

A vibrant, painterly illustration of a woman in a purple dress standing in a lush green field. A rainbow arches behind her, and a small brown dog sits in the foreground. The scene is filled with soft, glowing light and numerous pink and red hearts floating in the air. The background features dark, silhouetted trees and foliage. The overall style is dreamy and spiritual.

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**Saturday October 10, 7PM** Chakra Alignment Meditation - • Crystal Singing Bowls • Lead by Rev. Janet and Rev. Robert Buck - Increase and rejuvenate your life force energy field, creative spirit energies - Awaken the body's natural healing intelligence - Activate the perfect blueprint of spiritual well-being - Enhance your sense of self worth, peace and empowerment We are now in a time of accelerated human evolution, and new patterns are replacing the old limitations in a profound way. Through these changes, we are adjusting on all levels - physical, mental, emotional and spiritual. Chakra alignment assists us to move smoothly through all these growth processes; provides upliftment for the body, mind and spirit; unlocks energy for creative processes and wholeness; and acceptance of our own power.



**THE TRANSFORMATION EXPERIENCE.** Unity of Melbourne is experiencing/undergoing a Transformation. We have created an Evolutionary Council specifically to hear YOUR opinions, thoughts, and suggestions. The Evolutionary Council wants to hear from YOU. If you would like to participate please leave a message for the Council at 321-960-4075.

**February 18, 2010 8:00 – 10:00PM live**

**February 27, 2010 10:00 – Noon** Recorded followed by a potluck lunch and discussion  
**ENLIGHTENED LEADERS WEBINAR Spiritual and Emotional Intelligence: What Is Needed for Conscious Evolution with Cindy Wigglesworth.** This webinar we will learn the basics of emotional intelligence and why it is a precursor to Spiritual Intelligence. Then we will learn the importance of spiritual intelligence in our life and how to develop it. Cindy is a recognized expert in the field of spiritual intelligence and spirituality in the workplace. She has created the only validated spiritual intelligence assessment. The language used is faith-neutral and faith-friendly. The assessment describes how far someone has developed on 21 different skills, based on his/her own self-assessment. The clarity and structure she provides is powerful—allowing people to see where they are and to choose practical steps to move forward. Cindy is a powerful professional speaker—speaking with unusual clarity and humor about the importance of operating from our Higher Self in the workplace and in everyday life. She has spoken at numerous conferences and has appeared on Oprah, Houston PBS and numerous radio programs. Cindy Wigglesworth has a bachelor's and master's from Duke University. She has 20 years of experience in human resources management with ExxonMobil and 10 years as the Founder and President of Conscious Pursuits, Inc. Her Web site is [www.consciouspursuits.com](http://www.consciouspursuits.com).

**JOIN THE ENLIGHTENED LEADERS PROGRAM AND ENHANCE YOUR RESUME** This is a three year program with some of the best leadership experts. Our first webinar was with author Doug Krug. The pre-webinar material, the webinar and the post webinar material are all available online. Included in the post webinar material are 3 chapters of his book. If you are interested in joining the 3 year enlightened leader program please sign up at [www.teinteractive.org](http://www.teinteractive.org). On the right side of the home page, click on create new account. The next screen will ask you to answer a number of questions. For ministry use Unity of Melbourne. For registration code use TE09X111 (T, E and X are numbers, 0, 9, 1, 1, and 1 are numerals)

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Development of Unity Movement	Rev. Linda Machesic	Mon-Thurs 6:00-8:30pm

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**SOULS4UNITY** Unity Church of Melbourne and other member churches of The Association of Unity Churches have partnered with Soles4Souls in an effort to sponsor 525,600 pairs of shoes to deliver people in need around the world. We are collecting monetary donations to Soles4Souls. Our contributions could provide shoes for a person, a family, a school or an entire village. Over 300 million children around the world are without shoes. Our goal is to deliver a pair of shoes a minute in 2010.

