and look at each other and chuckle, or maybe roll our eyes.

The coming of lighter days after the winter solstice will bring on a more festive mood.

My favorite solstice tradition is to gather evergreen on this day and craft a wreath. I hang it on the door to welcome friends and family as they stop by to share food and good cheer.

The Evergreen does not die or turn brown in the winter, so it symbolizes everlasting life, like the return of the sun. A great way to represent this is to craft a wreath: its wheel shape represents the wheel turning once again.

I have two very old evergreens growing in my yard that were purchased as live Christmas trees and planted afterwards. I trim off small pieces from the bottom and craft a wreath. Anyone selling Christmas trees also will sell or give away the fallen or trimmed branches. A wire clothes hanger makes a great frame, bent into a hoop. It comes with the bonus of the hook.

Attach the greenery in a continuing circular pattern with green florist wire. This is a great active meditation, with the smell of the pine and the act of starting a circle and ending it. Welcome loved ones to add a decorative touch of their own and you will have symbol of love, friendship and community. At the end the of the season of festivity, I return it to the woods, to continue the circle of dying and rebirth.

I wish you all a happy, healthy and safe holiday season. Blessed Be!



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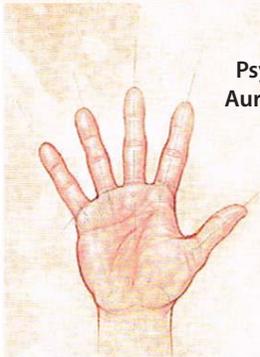


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Dear Michelle, scientists have recently discovered a planet that is being called a Super Earth. This leads me to wonder if there really are other planets that sustain human life. From a Space Coast observer in FL

Dear Observer, In the cosmic ocean there are trillions of planets that God created. There are Earth-like planets that sustain life that resemble us. These Star-beings are our brothers and sisters although they are on their own path of development both spiritually and intellectually. There are also many types of unique life-forms that would be difficult for the human mind to grasp. There are even planets that are home to mental beings without a physical form. In the grand scheme of things, the size of our planet Earth is compared to a small blue marble. The seven billion souls that inhabit Earth are on a very slow evolutionary process. Humans are still a very primitive race with each soul working to become more enlightened until we outgrow the need to incarnate here. Even in the vastness, God loves humanity and knows each soul intimately and the enumerable souls that exist throughout the universes.

Dear WhiteDove, There seems to be a division in humanity and I'm not talking politics. I try to surround myself with people that are awake and sharing their deeper spiritual beliefs. I was wondering how it looks to you on a large scale? Awakened in Australia

Dear Awakened, There is an evolution of consciousness that is expanding on a global scale. Now is the time for each light-worker to be active. We are living in a very special era. The planet and the people are supposed to shift to a new paradigm. 2012 to 2016 is a critical tipping point. Some say it takes 25% of the world's population to come into an awakened state to help shift the consciousness of the whole. Right now there is a division so I'd encourage everyone to continue to share your light and spiritual knowledge. Applying the Universal Laws to your Earthly journey will help everyone during this time of transition and upheaval. The Law of Attraction, the Law of Faith and Gratitude and communing with your unseen support team. Then act upon their guidance always with a pure intent to create good. When people come into the awareness that their actions directly create consequences, then they can stop to reflect and make better choices. When we consciously participate in your souls evolutions.

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Bring it On

We have arrived at December, 2012, the month prophesied as a turning point in human history.

Much ado has been devoted to the December 21st solstice date. The Mayan calendar is said to end here; some soothsayers predict the end of the world; others predict the beginning. Groups are gathering at the Great Pyramid in Egypt, Machu Picchu, and sacred sites around the planet. All year people have been asking me, "What do you think will happen on December 21st?" I recently picked up a hitchhiker who asked me this very question. Millions of people are wondering, some are fearing, and others are hoping.

I believe there is a core of truth to the import of this date, sprinkled with a generous helping of bunk. Perhaps the date is less about cosmic significance, and more of a seminar in which we face the hopes and fears we have projected onto it. To those who have asked me about it, I suggest that we take our power back from externally-issued predictions and astrological configurations, and tap into a place of choice within us. What would you like to happen? How can you participate in making it happen? Are you waiting for God or the planets to change your life, or a savior to descend from a cloud and rescue you from hardship? Or are you willing and ready to build the life you would choose by elevating your consciousness and actions to match the circumstances you desire?

