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# Rev. Albert J. Bowes





Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed

peoples lives. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients . He uses this gift to give people gentle but firm guidance into knowing themselves better.

## **PSYCHIC READINGS** Telephone or In Person

By appointment only 386-228-3209

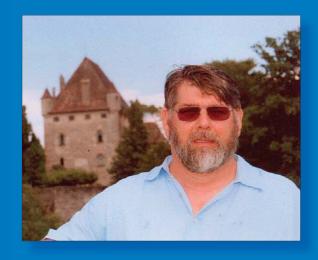
#### **Complete Personal Readings**

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

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

When you arrive, be careful NOT to mention anything about yourself or the people, places, events or things that are connected to the information you seek in the reading. You are limited to the number of items you bring, but you are NOT limited to the number of questions you may ask. You ask as many as it takes to get the information you seek. Questions should be specific not vague or general.

# Accuracy scientifically proven



### **CREDENTIALS:**

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

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

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

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

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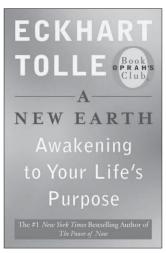


### Feb 22nd 6:30 pm CONCERT Karen Taylor Good

As a songwriter, Karen is Grammynominated. She's had numerous international radio hits, with songs recorded by such artists as Laura Branigan, Melissa Manchester, Al Jarreau, Nana Mouskouri & Patty Loveless. She's garnered several "Songwriter of the Year" awards. www.karentaylorgood.com



### ECKERT TOLLE'S



### **A NEW EARTH**

#### A 7 week Small Groups Study

The series will start February 15 and the groups will discuss that week's topic

#### A New Earth Weekly talks:

2/15 Taking a Leap in Consciousness
2/22 Letting Go of Attachments
3/1 Break Free From Pain
3/8 Learning the Power of Presence
3/15 Finding Who You Truly Are
3/22 The Joy of Being
3/29 Revealing A New Earth

# Weekly Classes

Tuesdays 12:00 PM Healing Prayer Service

Tuesdays 7:30 PM A Course in Miracles

Thursdays 12:00 PM Healing Prayer Service

> Fridays 7:00 PM Game Night



Publisher/Editor/Layout: Andrea de Michaelis

#### Thanks for help this month

Vickie & Richard Martin Cha Cha La Belle Brothermine Jerry Rev. Beth Head Sally Carmany Gerald Head Denise Marr

On The Cover (see page 34): Michelle Whitedove

#### Contributing writers:

Mark Anthny Gager Michelle Whitedove Richard A. Singer, Jr. Esther & Jerry Hicks Cecelia Avitable Roger Coleman Karen Williams June K. Brown Steve Pavlina Barbara Lee Sharon Janis Alan Cohen Mike Dooley 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

 HORIZONS
 MAGAZINE
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#### HORIZONS MAGAZINE is distributed FREE each month to 300+

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

Ι. 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.

Unification. I unify my consciousness with the 2. 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.

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

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

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

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

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

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

II. 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

treasure, and my talent to my spiritual source.

the grie divinely guided in all that you'de that I freely and unconditionally give one tenth of my time, my

Rect a miracle

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Andrea de Michaelis Publisher

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

ello and welcome to the **February** edition of **Horizons Magazine**. Most of the news I get comes from whatever **AOL** flashes before me as I check email. They ask provocative questions like:

"Recognize This Singer? Even Country Fans May Not Know Her Without Blond Locks." I note immediately that it's Taylor Swift since it looks exactly like her and the only way I even know who she is is that AOL has been flashing her name and pic on the main screen for the past few months. So, as a journalist, I recognize this is just promotion at work, designed to look like news.

Kind of like articles that are really advertorials; they pay to run the ad to look like an article, or it's simply a news/press release. There's nothing wrong with that. I just take notice how the media is designed to manipulate my perception.

Some major stores and franchise chains are closing and filing bankruptcy. The headlines are written as though it's a crime. The **Cash In the Attic** host just filed bankruptcy. The media faults **Lorne Spicer**, known as a **BBC** debt expert, for not following her own advice "Make a budget and stick to it. Putting the numbers down on paper will show you just where all the money is going. Set a limit on how much you are going to spend and stick to it." But, like anyone else, just because Lorne knows the constructive thing to do, doesn't mean she does it. I know a lot of things that I don't put into practice. I am not one to budget, but I am not a prolific spender. I am not a recreational shopper. I learned years ago to use credit cards only for emergencies. Having said that, I usually have a hundred dollars or so on my **Office Depot** and **Home Depot** accounts that I pay on each month. I always pay 2 - 3 times the minimum payment. I have one business card that has about \$5,000

Hi Andrea: LOVE your blog - I read it every morning right after I pray and meditate. As always, it's very uplifting. Keep up the good work -I adore and am constantly inspired by your work. BN

on it but that is all the business debt I have to deal with. I did that on purpose.

Several years ago, working at the law offices, clients began asking for referrals to file bankruptcy, so I got to hear a lot of their stories. Granted, most of them had wives who were recreational shoppers, but some of them were just regular undereducated folks who just couldn't manage to earn sufficient income to provide for their family, so things like weekly groceries would be charged to their **Visa**. And it added up.

I had the good sense to think, "there, but for the grace of **God**, go I" and made a conscious decision to not use my cards for incidental purchases. If I need a water heater, yes. If I need bagels, no. If I need eyeglasses, maybe. If I need a book, no.

I use my debit cards instead. This was a real yoga for me in the beginning because it then meant that not only did I have to keep track of how much I spent, I had to actually make sure I kept enough money deposited in the account to draw on.

This meant I had to sit down and make a list of what my monthly bills were and when they were due. That meant I had to put a note on my calendar when I would need to have X amount of dollars in the account on a regular basis. That gave me a goal to work toward.

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# ABRAHAM-HIGKS



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

### You Have Creative Control of Your Life

o you believe that when things happen around you, and as you observe them, that those things cause you to vibrate, and therefore you have not control of the way you feel?

If we were to poll the majority of your population, they would answer yes to that. Most would say, "I look out into my world, and I see things which affect the way I feel. And therefore, if I had some measure of control over those things, then I might feel better."

#### **To Control Conditions?**

And we say, you might if you could do that, but from your Broader Nonphysical Perspective, you don't even want to do that. You do not want to control or limit conditions or possibilities, because you understand that this Universe, in which you

and we are all focused, is vibrationally based and is managed by Law of Attraction.

So, since you can control that which you give your attention to, you can control what your vibrational output is, therefore you can control what Law of Attraction matches you up with. Can you hear the difference? One way says, "I look out and I see bad things and I feel bad, so let's do something about



Since you can control that which you give your attention to, therefore you can control what Law of Attraction matches you up with

controlling the bad things so that I can feel good." You've been working on that for eons--how is it working out?

#### Selective Focusing?

The other approach that we are really selling to you here is, "I am a Vibrational Being and I vibrate because of that which I give my attention to. So as I am more selective about that which I focus upon, then I have a measure of control of what my vibrational offering is, because, as I give my attention to something, I include it in my vibration. And as I begin to more selectively choose that which I remember, or that which I focus upon in my now, or that which I contemplate into my future--as I more specifically focus, then I more specifically, deliberately vibrate, and as I more deliberately vibrate, then I have deliberate creative control of my own experience--because the Law of Attraction is matching my vibration to me.

#### Vibrational Control?

Ah, it is so much simpler to control your vibration than it is

simpler to control your Vibration than it is to control the world. And since you, now in your time/space reality, have visual, sensual interaction worldwide, and since you have a news mechanism in place, believing that it is to your advantage that they point out everything going wrong, there has never been a better time in all of the history of physical Beings, focused in this time/space reality, to make a decision that: "Nothing is more important than that I feel good, therefore nothing is more important than that I learn creative control of my own vibration."

#### A Guidance System?

As you look out into the world and you see unwanted things and you shout no at them, you're actually, for the time of your attention to them, including them in your vibration. As you look out into the world and you see things that you shout yes at, you are including those in your vibration. And so, most of you, by virtue of your ability to observe, have quite a mixture of vibration. Some of it serves you well, and some of it does not, and it is fortunate that you have within you a Guidance System (your emotions) that lets you know which part is which. You can tell the parts of your gaze or focus or attention or comments or memories or speculations or imaginations, or observations which are serving you in the moment of them, and you can tell which of those objects of attention are not serving you well--by the way you feel.

#### Achieve Worthiness?

Because you live in a Universe that is freedom-based, you get to give your attention to anything that you choose. Because you live in a Universe that is joy-based, in a Universe that, at the basis of it, is utter Well-being, Well-being flows abundantly. It is your legacy. It is your birthright. It is

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# DERSONAL DEVELOPMENT FORSMARTPEOPLE

The following is taken from StevePavlina.com, Personal Development for Smart People. Steve has also authored a book by the same name which is available at all bookstores or online at: www.hayhouse.com. Visit online at www.stevepavlina.com

### Boost Your Productivity

euristics are rules intended to help you solve problems. When a problem is large or complex, and the optimal solution is unclear, applying a heuristic allows you to begin making progress towards a solution even though you can't visualize the entire path from your starting point.

Suppose your goal is to climb to the peak of a mountain, but there's no trail to follow. An example of a heuristic would be: Head directly towards the peak until you reach an obstacle you can't cross. Whenever you reach such an obstacle, follow it around to the right until you're able to head towards the peak once again. This isn't the most intelligent or comprehensive heuristic, but in many cases it will work just fine, and you'll eventually reach the peak.

**Heuristics** don't guarantee you'll find the optimal solution, nor do they generally guarantee a solution at all. But they do a good enough job of solving certain types of problems to be useful. Their strength is that they break the deadlock of indecision and get you into action. As you take action you begin to explore the solution space, which deepens your understanding of the problem. As you gain knowledge about the problem, you can make course corrections along the way, gradually improving your chances of finding a solution.

If you try to solve a problem you don't initially know how to solve, you'll often figure out a solution as you go, one you never could have imagined until you started moving. This is especially true with creative work such as software development. Often you don't even know exactly what you're trying to build until you start building it.

**Heuristics** have many practical applications, and one of my favorite areas of application is personal productivity. Productivity heuristics are behavioral rules (some general, some situation-specific) that can help us get things done more efficiently. Here are some of my favorites:

Nuke it! The most efficient way to get through a task is to delete it. If it doesn't need to be done, get it off your to do list.

**Daily goals.** Without a clear focus, it's too easy to succumb to distractions. Set targets for each day in advance. Decide what you'll do; then do it.