**Tuesdays 7:30pm** A COURSE IN MIRACLES Facilitator: Darlene Capinha

**Sunday February 7th, 4:30pm**  
**Sunday March 7th, 4:30pm**  
REIKI HEALING SERVICE Facilitator: Lloyd Reiser

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**Friday, February 26th 7pm**

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

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IS SEPARATION**

# HORIZONS

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**Thanks for help this month**  
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Tom Sannar



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

Anais Nin

*Horizons thanks  
everyone willing  
to take the risk*

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

[www.new-thought.org/](http://www.new-thought.org/) Email [oneheart@roadrunner.com](mailto:oneheart@roadrunner.com)

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





**Andrea de Michaelis**  
Publisher

## This month's thoughts about things...

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

**H**ello and welcome to the February 2010 issue of Horizons Magazine. The other evening I was finishing up work and turned on the tv to see what was showing. Since it was after midnight, I turned to the Showtime channels so I wouldn't have to mute commercials every 11 minutes. I often watch entire shows with the sound muted. For work, I have to *hear* so much that I like a break from sound as often as I can get it. On my personal time, I am vigilant over what I allow to come into my consciousness. That's why I always look at the preview guide, to see what's coming up and see if it's something I want to watch. I'm not into violent movies or gore. I don't even care for tear jerker sentimentalism. I like suspenseful stories and funny movies, although I'm not into slapstick comedies. It's not just that I'm not into the emotional roller coaster rides many movies take you on, it's that the less of that input I get, the better I am at my job. Period.

For a few days, I'd seen American Psycho 2 on the lineup and of course avoided it. Then I saw it starred Mila Kunis and William Shatner and watched it because I like the two of them. It was funny and suspenseful and I was glad I watched it - although I

would not have, just based on the name or the description of the story. Nothing said it was a comedy but it clearly was. You can't always trust those movie descriptions (or reviews), can you?

So the other night I see there's a movie coming on and it sounds watchable, so I turn it on. I can't recall the name of it. I missed the beginning with the title and movie credits, but caught it from the first scene. The preview guide listed it as about a woman trying to find her identity. So as the movie unfolds, that's what I'm looking for. And nothing is making any sense. There doesn't seem to be a central female character 1/3 of the way into the movie and it's just about narcissistic men who make bad decisions. I checked the preview guide again. Then it dawned on me that they are simply listing one movie yet showing another.

So, armed with this new information, I tried to backtrack and remember what all the characters were doing so I could catch up with the rest of the movie. But it's not so easy since I started out watching it with one idea in mind of what I was watching. Armed with inaccurate information, I couldn't make sense of what was in front of me, since it didn't match what I'd been told to watch for. And watching what I was told to watch for preventing me from seeing what was really unfolding before me.

I thought how often do I do that in real life? In thinking the movie was about something else, I was trying to make the wrong pieces fit. How often have I encountered situations that someone had told me would be a certain way, and found the pieces did not fit? Then I try to figure it all out based on a faulty premise. Like being brought up in only one religion, or seeing the world through the eyes the popular media would have you look at it: as a scary place full of fearful cataclysmic events, with terrorists lurking everywhere.

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

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# ABRAHAM-HICKS



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

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

## Making Contrast Your Friend

**YOU ARE CREATORS**  
You are Creators who have come forth into this physical dimension as extensions of that Nonphysical Energy. And you were very exhilarated about coming forth into this contrasting experience because you knew that out of the contrast you would be able to come to clear decision.

Can you feel the power in the word "decision?" Can you feel the difference between saying, "I want that" or "I would like to have that" and "I have decided?" Can you feel that a decision is a more focusing of the Energy? That is what a Creator is.

Very often, what happens in your physical realm is that as you look around at the contrast and you see what you do not want — it helps you in knowing what you do want. But very often you spend more of your time focused upon what you are not wanting than upon what you are wanting. You seem to believe that if you could somehow push hard enough against what you do not want that it would go away, when, in reality, every moment of attention that you give to it means you are actually, for that moment, choosing it and, therefore, it is a part of your vibration. Your attention to it means you are including it.

Whatever it is you are giving your attention to causes you to offer a vibrational output that the Universe is matching. So what happens to most of you is that you are not offering the

pure signal that you mean to offer. In other words, you would like to tell the Universe what you are wanting, but most of you are not only telling the Universe what you want but what you don't want. So what your signal is offering or outputting is contradicted. It's not pure.

### THE FORMULA SAYS

The formula for creating anything says, "Identify the desire." That's easy. Contrast helps you do that.

And once you've identified the desire, achieve a vibrational match with the desire. And when you do that, as Esther said, "It's a done deal."

When you are in vibrational harmony with your own desire so that your output is singular and pure, the Universe must deliver to you that which is your desire.


