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DEC 28 & 29 -- Saturday (10am - 6pm) /Sunday (11am - 6pm) -- WHEEL OF THE YEAR READINGS and CHART by ANN MOURA -- See what major influences and events are coming each month of the coming year. Reservations



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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.

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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.



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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 2013 edition of Horizons Magazine. It's been a good year!

It began with releasing friends and loved ones to the Light and moving into a new stage of personal revelation. I had many chances to drop what no longer served me. It happened in increments. In the first half of the year, I changed everything about my home and my yard to keep the energy moving while I tied up some loose ends. I'd been irked that 'an interloper' had appeared and brought drama to my neighborhood, yet I knew I'd attracted it. I also knew that the longer it irked me, the longer they'd be there. There was a reason for it to be literally right in front of me, and I needed to learn what that lesson was before I could be free of it. I know that if I want to be free of a situation, I must first accept it and love it as it is. As soon as I remembered that, I went on a *bomb-with-love* campaign... for months. I eventually stopped thinking about it. The second I did, they moved out. This was not only a great end of the year gift and blessing, it is the result of successful visualization and manifestation work. I like to share what works for me, so you can duplicate it. I began reading **E-Squared: Nine Do-It-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality by Pam Grout** and decided to do a manifestation experiment from it. See her article on page 13. My experiment worked and here is the timeline from my blog:

Oct. 24, 2013 Saturday 4:00pm - I'm doing a manifestation attraction experiment. 48 hours from now I expect to have a surprise blessing from the Universe, that will be 4:00pm Saturday. I'm so excited, I wonder what it'll be... I have a special request but am open to all blessings!

Oct. 28, 2013 Monday - I got my wish! I've had a cold for a few days and it's finally shaking off. I'm feeling suddenly free and expanded and I don't think it's just the cold. This is the first I've had a chance to sit down and recall that I wrote that I'm doing a manifestation attraction experiment from **E-Squared** and within 48 hours, I expected to have a surprise blessing from the Universe. A friend has been wanting a new home and I've been holding that vision for them. My spidey sense tells me they found it. (Update, they did!) Happy dance for everyone!

Oct. 29, 2013 Tuesday - My spidey sense lets me intuit proximity. I don't always get to choose which psychic impressions I get. With some friends, the spidey sense is heightened and being in the same physical proximity activates it - whether we want it or not, like when paranormal activity is triggered by the unfocused energy of children and pets. Most recently, 2011-12 was a year of spidey sense and synchronicities. A neighbor and I became very in tuned with each other psychically. I could predict a day ahead of time the changes in his work schedule and when particular people would knock on the door the next day. It was a weekly occurrence. I'd know via coffee and cigarette cravings when he was stressed. I don't drink coffee nor smoke cigarettes, so those were not my cravings. As a psychic medium, part of the job is deciphering what is mine and what is not. Often it is the client's emotional response and their cravings and bodily aches I feel during our session. I can feel the energetic tension of connection between us. When the person is gone, the bond would fade. I'd feel free of it. It's tangible. So my friend has been wanting a new home and I've been holding that vision for him. **My spidey sense tells me he found it. How could I tell?**

...continued on page 28...

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ABRAHAM-HICKS



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

Visit www.abraham-hicks.com. (Excerpt from the newest Abraham-Hicks book "Money and the Law of Attraction: Learning to Attract Wealth, Health and Happiness")

Guest: If you're trying to create a situation, or you are creating a situation, and you're shooting Energy to that vortex, and let's say there's a certain thing that you have to have — it's money. Okay, I hate to say it, but it's money — and if you say, well okay I'm going to create this, but you have to put a time limit on it because you...

Abraham: You need it.

Guest: Yeah, right, something you can't have unless you have it. Is that shooting yourself in the foot?

Abraham: Usually. Now, here is the thing. A lot of people that are teaching goal setting will say to you, "set your goal", and

by that, they mean, decide what you want and when you want it. Well, the advantage of that is it makes it feel more real. If you can say, one month from now, or, one year from now, it gives you a more tangible feeling place.

The disadvantage of it is that if you've never done it, in all of your 29 years, and now you're saying, "I'm going to do it in two months or one month or six months", — you defeat your purpose because you cast doubt on it.

In other words, you vibrationally ask for something you don't believe, so every time you think about it, the negative belief rears its ugly head.

So what you want to do is just pay attention to the way you feel, and if you say, "I want to have it" or "I've got to have it and I've got to have it fast", and you feel that discomfort, then know that whatever you're doing, right there, isn't working for you. And then, as you start talking about why you want it and you start pretending that it has happened, or you start envisioning that it has happened, and you feel that discomfort sort of ease up, and you feel yourself starting to feel a little lighter about it, now you know the Energy's flowing.

And so, then next time you think about it, you might have to go through the same process again of feeling uncomfortable and then bringing yourself to a place of ease. But it doesn't take too many times of transmuting that Energy — from a place of a knot in your stomach to feeling better — before you've transmuted your basic point of attraction relative to that subject. And it doesn't take too much of that before something starts to break loose. In other words, the Universe gives you the break that your Energy now deserves. And we don't mean that in a judging term.

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ASSERTIVENESS FOR



EARTH ANGELS: How To Be Loving Instead of “Too Nice”

The following is an excerpt from *Assertiveness for Earth Angels: How To Be Loving Instead of “Too Nice”* by Doreen Virtue, published by Hay House (November, 2013), available at bookstores or online at www.HayHouse.com.

IT ALL BEGAN WITH THE ORIGINAL TRAUMA

Before you were born, you had an ideal life in heaven. (Heaven refers to a high-vibrational nonphysical existence. It's where we live in between our physical lives.) In heaven, there are no bills to pay, no urgent deadlines, and no stress. You spend your time helping earthly people and animals, learning how the universe works, and growing in your understanding and elevating your vibration.

On Earth, the ego rules the roost because the physical body demands to be fed, clothed, and sheltered. This sets up a system of competition where people maneuver to get their needs met. The belief is: I better get mine before someone else does. So there's a lot of rushing around, scurrying to compete and earn money.

Now let's take a deep breath and let all that energy go as we focus upon heaven. In contrast to Earth's materially competitive focus, in heaven every need is automatically met. There's no physical body, so there's no competition for food or jobs. There's no competition in heaven, because there are no needs. No one needs money, houses, cars, prestige, or jobs. So no one tricks or manipulates you. Why would they, when there's nothing to gain? Besides, all truth is palpable and apparent in heaven, so there's no way to deceive others.

In heaven, everyone feels supported and respected for who they are. Kindness and consideration prevail, and there's infinite patience. Everyone behaves lovingly toward everyone else, as most people have reached the spiritual realization of oneness, so they know that how they treat others is actually how they're treating themselves.