Charles Lightwalker Channeler, Shaman, Medical Intuitive, Healer 509-389-7290

www.thefamilyoflight.net charleslightwalker@yahoo.com







**Worst first**. To defeat procrastination learn to tackle your most unpleasant task first thing in the morning instead of delaying it until later in the day. This small victory will set the tone for a very productive day.

**Peak times**. Identify your peak cycles of productivity, and schedule your most important tasks for those times. Work on minor tasks during your non-peak times.

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By June K. Brown.

Animal Spirit Guidance is my passion. My Church is my backyard, the beach, or the grocery store parking lot. Everywhere I look, I see the omens sent to me from The Great Spirit, guiding me daily on my quest to spiritual enlightenment. Thank you Grandmother Spider! Email June at JBr340@aol.com



I am a dog person. I feel empty without this breed of animal by my side. Four years ago when my German Shepherd, Princess, was dying... I was dying with her. She was my best friend and my protector. I loved her beyond words. I remember laying beside her on the floor of my living room, listening to her heart beat. I was crying, knowing that the time was coming near to put her down. She had a liver condition and was becoming unstable. Every once in awhile I could see a change in her eye color; going from a bright gold to pitch black. I knew that when this happened the people around her, mostly my kids, were in danger. She had 'snapped' the week prior and had tried to bite my oldest son. From that point on, I never left her alone with anyone. I was able to control her, because I was the one that had trained her. She wouldn't listen to anyone else.

A memory of her finest hour came into my mind; I had been training her out in the street, in front of my house. She had an obedience test coming up and I wanted her to be perfect. This meant allowing others to approach without getting testy with them. A neighbor of mine, two doors down, approached the edge of his yard and stopped us from our training exercises.

"Your dog is awesome", he said. "Can I pet her?" "Sure", I said.

I commanded Princess to turn back and then had her sit before him. The man extended his hand to pet her. Unfortunately, Princess took an instant dislike to him. She growled and then snapped her jaws toward his hand. He pulled back before she made contact and called me a crazy woman for having a dog like that. Two days later, this man was arrested for raping the woman who lived across the street from me.

She and I were a lot alike. Home alone with small children from early morning to late at night. The only difference was that I had a canine protector and this woman didn't. I will always remember that and be grateful.

When the time came to put Princess down, I thought I would die right then and there. "I can never replace

her", I told my husband between sobs. "Never."

But as time moved on and the empty hole got deeper, I knew that I needed to get another dog. I traveled to Rockledge to take a look at German Shepherd puppies. There were only two left, both of them girls. I had decided that whichever puppy came to me first and stayed with me for more than two seconds would be the one I would come home with. When I arrived at the breeders home, I sat on the living room floor and coaxed the puppies to me. One ran the opposite direction, while the other came right to me. The mommy dog came over as well, and they both sat on my lap. Massive approval there! We named her Gretchen and she became my new best friend. I have had her for four



years now.

I knew she was special from the moment I had her on my lap, but she has proven herself more recently when my second born son seemed to be in danger. My neighbor's dog, a huge Presicanarian from Spain, decided it would be fun to sneak over for a visit. He's not a 'bad' dog, just a BIG dog! He's like a bull in a china shop and outweighs Gretchen by 30 pounds. He

was running around the yard, playing with Gretchen and our Labrador named Onyx. Everything was fine until he caught sight of my cat. He's not a cat lover, to say the least. He charged after him, chasing him under my kids go-cart. My son decided that he needed to rescue our poor, freaked out cat. The neighbor's dog decided he needed to get the cat, even though my son was holding him. As he bounded toward my son, Gretchen came out of nowhere and body slammed the dog. He was stopped in his tracks, the cat took off into the woods and my son just stood there, stunned.

I can't imagine how this situation would have turned out if Gretchen had not been there. A dog's loyalty never ends.

We can learn a lot from Dog. The questions you should ask yourself are:

Who are you loyal to? Are your friends and family loyal to you?

Sometimes evaluating our relationships through a dog's point of view puts everything into perspective.

Key Largo Blue



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# CLOST STALLES



"Ghost Stalker - a psychic medium visits America's most haunted sites" An excerpt from the chapter 'Spirits that Roam the Earth' by Michelle Whitedove. Lifetime Television named Whitedove America's #1 Psychic, www.MichelleWhitedove.com. Michelle is a Featured Speaker at the Expo of Heart on Sun Feb 22nd at the Broward Convention Center and also June 12-14 at the Universal Lightworker's Conference in Fort Lauderdale.

ince the beginning of time, man has sought to converse with loved ones on the other side; death seems so final, for the humans left behind. Grief is a natural emotion, but there is something you need to know: our departed loved ones do not grieve for us! In fact, now and then, they look in on us, and sometimes they even try to get a message through. They are curious, and want to see how we are fairing; but they know that our earthly existence is only a brief moment in the scheme of eternity.

So, for those seeking to make contact with departed loved ones, I would encourage you to find a legitimate medium. Experienced mediums know how to protect themselves and most importantly, they know the difference between dark entities and spirits resonating love and good will.

When you think about seeing a ghost, usually you think of it in a human form—perhaps ethereal, or transparent with a face, a body, and some type of clothing. But the fact is, a ghost is not usually seen as a person; instead, it is often seen as a white splotch, a streak of light, or a passing shadow. One of the most common images is that of an orb, which is a ghost taking form as a floating, luminescent sphere. Orbs can vary, in size and color, and frequently show up in photographic images. An orb is the most common mode of travel for wayward spirits. Orbs are sometimes referred to as globules, which are similar to orbs, but more irregular in shape. During our trip, I saw the ghosts primarily with my psychic ability: they appeared to me visually, but usually I was the only one who could see them. On several occasions, I pointed to an area and said to my companions, "Look, right there is a ghost!" We quickly snapped a photo, but what



appeared in the picture was an orb of light—replacing the human-shaped ghost that I had seen psychically.

Even if you can't see them, there are other indicators of ghostly or other paranormal activity in your vicinity. A common way to recognize when a ghost is near, is to feel the dramatic drop in temperature that occurs. Sometimes, it gets cold enough for you to see your own breath! Paranormal activity almost always causes a flux in the energy: almost anything that runs on batteries or electrical currents will start to malfunction; the hands on the clock will spin; appliances and lights will flicker on and off; and compass dials will twirl in crazy circles.

Some ghosts can become more physically aggressive, but it takes an enormous amount of their energy to affect us in this way. Some of the more powerful ghosts and entities can actually accumulate enough energy to move objects, throw things, brush against you, or touch you by pulling, pushing or pinching. These more experienced ghosts are able to take form, and manifest for us to see, but a sighting is rare. It is easier for most people to capture these ghostly energies on film, or with video or audio equipment. Spirits show up as light globules, orbs, shadows, light streaks, or fog. Less often, people can capture details such as facial features, colors and items of clothing that

...continued on page 22...

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Don't Forget! "Friday Fest" Family Street Party February 13th, 6pm-10 pm Drum Circle "Down on the Corner" All Love is based on the Search for Spirit... Falling in Love is Undeniably an act of the Soul ~-Deepak Chopra



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And

Author, Astrologer and Parapsychologist *Dikki Jo Mullen* Noon - 3 PM Friday, February 27th Saturday, February 28th

Find out what 2009 holds for you!

# HERB CORNER 凝

Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. For more information call 321-757-7522



ith so many sugar free products on the market is alarming how the rate of Pre-diabetes and Type II Diabetes is increasing. These were once thought to be conditions of the 40-50 year-old age group but not anymore. Fortunately in some cases it can be controlled with diet, exercise, herbs and supplements.

Proper diet helps regulate blood sugar levels; eating more foods with a low glycemic index affects the rate at which food is turned into glucose. Foods that are higher in the glycemic index raise your blood sugar levels and stress your pancreas forcing your body to produce more fat causing you to gain weight. This may be why 80% of Type II Diabetics are over-weight. At the supermarket watch for foods with fructose, sucrose, glucose or other forms of sugar on the labels; these get absorbed in the blood steam and turn into fat quickly.

Gymnema has been used for over 2000 years in **India** for diabetes in Sanskrit it means "destroyer of sugar". It stimulates the beta cells in the pancreas to produce insulin and it slows down the absorption of glucose through the intestine. What most people like about this herb is that after you have tasted it, it blocks the taste of sweets. This can help curb your cravings of sweets and carbohydrates.

Fenugreek has also been used for a long time and is well documented. Studies found this herb to reduce blood sugar and cholesterol which seems to be a problem for many diabetics it was also found to significantly drop blood glucose levels protecting the body from free radical damage associated with diabetes. Fenugreek's unique compounds surround fats and sugars slowing down their absorption making it great for weight reduction (this may be of help for many diabetics who are having trouble losing weight) plus it contains amino acids stimulate production of insulin.

There are other herbs that can be of benefit to Diabetes Cinnamon helps lower blood sugar levels and cholesterol plus it helps to stimulate metabolism. Devils Claw helps decrease blood sugar levels helping curb sugar and carbohydrate cravings. Sandalwood helps to rejuvenate insulin production, the sulfur in Onions and Garlic have insulin-like actions and they help to protect the circulatory system. Finally Stevia helps control blood glucose levels reducing glucagon plus it can be used as an artificial sweetener with no calories, no carbs and no sugar. THE HERB CORNER AND LEARNING CENTER



#### March 11th CHRISTOPHER PENCAK Book Signing/ Workshop

The Pointy Hat Lady is proud to announce that the award-winning author of Wiccan/Spirituality books, Christopher Penczak will appear March 11, 2009. The book signing/ meet and greet will be from 6 to 7 pm and the workshop will begin at 7:30 pm.



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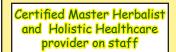
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The Witch's Plant Familiar Workshop Many witches are familiar with the concept of the animal familiar, the totemic animal or fetch beast, and many witches are also allied with spirits from the plant world. The spirits of herbs, flowers and trees can act as divine guides, protectors and tutors in magick, healing and transforming the witch. Each one has its own spiritual medicine that is in harmony with the witch's work and purpose in the world. Survey many of the traditional plant allies of the witch, including the spirits of Nightshade, Monkshood, Thorn Apple, Mandrake, Oak, Apple, Hazel, Birch, Rose, Mugwort, Wormwood, and Angelica. Learn how to find your own plant familiar from the green world, and develop a strong connection with that plant.

No reservations are necessary for the book-signing meet and greet. Pre-registration and deposits are required for the workshop. Seating is limited so early registration is recommended. A 50% percent non-refundable deposit is required for the workshop at the time of registration. The balance will be due on the day of the workshop. To obtain a registration form you can contact the Pointy Hat Lady, pointyhatlady@mac.com. Call Liz at 321-987-0228 or visit www.pointyhatlady.com.