We hear you sometimes say, "Abraham, I want more money. I'm so tired of the struggle." And we say, "That is not a pure vibration." When you say, "I want a new red car," the Universe responds to the vibration of your desire. But then when you say, "But a new red car is too expensive," the Universe responds to that vibration, too. So when the Universe is responding to two contradictory vibrations, you stand right where you are.

Most of our physical human friends are not doing much visualizing. Most of you are observing what-is. Now that can be a good thing. It often isn't, however. It sort of depends on what you are observing.

### VISIONARIES THRIVE

If you are mostly an observer (and most of you are) you are thriving in good times but suffering in bad times. Because whatever you're observing is reflected in your vibration. So as you observe it, you radiate a vibration that matches it. The Universe accepts that as your point of attraction and gives you more like it which then you observe. So the better it gets the better it gets — or the worse it gets the worse it gets.

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



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# 3 Ways Of Seeing Subtle Energy



Donna Eden, author of *Energy Medicine*, has been a pioneer in Energy Medicine for more than 30 years and is a featured speaker at the 2010 Universal Lightworkers Conference in Fort Lauderdale, Florida from June 11th - 13th. For information on the ULC, go to [www.Universal-Lightworkers.com](http://www.Universal-Lightworkers.com). For information on Donna, go to [www.LearnEnergyMedicine.com](http://www.LearnEnergyMedicine.com).

"If I were a dog, it would all be in black and white. If I were a mosquito, I would only see heat waves. If I were a snake, it would all be infrared. So I guess you can never really know what is there; it all depends on whose eyes are looking." --Our Friend Devon Mortifee (Ann's son) at Age 8

**E**nergy Synesthesia: **Synesthesia** ("joining of the senses") is the vivid, involuntary experiencing of one sensory mode through another ("tasting" a color, "seeing" a sound, or "smelling" a shape). The perceptions are experienced as real and originating from outside oneself (rather than being imagined in the mind's eye), as if the object holds that sensory quality.

Estimates of the number of individuals who consistently experience synesthesia vary from 1 in 200 to 1 in 20,000. It appears, however, that its frequency among the general population has increased since it was first described in the late 19th century. Recent studies indicate that synesthesia can be experienced during meditation, and it can also occur episodically during certain drug experiences, seizures, and fevers.

There has been virtually no investigation of synesthesia in non-Western populations. The renowned anthropologist Margaret Mead was high in synesthesia, and some who knew her have speculated that this was one of her strengths in communicating so effectively with those of other cultures and languages.

"**Energy synesthesia**" is a term we have coined to describe the ability to experience, through your sensory system, subtle energies that most people do not perceive. No one, to our knowledge, has an independent sensory system (one beyond seeing, hearing, tasting, smelling, feeling) that zeroes in exclusively on subtle energies (e.g., chakra or meridian or basic grid energies), but some people experience these energies through their established sensory channels.

This ability may actually be our birthright (infants and individuals brought up in non-technological cultures sense energies in ways that are rare in our culture), but is lost during enculturation (which can be defined as the social process of systematically placing filters on a young person's senses to fo-



**Charles Lightwalker**

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cus perception on what the culture understands and values). Energy synesthesia can, however, be cultivated, and individuals who practice energy medicine often begin to again see, taste, smell, or, most frequently, feel subtle energies.

Your skin is a reliable bridge for developing energy synesthesia. Skin, the largest sense organ, is photoreceptive. Even with your eyes closed, your skin registers light and sends impulses to the hypothalamus, which are relayed to the pineal gland. The pineal gland—in the center of the brain

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

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# The Prosperity PROJECT



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

**T**his game I call **The Prosperity Project** was suggested by **Abraham-Hicks** in the book, **Money and the Law of Attraction**. The idea of the game is to get used to the idea of having, spending, and enjoying money. Start small, and every day increase your allowance by \$1000. Gradually, you will be able to easily picture yourself having larger and larger sums of money, and that idea won't seem entirely ridiculous to you, because your dream grows incrementally over time.

## *Prosperity Project Day 4*

Every day, we get \$1000 more dollars to spend in our imaginary checkbook. We are only on day 4, and already this is getting hard. I'm beginning to see why I've never attracted any money into my life! It seems that I'm willing to allow money in for things that I absolutely need, but even then I settle for the low end. I've always figured that if they don't have it at Walmart, I probably don't need it.

Until today, though, I didn't realize that's what I always figured. It reminds me of that saying, "Whatever price I had asked of life, life would have gladly paid." I think I may have uncovered my first limiting belief about money.