Imagine . . . Take a moment to imagine feeling completely loved and honored. There's no sense of having to prove yourself. You know you're lovable, just as everyone is. Experience this warm feeling of complete love in your heart, and let that warmth radiate throughout your body. Imagine what it's like to trust everyone you meet, and feel relaxed and safe in their presence. You know that all whom you encounter have their hearts open and are acutely aware of oneness. So they won't do anything mean, because they know that this would only be an act of meanness toward themselves. Imagine being where everyone is happy and healthy. Where the sun always shines, and it's just the right temperature. Imagine flowers and birds and trees in a perpetual springtime. . . . You're seeing and feeling heaven.

Rev. Dr. James W.R. Thomas
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GOLD, FRANKINCENSE AND MYRRH

The holidays are here again along with its traditions. As a spiritual herbalist, I have often thought about the gifts given by the 3 Wise Men at Christ's birth and what was their purpose.

Were they given to Jesus for spiritual reasons or for medicinal purposes as he was growing up? What I found was that they were not just herbs of Christian tradition they are also mentioned in the Torah, Talmud, and Koran, in Druid, Wiccan, Vedic, Buddhist and Taoist literature.

At the time of Yeshua's birth Frankincense and Myrrh were more costly than gold and they were believed to be representative if his roles as prophet, priest and king. Historically Frankincense and Myrrh were found in Babylonian, Egyptian, Indian, Greek, Roman and Chinese writings dating back as far as 2800 BC. Back then they were used to acknowledge divinity, for purification, as temple offerings, in rituals for death and rebirth, for embalming practices and as the key ingredients in anointing oils. During this time period Frankincense and Myrrh were also used in cosmetics helping to keep the skin looking youthful, for repelling insects and for healing wounds and ulcers.

Today Frankincense and Myrrh still retain their spiritual purposes for worship, purification, consecration and for blessings. They are also used to reduce stress, anxiety for reducing sorrow and for assisting in meditation.

As an herbalist today, I use Frankincense and Myrrh mixed with Turmeric and Cayenne for pain and inflammation helping people with arthritis and joint pain. I also use them for problems concerning the mouth for sore throats, bad breath, gum disease, pyorrhea, canker sores, gingivitis or thrush as a mouth wash, gargle or as a tooth powder made with ½ cup Kaolin, 1teaspoon Myrrh, 1teaspoon, Frankincense, 1teaspoon Baking Soda and the essential oils of Cloves and Anise.

Besides being good for these conditions these herbs have the ability to help with parasites, asthma, bronchitis, athletes foot, nail fungus, healing and disinfecting wounds, clearing lymph congestion, stimulating blood cell activity and increasing adrenal hormones.

I am glad to find that extensive research is being done in the UK on Gold, Frankincense and Myrrh for their ability to shrink tumors. Researchers have found them to be rich in biologically active molecules that have the potential to prevent cancer.

When those three Wise Men gifted the infant Jesus could they have known what their gifts would be used for?

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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

Soulson #482 - How Can I Become Free?

How do I escape aspects of life that leave me feeling trapped? Perhaps it's a bossy parent or difficult spouse, a dead-end job, mountains of debt, some sort of disability, or a troubled past. How do I move beyond circumstances and breathe fresh air?

The fastest path to liberty is to realize I'm already there. True and lasting freedom is available to me this moment - and the next - and the next. The only freedom I cannot lose is the freedom to choose my thoughts and attitude about any situation.

No matter how challenging my circumstances, I can find relief by choosing to see them in a more positive light. My situation doesn't have to change for me to feel better about it. I can bring forth my immense creative powers, soothing and softening my attitude and then imagining events as I would like them to be.

This is one of the greatest gifts I can give myself - mentally making the best of a difficult scenario and envisioning improvement.

And through this process, my circumstances will become more, and more, and more to my liking. It is universal law.

The bars cannot open until I stop beating against them, start to make the best of my cell, and visualize the wondrous life that awaits me outside. As I find freedom within myself, I'll find freedom without.

--from Soulsongs Volume 4 e-book:
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TESTIMONIALS:

I wanted you to know that you were on target more than probably either one of us could have guessed, and I'm sure that if I hadn't had your reading I wouldn't have had the push & the courage to risk a deeper level of contact. Thank you. DHJ

I had a reading with Andrea a while back and she told me to be patient... Today I saw evidence/confirmation of what she was telling me to believe and trust in... If you've ever wondered about having a reading with her, it was great! Melissa D.

I posted earlier that Andrea had indicated would come to pass and had made manifest. Recently, the next step happened, just as she said. If you're contemplating a session with her, run...don't walk...and sign up! Looking forward to seeing more things come to fruition! Melissa D.

Awakening to a new reality, a new perception of all your old beliefs can be a very lonely road. Until you awaken to the fact that others have been there too. Others that can point you inward toward the answers. They can help you to realize the scope of the incredible spiritual transformation you are undergoing. Call it a mid-life crisis, unhappiness, longing or discontent, whatever it is, it's calling you to make a change. Face the fear, make the change, live harmoniously, love life and move forward. Andrea de Michaelis was that light for me when I thought I was the only one. You ignite my mind with possibility, showing me errors in perceptions and helping me reshape things for a more fruitful outcome. If I was to write a "rags to riches" tale of success, it would begin here. Jeremy James Bonner

I want to thank you because ever since I decided to be the weirdo to you and talk about my Jerry Springer psychic life, I have not had anymore nightmares. Thank you for the reading... TSR

That was a fairly good reading considering you have never met me. How can you read someone's energy without them being present? Fascinating. Thanks! OJL

"Just a quick update from the reading you did a month or two back - You mentioned my brother needing surgery for something and there may be some complications, but all will bring the family together - got the call today artery blockage to his heart. Just another confirmation under your belt!" TPC

How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe in myself. Thank you. JJB

Andrea online at <http://horizonsmagazine.com/blog/>

E-SQUARED: Nine Do-it-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality

The following excerpt is taken from the book *E-Squared: Nine Do-it-Yourself Energy Experiments That Prove Your Thoughts Create Your Reality* by Pam Grout. It is published by Hay House and available at all bookstores or online at: www.hayhouse.com

If you've read *The Secret* or been in metaphysical, spiritual circles for any time at all, you already know your thoughts create your reality, that there's a power in the universe that can heal, and that you and you alone design your own life. Unfortunately, there's still this tiny little problem, this one itty-bitty catch. You don't really believe it. Not fully. Most of us, in fact, are still operating out of the mental architecture of our ancestors. We think we're running our lives with our brilliant ideas and thoughts. We think we're affirming our intentions and creating new possibilities, but in reality we're simply recycling old tapes, knee-jerk conditioning, and automatic behaviors, most of which we picked up before we were five. We're like Pavlov's dogs, simply reacting to patterns we picked up before we had the intelligence to wisely choose. Most of the thoughts we assume are our own are really the invisible and largely unquestioned beliefs we downloaded from others. So we pit our positive thoughts against our old, disempowering programming. In other words, our consciousness, that force that always affects physical reality, has been hijacked.