If anything cosmic occurs—and I certainly hope it will—it will not be because someone out there is doing it to us or for us. It will be because humanity (or at least a portion of it) has evolved to the point where we are ready for it. The planets, E.T.s, and the Mayan calendar do not create our experience. They *reflect* it. Over millions of years of reaching for more, the human race has arrived at a point where we are ready for better. A positive turn of events accompanying the solstice represents the culmination of that growth and awakening. I personally don't believe anything dramatic will happen on that date, unless people create something dramatic. I believe that we will enter a new season of humanity. Just as the spring equinox signifies the gentle entry of spring, and the temperature does not automatically rise to seventy degrees just because the calendar says so, I expect a gradual turning toward more good. The more you expect drama, the more you will get it. The more you move gently and firmly ahead, the more solid will be your growth and experience.

There will always be people who use the date to reinforce stinky, stale beliefs in damnation and the wrath of God. Let them rant. They are having great fun scaring themselves and each other. But if terror is not your idea of entertainment, you don't need to go there. Let the damned be damned and let the blessed be blessed. Everyone is creating their own experience. One day the damned will be damn tired of being damned, and they will choose to be blessed, as they are, as we all are.

Perhaps the people who will suffer most are those who have had a field day capitalizing on the 2012 phenomenon. Many filmmakers, authors, seminar leaders, and preachers have jumped on the bandwagon to profit from the hype. Certainly many of these people are sincere and their points are well taken and helpful. Yet another portion are simply opportunists. They will experience the end of their world, or at least its latest chapter. But I do have a prediction: If nothing world shaking happens on December 21st, the exploiters will retool and either say that the date was miscalculated and focus their sensationalism toward a later date, or they will find another cosmic cause to hype. And the beat goes on. Ho hum.

Eckhart Tolle declared, "Suffering needs time." This pithy statement implies that any event in time is subject to suffering, because time is an illusion and we are bigger than it. He goes on to say, "it [suffering] cannot survive in the now." Tolle has mined gold here. Why make a big deal about events in time? Why not dive into the eternal now moment and let time take care of itself? As Ram Dass said in his classic book *Be Here Now*, "If you can be here now, when 'then' becomes 'now,' you will have superconsciousness and superawareness and know exactly what to do."

So I suggest you worry not, wonder not, and hope not for any event associated with the December 21st solstice. A more powerful approach is to live fully in the present moment. If you waste the now by thinking or worrying about the future, when the future comes you won't be there to receive it. It's all a lot simpler than we have been told.

I wish you and the planet an awesome December 21st. I am looking forward to it. I think it's a fabulous opportunity for us to live what we believe. But then again, we can do that right now. As *A Course in Miracles* asks us, "Why wait for heaven?"



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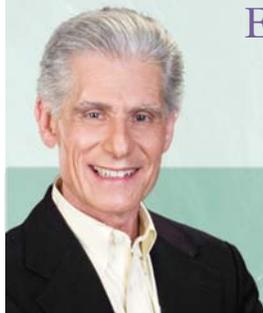
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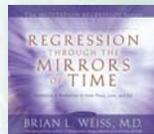
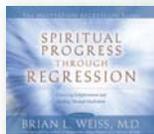
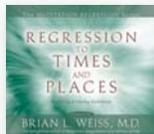
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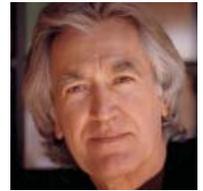
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Larry Dossey, M.D.

...continued from page 9...



This represents a Renaissance in the spirituality-and-health field. It is taking place not because Americans are obsessed with religion, but because of the growing scientific evidence that spirituality can be important for our health.

Question: In your experience, how does healing seem to take place through the assistance of prayer; how does prayer work in this process?

True believers say “God does it” and let it go at that. But scientists want to know how it actually works. Although controlled studies show that prayer is associated with healing, the mechanism is not known. Many scholars are offering hypotheses, however, about how prayer and healing might work at a distance. Most of these proposals suggest new ways of thinking about the nature of consciousness, space, and time. They suggest that consciousness is a process that extends beyond the brain and body and that it is independent of space and time. In other words, consciousness appears to be infinite, not restricted to the brain, body or to the present moment. Scientists have a word for such a process: nonlocal. Therefore we’re talking these days about nonlocal mind, which may operate at a distance, perhaps through prayer.

Question: Can you please talk about the role of the intention and influence of the healer in the healing process?

Most healers emphasize intentions. They intend, wish, desire, or pray that a certain result take place. Even if they ask for something nonspecific, as in “Thy will be done,” they generally have some outcome in mind. The key question — unanswerable by science — is whether or not healing is a direct result of the healers’ intentions, or whether a transcendent entity (God, etc.) is involved in the loop. No one knows how to answer this because we have no “God meters” to measure the Absolute. Most healers say they are simply a channel for a higher power; the effect of prayer originates outside of them, not inside.

Question: Does the effectiveness of prayer depend on whether or not individuals have confidence in the process?