When I started this a few days ago, I bought things that I need but haven't been able to afford. I've spent \$6000 over the past three days, and don't really need any more than I already have. But then, that's the point of this exercise, isn't it? We're not here to practice getting what we need, we're here to practice receiving anything our heart desires.

So in the next few days I hope to break through my anti-materialistic mental block and start retraining myself to want things. I know, some of us have been taught that wanting things breeds discontent.

I think that's one of the limiting beliefs about having lots of money that keeps many of us broke. We're taught to believe

*...continued on page 33 ...*



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# Rev. Albert J. Bowes

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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.

**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.**

**Albert's assistance to business has had wonderful success with those who have taken his information and followed his insights. They have achieved their goals, saved businesses, or realized their dreams. They have been developers, bankers, doctors, oil companies, etc -- the list is long. For information on business readings, call Albert -- He travels anywhere he is needed, as necessary.**

**NEW: AskAlbert Yahoo Group. To join, go to <http://groups.yahoo.com/group/AskAlbert>**

### CREDENTIALS:

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

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



# Herb Corner

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. Call 321-757-7522

## Naturally Sweet Herbs

People have been craving sweet foods for ages intuitively this is done for the glucose that gives us energy. Looking at the labels in the supermarket you will find many hidden sugars like **dextrose, fructose, corn syrup, lactase and maltose** we have become a nation hooked on sweet, it's a tough habit to beat.

Over the years people have turned away from traditional refined sugars to avoid tooth decay and the empty calories with no nutritional value that over time can develop into diabetes. Yet with all of the **artificial sweeteners** on the market we are still battling obesity and diabetes. These sweeteners are not natural to our bodies so we keep looking for what is lacking in the diet they trick the body into believing it's getting its fuel but when it realizes that didn't happen you reach for more. **Artificial sweeteners** trick your hormones into releasing chemicals that make you want more shutting off the signals from your brain telling you, you are full so you eat more; one study found that people who use **artificial sweeteners** actually ate 3 times more than those who just ate sugar.

Once upon a time **honey** was what people used as an alternative to sugar; its sweetness is similar to sugar with less calories you can cook with it but it is harder to dissolve in cool beverages.

The leaves of the **Stevia** plant are much sweeter than sugar. It helps regulate blood sugars in diabetics and it helps to reduce oral bacteria helping to prevent tooth decay. The whole plant contains many different phyto-nutrients including vitamins, minerals and antioxidants. I like the whole green leaf better; it has less of a bitter after-taste than the refined powder. You can make a liquid sweetener by simmering the leaves until the water becomes dark, play with the amount you need because this gets very sweet.

I also like **Xylitol**. It naturally comes from the birch tree or from fibrous vegetables and fruits or corn cobs. It acts as an insulin stabilizer; it alkalizes the body aiding the absorption of calcium helping to strengthen and repair your bones and enhances the formation of tooth enamel. Another thing I like about **Xylitol** is that it prevents bacteria growth in your mouth helping prevent plaque and tooth decay. **Xylitol** also helps cancer patients with dry mouth, oral thrush and yeast infections. In baking it is used just as you would sugar but with 40% fewer calories.

Other natural alternatives are **Cane Sugar** it cooks like sugar but it doesn't affect your health as quickly. **Molasses** a by-product of **Cane Sugar** is high in iron, potassium and calcium; in cooking it works well in breads, cakes and cereals. **Agave** a plant derived nectar with about the same amount of calories as sugar but since it is sweeter you use less. It's a great sweetener for teas, smoothies, cakes, cookies, sauces and salad dressings. **Mannitol** gets its sweetness from corn syrup and **Palm Sugar** although not as sweet as sugar cooks well with a slight caramel flavor.

With all of these natural choices I don't believe we should be using artificial sweeteners that pose so many health risks.