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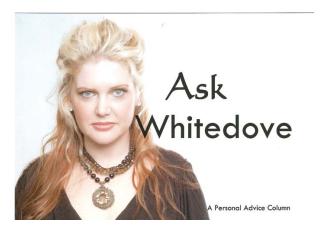
Gainesville – Now Forming – Call for details Jacksonville ~ Wednesday, February 11th - 7-9:30 PM IFSK Director Marilyn Jenquin Melbourne ~ Tuesday, Feb 10th ~ 12-2:30 & 7-9 PM Tallahassee ~ Wednesday, February 18th ~ 7-9:30 PM Private Tallahassee ~ Friday, February 20th ~ 11AM-1:30 PM

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Got a Burning Question, New Age terms nagging at you? Celebrity psychic Michelle Whitedove is a world-class medium whose mission is to empower humanity as a spiritual teacher and visionary. She has been featured on ABC, CBS, FOX, and PBS-TV. Lifetime Television named her America's #1 Psychic, Giving clarity on topics from Archangels to Zodiac, just ASK WHITEDOVE your specific questions www.MichelleWhitedove.com. Subscribe to Michelle's Video Channel www.YouTube.com/MichelleWhitedove. Michelle is a Featured Speaker at EXPOofHEART.com on Sun Feb 22nd at the Broward Convention Center and June 12-14 at the Universal Lightworker's conference in Fort Lauderdale.

ear Whitedove, I've been trying to work on my own personal mediumship abilities and sometimes I think that I can see and feel Spirits near by, but I'd like to know is there a way that I can bring Spirits to me? How can I communicate with them? Thank you for your insight. Wanting to see, Miami FL

Dear Wanting, First, please know that every soul born into this world comes in with two guardian Angels and Spirit guides. The number in your unseen support team is based on your life mission. They are there with you at your side. So prayer and meditation are the only tools that you need in order to call upon them. With practice you will start to see them, feel them, know them and with dedication of time your communication with them will improve.

However if you are looking to attract wayward spirits or ghosts to yourself I'm afraid I cannot help you. Wayward spirits are lost and confused souls that need help crossing over into the Heavens. I don't advise anyone to do this for mere curiosity or for amusement.

As a spiritual medium, it is my job to help these souls resolve their issues that keep them Earth bound. In my **Ghost Stalker** books I give educational information not only on different types of hauntings but also about the ghosts' Earthly life. Remember ghosts were once living humans with mothers, siblings, friends and children of their own, and they deserve to be treated with respect and understanding.







....continued on page 22 ...



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

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If your daily life seems poor, do not blame it; blame yourself, tell yourself that you are not poet enough to call forth its riches.

- Rainer Maria Rilke

et's revisit the idea that, in the eternally big scheme of things, this whole life journey is like going on vacation for a few weeks. During the vacation, various events take place — some things go the way we've planned, and some things don't go the way we've planned. During and after this trip, we are the ones who have a choice of what to focus on, and how we want to experience and remember the time. Do we focus on the good aspects of the trip, or do we complain about things that didn't turn out the way we wanted them to?

One of the most important secrets is that our attention is the key to our spiritual happiness

This is an important question; because one of the most important secrets is that our attention is the key to our spiritual happiness. Whatever we focus our attention on grows - it's as though we are watering ideas and situations like plants, with the waters of our powerful thoughts. Therefore, the more we focus on positive, happy thoughts, the more we'll be invoking greater happiness in our lives.

Upon returning from a vacation, when you talk about the trip, would you tend to focus mostly on complaining about the challenges - the fact that maybe the airlines lost your luggage for a while, or the hotel room reservations had gotten mixed up? Or would you focus on all the great experiences you had — all the interesting people you met, all the new cultures you discovered, all the great purchases you made, and the many other positive aspects of your journey?

...continued on page 29...



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Personal Power Classes with Morgana Starr Every Sat beginning Feb 28th,1-2:30pm. 1st in a series of 7. "Meeting your Divine within". \$15.

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# 

Alan Cohen is the author of many popular inspirational books, including I Had it All the Time. Alan has recently inaugurated All About U., a university without wall for people without limits. For more information on All About U., Alan's free inspirational quote program, or his daily Wisdom for Today lessons via email, visit www.alancohen.com, email info@alancohen. com, or phone 1-800-568-3079.



#### **Business for Lovers**

ecently I had to telephone my mortgage company to ask them to correct an accounting error they had made. I usually haven't enjoyed calling the company because they would rather have you talk to a computer than a person. But I was determined, and finally I was connected

to a cordial agent named Todd.

Todd cheerfully rectified the error and told me the accounting would be recorded before the end of the next day, when he was scheduled to fly to Beijing.

"What's in Beijing?" I asked Todd.

"I'm going to see my girlfriend," he explained. "We've been dating on the Internet for a year, and I am going meet her in person for the first time."

Well, that was exciting to hear. I told Todd that I love relationship stories and that in my work I support people to have rewarding relationships. "Say, Todd," I asked him boldly, "would you phone me when you get home and let me know how it went?"

When I got off the phone I felt really good. Not just because the accounting error had been handled; that turned out to be the lesser piece of the call. The greater piece was that I enjoyed an authentic conversation with a real person. In his book Success Intelligence, Robert Holden suggests that a lot of our personal and societal frustration is due to a multitude of "thin conversations." By contrast, this was really a good thick one. Besides getting my business done, I felt like I had made a friend.





Two weeks later I received a call from Todd, not from his office, but from his cell phone at home. "How did your visit go?" I asked him.

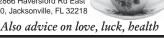
"Even better then I expected," he reported. "I asked her to marry me, and she accepted!"

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#### SISTER BENNETT

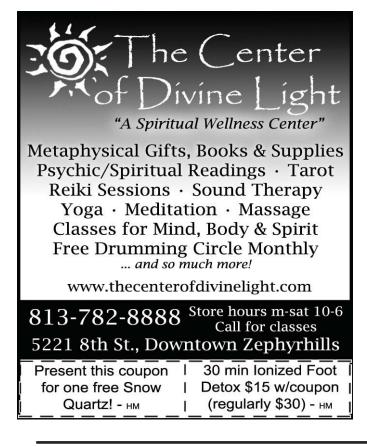


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# **NOTES** from the Universe



An international tax accountant turned entrepreneur turned writer for "the

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

It's easy. Your thoughts become things. Don't fight it. Don't think there's anything else. Don't entertain the false premises of fate, luck, or a God who judges, withholds, or decides. You decide. You manifest. You rule. This is why you are here. This is what you came to discover. You were born to experience your absolute dominion over every flimsy, malleable illusion of time and space; to have, do, and be anything.

Truthfully, it couldn't be any easier. All you have to do is think of what you want and refuse to deviate from that thought. This will, invariably, set you into motion, stir up the magic, and unleash the full force, power, and majesty of a Universe conspiring on your behalf.

It's worth everything you've got. Be strong, be vigilant, take action, and the Kingdom of Heaven shall appear at your very feet.

I've got your back, The Universe



## ABRAHAMHHEKS

#### ...continued from page 8...

what is natural unto you. It is not something that you must earn. It is something that you already deserve. It is not something that you have to achieve worthiness of--you are already worthy of it.

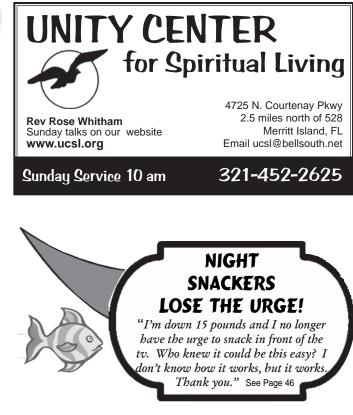
#### To Start Over?

Law of Attraction (That which is like unto itself is drawn) is a wonderful thing, because it is responding to the vibration that is within you. And sometimes we know that you feel like you wish you could start over. You wish you could be rid of opinions and attitudes, and points of frustration. You wish that you didn't have to have had that experience that now is affecting the way you feel.

And we're wanting you to take delight in every experience that you have lived, because out of it has been born the new preference. And as you begin, more and more, to turn your attention to the new preference, then the things that you are specifically choosing will dominate the patterns that are unfolding in your experience, and you will proudly proclaim yourself the deliberate creator of your experience.

#### To Gain Control?

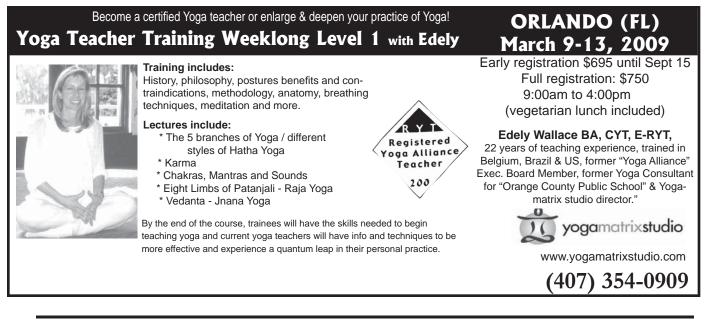
It is a wonderful thing to gain creative control of your vibration. We like the ring of those words. Do you? "To gain creative control of my experience." How does one go about gaining creative control of one's experience? By directing



thought. By choosing what you think about. More importantly, by choosing how you want to feel.

Pretend that you are a director, a creative director of a movie project, and there is an audience that will be viewing

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

"It's not that some people have will power and some don't. It's that some people are ready to change and others are not." James Gordon, M.D.



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MEDHAMON

t's a new year and that offers the possibility of a refreshing commencement and the creation of a revitalized life. Today, make a commitment to live in the moment and be the artist of your exceptional,

more purposeful, and passionate life. Always remember that you are the artist and you have the freedom to paint the masterpiece of your existence any way you wish. There are infinite possibilities in your life. Within you lies the power to create the life you desire.

## BILLARIO LAROSEED

What is your initial plan and desire for the invention of your new life?



Today, I will sincerely believe in my ability to transform my life and I will begin taking action this very moment.



Mark Anthony Gager is a Medium who communicates with spirits. Mark's teachers include: John Edward, Sylvia Browne and tutors from Arthur Findley College in England. He earned his Juris Doctorate degree which included study at Oxford University.





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Circle of Light occurs when spiritual people gather together to pray and meditate to achieve a positive result. This is a means of raising your vibrational energy in harmony with like minded individuals in order to create a whole greater than the sum of the parts. It is easy, simple to do, fun and a means of "becoming the change you wish to see in the world".