Confidence in the process helps promote a positive outcome, but is not crucial to the effects of prayer. We know this because of two reasons. First, the major studies in prayer are double blind, which means that the recipient does not know that he or she is actually being prayed for. Second, many studies in healing prayer have been done on animals, plants, and microbes. Presumably they don’t have confidence in the procedure or even know that it is happening, yet they respond.

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CALENDAR OF EVENTS

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

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January 13 WEST PALM BEACH Meditation Seminar with Roy Eugene Davis, a direct disciple of Paramahansa Yogananda. See page 32, back cover of this magazine, email --info@csa-davis.org. Visit www.csa-davis.org

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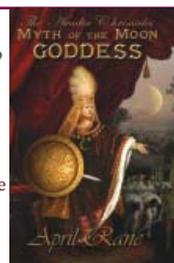
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ABRAHAM-HICKS

...continued from page 8

It is extremely important that you know where you are in relationship to where you want to be in order to effectively move closer to where you want to be. An understanding of both where you are and where you want to be is essential if you are to make any deliberate decisions about your journey.

You are surrounded by many influences in your physical environment, and often, others ask or insist that you behave differently in order to positively affect their experience. You are deluged with laws, rules, and expectations that are imposed by others, and almost everyone seems to have an opinion about how you should behave. But it is not possible for you to stay on track between where you are and where you want to be if you are using those kinds of outside influences to guide you.

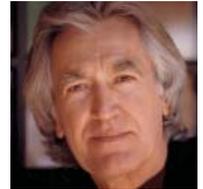
Often you are pulled this way and that in an attempt to please another, only to discover that no matter how hard you try, you cannot consistently move in any pleasing direction, and so, you not only do not please them, but you also do not please yourself. And because you are being pulled in so many different directions, your path to where you want to be usually gets lost in the process.

Just as it is easy for you to contemplate a successful trip from Phoenix to San Diego, it will be easy for you to contemplate a successful trip from nonloving relationship to loving relationship, financial insecurity to financial security, from sickness to wellness, from confusion to clarity.... On your trip from Phoenix to San Diego, there will be no major unknowns, for you understand the distance between the two cities, you know where you are along the way, and you understand what moving in the wrong direction means to your success. Once you understand your own Emotional Guidance System, you will never again be confused about where you are in relationship to where you want to be. Also, you will feel, with each thought that you offer, whether you are moving closer to, or further from, your desired outcome.

If you are using any other influence as your source of guidance, you will get lost and go off track, for no others understand, as you do, the distance between where you are and where you want to be. But even though they cannot understand your desires purely, they will still continually add their desires to the mix. And so, only when you pay attention to way you feel can you guide yourself steadily toward your own goals.

Larry Dossey, M.D.

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— or whether they have religious or spiritual faith

Studies suggest that the prayers of perhaps any religion are effective. There is no evidence that any particular faith enjoys a greater effect than any other. Even non-theistic prayer is effective, as in certain types of Buddhist prayer (Buddhism is not a theistic religion).

Question: What relationship do you see between the effectiveness of prayer and chronic diseases?

Case histories are on record showing that prayer is involved in the healing of a huge variety of diseases, both acute and chronic. However, the best scientific studies have examined the effects of prayer on heart disease, advanced AIDS, and infertility, with positive findings in all these conditions. In my opinion, if prayer can affect serious diseases such as advanced AIDS, no disease is beyond responding to prayer. However, prayer-and-healing research is in its infancy and needs to be extended to a greater variety of illnesses, acute as well as chronic.

Question: How strong is the science relating prayer to health, and what particular studies do you think valuable?

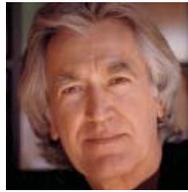
Although this field is immature, many promising studies have been done. These are double-blind, controlled, prospective experiments that have the qualities of excellent scientific research. Examples are those by Dr. Elisabeth Targ (advanced AIDS), Dr. William Harris (heart attack), Dr. Mitchell Krucoff (heart disease), and Dr. Kwang Cha (infertility). Dr. Wayne Jonas, formerly director of the NIH's National Center for Complementary and Alternative Medicine, recently reviewed this field and found 80 controlled studies in healing. One-half to two thirds of these show statistically significant results.

But in addition to controlled studies, there are thousands of published cases of so-called spontaneous remissions that often take place in the context of religious faith, and often appear to be related to prayer. The book *Spontaneous Remission* by Hirshberg and O'Regan cites over 3,000 such cases worldwide. These are often dismissed as anecdotes, but I believe it is foolish to ignore them.

Question: Can you please describe the difference and effectiveness in both directed and non-directed prayer? Does the method one chooses depend on the personality or temperament of the individual?