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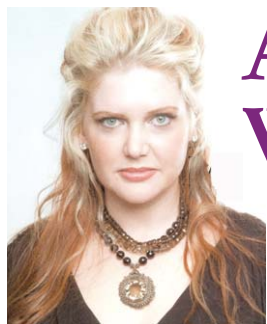
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showcasing her gifts on "America's Psychic Challenge". Ask your specific questions at [www.MichelleWhitedove.com/contact.php](http://www.MichelleWhitedove.com/contact.php) and be sure to check her local appearances

**D**ear White dove: For the year I've been having dreams about water: all different types of water from soothing lakes to violent tidal waves. What does this mean?  
*Splashing in Sarasota*

**Dear Splashing:** Our dreams are messages and they have the ability to give us multiple types of information as signs, insights, premonitions, and even warnings. We work out many of our life issues while in the dream state. Dreams help us prepare for things to come as well as give us added insight into our own consciousness. Water in particular relates to our emotional state. If you dream of a calm serene lake then that is the reflection of what you're feeling emotionally or what

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you would like to be feeling. If you dream of a tidal wave coming over the top of you then it probably means that you are feeling overwhelmed by life, or if it can also be a precognitive warning that something emotionally overwhelming is heading your way in the near future. Pay attention to your dreams, keep a journal and compare your notes to the events in your every day life; you'll be amazed by all the parallels. Journaling will help you to learn how to better interrupt dreams for yourself.

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



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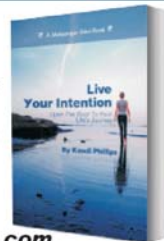
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# Digesting Experience



Elizabeth Mattis-Namgyel has studied and practiced the Buddhadharma for 25 years under the guidance of her teacher and husband, Dzigar Kongtrul Rinpoche. Elizabeth delights in wrestling with difficult and juicy 'koans' that tend to plague modern day practitioners. For info on teachings email [sebastiancounsel@bellsouth.net](mailto:sebastiancounsel@bellsouth.net), or call 772-589-4488.

**A**s we study the life of the **Buddha** we realize that he asked basic human questions about happiness, suffering, freedom from suffering, compassion, interdependence, death, life and the nature of experience. But if we were to pare all these questions down into one essential question, we may come up with something like this: "How do we take in the world? "How do we process the continuous stream of occurrences that arise in our life?" "How do we 'digest' experience?"

When we eat, we ingest, process and eliminate food. Our bodies use food as fuel for life and eliminate what is no longer useful. It would be great to say that we digested our experience with such ease. But there is something about being human that doesn't come naturally to us. We can't seem to take experience in, let it work on us, and then let it go. Either, we refuse to ingest experience - in which case our life doesn't

nourish us - or we hold onto experience until it turns toxic. The struggle we have with experience gives us mental and emotional indigestion. Our relationship to experience is all about fighting the world, rejecting the unwanted, trying to fix things, and creating strategies for living around experience.

Someone once asked my teacher, **Dzigar Kongtrul Rinpoche**, if he was afraid to die. He answered that he was more afraid of living his life despite himself. What I think he meant here is that life presents itself to us but we'd often prefer to live in fantasy. We'd rather not ingest our experience - eat our life - in the way it presents itself to us. We'd rather be someone else, somewhere else, having a different experience. We may wonder: "Why should we take in the fullness of life: that means we have to take in sadness, uncertainty and fear? Why can't we just take in whatever makes us comfortable?" This very attitude toward our experience speaks to the tug or war we have with our world.

There is no life without experience. Life and experience are synonymous. Life just unfolds, so we can't reject experience the way we can food. But we can fight it tooth and nail. And this is what I am talking about here. We can turn on the news and not really hear the names of the soldiers who died in Iraq that day. We can blame others for all the conflict in our lives and never learn to self reflect or resolve a situation creatively. And we can vent our emotions all over the place...

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




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# From the Heart

Alan Cohen is the author of many popular books, including the bestselling *The Dragon Doesn't Live Here Anymore* and his new metaphysical thriller *Linden's Last Life*. Alan is currently offering an extraordinary Life Coach Training program, as well as hosting a new radio show *Get Real on Hay House Radio*. Visit [www.alancohen.com](http://www.alancohen.com) email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



## Love Will Have Its Way

**A**t a seminar, a young Jewish woman named Miriam tearfully reported that she was in love with a Muslim man, but her father forbade her to see him. This created a terrible quandary for her, since she could not reconcile her love for this man with her desire to honor her father's wishes. Miriam wrestled with this issue for a long time and a year later returned to another seminar, still distraught.

A few months afterward, Miriam mailed me a copy of a letter she had written to her father. The letter was a masterful communication of honesty, clarity, compassion, and purpose. She told her father that she loved him very much and appreciated all that he was to her, but she had to follow her heart and be with the man she loved. As I read Miriam's letter, I realized that she had finally claimed her power and stood up for her truth.