From the beginning of time people have utilized the power of a Circle of Light. A Circle of Light occurs whenever people join to pray for peace, healing or devotional purposes. Hindus collectively chant the names of God. Buddhists meditate as a group. Catholics pray the rosary in unison. Christian prayer rings. Muslims praying together five times a day. All of these form a Circle of Light.

The group consciousness must be focused on purely positive objectives. This energy must never be used for negativity. You will attract to you what you emit. If you send out negative energy to the Universe, this negativity comes back to you. If on the other hand, you emit positive energy, it too will come back to you.

As a Psychic and Medium, I often use the positive power of the Circle of Light. I have a group of friends who are fellow Mediums. We realize that we have been given a service gift which must be used in the service of others, not for service to self. We meet regularly and employ the Circle of Light to enhance our abilities.

We utilize the Circle of Light to connect with the White Light, which is the Spiritual Energy of God. The White Light is a powerful and cleansing force. Visualizing the White Light flowing through you, from your crown chakra through every cell in your body bringing health and inner peace, is extremely important for anyone's spiritual development.

When this is done by a group of like minded people, it is extremely potent. Using the Circle of Light, we connect with our spirit guides, Angelic entities and the White Light. Our objective is to help each other in our mission as Light workers. As Light workers, it is our task to assist other people through our gift. It is essential for us to help a person suffering with grief to connect with a loved one on the Other Side. Therefore it is vital that we be the best Mediums possible.

...continued on page 42...





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...continued from page 11 ...



are worn, or the reflections of translucent faces in mirrors.

Perhaps the most interesting aspect about these energies that are captured on film, is that when the photographer takes the picture, he often does not see anything unusual. He took a photo of an object or a place because it interested him. When the film is developed, a paranormal image appears, which had not been previously seen with the human eye.

While on this ghost trip, we frequently had this type of experience. I had an advantage over the others, because of my ability to see psychically. Also, some ghosts exhibit discretion: they will make themselves appear in front of one person, but not another. If a group of people are in the same room, and a ghost appears, only one or two of them will probably see it. Just because people want to see a ghost, doesn't mean that they will. It is more common to collect photographic evidence, than to witness a manifestation.

People make contact with ghosts through Ouija boards, séances, channels, mediums, meditation and dreams. I encourage everyone to pay close attention to their dreams, because this is a way in which everyone can connect to the other side. The dream state is a doorway to the spirit world, it is a way that Spirits can contact us, especially if we do not heed them in physical form.

Many people tell me that they dream of deceased loved ones; I then explain to them that the person was really there, speaking to them in these dreams. Dreamtime visitations are very common. But it is not necessary for you to wait for your loved ones to contact you. Obviously, as you can tell from the title of this book, people can, and do, successfully make these contacts on their own.

And now, you are ready to begin the travelogue, and decide for yourselves whether or not you believe in ghosts.

Michelle Whitedove's book **Ghost Stalker** is a psychic's personal journey to some of America's most haunted locations. As an investigator, Michelle Whitedove wanted to demystify the supernatural and answer age-old questions: "Why do ghosts choose to remain earthbound? How do they travel from place to place? Why are they visible to so few people? What kinds of messages are they trying to relay? Are all earthbound souls evil? Why do some ghosts reenact the same scene, night after night?" The author is able to answer these questions, because she has the ability to see and directly converse with those souls who live between this world and the next.

**Ghost Stalker II by Michelle Whitedove** Talking with Spirits intro by Maliena Slaymaker, Paranormal Researcher



From first hand experience I can tell you that stalking ghosts with **Michelle Whitedove** is always an adventure. While touring **America** with her, we stayed at **Myrtle's Plantation** situated deep in the

bayous of **Louisiana**. This 1790's bed and breakfast is rightfully touted "America's most haunted home".

...continued to page 30 ...



Also it's important to know that not all wayward souls are benevolent, and they can be violent causing potential harm to those living around them. Please if you are interested in the phenomena of ghosts then read about them. The only spirits that you should call upon are your helpers, ones that reside in the heavens.

Dear Whitedove, In your book you wrote about our soul contract and our death date. I was wondering, can a tragedy really be an accidental death or is our destiny always written? I'm amazed that the accident rate is ever increasing and does this play a part our soul's contract? Statistically Challenged in Maine



Dear Statistics, It's hard to fathom how much preparation goes into planning our journey to Earth. We create a road map of the intended trip. And we make agreements to fulfill certain obligations along life's journey. We choose a birth date as a starting point, and we also create several possible exit dates. So in most cases, the timing for death has been selected based on the soul's evolution. God calls us home at the right time. But there are rare events where a soul's "free will" has interfered with another's and they have been taken prematurely. This is one of the reasons that there is

an increase of Near Death Experiences. It's essential that souls stay and complete their mission. Just think about how many people that you come in contact with during the course of a lifetime. All of your interactions affect the people that you touch and the domino effect continues. The smallest gesture can change the world. This is why each soul is so much more powerful than you realize.

Dear Whitedove, In difficult times it's hard to stay on the right path without getting all freaked out! The world seems so out of balance with war, economic challenges, crimes, and crazy weather too. Any advice for the light workers? Bright Light in S.C.

My Dear, It's all too easy to become distracted with the negativity but freaking out with stress and worry won't help. 2009 will be a time of great change and upheaval. Change makes us uncomfortable, but getting out of our comfort zone is just what we need to do. The negative aspects of our world need to be wiped away to make room for the rebirth of higher spirituality in 2012.

In times of turmoil, focus your time and attention on helping those in need. Offer your prayers, give your love freely, be of service, and stay connected to the Divine Intelligence for guidance. Material goods will come and go, but your actions, thoughts, and deeds stay with you for eternity.

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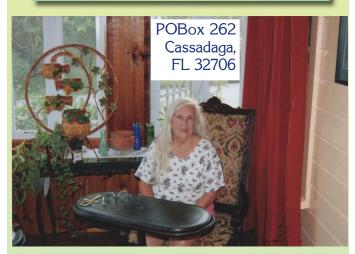


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your product. So you decide in advance how you want this audience to feel. If you want them to be frightened, you make a really scary setting. You make it dark. You might even make it dirty or uncomfortable. If you want your audience to feel light-hearted and laugh, you might make it in a bright, happy setting.



You would set the place, and the time of day, and you would adjust the lights to create the mood. And then you would parade your characters across the screen, and your characters would have definite personalities. And in their personalities they would interplay with one another. And in their interplay they would exchange words--and you would affect the response of your audience.

In like manner, we're suggesting that you decide to gain dominant control of your vibrational offering by setting some scenes of

your own. And we suggest really quick scene-setting, about 30 seconds is really good, where you decide where it will be, choosing, hopefully, something that feels good to you. You decide what the time of day is so that you set the lighting and evoke the mood from yourself. You then identify how you feel, even putting words to it, maybe even remembering things like it. Then you decide who else is going to be there with you, and you give them their attitudes or moods. And then you exchange just a few brief words--and in doing so, you affect your vibration.

We've called this using your imagination; and we've called it a Creative Workshop. Today we are calling it Virtual Reality. We have noticed that most of you are vibrating in response to what is happening around you, but very few of you are deliberately conjuring images that cause you to offer a vibration. And in order to be the deliberate creator of your vibration, you have to be able to deliberately conjure some vibrations. The reason that we are encouraging this process of Virtual Reality is because that's the way you make a dominant vibration dominant on purpose.

The Virtual Reality Process is for one purpose only, and that is to practice a vibration and make it dominant. Everything that's happening in your life is because of whatever vibration is dominant. Wouldn't it be nice if you could make the vibration dominant on purpose? Wouldn't it be nice that instead of vibrating as you learned to vibrate from your mother when you were 4, (and without knowing it you've just continued to practice that, so it still dominates your vibration today. So something that you've picked up a long time ago that doesn't have anything to do with who you now are or what you now want, is still controlling the way people respond to you, and controlling things that come to you, and controlling the way your body works and looks) wouldn't it be nice if you could today make another decision about how you want to attract, and make that vibration dominant? Don't you think it's worth a little bit of effort? We do.

We want to remind you that the purpose of the Virtual Reality is for one purpose only: to cause you to offer a vibration that is dominant on purpose. And here's what we mean by this:

#### How Money Feels?

When you think about most subjects, you already have a dominant vibration relative to those subjects. We'll show you what we mean. When you think about the subject of dollars, abundance, money, do you feel more adventurous, exhilarated, excited, unlimited? Or do you feel more worried, concerned, frustrated, limited? You know.

Sometimes you say, "Well, it's a little of both." And we say, if it's a little of both, that's good, because you can choose which you want it to be. But most of you know, easily, as we throw out those possibilities, where your dominant vibration about the subject of money is.

#### How Relationship Feels?

Relationships. Does your dominant relationship feel like fresh air, joy, expansion, freedom, exhilaration? Or does it feel like hard work, "I'm always in trouble," struggle? You know. You can tell.

#### How My Body Feels?

When you think about your physical body, does it feel vital and alive and flexible and eager? Or do you feel about your body, pensive, uncertain, insecure, not sure? You know. When you think about your physical appearance or weight, do you feel frisky and hardy and adorable and perfect? Or do you feel inadequate, flawed, needy, broken?

#### Bickering or Cooing?

You can practice Virtual Reality and cause different activations within you. In other words, we throw out a game like this, like feeling where you are relative to these aspects, and you can feel, but even more importantly, you see the manifestation of it. In other words, are you bickering all the time? Or are you cooing all the time? Are you romping and feeling good: or are you feeling guilty when you eat?

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Now, I'm not suggesting that we should be dishonest or pretend that bad things never happened. Obviously, if challenges happened, they happened, and can be considered as parts of a well-rounded vacation. We can still include challenges in a well-rounded assessment of our life journey, and we can include them in a positive way.

One way to turn almost any challenging situation into a positive one is through the magical elixir of humor. Humor will definitely help to make our journey more happy and fun, so laugh away. Laugh at the triumphs and the tribulations. Laugh at your greatness and your imperfections. Laugh at the cosmic joke that runs, like a stream, alongside the everflowing waters of spiritual happiness.

You know, troubles can be pretty funny if they're experienced and told with an awareness of the cosmic joke. If you just report back that, "Oh, we went here for a vacation, and everything was perfect," that may be a little boring for your audience. And remember that God is also always your audience!

However, challenges or unforeseen mix-ups during your journey can lead the way to having more entertaining stories to tell. In many ways, spiritual happiness is all about being a good storyteller - even just in how you look at the events of life in your own mind.

I learned this lesson while writing my first book, which happened to be an autobiography. What an amazing process it was to look back at my whole life, from infancy on, and to choose what to share with the world. During this process, I also realized that some of my most precious possessions were my stories. Good, bad, ecstatic, or shocking — if it was a good story, it was a gem in my treasure house of life.