...continued on page 21...

Larry Dossey, M.D.



...continued from page 20...

Directed prayer asks for a specific outcome. Non-directed prayer takes the “Thy will be done” or “May the best thing happen” approach. The bottom line is that both methods work. Different people feel more connected with one method than the other; they should choose the technique that feels most authentic and genuine to them personally. There is no “one right way,” no formula, for prayer and healing. I adore this finding; it makes prayer a highly individual, personal endeavor.

Question: Can you please briefly describe the nonlocal model of body/mind/spirit?

“Nonlocal” is simply a fancy word for “infinite.” It refers to a consciousness that is unlimited in space and time. In a nutshell, this means that consciousness is eternal, immortal, infinite, and unitary, as I’ve explained in a series of books on the subject. Therefore the evidence for “nonlocal consciousness” is really evidence for what we have traditionally called “the soul.”

Question: How do you think that prayer can be integrated with standard medical practice, as well as the use of other more nontraditional or alternative practices?

Prayer can be integrated with any other medical therapy in my judgment — surgery, drugs, or alternatives techniques. Indeed, this is happening all over the U. S., and reflects the way prayer has traditionally been used — as a complement to physical interventions of all sorts. We should not feel compelled to make either/or choices between spiritually and physically based therapies. Let’s be pragmatic and simply use what works. Usually many approaches have value in any situation. I consider them all a blessing.

Question: Faith often sustains people when their prayers go unanswered, but others can become bitter and angry. Any thoughts about this?

We can become bitter and angry when the world does not march to our tune. However, we need to remember that prayer ultimately is not about getting something — neither good health, winning the lottery, finding the perfect life partner, a parking space, and so on. Prayer is about connecting with the Absolute or the Divine, however named. We need to avoid putting our personal trip or agenda on the universe through prayer. If we can do so, prayer won’t disappoint.

Question: What are the implications of our ability to transcend time and space for the existence of the soul?

Throughout history, the soul has been considered timeless, limitless, immortal. Studies in prayer reveal that we possess the ability to reach out infinitely in space and time. Prayer

studies therefore point like an arrow to the existence of a soul-like quality in everyone. Prayer affirms the existence of soul, and this is one of its greatest gifts to human welfare. The fear of death, extermination, and annihilation is perhaps the greatest “disease” that has ever afflicted humans. It has caused more suffering than all the physical diseases combined. Nonlocal or infinite mind is the Great Cure for this “disease,” because it suggests that some part of who we are is infinite in time, and survives bodily death.

Question: Can science and religion be reconciled as partners?

By taking seriously the evidence for distant healing and prayer, religion and science can come closer together. They can harmonize but not homogenize. At some level, science and religion should be different, because they address different domains. But the science behind prayer and healing shows that there is huge room for accommodation on both sides. Healing experiments show that love and compassion are central to studies on prayer. These factors have always been valued by the world’s great religions. This is a key point of contact between science, religion, and spirituality — but also a key difference, because materialistic science has no place for issues such as meaning, purpose, or values. For example, science can tell us how to lower our cholesterol, but it cannot tell us whether it is good to do so. Science is also silent on morals and values. This information must come from another source, not science. So science and spirituality can connect with each other, but they are not identical. Above all, we do not want to hold spirituality, religion and prayer hostage to science. But let’s honor the points of contact where we can.

Question: What relationship do you see between the effects of prayer and heart-centered energy work such as Reiki, or in using the heart to beam or focus energy to self or others?

I have for a long time asked practitioners of Reiki and Therapeutic Touch whether they believe their work is related to prayer. They all say yes. The connecting links between these therapies and prayer are love, empathy, compassion, and caring — and a belief that consciousness, through loving intentions, can bring about positive changes in the world.

Question: As a follow-up to that question, what is the connection between energy and love?

I consider “energy” to be a weak metaphor for distant healing. “Energy,” as defined in modern science, is a local effect. That is, it diminishes in strength with increasing distance, and it cannot act outside the present moment. All the known forms of energy can be measured. Healing intention and prayer are not limited by time and space. No one has ever measured any known form of energy associated with distant prayer and intention. They don’t weaken with increasing separation between the healer and the healee. For example, prayer appears to be as effective from the other side of the world as at the bedside. So “energy” is not too helpful in understanding remote healing and prayer.

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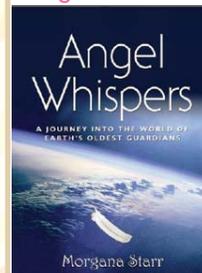
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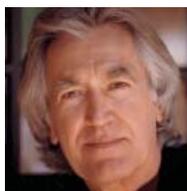
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Larry Dossey, M.D.