A year later I received a photo of Miriam's wedding; and a year after that, a photo of her newborn child. Meanwhile, Miriam's father came around to support her.

Miriam's journey to marriage and motherhood, including healing her father issues, was perfect for her spiritual growth. She had to dig deep into her heart to discover her truth and live it, and she ended up with what she wanted. Her coming to make her monumental choice was an exercise in love.

A Course in Miracles tells us: "A happy outcome to all things is sure." That may seem hard to believe if you fear that if you do not control every detail of your life, and perhaps the lives of others, things will fall apart. But when you trust the process, things usually fall together. That may seem unlikely if you are in the middle of a difficulty, yet easier to recognize over time.

At some point each of us must decide which is more powerful: love or fear. This can be a difficult decision in a world that worships at the altar of fear. Turn on any newscast, study financial reports, or listen to conversations at the water

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

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		TIME	LOCATION
Tuesday	Tuesday		Instituto Cristovão Brilho
Feb 16	Mar 16	7pm	2811 Coral Way – Miami - 33145
Wednesday	Wednesday		Comfort Inn West Palm Beach
Feb 17	Mar 17	7pm	1901 Palm Beach Lakes Blvd 33409

### TIME on SATURDAY - 5 PM

Saturday	Saturday		Instituto Cristovão Brilho
Feb 20	Mar 20	5pm	2811 Coral Way – Miami - 33145

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# Sorrows Test Our Ability



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**S**orrows are a test of our ability. The Hindi proverb says "Dash your happiness against a wall if it makes you forget your Creator and your own Self. Garland the sorrow which makes you aware of your own Self."

Remember the Saints and Sages of the whole world.

Pay homage to all people of the world.

Include everyone. No-one must be left out.

Sannyas (renunciation) means that if you don't possess anything, all belongs to you. When you hold water in your hand, how many drops can you hold? Put your hand into the water. It all belongs to you.

Words and sounds are indestructible. Sanskrit is called an Akshar Mala, an indestructible mala (garland) of sound. Words can recharge our batteries. They can always bring us back if we have lost our track.

Without a name we do not know ourselves. Don't hate anything because knowledge comes by comparison. All are measures. With this I can measure good and bad.

We have a loving family throughout the world.

Learn to appreciate.

If you find fault with everyone, you will have no place to live because you are finding fault with your own self.

The whole body is a laboratory. Every place is for experiments of consciousness.

Sin and virtues are relative. They change from time to time and from country to country.

Nothing is static. Everything grows and improves.



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## *This month's thoughts about things...*

*...continued from page 7..*



That's not a movie I want to star in. I don't have to and you don't either. We can take in the information others give us but we don't have to rely on it to tell us what to experience.

We can stay awake and aware in each moment and determine for ourselves what is unfolding before us. At any point it seems we're trying to fit a square peg in a round hole, we can drop the info we've been given and try another puzzle piece. We can try as many puzzle pieces as it takes until it makes sense. We can listen to as many other perspectives as it takes until we find our own fit. We can entertain as many notions as it takes until life begins to make sense for us. This is how we take charge of what movie we are starring in.

Albert Einstein said, "The most important question facing humanity is, 'Is the universe a friendly place?' This is the first and most basic question all people must answer for themselves. For if we decide that the universe is an unfriendly place, then we will use our technology, our scientific discoveries and our natural resources to achieve safety and power by creating bigger walls to keep out the unfriendliness and bigger weapons to destroy all that which is unfriendly—and I believe that we are getting to a place where technology is powerful enough that we may either completely isolate or destroy ourselves as well in this process.

"If we decide that the universe is neither friendly nor unfriendly and that God is essentially 'playing dice with the universe', then we are simply victims to the random toss of the dice and our lives have no real purpose or meaning.

### **SEE PAGE 46**

*I really appreciate your Sleepytime Recharge and Connecting With Your Angels, Guides and Teachers cds. They came at the right time and they are very good. They are making a major change in how I view my life and I wanted to say thank you.*  
*LF, Titusville*



"But if we decide that the universe is a friendly place, then we will use our technology, our scientific discoveries and our natural resources to create tools and models for understanding that universe. Because power and safety will come through understanding its workings and its motives."

My experience is that the world is as friendly a place as I believe it to be. My experience is it's a wondrously friendly place, always waiting to delight me. That's the movie I'm starring in. How about you? What movie are you starring in?