Not long after I graduated from college, landed a job, and was running my own affairs, I noticed some negative thoughts about money dive-bombing for my attention. I found myself worrying, wondering if running out of money was imminent, questioning whether or not I could afford the new bike I wanted or the new computer I needed. One day, during an early-morning jog, I suddenly got it. Those thoughts were exact clones of comments I often heard my mother say when I was growing up. And even though there was no evidence to support any of those fears in my own life, I had downloaded them straight into my consciousness without even being aware of it.

Needless to say, that wasn't a paradigm that served my highest good. So I decided to rewrite it and rewrite it fast. I consciously changed the paradigm that ran my financial life to: "I can afford anything I want. In fact, I am so prosperous that I never need worry again." As an independent freelance writer, I also appointed God as the CEO of my career. I figured there was no way I could run this fickle writing business with the faulty wiring and negative thoughts I'd downloaded from my past. Clearly, I needed a new energetic imprint.

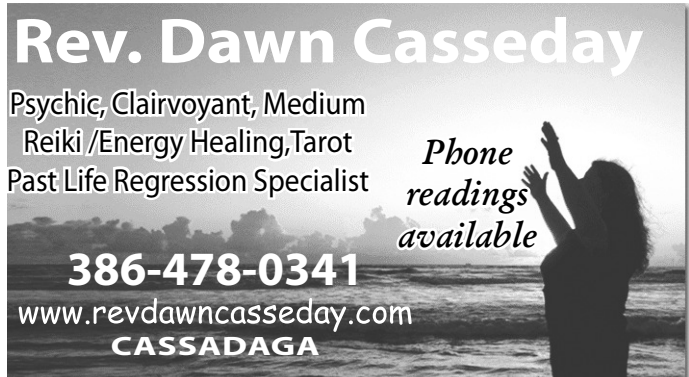
We can develop a conscious relationship with energy. And since energy is all there is (even matter, said quantum physicist David Bohm, is nothing but "frozen light"), we



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CASSADAGA

can transform and parlay it into anything our heart desires—whether it be peace of mind, money, or a more rewarding career.

Take me, for example. A few years ago, I decided to spend a month in Australia. A chiropractor I had a huge crush on had just taken a job there to work with Aborigines. How, I wondered, were we going to fall in love when I was in Kansas and he was 10,683 miles away. One look at my bank statement would have convinced any reasonable person that a \$1,500 plane ticket to Sydney, the going price at that time, was out of the question. But I wanted to go, and I was lucky enough to know about the field of potentiality that could make that happen.

I started planning the trip, began picturing myself romping through the Sydney surf. I mean I got really worked up over this picture in my mind.

Within a week, my editor at *Modern Bride* magazine called.

"I know it's late notice," she began, "but is there any way you'd be willing to go to Australia to write a honeymoon story? We'll pay extra."

"Well, okay," I said. "If you insist."

Seeing with your own two eyes that you can change reality simply will rewire your brain and divest you from old conditioning. Learning, through scientific experimentation, how deeply you are connected to the field of potentiality will literally set you free. It will inspire you to conduct an experiment with your own life, to use your energy to become the most fantastic, the most joyful, wondrous, beautiful, tender human being you possibly can.

OPEN MIND ZEN



Al Rapaport is Director of Open Mind Zen Center in Melbourne, FL. He is an authorized Zen Teacher who continues to experiment with melding ancient eastern and modern western techniques for awakening. For more information, email openmindzen@aol.com and visit www.OpenMindZen.com. The following is excerpted with permission from Open Mind Zen A Guide to Meditation by Al Rapaport.

Sometimes, just when we think we have become somewhat expert in dealing with our monkey mind, deep disturbances rear their ugly heads, prompting us to fall into despair. Once we cease being aggressive towards our emotions, cease trying to change them, once we experience them properly, then transmutation can take place.

The irritating quality of the emotions is transmuted once you can experience them as they are. Transmutation does not mean that the energy quality of the emotions is eliminated; in fact it is transformed into wisdom, which is very much needed. - Cutting Through Spiritual Materialism, Chogyam Trungpa, p.236

There's a guy I used to run into periodically on the street who had been meditating for a number of years. Once he engaged me in a discussion regarding the fact that when he maintained a regular meditation practice his mind would become very unsettled, causing him to stop meditating totally for some time. He couldn't figure out what the problem was. My response to him was that the meditation was bringing up issues and emotions that he didn't want to admit were there. It doesn't matter whether he has been meditating ten years, or ten days, if he isn't willing to face his deeper conditioning he will never get beyond it. My advice to him was to get into the disturbance and enjoy it - to learn to utilize the disturbance rather than running from it. Disturbance happens within our own minds, and as such only we can do something about it.

There are varying levels of disturbance that we encounter at different stages of our meditation. When we first start practicing, our thoughts will not stop, causing us no end of agitation. Then, after some time has passed, the initial mind activity we noticed begins to slow and disappear, but it is often replaced with deeper, gut-wrenching emotions which must be faced and resolved. Sometimes, just when we think we have become somewhat expert in dealing with our monkey mind, deep disturbances rear their ugly heads, prompting us to fall into despair. At this point it is essential to dig in and not be deterred - to own our experience through and through.

...continued on page 27...

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Dear White dove,

I'm not sure how to get through another year of holiday dysfunction. Every year the teens in our extended family want more and more. Super expensive gifts; video games, game players, TV's, tablets, and pricy telephones that might as well be computers! How did the Holy Holidays become a lavish electronic gadget buying event? Help! - an Unhappy Elf in Utah.

Dear Elf, The over commercialism of the Holidays is sad and I refuse to participate. It's time for parents to undo the spoiling and bring meaning back to **Christmas**. Scale back on the gifts and increase family fun time and participation. Reincorporate the traditions that you love; nativity scenes, **Christmas Eve** church service, a gift exchange, cookie baking, stockings with small presents and candy. I'd suggest that a family such as yours adopt a family that has so little. Forget the \$600 phone - you know what I'm talking about! Get the teens involved in buying thoughtful gifts for a family in need. The act of giving is spiritually fulfilling and uplifting. Help your children build character and become humanitarians.

Dear White dove,

I recently read that there are a large number of "intersex" children being born. In a world of judgmental people, I feel so sorry for these children because of the stigma that they must face growing up. From a spiritual point of view is this anomaly caused by a genetic issue, medication that caused a birth defect or something else? -Nurse Jackie in Maine

Dear Nurse Jackie,

Years ago I watched a documentary about children in the **Dominican Republic** that were born with ambiguous genitalia. At birth, the sex organs seem undeveloped. To the eye it was uncertain of the gender. Unnerved, the doctors pressed the family to determine the sex for the birth certificate and pressured them into immediate sex assignment surgery. This surgery was not in the best interest of the child, it only helped the community label the child and move on. Sadly, the surgeries were a type of castration or mutilation.