...continued from page 21...



However, healers needed metaphors and images to help them in their work, and “energy” seems to have stuck. But when we try to represent healing to the scientific world, the term “energy” healing gets in the way. I challenge all healers to find better images and metaphors — or if they use the term “energy,” they should qualify that it is only a metaphor and not fact. “Energy” can, however, help explain the local effects of the healing process, such as what happens in the healer’s body and perhaps in the body of the recipient. It cannot, however, explain what happens in the “nonlocal gap” — the distance separating healer and healee. “Energy” doesn’t explain how healing “gets” from the healer to the healee. My belief, following the nonlocal way of thinking, is that healing does not “go” anywhere, it does not “get” from point A to point B; it’s already there; it does not travel. That’s one of the meanings of “nonlocal,” and “nonlocal healing.”

Love? We cannot understand either local or nonlocal healing without making a place for love. Compassion, caring, and love are the fire of healing. Without them, “healing” is an oxymoron, a contradiction in terms.

Question: People sometimes say they “feel” the prayers of others on their behalf. What about this?

People indeed often feel the prayers, concerns, intentions, and love of others, even at a distance. Love and empathy have the power to link people across great distances. If emotionally connected, people can even share physical symptoms at a distance — the so-called “telesomatic” phenomena. Example, a mother was writing a letter to her beloved daughter, who had just gone away to college. She had to stop writing when a burning sensation occurred in one finger — at the same time, it turned out, that her daughter, hundreds of miles away, seriously burned the same finger in a chemistry experiment. There are hundreds of similar examples on record attesting to the uniting power of love and emotional closeness.

Question: Are you interested in so-called miracle cures?

Miracles are very important. They have always fascinated me. They suggest that no matter how serious an illness may be, healing is always possible. Miracles are almost certainly more frequent than we think. Most of them don’t get reported. In the best book on the subject, *Spontaneous Remission*, more than 3,000 have been collected, from all major diseases. Miracles are also important for our humility, because they remind us that our rational, materialistic science is incomplete, and that there will probably always be phenomena we cannot explain. As someone who adores mystery, I like that.

Question: What part did your own health problems play in the evolution of your thinking about healing?

Healers have always been empowered and made wiser through personal experiences of illness — the tradition of the “wounded healer.” My own physical problems — severe classical migraine headache — opened me up first to mind-body interventions such as imagery, visualization, relaxation, and meditation. I had almost complete resolution of my problem after biofeedback therapy, which utilizes these therapies. From there it was a short hop to my interest in nonlocal healing interventions such as remote healing and prayer.

Question: What contributions did the following make to your world view: — medical education?

My medical education affirmed the local, materialistic, physical view of the universe I had learned in college. It made me a conventional doctor and provided me with essential skills. I’m grateful for that, even though it was incomplete.

— experience in Vietnam?

Vietnam filled me with humility and brought me face to face with my own vulnerability and mortality. It shook me up and opened doors for exploring my own spirituality. It gave me a profound understanding of what warriorship is about, which has been of immense value in my life. Vietnam provided insights into the nature of war and aggression. Going to war as a battalion surgeon was a maturing process for me on many levels, including the spiritual. You may find this difficult to believe; beforehand, so did I.

— the practice of medicine?

The daily encounter with life and death and healing is one of the greatest spiritual paths humans have ever known. My former experiences as an internist continue to fill me with awe and gratitude, although I have left my practice to pursue other things. The practice of medicine is a doorway to the infinite. I’m grateful that somehow I stumbled into the healing professions and became a doctor.

Question: What new questions are you asking?

I’m allowing the questions (and answers) to find me. I continue to explore the mysteries of consciousness and healing, and our relationship with the infinite. These questions will occupy me for the rest of my days. Prayer and healing will exhaust me before I exhaust them. I’m having fun, the time of my life.

Question: What gives you hope, not only for the power of prayer, but also for the world in general?

Einstein said that the most important question is, “Is the universe friendly?” I give a yes answer to that. I’m an optimist. Look at it this way. We are already nonlocal creatures — infinite and immortal. That is our original equipment, our inheritance, our legacy, our birthright. Immortality comes with the package, factory-installed: not a bad consolation prize. Who can’t be optimistic with this awareness?



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Paranormal, My Life in Pursuit of the Afterlife by Raymond Moody, MD
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The Wisdom of a Broken Heart by Susan Piver
The Now Effect by Elisha Goldstein, Ph.D.