While going through a whole lifetime of events, I realized that I could write my life as the saddest story you could imagine, or as the most blessed one — and it was all in the interpretation, and in which aspects of an experience I chose to highlight.

In fact, I can also tell quite a bit about readers by how they interpret and respond to my stories. Some have said, "You have lived the greatest life!" while others have said how sorry they felt for all the challenges I had to go through. Some laugh, some cry, and most laugh and cry together. Some thanked me for writing a powerful and intimate tribute to the spiritual path I described in the autobiography, while one woman actually attacked and accused me of trying to destroy our spiritual path and our guru by sharing my stories so honestly. (See <u>Never to Return</u> by Sharon Janis)

I began to see that the stories of life are like mirrors, and that each listener's own image is reflected in how they view, interpret, and respond to whatever they hear, see, or read. Of course, this experience also helped me to pay more attention to when I was projecting my own deep-seated attitudes or feelings onto my interpretations of others.

While writing my stories, I also moved beyond judging specific incidents as simply "good" or "bad." I began to see the events of my life as an artist might look upon whatever they encounter. If it was a good story that brought personal growth and lessons, then it was good, regardless of whether the experience was pleasant or not.

I remembered that to an artist, even an overflowing garbage can in the alley could have great beauty. An artist might even want to paint the scene - with all the glistening reflections of the rising sun falling upon the garbage can and the wrappers, papers, and bottles that have overflowed onto the ground.

I decided to live life as a spiritual artist - greeting whatever I see with a reverence and appreciation for its hidden or manifest beauty. I decided to enjoy the trip. Not only did I learn to look at the past events of my life with an artist's perspective, but I was also able to bring that same artist's point of view with me into the present moment.

After writing my life story, I began to see all the challenges I was continuing to go through as even more good stories. I'd see the story and the challenges, but the story first. Even when I was sad or suffering in the midst of various outer troubles, a part of me was taking notes and enjoying the show, while striving to discover and reveal the blessings and lessons inherent in each particular configuration of life experience.

Another great tool that has helped me to enjoy my trip has been to do what any good tourist would do - take pictures! If you are able to, I'd suggest purchasing a camera and seeking out beauty to capture with it. This is a great method for training yourself to look for beauty and to develop an artist's eye for God's grand creation. Technology has now moved forward to the point where you can even find digital cameras that never require additional costs of film or developing. You can just snap away, upload the good photos to a computer, and erase the memory card to reshoot some more.

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Well, that was even more exciting news than our first call! Todd told me some more details about his visit, and I congratulated him. I look forward to hearing about his wedding when it happens on an auspicious day for the Chinese: 9-9-09.

This month, February, the month for Valentines, I invite you to extend your circle of Valentines to include not just lovers, but people you encounter in situations that appear to be routine, boring, or mundane. A master teacher told me that one of the secrets of success is to "take whatcha got and make whatcha want." If you find yourself in a meeting or interaction that is less than fulfilling, do not settle for how the scenario has traditionally gone, but try to create an experience that will be rewarding for you and the others involved.

Remember that the person to whom you are relating is more like you than they are different. While traveling on an airplane, I heard the head flight attendant announce that one of the flight attendants was celebrating her 40th anniversary at her job. I walked to the galley, congratulated the veteran, and asked her what was the most important thing she had learned in all her years of flying. "I have learned that most people are nice people, and we all basically want the same things."

Another message that helps me stay in my heart when relating in formal situations is a teaching from **Marion Parker**: "Be kind. Remember that everyone you meet is fighting a battle." People who are nasty or irritable are starving for love. "Hurt people hurt people." If you can find a way to soothe someone who is hurting, you break a karmic chain that will not only help you but everyone that person touches in the wake of your interaction.

Perhaps the best exemplar of transforming mundane situations is **Dr. Patch Adams**, with whom I shared a citizen diplomacy trip to the Soviet Union in the mid-1980's. At that time Communism was still a dark force in the country, just beginning to transform under **Premier Gorbachov's** glasnost. Most of the Russians we met were fearful and quite serious. Not Patch, however. He sported his clown suit in the streets of **Moscow**, and had a great deal of fun placing red rubber noses on soldiers in **Red Square**. The soldiers and passersby did not know what to make of Patch, a fish way out of water. Yet the results Patch created were consistently extraordinary. No matter how stone-faced were his "victims," eventually they all began to laugh. His innocence and desire to connect and entertain were absolutely winning. Patch delivered a powerful lesson that no situation is beyond the capacity for joy and humor.

Boredom is not a net cast over you; it is a choice you make. If you are bored, it is your responsibility to do what you can to rise beyond the condition. **Jules Renard** noted, "I am never bored anywhere. Boredom is an insult to oneself."

The next time you have to call your mortgage or credit card company, or some apparently faceless institution, please remember my rewarding interaction with Todd. The ten minutes that could break your day are the same ten minutes that could make it.

## CHOST STALLE:

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On the last night of our stay we were up late doing a ghost vigil. At three in the morning Michelle spotted a ghost on the front lawn, She told one of the girls to film the area with her night vision camera. To the naked eye none of us non-psychic ghost enthusiast could see the specter. But when the video was replayed, sure enough I witness my first ghost. A bright orb of light which looked to be the size of a tennis ball, was bouncing mid-air across the front lawn. After about three or four bounces, the light transformed into a glowing man walking with his arms swinging. He took a few steps, then returned to the form of the shining orb. We were all transfixed, watching the video over and over again.

The very thought of ghosts challenges us to rethink our perception of reality. And each of us must decide for ourselves. Are hauntings merely a figment of an overactive imagination or are there invisible souls wandering this earth? For me, my personal reality was changed forever when I saw the ghost captured on film.

The unknown has fascinated, yet frightened us since the beginning of time. And **Michelle Whitedove**'s mission is to educate humanity on spiritual topics as well as the paranormal. Who better to educate us than a person with supernatural powers; someone who can see into the future and also look back in time? Information gleaned not from so-called history books, which are colored by the writer's political and personal views, but from a clairvoyant's vantage point.

Whitedove can look at history through truthful eyes, receiving psychic visions of real events, without bias. As a spirit-medium, she is gifted with the ability to converse with the unseen souls that inhabit the space right next to where you are sitting at this very moment. Her channeling abilities enable her to receive information directly from the source; whether it is a ghost, an angel, an entity, or the universal consciousness that opens for her like an endless encyclopedia of mystical knowledge. Michelle is not limited to speaking to the dead but in this book it is her focus. I have heard Michelle lecture on many topics though the years. And some people wonder why anyone would research earth bound souls.

"You cannot deny the fact that darkness exists here on earth," said **Michelle Whitedove**. An upbeat spiritual education, guardian angels, spirit guides, the souls evolution, positive thinking and the like, are what most new age people prefer to deal with. But Michelle refuses to only educate us on the feel good topics. She wants us all to realize the journey of the soul is multifaceted. There are many paths that a soul can follow.

Throughout our trek to Europe's haunted and sacred sights, I was constantly amazed with Michelle's insights. Using her highly developed psychic abilities; she would receive information about a ghost or a location, and shortly after receive confirmation on her psychic accuracy. **Ghost Stalker II** was not written for the faint of heart.

Visit her online at www.michellewhitedove.com



#### PERSONAL DEVELOPMENT FOR SMART PEOPLE

#### ...continued from page 9...

**No-comm zones.** Allocate uninterruptible blocks of time for solo work where you must concentrate. Schedule light, interruptible tasks for your open-comm periods and more challenging projects for your no-comm periods.

**Mini-milestones**. When you begin a task, identify the target you must reach before you can stop working. For example, when working on a book, you could decide not to get up until you've written at least 1000 words. Hit your target no matter what.

**Timeboxing.** Give yourself a fixed time period, like 30 minutes, to make a dent in a task. Don't worry about how far you get. Just put in the time.

**Early bird**. Get up early in the morning, like at 5am, and go straight to work on your most important task. You can often get more done before 8am than most people do in a day.

**Cone of silence**. Take a laptop with no network or WiFi access, and go to a place where you can work flat out without distractions, such as a library, park, coffee house, or your own backyard. Leave your comm gadgets behind.

**Tempo**. Deliberately pick up the pace, and try to move a little faster than usual. Speak faster. Walk faster. Type faster. Read faster. Go home sooner.

**Relaxify**. Reduce stress by cultivating a relaxing, clutter-free workspace.

**Agendas.** Provide clear written agendas to meeting participants in advance. This greatly improves meeting focus and efficiency. You can use it for phone calls, too.

**Pareto**. The Pareto principle is the 80-20 rule, which states that 80% of the value of a task comes from 20% of the effort. Focus your energy on that critical 20%, and don't overengineer the non-critical 80%.

**Ready-fire-aim**. Bust procrastination by taking action immediately after setting a goal, even if the action isn't perfectly planned. You can always adjust course along the way.

**Deadline**. Set a deadline for task completion, and use it as a focal point to stay on track.

**Punctuality**. Whatever it takes, show up on time. Arrive early.

**Gap reading.** Use reading to fill in those odd periods like waiting for an appointment, standing in line, or while the

### Center for Spiritual Living

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coffee is brewing. If you're a male, you can even read an article while shaving (preferably with an electric razor). That's 365 articles a year.

**Resonance**. Visualize your goal as already accomplished. Put yourself into a state of actually being there. Make it real in your mind, and you'll soon see it in your reality.

**Slice and dice**. Break complex projects into smaller, well-defined tasks. Focus on completing just one of those tasks.

**Continuum**. At the end of your workday, identify the first task you'll work on the next day, and set out the materials in advance. The next day begin working on that task immediately.

**Single-handling.** Once you begin a task, stick with it until it's 100% complete. Don't switch tasks in the middle. When distractions come up, jot them down to be dealt with later.

**30 days.** Identify a new habit you'd like to form, and commit to sticking with it for just 30 days. A temporary commitment is much easier to keep than a permanent one.

Delegate. Convince someone else to do it for you.

Horizons Magazine by subscription \$26/12 issues

# UNIVERSAL PATH

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Rev. Violet 321-638-0194 Email Violet@cfl.rr.com Rev. Sigi 321-452-2079 Email Sigi340@aol.com



# ABRAHAMHHIGIS

...continued from page 28...

#### Enjoying Your Life?

Are you enjoying the aspects of your life as they unfold relative to these subjects: or are you not enjoying the aspects of your life as they unfold relative to these subjects? You can tell by the way you've been feeling. And what we are suggesting to you here, in the most powerful way that we could ever suggest it, because it is our absolute knowing, is that you have creative control of your life experience; you just have not been exercising it--because you have let what you've been observing be the reason for the dominant vibration.