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The **Navajo** people had a more enlightened method of dealing with this physical variation. They waited for the child's body to mature all the while loving them as they are. When the child came into puberty around the age of twelve their hormones blossom and this helped the child to determine their sex; either the testes drop, menstruation begins or nothing happens. There is no pressure to label the child.

Intersex is much more common than you'd think. Now **Australia, Germany** and **New Zealand** have updated their birth certificates to offer a third option: Male, Female or X for indeterminate. I asked "Spirit" about these children and I was told that this is part human evolution. Yes it is genetic and its evolution too. Humanity is supposed to come away from prejudice based on sexuality. God loves all his children regardless of our sexual inclination or lack of it; some of these souls will be asexual. This is also a spiritual evolution to eliminate prejudice for the good of all! So spread the word.

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From the Heart

Alan Cohen is the author of many popular inspirational books, including *Enough Already: The Power of Radical Contentment*. If you would like to become a professional life coach or incorporate life coaching skills in your career, Alan's celebrated Life Coach Training program begins January 1, 2014. For more information about this program, Alan's other books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com, or phone (808) 572-0001.



How to Get Santa to Deliver

My Australian client Meg was tired of her corporate job and wished she could create a layoff with a generous severance package. So for fun she wrote herself a severance letter offering her desired package, printed it on company stationery, and signed it from the CEO. This was her idea of creating a treasure map toward her ideal scenario.

The next day Meg's supervisor called her into his office and told her he had some disturbing news. Someone had written Meg a severance letter and signed it as if from the CEO, but the CEO knew nothing about it. The supervisor produced the letter in question—the very document Meg had written herself and printed on the office printer. Apparently she had “accidentally” printed two copies and left one in the office printer.

Two weeks later Meg got a real severance letter from the CEO, with the terms she had written herself. Christmas came early this year.

As children, we all delighted to believe in Santa Claus. What a thrill to sit on his lap, look into his twinkling eyes, and tell him exactly what we wanted, trusting he would deliver! Then some buzzkill elder brother or cynical teacher told us

that Santa was just a guy the department store hired to don a white beard and red suit and tell kids what they wanted to hear. End of childhood, beginning of cold hard reality.

Or is it? Santa Claus is not a person, but he is a principle, a dynamic, a universal idea that goes far beyond a person. Santa Claus represents a benevolent universe that knows our needs and can and will deliver our good to us. Just as Jesus is a channel through which the Christ energy flows, and Buddha is the being through which Buddha Mind is expressed, Santa is a cultural form—a local permission slip through which we allow ourselves to receive the blessings we desire and deserve.

There are two ways of asking: asking from need and asking from fulfillment. Hardly anyone asks from fulfillment because we usually identify with need. “I am lacking. I want this and I don't have it. I am empty and I need the universe to fill in the blank.” But the results we get depend on how we ask. Meg's self-created layoff letter is a clever example of asking from fulfillment. She went to the place she wanted to go to even before it showed up. Her sense of having what she wanted was stronger than not having what she wanted. She affirmed the solution rather than the problem.

Many people are familiar with the science fiction theme of parallel realities. But the principle is more science than fiction. There are an infinite number of realities occurring simultaneously. Jesus stated this in the language of his time: “In my Father's house there are many mansions.” Anything that has existed, will exist, or could exist, already exists. So even while you experience a lack of something in one reality, in another reality that lack has already been fulfilled. More precisely, in that reality, there has never been a lack. There is always and only fulfillment.

The key to manifestation is to go to the reality where fulfillment already exists even before you see the evidence in the realm of the five senses. This is the technique that makes all visionaries, inventors, and creators successful. The invention is already real to them in their mind or imagination, and they bring it to life. The genius scientist Nikola Tesla recounted that all of the ideas for his world-changing inventions came to him in mystical flashes of insight. He found entrée to the mansion where they already lived, and then fleshed them out in the world. Steven Spielberg said, “Once a month the sky falls on my head, I come to and I see another movie I want to make.” The movie is already a reality. Spielberg's job as director is to deliver it to the world.

You, too, have access to fabulously creative and successful ideas that can and will change your life and the world. They are already real and in a particular reality, already accomplished. You may not affect the world like Tesla or Spielberg, but you have your own sphere of influence it is your destiny to touch. Mothers, waitresses, and van drivers sometimes bring more blessing and healing to the world in their own quiet ways than moguls who move lots of money and people around, but are devoid of happiness.

This holiday season you can get Santa to deliver. Sure, you can manifest stuff, but why not manifest the most valuable present of all: inner peace. When you are at peace with yourself, you bring healing to everyone you meet. Peace is not something you import from the outside. It is an inner state that you claim. Sort of like writing yourself a love letter from the universe and then discovering the CEO has already signed it.

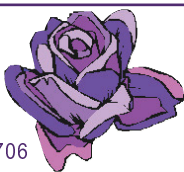
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Tune In: Let Your Intuition Guide You To Fulfillment and Flow

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Excerpted from *Tune In: Let Your Intuition Guide You To Fulfillment and Flow* published by Hay House ©2013

Making a Shift in Consciousness

Thankfully, these days more and more people are committed to living a spiritually empowered, authentically grounded, intuitively guided, positive, and peaceful life. We're generally becoming much more willing to accept the idea that we are spiritual beings who create our own reality and aren't simply victims of circumstance, as evidenced by a huge surge of interest in such things as quantum physics and mind-body medicine. We're more willing to explore and discuss our rich inner lives and our ever-expanding intuitive experiences. And yet, in spite of these encouraging signs, we're still suffering with, and causing some of, the worst personal and worldwide violence and earthly destruction that humankind has ever known.

Incidents of suicide and drug addiction have spiraled out of control, for example. The environment is under siege. Our relationships with each other (and among nations) are blasting apart, sometimes tragically with guns and weapons. So even though the idea of spiritual awakening and personal empowerment sounds appealing and even possible, the actual shift in consciousness most of us need to make in order to go from victim of circumstance to Divine co-creator has yet to occur for most of us. We all must take a big step forward—if not an actual leap—to jump-start the transformation that everyone speaks of and desires . . . and the world so desperately needs. Our inner peace contributes to the world's peace.

A life where we believe that we aren't making a meaningful contribution feels like a life wasted. People in this state tend to find negative ways to distract themselves and deaden the emptiness they experience. Whether this leads to destructive behaviors or emotions, frequent accidents or illnesses, career stalls or chronic unemployment, or outbursts of rage or social withdrawal, soon the problem becomes other peoples' problem as well. All paths are interwoven—we are




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connected to one another, and one person's misery eventually affects everyone else. Therefore, not only is tuning in to our inner guidance an essential personal need, it's also a profoundly important familial and social need.