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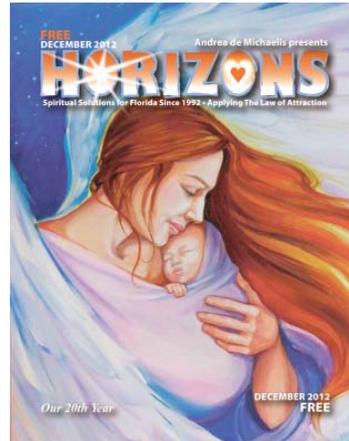
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The Secret - the Original edition with Abraham-Hicks. It's the one with "the secret" actually in it, although The Secret "extended version" (with Abraham-Hicks edited out) has good info also, it just left out the actual "Secret" with the deletion of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

COVER ART



GUARDIAN ANGEL

by
**Jane Delaford
Taylor**

This painting has a very feminine, protective energy - and is perhaps more classically painted than some of my work. My father loved art and as a child I'd spend hours leafing through books on painters like Raphael and Da Vinci, - of course both these artists loved to paint angels too! That children seem naturally drawn to them goes without saying, and as adults there is always the inner child still within us who loves the idea of this angelic protection, an assurance that we are never alone. So that is what the painting is all about - a very simple message really, and one I have to say I do totally believe in! I was taught as a child that I had a guardian angel of my own - I have never seen my angel but like many people I've felt the presence, and there've been quite a few moments in my life when I'd swear some supernatural intervention has been at work on my behalf to protect me! I'm sure that this is a common experience for humanity and that's why we resonate with angel images so much.

Jane Delaford Taylor is an inspirational British artist whose work is now sold worldwide to collectors who love the depth of colour, movement and soul energy in her paintings. Already an established freelance illustrator, who has worked on over 200 books during the last two decades, she has recently returned to her first love - painting in oil on canvas.



"For me painting is one of the necessities of life, I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush! What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so much better than just plonking it in a gallery! I organise delivery myself, and get fantastic feedback and I know that the reason I painted a specific piece was because it was meant to be owned by just one special person - it closes the sacred circle of creativity in a very beautiful way. I don't give lofty interpretations of my artwork, although I may have ideas of course - but the meaning in the painting is essentially the one that the viewer perceives, and that is how it should be. I just channel the image for them."

Jane's new work is available <http://janetaylorart.weebly.com/>
Prints and cards available at <http://redbubble.com>
Email Jane at chalicewell@hotmail.co.uk



This month's thoughts about things...

... from page 7...

That no matter what wacky whatever is going on around you, you know that it will all work out, that somehow you will be guided to it. Then there are those times you're reminded you're a business person competing for dollars in a world of just so many customers. That's when you know you've gone off your guidance signal, since when you're feeling competitive with anyone, if you think anything anyone does against you can prevent you from attracting what you are meant to attract, you're simply not connected to guidance. If you think anything anyone says about you can prevent you from attracting the good that is meant for you, you are temporarily disconnected from guidance.

We've all done it. Gotten angry in the moment over some perceived wrong and maybe even created an entire scenario about it in our head, blaming someone else. But when we're conscious, when we're on the Path, we take the time to contemplate what is going on in our life. We take responsibility for what we've put in motion. We know that whoever we think is to blame is just someone we are allowing to have some power over us. Power over our thoughts and emotions. Allowing your thoughts and emotions to go there is a choice.

Let me re-phrase that. Your thoughts may appear out of nowhere. You can't stop that from happening. What you can decide is how long you will continue to dwell on that thought. You have the choice of staying on that thought long enough to get pissed off about it. You have the choice of moving to a better feeling thought, before you attract something you don't want.

If you haven't yet trained yourself to pivot your focus to a better feeling thought, you can learn how by reading at the free website <http://abraham-hicks.com>. If you want to gain clearer understanding of why you do what you do in particular situations and how you can see the other perspective, ask yourself **Byron Katie's Four Questions**. Goggle it.

Jealousy and competition run rampant in the personal growth/self help genre no less than it does in all other genres. I say there is no competition and that we each attract what is ours by right of consciousness. No one steals business from anyone else. No one taints anyone else's reputation. If a client leaves you and goes somewhere else, that's fine; they are not your target market anyway. Each will stay with you as long as they are meant for you.

You want the people who are attracted to what you have to offer, plain and simple. You don't have to *go all car salesman* on someone to talk them into buying what you've got. You don't want 200 people to attend an event if only 11 are going

to buy. Your market is the 11 who really want it. Remember that the next time you look out into your audience of 12. And if you don't think you can make an honest and lucrative living with just 12 clients, then you just have short vision. It's not a numbers game; it's a consciousness game.

And that's one thing I have that sets me apart from some others: I know that. I know that I will be able to create a fine happy living for myself, no matter what anyone else is doing or not doing. No matter what someone is saying or not saying, whether it's true or not true.