#### What Affects You?

It's why so many of you form relationships; they're good in the beginning, then they go sour, and then you reach for another: they're good in the beginning, then they go sour--and it is because most of you are not doing anything about stabilizing your own dominant thoughts. You're just letting whatever floats across your "television screen," so to speak, affect the way you feel. You have become audiences that have watched what's happening. Audiences that have allowed others to make a decision how you will feel. Esther can tell, when she hears the music; she will say, "Oh, it's going to get scary, I don't want to watch it." In other words, she wants to watch it when the music is happy, because the potential of something happy is more probable.

#### You Have The Ability

You have the ability to deliberately activate within yourself vibrations. It doesn't matter where you stand on any issue that is important to you, you have the ability, with a little bit of work, a little bit of consistent work, of shifting the way you feel and therefore shifting your point of attraction, and therefore shifting every relationship with every other Being, and every relationship with your own physical body, and every relationship with economic conditions...! You will never stop wanting to adjust or amend. You will never get it done.

#### You Can Change It!

You can change everything! You can modify everything that touches you into that which pleases you, explicitly. We just have one small warning: You will never get it done. You will never stop wanting to adjust or amend. And that's the fun, when you get the hang of this; when you begin to understand that you can control the way you feel, then you get this constant feedback of what comes back to you. And if something comes back that doesn't feel all that good--then you just amend your Virtual Reality.

# Abraham Fun



Karen Williams of Winter Springs, FL writes a humor column, "Funny Side Up," for The Seminole Chronicle (Florida) newspaper. Visit http://www.karenwilliams.net and NEW www.abrahamfun.com.

# ROLEW VERBS

o New Year's resolutions for me this year — well, at least not the action-journey variety.

I'm moving away from: I resolve to lose ten pounds. I resolve to drink less Diet Coke and more V-8. I resolve to stop snapping my gum and popping my knuckles. I resolve to get off my rump and start walking around the neighborhood, as in days of yore. I resolve (oh, please help me, dear Fairies of the Universe!) to stop craving Baker's chocolate squares, one of the finest delicacies known to mortal woman.

I'm so over it. I'm so over commiting to an action journey alone and then wondering why things don't pan out as I'd hoped.

This year, I resolve to simply think more happy thoughts.

Yep, that's the crux of it. I'm going to think less and talk less about what I don't want and don't like by thinking more and talking more about what I DO want and DO like. It's the Abrahamic formula for meaning and fulfillment in all areas of life.

I'm going to tell the story of what I want to happen instead of being a mere "historian" of what has happened in the past.

I spent some soothing moments on the porch today, thinking one happy

thought after one happy thought after another. I basked in pleasant memories from childhood.

It still seems somewhat upside down and backwards to grasp that simply thinking happy thoughts could be a valuable endeavor. But if I hear **Abraham** correctly, nothing is more important than that we feel emotionally good, and the way to get there is to think thoughts that feel good when we think them.

When we feel good, we're fully open to the well-being that is intrinsically ours. When we feel good, we can't help but uplift and contribute. When we feel good, we're living the life we fully intended when we eagerly decided to become earthlings. When we feel good, we're living our purpose and inevitably rendezvousing with our desires.

Yeah, I'll still discipline myself to do yoga, study Spanish, and recover my waning cooking skills. But when those actions no longer seem enjoyable, no longer "call me," I'll turn elsewhere, to something that does, or else I'll find a way to make them enjoyable again.

Most important, I'll deliberately interlace every day with good-feeling thoughts.

I hereby designate 2009 as the Year of the Good-Feeling Thought.

I hereby designate 2009 as the Year of Unprecedented Thriving.

# Spiritual Connections Psychic Faire



### Saturday, February 28th 11:00am to 5:00pm

\*Vegetarian & Regular Cuisine

- \*Aqua-Chi
- \*Ear candling
- \*Chair Massage
- \*Tarot Readings
- \*Psychic Readings
- \*Aura Photography
- \*Hand made Jewelry
- \*Astrological Readings
- \*Past Life Regression
- \*Meet Your Guardian Angels
- \*Rocks from around the world
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\*Interpretive drawings of your own divas & fairies

### 352-332-7153 352-222-3492

Held at the facility of The Unitarian Universalist Fellowship 4225 NW 34th St in Gainesville

We Are Not Affiliated With Any Other Psychic Gatherings

# **ON THE COVER** *Michelle Whitedove*

## WHAT IS WEIGHING YOU DOWN?



This workshop is an exploration into the knowledge of what is behind the armor of weight. The discovery of feelings, habits, triggers, selfexamination and reflections of what it is that weighs you down. You will leave with knowledge, ghts and

reframing of thoughts and ideas to help in the process to alleviate the cause.

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6:00PM – 7:30PM \$10 per class 321-953-3225 / 321-794-7550 lifecoaching7746@aol.com www.cbecoaching.com Michelle Whitedove is known as *America's Most Gifted Psychic* after proving her supernatural abilities on Lifetime TV's "America's Psychic Challenge".

South Florida's own, this native Floridian is supporting two of Horizons Magazine's partners: Expo of Heart On February 22, 2009 in Fort Lauderdale (see back cover



and inside front cover for details) and The Universal Lightworker's Conference June 12-14, 2009 inFort Lauderdale (see page 45 for details.) Don't miss the opportunity to hear Whitedove speak at these events.

And be sure to read her column "ASK WHITEDOVE" in each issue of Horizons Magazine.

### More about Michelle's gifts...

As a spiritual medium, **Whitedove** has been working in the field of psychic phenomena for more than a decade. She has helped thousands by way of personal readings working as a medical intuitive, spirit communicator and futurist. She's known to be forthright and delivers information in a clear and honest style.

It's **Whitedove**'s mission and passion to reach the masses. Eager to share her abilities and insights she's a prolific author writing nonfiction books about the journey of the soul, and a metaphysical teacher who travels the globe to raise spiritual awareness.

By using the media to disseminate constructive messages, **Whitedove** has hosted two positive TV talk shows "*Angel Talk*" on **PAX-TV**, which focused on spirituality and "*Between Worlds*" on **UPN** which covered self-help topics with psychic insight.

IT'S TIME! IAM VIVAT I WALK IN ALL DIMENSIONS I TALK WITH ANGELS LET'S GET TOGETHER AND INTEND A NEW WORLDI VIVAT 321.409.2706 Most recently her supernatural gifts were showcased on Lifetime TV's "America's Psychic Challenge" where she was awarded the title "America's #1 Psychic". As an expert in her field, Michelle has been interviewed on some of our nation's most informative programs; CBS News, FOX News, ABC's 190 North, View Points on PBS TV, Coast to Coast AM, NPR Radio and The Alan Colmes Show.

For all of her upcoming appearances go to www.MichelleWhitedove.com,

WATCH her win America's Psychic Challenge at www.YouTube.com/MichelleWhitedove

# OUR GALENDAR OF EVENTS

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

30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802. Email to HorizonsMagazine@aol.com and call 321-722-2100 with credit card info. If payment is not received with listing, your listing will not be placed and you will not be called for payment.

No calendar listings taken by telephone. All listings must include a physical location.

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

2nd Tues, MELBOURNE, Laughter Yoga, 7pm, \$10 fee, Heaven Sent, 321-615-4678

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

Every Wednesday - KISSIMMEE - Meditation Circle 7:30 p.m. - \$5.00 donation. Spiritual Awakening 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

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

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

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

Saturdays MELBOURNE 1:00 - 2:30 PM The Work - Do you feel like you are drifting aimlessly through life? Do you want to understand yourself and your purpose better? Overcome negative emotions? Make your everyday life more meaningful, more real? Learn about self transformation in the tradition of Gurdjieff and Ouspensky's teachings. www.consciousregeneration.org or (877) 285-7142

2nd Saturday - KISSIMMEE - "An Evening of Mediumship" - 7:00 p.m., \$10.00 donation. Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

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

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 4725 N. Courtenay Pkwy 321-452-2625. Inspirational, uplifting music with professional keyboardist, composer and vocalist J D Daniel with the UCSL band and choir

Sunday Church Services – KISSIMMEE – Healing & Meditation 10:00 a.m., Worship & Messages 11:00 a.m. Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

Sundays COCOA VILLAGE - Sunday Celebration begins at 10:30 am - Center for Spiritual Awareness - A Spiritual Community of like-minded individuals who come together to celebrate the presence of God as life itself - 5 Rosa L Jones Dr. (Community Women's Club building) - 321/634-5188 - www.cfsabrevard.org

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

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

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

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

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:30 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

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

### CALENDAR CONTINUED ON NEXT PAGE...

# OUR CALENDAR OF EVENTS

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

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313

3rd Sunday DELAND Pranic Healing Circle at Blue Sky Yoga Center pranichealingcircles@gmail.com

3rd Sunday - KISSIMMEE - Mini-Reading Sunday after service at 12:00 noon - 12 min. reading \$15.00 donation, lunch available - Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

Sat-Sun February 7 & 8 DELAND 10:00 am to 4:00 pm Energetic Protection Workshop - Feel safe, grounded, balanced, and centered. Learn several methods of energetic protection, including, sacred altar, stones, guardians/allies, plants. \$100.00 includes lunch. Tom Arcuti - Yachaq Shaman of Imbabura 386-747-9294 or tom@allipacha.com

Sun. Feb. 8 - Mon. Feb. 9 - Tue. Feb. 10 Cassadaga, FL Temple Healings, facilitated by Rev. Donald J. Zanghi. Experience a special gathering with Prophets and Healers. Dr. Wendy Chojnowski and Dr. Michael Ulm will share their gift of Divine Revelation and Healing. 7:30 PM Colby Memorial Temple 1250 Marion St. 386-228-3156 Free of charge, donation gratefully accepted.

February 12, COCOA VILLAGE, 7-8pm And March 5, Melbourne, Beginning Meditation Class \$10 Reverend Morgana Starr, Www.morganastarr.com

Sat. Feb. 14 Cassadaga, FL Renewal of Vows 2 PM Colby Memorial Temple. Rev. Ben Cox will officiate at this renewal of union/marriage vow ceremony. Rededicate your love. Call 386-228-3171

Sat. Feb. 14 Cassadaga, FL Talentine Day-Valentine Day Talent Show 5 PM Colby Memorial Temple, A concert full of love by Rev. Mary Rose Gray and friends.