Listening to the voice of your intuition—instead of the voice of your fears and other peoples' wishes and instructions—will bring about, over time, a deep-seated, unwavering sense of profound integrity, creative inspiration, and grounded soul purpose. Tuning in to and following your intuition

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ABRAHAM-HICKS

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JUSTICE

Somebody said, "There is no justice." And we say, there is utter justice. You all get exactly what you deserve. Meaning, you're all getting exactly what you're vibrationally offering. So just play with it. Think and feel, think and feel, think and feel. If there's something that you really want, like, when you said "money"; in other words, you're almost embarrassed to even talk about it, because you can feel how negative it makes you feel even to think about it.

SPENDING

Let us give you some sort of practical, fast approaches to this. Every time you spend money for anything, appreciate the fact that you had it to spend. Even if you think you're spending it unwisely, even if you shouldn't be spending it for this and should be saving it for something else, even if, when you spend it, it will deplete your checking account to a place that is uncomfortably low, even under those conditions – appreciate the fact that you had it to spend. "I am so happy to spend this money."

TITHING

Now, let's talk about that subject of "tithing" for just a moment. A lot of people ask about tithing, because they have been told that there is benefit in it. And they're usually told that by those who will receive the benefit from their tithing. In other words, "tithing is a good thing, give your money to me and your life will be better," is the general picture of tithing.

The reason that tithing is beneficial is because, if you feel abundant enough that you have excess that you don't have to have – the excess is a vibration of Well-being. In other words, "I've not only got enough money for what I need, I have extra money," and so, it's that vibration of Well-being that allows more dollars to flow.

So we encourage that you "tithe" your clothing account, that you "tithe" your vacation account, that you "tithe" your eating-at-a-special-restaurant account. In other words, you don't have to tithe a church or a guru. Tithe yourself, but get into the attitude of excess. In other words, "not only can I meet my basic requirements, but I have excess that I can do other things with," because it's that vibration of abundance, that vibration of excess.

TAKE INVENTORY OF THE COST OF YOUR STUFF

So, something that you can do that gets you in that flow, right away, is looking around at your personal possessions and noticing how many things you have that cost money. I've got... add up how much your stuff is really worth. In other words, I spent money on...add up how many meals you've eaten, how

much money you've blown on food that you no longer have to call assets. You see what we're getting at? As you start thinking in terms of all of the money that's passed through your hands you get a sense of the abundance of dollars, in and out, in and out, in and out, in and out.

YOU DON'T NEED A PILE OF MONEY SITTING AROUND

Now, what makes many of you feel lackful of money is that you don't have a big pile of it sitting around somewhere. And we say, no problem. You don't have a big pile of air sitting around, either. You don't have a big pile of Energy sitting around. It's not what it's for. It's the utilization of it that is the power of it; in and out, in and out, in and out, in and out.

ENJOY WHERE YOU ARE, IDENTIFY WHAT YOU WANT NEXT

So rather than feeling lackful because there isn't excess money or extra money, just enjoy the money that is there; in and out, in and out, in and out and you get this sense of "the money is just like the Energy," it is just like the oxygen, it is always there. There is as much there as is ever needed – and you can start identifying what you will do with it: "If I had an extra \$100, I would do that."

THE \$100 IN THE POCKET EXPERIMENT

Now, a process that we have seen work, incredibly well, is to put an extra \$100 in your pocket. Find it from somewhere, carry it in your pocket and note how many things that please you you could do with it if you really wanted to. Somebody said, "Abraham, you obviously haven't been around lately, because \$100 won't go very far." And we say, if you spend it 1,000 times today, mentally, that's \$100,000 that you have projected.

In other words, "I would buy that, I could buy that; We could eat there; We could do this; We could stay there; It is a down payment on this." You see what we're getting at? And as you mentally project that...And something about actually having it, makes it feel real. It's not a fantasy anymore.

In other words, "I've got it." You can even take it out and look at it. You could see something in a window and say, "You know, if I really wanted that, if I wanted that more than the feeling of Well-being that this \$100 offers me, I could just exchange it right now." But if you keep the \$100 in your pocket and mentally spend it again and again and again and again, what happens is, that vortex opens.

AS YOU MENTALLY SPEND IT, YOU ATTRACT \$\$ IN REAL LIFE

In other words, as you mentally expend it, you mentally bring it in, as you mentally expend it, you mentally bring it in, as you mentally expend it, you mentally bring it in until soon it is physically coming to you. Soon it is physically coming in and physically going out, physically coming in and physically going out – but you have to start with the mental projection of it first. And then, before you know it, you have more money than you know what to do with. Truly, we're not kidding you. It becomes, then, a new process of determining what you're going to do with it. In other words, managing your money, letting it flow, having the fun of it, taking it to the bank, you see. Good.



Tune In: Let Your Intuition Guide You To Fulfillment and Flow

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relaxes your mind, puts your body at ease, and opens your heart because you eliminate inner conflict as you become more at one with your Spirit, your true Self. Following your Spirit brings about an inner sense of peace, eliminates distraction, and helps you be more open. With such a big load off your shoulders, you can begin to fine-tune your awareness and expand your creativity, gaining a more graceful, fulfilling, and productive rhythm in your life. With your Spirit firmly at the helm, you flow with the deepest, most authentic truth of your being and experience each day as God designed and intended you to experience it: perfect, beautiful, connected, and filled with joy. Because you're aligned with your true Self, you feel less and less compelled to seek approval or self-worth in how others view you. You stop feeling out of sync with yourself, and that's a huge relief.

In following your intuition and trusting your Spirit, not only do you feel uplifted, but you also uplift everyone you come in contact with. Because we are sentient beings and are affected by one another's energy, others will sense your genuine ease and consequently relax more in your company. Many of the typical challenges you might expect, such as experiencing others as overly cautious or suspicious, will seem to suddenly ease, replaced with more heart-to-heart, creative, trusting, and positive connections.

Guided by your intuition, your Spirit opens your eyes to new perspectives, reveals new opportunities, and showers you with synchronistic moments that bring a sense of certain magic into your life. Even those people who have been habitually difficult to deal with, such as set-in-their-ways family members or hardened bosses, won't trouble you as much, as your intuition also often brings with it more objectivity, deeper insight, and better understanding of others. You become more compassionate, recognizing others' negative behavior as a symptom of having lost touch with their inner voice, their Spirit, so it's easier not to take their unpleasant or obnoxious behavior personally.

In fact, often those who are not in the habit of being easygoing will change their behavior when in your company because your personal vibration is generally so positive they can't help but start to entrain with it. With your Spirit guiding, you will feel lighter and clearer, and your world will brighten up. You will start to really love yourself and your life, and that's the best reward of all.



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Honoring our inner voice and allowing our Spirit to lead is the inevitable choice we must all eventually make if we hope to live together in peace. Choosing otherwise keeps us battling our own fears and battling others. This choice hurts us, each other, and our planet. Those who refuse for whatever reason to surrender to their intuition, their heart, and their Spirit will continue to suffer, to struggle, and to miss out on the joys of life. Like a battery running out of power, unless we stop fighting and start trusting our Spirit for guidance, our limited ego energy will dwindle and die. I feel confident that sooner rather than later we will all come to realize the limitations of the ego, and accept the power that lies within our Spirit because that is the purpose of our soul's journey on Earth.