Since I know who I am and I know what my thoughts are capable of attracting, I don't feel the need to blame anyone else for anything I experience. I know it's unproductive to be emotionally attached to what anyone says about me. I've never been so free as when I gave that up. Now it's easy for me to just let that stuff go. It's my favorite new habit. *Forgive them for they know not that they know not.* They'll learn. We all do. I'm still learning. *Besides, you can't be critical or hold grudges or be unforgiving or get aggravated by competition or the news without it impacting your income.* It's all related.

So, why competition and jealousy when we're on the Path? Because that's how we work this stuff out: with each other. And we don't get to work it out with only the ones it's fun to work on issues with. That comes later. First we have to work on it with the people we really don't care for, have no respect for and think are beneath us, who we think don't walk their talk or possess the skills they profess. The reason these people are in your experience and irritating you is because right now you are all vibrating in the same place — like it or not. So the quicker you can get over it and get on with it, the quicker you move onto the ones it will be fun to work on issues with. I promise.

IS IT POSSIBLE TO BE IN A HAPPY LOVE RELATIONSHIP WITH SOMEONE YOU AREN'T PLANNING A FUTURE WITH?

"Do you believe it's possible to be in a happy love relationship with someone you aren't necessarily planning a future with? Just because you adore them and feel highly infatuated, doesn't mean they fit into the entire equation of the rest of your life, nor you theirs." I wrote on Facebook. "The future is NOW. Stay in the Now and the future will take care of itself."

I explained to a friend that my experience is that life is lived in a series of short moments and those moments are always Right Now. Don't try to bring something or someone into your future at the expense of your Now.

I've found my life changes dramatically every three years. What I'm doing and who I'm doing it with generally morphs about then. People I thought I wanted to be part of my future did not become so, to our joint relief. The Universe knows

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This month's thoughts about things...

...from page 28...



Andrea de Michaelis, Editor

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

who to put in our life and for what purpose and for how long. That's why we freak when one thing morphs into another, we think it's supposed to look one way and stay that way, as in Kryon's Parable of The Rainbow Room told above.

I once spent a dozen years without a romantic/sexual relationship because I didn't want to get intimate with anyone who wasn't going to be a permanent part of my life. *Then I fell off my unicorn and bumped my head on a crystal and woke the heck up:* there IS only NOW. Several years ago I ruined an awesome relationship by keeping my eyes glued on a future goal that became more important than spending my Now enjoying my beloved. Did I mention I'm a workaholic? In retrospect, I've done the same thing my entire life.

At 60, I've seen the pattern often enough to recognise it. Sure I can change the pattern of thought if I want a different experience; but my journey thus far has been one blessing after another. Knowing this also lets me hold things and people lightly and to release them with joy when the time comes. No matter how much I love the taste of the wild honey, if I never had another taste, my memory bank is full with the awesomeness that I experienced. This attracts more awesome life experiences to me. Like the changing of the colors in the Rainbow Room parable above, I'm digging the changes and love living in the sliver between the colors.

People do themselves a disservice by denying someone they see no future with. My bf and I talk to each other about our dreams and visions and hopes for the future, and they are different futures and different goals. One reason for that is a 20 year age difference. In addition to the magazine and my session work, my future includes winding down a little, growing a veggie garden, feeding squirrels and enjoying my homestead. My bf is focused on developing his music and connecting with other musicians to do projects he has in mind. Sure, we both think it would be cool to have someone alongside digging the same things we do, but we're each doing our thang whether the other comes into the future with us or not.

We enjoy our time together and have a loving and fulfilling relationship, but neither of us have relationship as a primary goal or focus. It's the icing on the cake, enhancing our time in shared interests. But he doesn't really care to hear what the raccoon family did in the woods today or how my 20th recipe for hot and sour soup was the best one ever because I used white pepper. I don't really care what drummer used to be in what band or who does what music locally. But he'll eat the soup and love it, and I'll hear the music and dance.

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That's how we bring it back to the Now and back to us. And we'll stay there as long as we do and whether that's 300 years or 300 hours is irrelevant. We don't waste our Now time conjecturing. And I'm selfish enough to only want to be happy in my Now. When I stay focused on that, my happy future is assured, no matter who or what is or is not there with me. If this is as happy as I'm meant to be in this lifetime, I'm cool with it. My life rocks and I live in Paradise.

PLEASE LEAVE ME OUT OF YOUR SILLY GIRL SH*T WHILE I'M OVER HERE TRYING TO SAVE THE WORLD

I giggle that I unfriended someone not because she keeps contacting my bf, but because she continually references their prior sexual relationship. That's uncomfortable for both of us and her doing that keeps us at arms' length. It's become a topic of conversation among friends "I don't know why she unfriended me," who feel the need to keep the stories coming back to me. She's never once asked me why. *Girls, I've been around the block and he is his own man. I don't have time for stuff like this, ok? I'm flattered, but there's enough to go around. Abundance abounds, in all things. Plus I'm over here trying to save the world and stuff and can't be bothering wondering iz he iz or iz he ain't my baby.*



Enjoy our offering this month.
Hari Om.