### **As a Journalist, How Do I Spin My Stories and Why? Why Do I Choose to Focus on What's Right In the World?**

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. Have you noticed that?

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.

When people hear it and see it often enough in print, they begin to believe it's true. An amazing number of voters believe that what they see in the media is accurate. And that's what they count on, "they" being the big dollar wielding buyers of advertising, who have their own agenda of what they want you to believe. And they always want you to believe you need what they are trying to sell you, whether it's a product or a politician.

I've learned to stay away from the news. 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 draw 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.

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

# THE SOUL TRUTH

## A Guide to Inner Peace



Spiritual medium Sheila Gillette and THEO were the catalyst for Esther Hicks to discover Abraham. Sheila has been the direct voice channel for THEO since 1969.

Sheila and her husband Marcus have authored *The Soul Truth: A Guide to Inner Peace*. Their website is [www.asktheo.com](http://www.asktheo.com). Sheila and Marcus will be presenting at the Universal Lightworkers' Conference in Fort Lauderdale, FL June 11-13. Visit [www.universallightworkers.com](http://www.universallightworkers.com)

**S**ince 1985, THEO has been teaching humanity that it is shifting energetically into the 5th Dimension. They describe this planetary energy as a spiritual frequency that exalts us to express ourselves as more than physical bodies. Inherent in this remembrance of ourselves as spiritual beings is the activation of magnificent abilities beyond the limitations of five sensory perceiving.

You have a choice to believe that you can create miracles in your life or not. It is our experience that the tools given us by THEO are very effective, and the perception that something miraculous can happen at any moment in our lives has certainly made life more fun. In our personal and professional lives the confirmations are continuous as people, information, money, answers, and other expressions show up at the perfect time. We know that a large part of being able to manifest these experiences comes from the belief that we will. It requires only a shift in perception.

The universal energy of creation works in wondrous ways. It is our job to "get in the flow of it" if we want it to work for us in manifesting all of our dreams and desires. Our good friend, Karen Malik once asked Dr. Elmer Green, a pioneer in the field of mind/body medicine, and his wife Elise, how to best describe this "flow". The response was to imagine a sailboat at the moment the wind fully catches the sails propelling it forward effortlessly, with you at the tiller, making minor adjustments as needed.

In the interest of manifesting your dreams and hopes, we would like to share with you one way that we manifest ours: write down on paper that which you desire and place that piece of paper in a special container or box. We call ours "The God Box." It can be an unused jewelry box, a small wooden box, or in anything that has some special meaning to you. You may check on it periodically, as you like. We revisit our "God Box" once a year on our birthdays (they are one day apart) and celebrate as we recognize how many of our dreams have come true during the past year.

**Susan Z Rich**

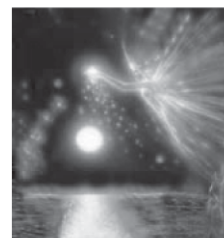
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*Now that we are in the fifth dimensional energy, how does this affect our ability to manifest our desires?*

It is a refinement of energy. It is the abilities, an awareness; a consciousness for humanity now that they have full ability to think, to project, to accept and to receive that which would be their desire fully. There's also an awareness, in this energetic time, that there is that capability, and that the thought processes are the creative force, for many are experiencing this manifestational process now.

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



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**TESTIMONIAL:** *Nellie, I just wanted to tell you how much I appreciated the time you spent with me on this past Saturday. The concert that I was having such a hard time remembering was Patti LaBelle -- that was Kenny's favorite singer and he was really surprised when we pulled into the theater. It was the day after Valentine's day and I made an excuse that we were going to drive to Sarasota to eat at a really nice restaurant. How seats in the 5th row were available just 3 days before the concert is beyond me -- it really was just meant to be. **It's funny that this particular event came up in the reading Sunday because Sunday and Monday are the Mexican celebration for departed loved ones -- and I was just wondering to myself what the greatest moment we had together was in our short 4 years together, and for some reason I didn't think of this concert. This WAS definitely our best activity together and it took me coming to see you to remind me of that.** You are a dear, special person and regardless of whether I get up that way again (I hope I do!), you will always have a special place in my heart. Thank you so much for the piece of mind you have given me. Warmest Wishes, Chris, Tampa, FL*