Reaching for this book on a shelf or having it fall into your hands in some other way is a strong indication that, on a deep level, you're ready to start living in greater alignment with your authentic Self. Maybe this is your first step toward that end. Maybe you've already taken steps along the path toward living your life this way. No matter what got you to this page, deciding to allow your intuition to lead the way will soon have you leaving fear behind and enjoying the bounty and joy that come with living in flow.

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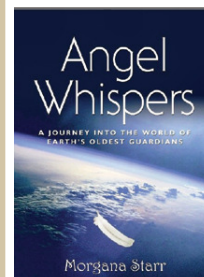
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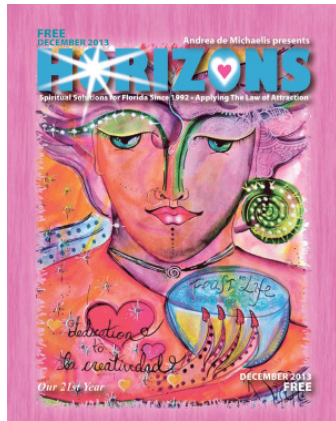
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COVER ART



FEAST OF LIFE BY ROOPAM SIDHU



My art is about the process. I was born an artist, with interests in drawing, painting, fashion designing, and crafting from a very early age. Life, and the messages we receive about being an artist, got in the way and I gave it up for many years in favor of a “suitable,” high-profile

career. I was miserably successful. **Dr. Clarissa Pinkola Estes** says, *creativity is like excrement: if you don't let it out, it will kill you.* And the lack of it in my life almost did.

Four years ago, I began the arduous, oh-so-worth it process of returning to myself and returned to my art: initially in traditional oils. Then, two years ago, I entered the **Masters in Counseling Psychology at Sofia** and met visionary artist **Shiloh Sophia McCloud** and her “**Art as a Sacred Practice**” course: here, art was more than than color theory, light and shadows, values and tones. Art was meditation, the canvas was a portal for my inner world- a combination of my East Indian heritage, my explorations of what it means to be a woman straddling two cultures, and my revelations in who I was, am, and want to be. Through McCloud's Jungian-styled creative visualizations, my dreams, musings, and thought processes, the canvas documents my journey to my Self.

I am a Marriage and Family Therapist Intern (MFTI) working with teenagers and their families in California's Bay Area. But I am, indeed, also an artist in that wonderful sweet spot of developing a personal style. Feedback, questions and suggestions at roopamsart@gmail.com.

SUGGESTED READING WATCHING LISTENING



CDS:

Relaxation Zone by Dean Evenson www.soundings.com
Reiki OM by Dean and Dudley Evenson www.soundings.com
Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

The Honeymoon Effect by Bruce H. Lipton, Ph.D.
Osho, The First Buddha in the Dental Chair: Amusing Anecdotes by His Personal Dentist by Swami Davageet
Paranormal, My Life in Pursuit of the Afterlife by Raymond Moody, MD
Emotional Equations, Simple Truths for Happiness by Chip Conley
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Be Love Now, The Path of the Heart by Ram Dass
The Seeker, the Search, The Sacred by Guy Finley
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The Physics of Miracles by Richard Bartlett, DC. ND
The Now Effect by Elisha Goldstein, Ph.D.
How to appreciate an Aries by Mary English
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.
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The Hidden Spirituality of Men by Matthew Fox
The Secret Life of Water by Masaru Emoto
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The Angels' Book of Promises by Billy Roberts
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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 also, it just left out the actual “Secret” with the deletion of Abraham-Hicks.



OPEN MIND ZEN

...continued from page 14

In meditation, we eventually see that what we call emotion is simply a kind of thought that has become imbedded in our bodies and minds through deep attachment. There is tremendous energy in emotion that can be harnessed, or transmuted, as **Trungpa Rinpoche** says above. This turns emotion from a disturbance into a way of generating energy to help ourselves and others in a positive way. It is truly amazing how powerful the energy of emotion is, and how much we can do with it when it's taken out of the conceptual matrix we usually put it in.

Of course, there are those who are not mentally stable to begin with who are sometimes not prepared to deal with the increased awareness of personal suffering which meditation can bring on. Those in this category would be advised to seek counseling and consult with a therapist who is also a meditator before getting too deeply into it. Meditation is a powerful tool that is definitely not for everyone, but we also don't want to exclude those from instruction who can benefit.

When I lived at the **Zen Center of Los Angeles** there was a man who practiced there who constantly talked to himself. Sitting on the porch, walking down the street - whatever he was doing he was always talking to his imaginary friend. Of course, we all do this internally to a greater or lesser degree, but this was an extreme case of one who couldn't stop vocalizing his internal dialogue! But somehow, in the meditation hall, he was totally silent, and could even do a week-long silent meditation retreat. As soon as he emerged from the meditation hall the dialogue continued as if he had never stopped!

Remember, a reasonably sane person has nothing to fear from meditation except fear itself!

MIND TRAPS

The original teachings of the great **Zen** masters are designed to help free us, not make us slaves to some religion or dogma.

Buddhist teachings are prescriptions given according to specific ailments, to clear away the roots of your compulsive habits and clean out your emotional views, just so you can be free and clear, naked and clean, without problems.

There is no real doctrine at all for you to chew on or squat over... -Zen Essence, Zen Master Yuansou, p.79



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It is extremely important to remember that **Buddha** was not a Buddhist, just as **Jesus** was not a Christian. Both were highly enlightened teachers who saw illness all around them, and offered a prescription, or a series of prescriptions to effect a cure. The greatest spiritual teachers of all time were not bound by what had been done before them, and were not hindered by labels or classifications. All of the rules and regulations of spiritual practice seem to be created by those who come after the death of a great master. Ignoring the basic teachings of the masters, they often create the exact situation the original teachings were designed to dispel!

It is so easy to get stuck in a particular, comfortable viewpoint. Obviously, when a disciple of a great master interprets the teaching, it is going to have a bit of a bias. Likewise, when eminent Buddhists gathered together several centuries after the death of **Gautama Buddha** and came up with a code of hundreds of written rules of conduct, they were reflecting more their own dogma than **Guatama's** teachings in many ways. In an effort to emulate a great master's teachings, disciples and followers of all sorts codify and solidify what essentially cannot be codified and solidified, namely the essence of the teaching. Thus, dogma arises from those less creative and less secure in the true teachings, which transcend dogma and codification. **Master Yuansou** continues:

If you will not believe in yourself, you pick up your baggage and go around to other people's houses looking for **Zen**, looking for **Tao**, looking for mysteries, looking for marvels, looking for buddhas, looking for Zen masters, looking for teachers. You think this is searching for the ultimate, and you make it into your religion, but this is like running blindly to the east to get something that is in the west." - **Zen Essence, Zen Master Yuansou, p.79**

Evidently students in the fourteenth century had very similar weaknesses to those today. The original teachings of the great **Zen** masters are designed to help free us, not make us slaves to some religion or dogma. Only when we realize that the truth comes from within can we emulate the freethinking masters of old, whatever religion they inadvertently spawned. But, how can we free ourselves from the confines of our conditioning, and learn to live the life of the enlightened master? Understanding karma, or cause and effect, is certainly a good beginning.