February 20, COCOA VILLAGE 7-8:30pm And February 28, Melbourne 1-3pm Connecting With Your Divine Class-7 Week Series Begins: Meeting Your Divine Within \$15 Materials Included. Reverend Morgana Starr, Www.morganastarr.com

Saturday, February 21 MELBOURNE BEACH 2:00pm The Psychology of Man's Higher Development - Do you wish to understand yourself and your relationships better? Overcome negative emotions? Make your everyday life more meaningful, more real? Learn about self transformation in the tradition of Gurdjieff and Ouspensky's teachings. Now accepting new students. Short movie. Come to our free lecture Melbourne Beach Library, 324 Ocean Ave., or contact us about our weekly meetings on Saturdays 1-3 PM. www.consciousregeneration.org or (877) 285-7142

Sat. Feb. 21 Cassadaga, FL Gala Day "Meet the Mediums" 10 AM to 3 PM 1112 Steven St. 386-228-2880 Mini Readings, Free Lectures, Alternative Healing Modalities, Food, Vendors, and more!

February 22nd, 2009, FORT LAUDERDALE The 9th Annual Expo of Heart Expo 10am - 7pm Broward County Convention Center. Plan your booth now - the newest and best products, services and info about Personal Growth, Metaphysics, Holistic Wellness Centers, Zen, Reiki, Angels, Animal Communication, Visionary Art and Handcrafts, Feng Shui, Crystal and Jewelry, Intuitive Counselors, Health Products, Acupuncture, Yoga, Raw Food, Skin Care, Energy Treatments, Massage, Environmental Resources, and Creating Abundance in your life. email info@expoofheart.com Offer to volunteer. www.expoofheart.com 888-292-1116

February 23, MELBOURNE 7-8pm Free Introduction To Reiki Reverend Morgana Starr, Www.morganastarr.com

Tuesday February 24 DELAND 7:00 pm to 9:00 pm New Moon Drumming Circle. Donations appreciated. Tom Arcuti – Yachaq Shaman of Imbabura 386-747-9294 or tom@allipacha.com

Wednesday, February 25, 2009 MIAMI BEACH 7:30pm Marianne Williamson, internationally acclaimed spiritual teacher, will be speaking at Temple Emanuel, 1701 Washington Ave.. Sponsored by Florida International University's Center for the Study of Spirituality. (305) 538-2503 http://spirituality.fiu.edu Tickets are \$20 in advance, \$20 at the door, and \$5 for FIU students with IDs. No one will be turned away for lack of funds. http://www.tesobe.org/events.html

February 28, MELBOURNE 4-6pm Dragons Awake Class \$15 Reverend Morgana Starr, Www.morganastarr.com

March 7, COCOA VILLAGE 7-8:30PM Advanced Meditation with Morgana Starr \$15 www.morganastarr.com

July 30th – August 2nd – OVIEDO Stansted-in-Florida -4 Day Intensive Spiritual Mediumship Development Course in the Orlando area – Patterned after and taught by tutors associated with the Arthur Findlay College (www.arthurfindlaycollege.org) in Stansted England. Fees include course, room and food. Sponsored by International Foundation for Spiritual Knowledge.407-673-9776 ~ dependablepc@ earthlink.net



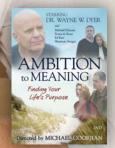


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### CREATE YOUR OWN HORIZONS MAGAZINE COMMUNITY GROUP

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

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

• Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.  Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,



### OUR MISSION STATEMENT

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

#### OUR PURPOSE IS:

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

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

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

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

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

From my heart to yours, Andrea de Michaelis



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

### FEBRUARY 2009

**February**. Where did the name come from? One theory says that the name of this cold month came from the Latin verb februare, meaning to "explate" or "purify". Specifically 'februo' meant 'I purify by sacrifice'.

Another theory says that it came from the name of the februa, a goatskin thong that was used during the **Roman Lupercalia Festival** on February 13-15. The priests lashed the local women with those thongs to purify them so that they would become fertile.

Suffice it to say, purification can be spiritually fulfilling for some. For example, there is the **Setsu-bun**, the **Day of Purification** in **Japan** to banish the demons of winter by burning dried sardine heads and by loud drumming. Have you ever smelled a burning sardine head? Sacrifice can have many meanings. In **Tibet**, one finds the **Devil Dance** used by village sorcerers to exorcise demons of winter.

> Old Women in your elbow chairs, Who now will be your fence and shield, When wintry blasts and cutting airs Are busy in both house and field? William Wordsworth, "Elegy," 1815

Leaving **Tibet** and landing in **Pennsylvania**, there is another purification ceremony where the settlers purified themselves of **King Phillip** who was also called "**Br'er Groundhog**". To this day, they celebrate the emergence of P**unxsutawney Phil** who appears, blinky-eyed in the early spring light, to see if his shadow exists on **Groundhog Day**. If he does, there will be six more weeks of winter weather; if not, an early summer.

> Away in a meadow all covered with snow The little old groundhog looks for his shadow The clouds in the sky determine our fate If winter will leave us all early or late. - Don Halley

Happy Purification, everyone!

### FEBRUARY 2009

<u>Feb 2nd</u> Groundhog Day

#### Feb 2nd

Wiccan, Northern Hemisphere: Imbolc Celebration of Goddess Brigit

#### Feb 2nd

Wiccan, Southern Hemisphere: Lughanssad Celebration of the God Lugh

#### <u>Feb 8th</u> Triodion begins - Orthodox Christian

<u>Feb 9th</u>

Full Quickening Moon at 9:49 AM EST 07:38 / Penumbral Lunar Eclipse

<u>Feb 9th</u> Tu B'shvat \* - Jewish

<u>Feb 14th</u> Saint Valentine's Day - Christian

<u>Feb 13-15th</u> Roman: Lupercalia Festival

<u>Feb 15th</u> Buddhist: Nirvana Day

<u>Feb 21st</u> Saturday of Souls #1 - Orthodox Christian

<u>Feb 22nd</u> Transfiguration Sunday - Christian Meatfare Sunday - Orthodox Christian

<u>Feb 23rd</u> Maha Shivaratri \*\* - Hindu

<u>Feb 24th</u> Saint Matthew's Day - Christian Shrove Tuesday - Christian

<u>Feb 24th</u> New moon at 8:35 PM EST

<u>Feb 25th</u> Christian: Ash Wednesday - Lent begins

<u>Feb 26th</u> Baha'i: Intercalary Days through March 1st



### ATE CERTERIA

#### ...continued from page 21...

Yet everyone can benefit from a **Circle of Light**. For those of you who may not practice Mediumship, or for those who are in the process of Psychic development or just wish to raise your spiritual awareness, I cannot stress the importance of forming a Circle of Light enough.

All you need to do is to find a group of like minded individuals. Even if your Circle of Light only starts with two people, that is enough. Start off with a prayer, maybe something universal, such as the **Prayer of St. Francis**. Then follow with some positive affirmations such as "I am a clear channel for God's peace, love and Light". Develop your own affirmations if you prefer. That may be enough to begin, but you may soon wish to engage in a guided meditation. One person may wish to lead the meditation or you may listen to one on tape or CD.

A theme for your Circle of Light's session is important. Perhaps the first session is on clearing your mind. Another theme may be to overcome anger and finding the strength to forgive. Focusing your collective energy on healing either yourself or someone in the group or sending someone not present healing energy, a.k.a. remote healing, is a positive endeavor.

The goal of a Circle of Light is not the accumulation of material wealth, although I have known people to focus on prosperity. A Circle of Light is a tool to raise awareness and focus vibrational energy. The aspiration may be for peace, both around you and inner peace, healing, both physical and emotional and for spiritual development.

As you advance, you may use the Circle of Light in psychic development. One session may involve a meditation to connect with your spirit guides. Maybe you wish to try remote viewing. After your initial prayers and affirmations have everyone focus on a person or place. See what details you perceive in your mind's eye. After the meditation, write down the details, facts, feelings and descriptions of things or events. Compare notes with the other members. You may be surprised at what you achieved collectively. In fact, these techniques have been used to locate missing people.

The focus of the Circle of Light must always be for the higher good. Remember, your feelings become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits and your habits define who you are. When you are in the habit of focusing your intent upon positive energy, then you become a positive person, which is an essential step toward elevating your spirituality. This is the power of a Circle of Light.





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

The Only Way Out Is In: The Secrets of the 14 Realms to Love, Happiness and Success by Daya Devi-Doolin published by Padaran Publications, www.amazon.com

#### From www.hayhouse.com by Esther & Jerry Hicks Manifest Your Desires: 365 Ways to Make Your Dreams a Reality, Astonishing Power of Emotions Money and the Law of Attraction

#### From www.hayhouse.com

The Biology of Belief by Bruce Lipton Overcoming Fears by Louise L. Hay The Answer is Simple by Sonia Choquette Personal Development for Smart People by Steve Pavlina

#### From www.scottblum.net

Summer's Path by new author Scott Blum, prequel to Waiting for Autumn, available free for limited time at www.scottblum.net



Waiting for Autumn will be available April 2009

#### From www.newworldlibrary.com

The Hidden Spirituality of Men by Matthew Fox Trager for Self-Healing by Audrey Mairi Angel Horses by Allan & Linda Anderson

From www.dragonslegacy.org

Dragons Legacy by Morgana Starr. Email: morgana@ morganastarr.com for channeled message and signed copy

#### MUST SEE DVDs

The Secret Movie http://thesecret.tv/ The Secret Behind The Secret www.abraham-hicks.com Orbs: The Veil is Lifting with Miceal Ledwith and Klaus Heinemann

#### From Spiritual Cinema Circle

You Can Heal Your Life: The Lousie Hay Story



... continued from page 7

The biggest change for me came when I made the decision to use my credit cards only for big and necessary purchases and emergencies. Some other decisions were:

When I bought my home at age 31, it was the first time I'd thought about "how old will I be at the end of this 30 year mortgage?" I'd be 61. I wondered if I'd still be working for law offices at age 61. My mom was working full time at 62 with no thought of retirement, so I figured I would be, too. I wondered how much money I'd be making. I looked back on my vast 13 years in the professional workforce and noted that my income was constantly on the increase. I figured I would make at least what I was making then, in 1983, when I was 61.

I recalled a client who told me her mortgage payment was \$185. I loved the idea of that. So I liked the idea of my mortgage payment being under \$500 a month.

I hadn't thought about it before contemplating the 30 year mortgage - just what I would be doing 30 years later. So that also gave me some goals, to be able to keep working at a good paying job until I at least paid my mortgage off. I didn't have too many goals at age 31 other than day to day living and working, so it felt good to have a goal.

Then several years ago I got a second mortgage, which I purposely kept separate from the first mortgage. Instead I opted to pay it off in five years and the payment was again under \$500. And my car payment is also just under \$500. There is something, for me, about being under that \$500 mark that makes it feel so easily manageable. Like, I know that every few days I will need \$500 to pay for one thing or another, and so I need to earn \$500 every few days.