Andrea



Barbara Lee is a Reiki Master Teacher, Psychic and Professional Astrologer. She offers phone consultations and a state of the art astrological chart service with six types of computerized reports. Call Barbara at 1-208-640-9524, visit on the web at www.IntuitiveReflections.com, or email barbaralee11c@gmail.com

HOROSCOPES

DECEMBER 2012

Aries: May 20 to April 19 "I Am".

The unsettled energies that you are feeling have to do with Uranus visiting your 12th house of secrets and working behind the scenes. Beware of keeping too many secrets; watch Uranus on your ascendant, everything will be exposed for good or bad.

Taurus: April 19 to May 19 "I Have".

Now is the time for you to finally stand on your own two feet. Let go of the fear and should of could of and take responsibility for your life. If you take a chance on life you just might be pleasantly surprised.

Gemini: May 20 to June 20 "I Think".

Many changes are in store for you this December, just know that what ever is for your highest and greatest good is yours and will be yours as long as you make room in your life for it. Think about what you want and go with the flow.

Cancer: June 20/21 to July 22 "I Feel".

You are in transition, and in many ways unaware of why. You may be dealing with older parents, and at best issues form childhood; mother issues and father issues. Now that you are all grown up, you have no one to blame but yourself if your life does not look like the perfection you had imagined it could be do something about it.

Leo: July 22 to August 22 "I Will".

Reflection is the first step in creating a plan for wealth; and as you stick to your goals and plans you will be amazed at all the happiness that you can create for yourself and others. On your search for the great life, be willing to at times to hand over the

reins to a higher power and break free from a negative mind. Follow your heart and the rest will take care of itself.

Virgo: August 22 to September 22 "I Analyze".

Don't allow others to disrespect you! The lessons you have gone through lately have not been easy, but you are much stronger for it and have learned to stand your ground. Everything that has been out of balance in your life will now come full circle. Trust in the journey to evolve and be the best you can be!!

Libra: September 22 to October 22/23 "I Balance".

Relationships are still your number one arena for growth. Some friendships will be ending abruptly with out any known reason why, could be the contract is over. But many new ways of thinking and being are entering your life this month, shoot for the stars and investigate your astrological chart.

Scorpio: October 22/23 to November 21/22 "I Transform".

With Venus conjunct Saturn in Scorpio your relationships are very important to you. You may meet an important person this month, maybe a mentor or someone to be romantically involved with. Watch your money better, where does it go? Better yet open many doors for it to come to you in huge piles!!

Sagittarius: November 21/22 to December 21 "I Perceive".

This past year for you has been very sobering and grounding. You have taken the ball and run with it, you are the light for many of your friends and family. Keep up the good work on your finances, there are many that believe in your ideas and they will support you. Believe in the dream!

Capricorn: December 22 to January 19/20 "I Use".

You may be tired, but all your hard work and effort has been and will continue to be worth it. You are undergoing an inner change that will soon be easy to notice. You are pregnant with ideas, and possibly a child will soon be born either human or a creative idea; successful none the less.

Aquarius: January 19/20 to February 19 "I Know".

This is it, it is really happening, you have waited so long and now your hearts desire is here. Your career is going to take off and you will receive benefits for the first time ever and get paid the most you have ever been paid for what you love to do. Your prayers have been answered and your affirmations are working, keep up the good work.

Pisces: February 19 to march 20- "I Believe".

This is a good month for you to increase your intuition, focus on healing your inner child. I see lots of water, ocean, rivers and lakes, take epsom salts baths with the scent of lavender. You are to focus on peace, and creating the life you want. December is a great time to heal yourself.



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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak.

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

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

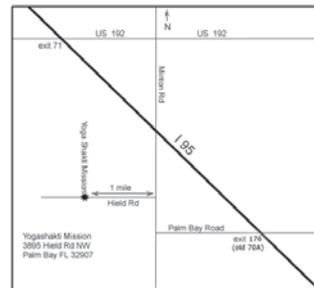
We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and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

*From my heart to yours,
Andrea de Michaelis*

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

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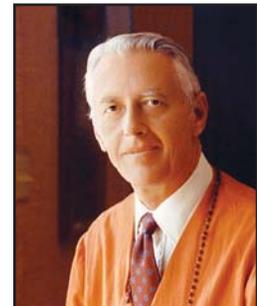
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