This month's thoughts about things...

... from page 7 ...

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

HOW COULD I TELL? I could tell because when I pass his house, the energetic tension is suddenly gone. Although we'd not had words for 9 months, I was still aware of his vibe simply because of his location. Nothing had changed from outward appearance, but there's no longer a feeling of connection as I drive past. I feel free of it. That's always a clear indicator for me. I'm happy for him, I'm happy for me, to know the spidey sense was strong between us when he lived close, and to know that I won't be waking up craving coffee and cigarettes anymore. Everybody wins!

October 30, 2013 Wednesday - I'm getting over a cold and every day my head is a little more clear. I've also been releasing old programming during this **Mercury retrograde** and feeling layers of emotional weight drop. I am feeling free and clear on many levels. The thing about feeling free and clear is that **it's easy when you're clear to review the past objectively and learn from it.** I'd been living in my small contained world, happily isolated for many years. I attracted a situation which tested my ability to maintain composure under pressure. It showed me who I am when I feel pushed to the limit by those with unkind intent. I learned a lot by studying my emotions and reactions. I attracted it by having several clients going through the same scenario and I'd asked "how does someone get in a situation like *X* and not realize it?" The **Universe** answered for me in a way that attracted the same scenario and let me learn from it firsthand. I now have greater compassion and understanding that I could not have book-learned. *It was an instant upgrade!*

But an upgrade doesn't always feel like an upgrade at first. It feels awkward because it's not the practiced vibration. Like learning Windows 8 last month, I'm doing a new sequence of key strokes, new body motions, forming new mental patterns. Until I settle into the new routine, it doesn't feel like an upgrade. Then one day I sit at the computer and it all starts to flow. Everything is easier, everything moves faster, it becomes fun to be more productive. It no longer feels like work.

It's my nightly habit to be outside walking or bike riding under the stars. I don't go far, I keep to my little corner of the block. Earlier this year it became uncomfortable to travel my regular route. It no longer felt safe, as two neighbors had spent months harrasing me. I changed my route to avoid walking past their home, but that had me awakening barking dogs in the wee hours. I'd often opt instead to walk my own grounds. But I missed my old route. I missed being free to walk or ride past that house without a thought about it. I'd alternately kick myself for allowing my thoughts to trap me this way.

So what if they lie and badmouth me to everyone? I know who I am. I'd tell anyone else to go about their business and don't give a thought to what anyone else thinks. But the harrasing tenants had new routines in that house and someone may not take kindly to me traipsing up and down in front of their home all night, even though I've done it for 30 years.

I allowed my own thoughts to send me on an avoidance pattern, which only amplified why I was, after 30 years, changing my comfortable route to one that didn't serve my purpose. *The purpose was to ride around in the dark and the quiet, alone with my thoughts, a moving meditation.* If I walk one way, I get a mile of dark streets. If I walk the other way, I get houses, street lights, barking dogs. And that is what I chose until a month ago when I thought, "*forget this, I'm doing what I want from now on,*" and I resumed my old route.

Knowing the neighbors were unhappy here, I held the vision they'd find the perfect place soon. I added them to the daily prayers and visualizations. I used them as the topic of the experiment I wrote about at the beginning of this article. Two days later, I felt it. They were gone. I could no longer feel their presence as I passed. It was confirmed 3 days later. I immediately felt the upgrade. I felt giddy with joy to be free and clear of it. I didn't realize how unfree I'd allowed myself to become, how I'd let my own thoughts trap me into a small world of my own making.

I laughed at myself for doing exactly what I tell friends NOT to do! Laughter shook me back to who I am, who I was before I bound and restricted myself. Then, just as my sinuses were doing, it all started to flow again. I could tell we'd all been upgraded! Everything became easy and effortless, the energy began moving faster, it became fun again passing by the home. With them gone, I woke up wanting to mow her lawn for her, so I did. Once again, back to our normal, serene **Disney**-movie life, with an upgrade: she'd evicted the troublesome tenants. It was fun having a big shake up for a year and it's fun having everything back to serene again. Without the shake up, we wouldn't have gotten the upgrade. And, as usual, nothing ever had to change but my perception. *Oh, the movies I make myself run until I convince myself of my own power ...*

So what I learned this year was that I can use my (visualization) powers for good in someone else's life as well as my own. I can spend time seeing them - in my mind's eye - as happily content elsewhere, and fan the flames of that vision and that feeling. My successful experiment from the **E-Squared** book gave me evidence it can happen as quickly as **48 hours.**

As **2013** ends, everything has changed from the beginning of the year. The home and office has been rearranged, the yard and gardens have been redesigned, I have just one kitty for the first time in decades. I'm in a loving, conscious relationship and am learning a lot about myself. I'm taking time to relax and be open to new experiences. I could not have ordered a better ending to an eventful year. **Accept all things. It's the only way to wake up... anything else perpetuates the dream.** Enjoy our offering this month. Hari Om.



Andrea

ASSERTIVENESS FOR EARTH ANGELS:



... continued from page 9...

prayers and guidance to earthly people from your heavenly vantage point. The recruiters bow their heads and sigh as they explain to you that people often don't listen to their guides or angels. They say that Earth Angels are needed in human bodies, because people only listen to other people. The recruiters show you how you can benefit by going to Earth. After all, Earth gives you the opportunity to learn and grow and heal any fears that you held previously. On Earth you have the opportunity to feel deeply both physically and emotionally. You also have the experience of duality, where you get to encounter the darkness and the light. Besides, the recruiters explain, they need you on Earth. They need you to guide people who aren't as aware and experienced as you are.

So reluctantly, you agree to come back to Earth in a human form. With the help of your guides and the recruiters, every part of your life is mapped out ahead of time. Of course you have freewill choices about everything, but the guides are very influential in urging you to balance your karma with certain people. So you agree to have them as your parents, friends, and partners. You've been with these souls in other lifetimes. And it's essential that you clear any unforgiveness, fear, or anger that you might harbor in those relationships. Spiritual growth also calls you to take 100 percent responsibility for everything that you see, feel, and think.

The Original Trauma.

After you're born, you look around as a baby for that unconditional love that you had in heaven. Your parents love you, but like all earthly humans, their hearts are partially closed. Your parents, like all people, have fears that close them off to the full experience of love.