Now, sixteen years later, it's down to a formula and practically on autopilot. I know that's both a blessing and a challenge. But I also know that no matter what changes come about, in the world or in the economy or in my life, that I will without a doubt be guided to do something that allows me to meet my financial commitments and gives me supreme personal satisfaction as well. I could, frankly, happily do what I do now for the next 20 years and love it, but I am also not so naïve as to be unprepared for change as it comes.

I like looking ahead and feeling hopeful about my future, even if I don't know how it will play out. I know, I know, I say that every lifetime, but it's true. I've learned to be prepared for change. To pre-pave into my future that I will feel hopeful and have deep faith, belief and expectation so that my happy tomorrows will be there waiting for me.

Now if I listen to the media spin on the economy, that doesn't give me thoughts of a hopeful future. So I don't watch it. I don't listen to it. I don't read it. I don't want to vibrate there for a moment. Which is what you are doing when you watch the gloomy news. Let's put it this way, to the extent you want to attract into your today and tomorrow a financial downswing, to that extent you should watch the news. The media is smart. They know if they can draw enough attention to a particular thoughtform, that thoughtform becomes strengthened and takes on a life of its own. What this amounts to is self fulfilling prophecy. The weatherman talks about gloomy skies and rain and we all get bummed out and attract more gloomy skies. The news anchor talks about everyone pulling out of the stock market, so everyone starts pulling out of the stock market. Someone publicly proclaims a certain ethnic group as terrorists and... you get my drift.

Everyone has their own agenda for how they want the world around them to work. The media knows the best way to get people to think and act a particular way is to proclaim publicly that people already think and act that way. Let people hear it and see it often enough in print that they begin to believe it's true. An amazing number of voters believe that what they see in print is true and accurate.

So I've learned to stay away from the news, simply because I don't vibrate there. As a journalist, I recognize the hype. Journalists, by definition, put information in their own words and make it creative in their own way so it will draw attention. Personally, my attention is never drawn to doom and gloom.

My attention is drawn by the most hopeful "what if?" My attention is drawn by demonstrations of unwavering faith in the face of adversity. If, as a journalist, it is my choice as to what I wish to drawn the reader's attention to, then this is it:

What I'd like is for everyone to realize you are a soul encased within a body, a body which is your vehicle to use for this lifetime. This means keep the vehicle running efficiently. You'll save on repair costs and get a longer run.

A soul encased within a body also means you have control of the mind, and it is yours to use and command. Your mind operates outside the physical brain and survives it after physical death of the body.

What I'd like is for everyone to realize is keeping the vehicle running efficiently also applies to keeping your mind active with interests, goals and curiosities.

What I'd like is for everyone to realize they participate in creating the reality they experience.

This means you. You create and attract into your own experience. Not that of your mother or your father or your ex or your mate or your children or your coworkers. Just you. Stop wasting energy thinking about what's going on with them and begin to delve deeply into getting your own act together. They will then miraculously also fall into place.

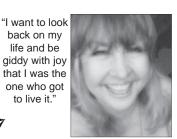
What I'd like is for everyone to realize is that no matter what is going on with anyone around you, you can have a different experience.

No matter what the media says is happening to the economy, you can have a different experience.

What I'd like is for everyone to realize is that if you simply keep your attention focused on what is going RIGHT in the world, in your community, in your neighborhood, in your home, you will bring more of that to light and you will help it increase and grow.

This is what is meant by participating in creating the reality you experience. Look for the positive aspects, think the more hopeful thoughts, daydream the most fanciful, fun "what if" best case scenarios. Don't worry about what anyone else is thinking or doing. It's a tall order but you can do it You're up to it. You have nothing to lose and a great happy life to gain. The best is yet to be.

Enjoy our offering this month. Ardrea Hari Om.





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

Aries: March 20 to April 19 "I AM". February has you feeling more emotional than usual, so be sure and watch your temper on the 26th and 27th of February. With the power surges that you are experiencing be glad and not mad. You have an opportunity to use this intensity of energy to create more of what you want in your life, more fun, more value.

Taurus: April 19 to May 20 "I Have". February first and second are days for you to be on your best behavior. You may be too smart for your own britches sometimes, but if you have a secret maybe now is the time to spill the beans. be careful what you think about because your thoughts are things. It is time to weed out the negative thinking, get on with creating your life in positive and powerful ways.

**Gemini:** May 20 to June 20/21 "I Think". It just might be time to come to terms with some unresolved grief from 8 years ago. Forgiveness is the key to understanding that events were meant to be. Pain and sorrow continues with excluding family members you may not agree with. People have a right to live life the way they choose. Release your load of pain and greet life with an open heart.

**Cancer:** June 20/21 to July 22 "I Feel". As much as a home body as you are; this past Winter has made you go stir crazy. What this craziness did for you is get you in touch with what is very important for the long haul. Be thinking about your next project so you can get a jumpstart on your new life.



## HOROSCOPES FOR FERVARY 2009

Leo: July 22 to August 22 "I Will". With the New Moon in Aquarius, a Solar Eclipse back on January 25 you began a powerful new cycle. The 9th of February a Full Moon in Leo continues to awaken your gratitude scale. The mundane aspects of your life need to be infused with your style of exotic creativity. Just be sure and enjoy what you do.

Virgo: August 22 to September 22 "I Analyze". Reality hits home after the last Full Moon on the ninth of February and with transiting Saturn still lurking around your sign there is no getting away with anything. But being that you can be such a control freak with a discriminating mind that pays attention to detail you will thrive in this Saturn in Virgo influence.

Libra: September 22 to October 22/23 "I Balance". Being that love is all around you this month expect some wonderful surprises around Valentines Day. Your capacity is to bring enjoyment to loved ones as you raise the scale in socializing and the pursuit of happiness brings pleasure to many. A new dawn has arrived. "Keep in touch with your Aquarian friend".

Scorpio: October 22/23 to November 21 "I Create". The Lunar Eclipse Full Moon in Leo February 9th is squaring your Sun sign. And you are thinking well so what does that mean? The obstacles that have been haunting you will force you to step up to the plate and get the stuff taken care of that needs your attention. Do it now or forever feel haunted.

Sagittarius: November 21 to December 21 "I Perceive". This month the focus is on your career. If you have ever thought of being a workaholic, now is the time because timing is perfect to accomplish the upward spiral on the ladder of success. Even though you may have a hard time giving up some play time, life demands that you finally grow up, but don't worry the results you gain will replace a tendency to be lazy.

**Capricorn: December 21 to January 19 "I Use."** You are a work in progress, work is what you do best as far as your health is concerned this month you have amazing recuperative powers as long as you continue to stay focused and manage your life effectively all that you thought will turn to gold. By the 20th of February you will be well on your way to knowing the next step.

Aquarius: January 19 to Feb 18 "I Know". Shared resources is a huge theme for you this month. What you and your partner create together, you will bring so much more enjoyment to your own lives, and the lives of others. Freedom to be yourself and live as you choose is something that you are very grateful for. Keep an open mind as you continue to be a pioneer in your approach to healing.

**Pisces: February 18 to March 20 "I Believe"**. If your life feels unstable lately it is because of all the growth you are experiencing. Continue to step outside of your comfort zone and transiting Uranus will awaken your heart to new levels of love and compassion. You will be home free after the New Moon in Pisces on the 24th of February

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### Michael Mirdad



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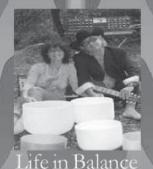


Kim O'Neill

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Andrea de Michaelis has designed this audio series just for you.

### Connecting with Your Angels, Guides & Teachers

This cd is designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance.



Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before.

Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.

While relaxing, does your body begin to hum or vibrate, sometimes so intensely you think the room itself is shaking? Learn how to manage this energy and use it for more expansive and experiences with your invisible helpers. Go into each session with questions you would like answered by your angels, guides and teachers. Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic writing that has belped me focus myself careerwise, and my new ideas are creating more income. Thank you for the kickstart. Jennifer Hudson, Orlando

### **HEALTHY EATING HABITS**

By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding interesting and fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen to this recording, you can experience a new and healthy vital energy flowing through body and mind. Thank you! I downloaded the mp3 file in

y Hereit Reprogram Your Eating Abalts Kealt Waged Eiters

June and have been listening every night as I go to sleep. I'm down 15 pounds and I no longer have the urge to snack in front of the tv. I also find myself wanting to walk and be more active. Who knew it could be this easy? I don't know how it works, but it works. Thank you. Dee Watson, Tampa



Play this recording as you are falling asleep for a refreshing segment of restful rejuvenation. Even when asleep, your subconscious mind is listening, so expect change to occur.

We've learned that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear around us. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. Our beliefs, true or false, positive or negative, affect our genetic activity and alter our genetic code.

We can retrain our consciousness to create healthy beliefs, and thus create a profoundly positive effect on our bodies and in our lives. We can not only regulate our own brain chemistry to overcome ailments and bad habits, we can reprogram our lives for more personal joy.

Our body is a community of 50 trillion living cells, all cooperating as a collective consciousness, and we speak to it and direct it every time we have a thought or reaction. The body is a biochemical machine and the driver is the mind. So dis-ease is merely a 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. Each time you listen to this recording, you will awaken refreshed, rejuvenated and motivated to get into your day.

I listen to Sleepytime Recharge every night as I fall asleep and sometimes let it repeat over and over. I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you for this. K. Crane, Cocoa

## HOLIDAY SAVINGS + STRESS RELIEF

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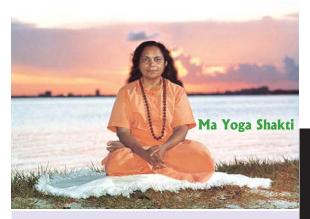
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## YOGA SHAKTI MISSION



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\$7 Per Class \$25/mo unlimited evening classes

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Tuesday Maryann and Jim Loafman 7:00-8:00 pm

Thursday Val Anderson 9 - 10 am

Thursday Chip & Shyama Iacona 7-8 pm

March 18,19, 20th from 6.45 - 7.30 PM Mataji will give discourses on Bhagavad Gita. In the Yogashakti Temple. Love Donations accepted

March 10,11,12th from 6.45 - 7.30 PM Mataji will hold a Meditation Intensive (\$10 per session). Classes will be held in the Yogashakti Temple.

### Friends of the World Gathering March 1st 2009 Noon to 4:00pm EVERYONE INVITED

Anybody wanting a booth or to perform please contact Shyama at yogashaktipb@yahoo.com



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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