You immediately go into withdrawal, like an addict quitting drugs cold-turkey. Where's the love? Where's the love? is your panicked cry, as you desperately seek that delicious feeling of heavenly bliss and joy. Your parents do their best to keep you happy, but you unconsciously know that something's missing.

For your entire life, you seek that feeling of unconditional love. You meet someone and think, This is it! You believe that each new person is the source of the love you desperately seek.

Deep down, you remember how you felt in heaven. There, you felt completely accepted for who you are. You felt lighthearted, optimistic, carefree, and completely loved and loving.

Most of all, you felt safe. In heaven, there was no sense of stress, strain, or danger. Everyone was trustworthy, and no one wanted anything from you, except for you to be happy.

Doesn't that sound heavenly?

So you spend your entire life looking for that sense of approval, safety, peace, and love. You may find that feeling

temporarily in relationships, food, alcohol, or drugs. Some people encounter this bliss when they're in nature, exercising, having sex, shopping, or engaged in a creative process. For most, it's fleeting.

What's helpful is to know that we can never entirely replicate heaven's high vibrations in our earthly world of duality. We can come very close, and we can have pockets of moments where we're one with love. But it's unrealistic to think that we can maintain that state at all times.

The best you can do is to keep the doorway to heaven's love open in your heart. This allows you to have a continual warm feeling of love every day, no matter what's going on in your life or in the world.

In meditation one day, I heard and felt the presence of **Archangel Michael**. He explained the importance of enjoying life, no matter what's going on. He said that very often, we put our happiness in the future. We think that happiness is conditional, based upon certain achievements, such as getting enough money, accolades, or approval; losing weight; getting married; buying a new house; being published; or some other accomplishment. While those experiences can be very exciting and fulfilling, they still don't replicate that complete feeling of safety and approval that we have when we're in heaven.

You get close to those heavenly feelings when you're balancing giving and receiving. When you're only giving, you're excluding yourself from the sense that you deserve and need love, too. So it's a matter of focusing upon service and giving from your soul, and also giving to yourself.

Pure Giving

The only form of giving that leads to spiritual growth and true peace is when you give because you're guided to. Doing so because you feel guilty, sorry for the person, or obligated is giving from a place of fear. That means you'd be giving from your lower self, and the gift—whether it's time, money, help, advice, support, or love—would be tainted with the lower frequencies of that guilt, fear, or obligation energy.

As Earth Angels, we're here to give, help, and heal. And the reason why we give is the difference between creating a life of joy for ourselves and others . . . and living like a victim or martyr in misery:

If you're giving because you hope that you'll be appreciated and loved for all that you do, you'll constantly feel disappointed that you're not getting as much in return as you gave. You'll also have an empty feeling that people love you for what you can do for them, instead of for who you are.

If you're giving in order to keep someone from being angry with you, then you'll always feel nervous, like you have to walk on eggshells in case that person, despite your efforts, still decides to be upset with you.

If you give because you hope that the person will help you in return, you'll always feel guilty that your true intentions were impure. You'll also feel hurt when the other person doesn't reciprocate.

Only give because you truly are happy to do so. In that experience, you'll find your heavenly bliss. In fact, a good rule to live by is:

Never do anything unless you want to.

Either don't do the action, or go meditate and pray until you can shift your mind-set to one of happiness toward it.



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 barbaraleellc@gmail.com

HOROSCOPES DECEMBER 2013

Aries: May 20 to April 19 "I Am" This is your chance to really make your efforts known to those you care about. Depending on how you handle these present opportunities, you will gain momentum for your future successes. By now you must feel the pull of Uranus in your sign, many new gifts and information will be springing forth from the depths of your unconscious. People are ready for what you have to share.

Taurus: April 19 to May 19 "I Have" There will be a huge breakthrough in your financial arena in regards to past investments made several years ago. Now would be an excellent time to talk about your earnings with a financial advisor. This month is also perfect for planning a romantic vacation with your soul mate.

Gemini: May 20 to June 20 "I Think" With the full moon in your sign on December 17th at 25 degrees, you will feel like celebrating a great evening for a dinner party. This Sagittarius energy will be illuminating any dark places in your aura. A good time to clear up any misunderstanding in your family circle.

Cancer: June 20/21 to July 22 "I Feel" This month your sign is part of a grand trine in water; the planets involved are Saturn in Scorpio for structure and Neptune in Pisces for spirituality and your sign Cancer for nurturing. Oh and did I mention as well retrograde Jupiter in Cancer is asking you to go within to hear the silence of your soul.

Leo: July 22 to August 22 "I Will" Transiting Uranus in Aries also a fire sign as well as the Sun in Sagittarius, has lit a fire under your bottom. Are you going to allow that fire to burn a hole in your britches or are you gonna get off your duff and finish those projects that keep haunting you?

Virgo: August 22 to September 22 "I Analyze" The energy in your life right now is calling for you to be more detailed than usual with transiting Mars in Virgo on your tail. Immerse yourself in your work and stay centered during the many changes going on in your work environment. Especially pay more attention to your nutritional needs, considering your workaholic tendencies.

Libra: September 22 to October 22/23 "I Balance" Yeah! The moon will be in your sign on Christmas day. You will have a better than average Christmas this Holiday season. Lots of presents, but what really is important to you is the presence of family, friends, fun, great food and the spiritual gifts of gratitude and clear communication.

Scorpio: October 22/23 to November 21/22 "I Transform" I know; you Scorpios really get a bad rap most of the time; but recently you have really stepped up to the plate and done your inner spiritual work. I know you are feeling very light hearted with retrograde Mercury out of your sign, especially since this Mercury Retrograde was pretty rough.

Sagittarius: November 21/22 to December 21 "I Perceive" You will be happy to know that on December 2nd the New Moon will be in your sign. This is a great time to write a list of everything you would like to accomplish this month. Oh and please remember your Christmas shopping list, a good time for all will be had!

Capricorn: December 22 to January 19/20 "I Use" Your issues right now revolve around your career direction and aspirations. Recently you have had to really reevaluate your needs and the needs of your family to implement more of a happy balance between work and home life. All work and no play makes for cranky kids.

Aquarius: January 19/20 to February 19 "I Know" You are in the process of clearing up a lot of loose ends right now in your life. It may be time to withdrawal your time and energy from certain areas in your life that have not been giving back to you. Think about what you love and how people and situations make you feel and gravitate toward authenticity.

Pisces: February 19 to March 20 "I Believe" No misconceptions be made, you are to trust yourself explicitly! You at times get lost in the crowd getting bombarded by everybody's energy. Tune into yourself, know where you begin and the other person ends. Boundaries on all levels are a very big deal this month.



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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,
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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.

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Sunday, February 2 2 p.m. – 5 p.m.

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Roy Eugene Davis has taught spiritual growth practices in North and South America, Europe, West Africa, Japan, and India. He was ordained by Paramahansa Yogananda in 1951.



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