**TESTIMONIAL:** *The day I attended your first class, I was a little nervous. I'm basically shy in such situations. New people, new information and not knowing what to expect. I have to say that **as soon as I walked in it was very comfortable. You made it so easy to feel a part of the class and in the first hour strangers were talking like old friends. It was remarkable! I can't say all my questions were answered but I can say that one lesson learned was patience is important :) The answers will come as I grow. Aside from that, the class itself was not what I expected, but something better. You gave us not only instruction from a learned psychic about the basics and the in's and out's of choosing such a path, but we learned from each other as well. I've never experienced teaching in quite this way. All in all, I would do it again. . .and again :) It was fun, it was informative, it was personal. I can't thank you enough for giving your time, your patience and yourself to this effort. Thank you for allowing me to be a part of it. I will attend again and I look forward to it! Thanks again, Ro***

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## 2010 Chinese Year of the Tiger

According to the Chinese Zodiac, the Year of 2010 is the Year of the Tiger, which begins on February 14, 2010 and ends on February 2, 2011.

### *Chinese Animal Symbolism of Tiger*

Chinese animal symbolism of the tiger deals with (but is not limited to):

- \* Power
- \* Energy
- \* Royalty
- \* Protection
- \* Generosity
- \* Illumination
- \* Unpredictability

In China, the tiger is considered the king of all beasts (not the lion) and represents powerful energy. Further, the tiger is associated with Tsai Shen Yeh, the Chinese God of Wealth, and this god is usually seen sitting on a tiger in Asian art.

Asian lore considers the tiger the protector of the dead, and will often be seen in graves as a mark of protection, assuring peace for those who have passed.

Tigers are considered a yang energy, and are also a solar animal which associates them with symbolisms of the sun, summer and fire.

In ancient Chinese myth there are five tigers that hold the balance of cosmic forces in place and prevent chaos from collapsing into the universe.



These five tigers are:

- \* **White Tiger:** ruler of the Fall season and governor of the Metal elementals
- \* **Black Tiger:** ruler of Winter season and governor of the Water elementals
- \* **Blue Tiger:** ruler of the Spring season and governor of the Earth elementals
- \* **Red Tiger:** ruler of the Summer season and governor of the Fire elementals
- \* **Yellow Tiger:** the supreme ruler of all these tigers and symbolic of the Sun

So the next time you wish to honor a loved one who has passed this physical realm considered the tiger as a symbol of reverence.

Or, if you are intending more wealth in your life, call upon tiger energy to help you facilitate this (hint: visualize the copper color of the tiger associated with the gleam of coins. Visual associations like these are very effective with attracting our desires.)

Lastly, as you align yourself with the seasons and cycles of **Mother Nature**, consider including the five Chinese tigers in your practices.

**Chinese symbol meaning of Tiger** is as diverse as the noble creature itself. Take the time to learn more about this amazing animal, it will be worth your investment!



# Abraham-Hicks



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

But if you are a visionary, you thrive in all times. Because as a visionary, you have learned to hold your vibration in the place that matches your desire. Basically you have one function that breaks down into two activities. The two activities are: Line up your Energy. And realign it if it gets out of alignment. That's really all there is to it.

You have this magnificent Guidance System within you that lets you know whether — in any moment — you are a vibrational match to your own desire or not. You can literally feel it.

You can tell by the way you feel what the vibration of your being is. When you are feeling elation, when you are feeling joy, when you are feeling appreciation, when you are feeling love... those feelings are indicators that you are in vibrational harmony with your desires and with your Core Energy.

But when you feel anger or frustration or blame or guilt or any of those negative emotions, like fear... that means that, in that moment, you have your attention upon something that is not a vibrational match to your Core Energy or to your desire.

Your emotions are your barometer to let you know about vibration. So as you begin to pay attention to the way you feel, you are then, and only then, able to align your energies with your Core, and with your own, desire.

## PICKINESS & THOUGHTS

Imagine that you are going on a road trip and you're going to drive eight or nine hours, and a friend of yours, a teenager, has lovingly loaned you a bag of his cassettes tapes, music tapes, and he has a very wide, diverse interest in music. And so, the first tape you pop into your player in your car is hard metal rock music, and as you hear it twanging, it sets you on edge. You can feel right away that it's not a match to your mood or your taste in music, can't you? Well, would you feel obliged to hear it out? Or would you pop that bugger out of there and reach for something else?

You can tell by the way you feel when you've found your musical match, can't you? And all thoughts are that way.

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We want you to be as discriminating about your thoughts as you are about your music or about the food you eat or about the car you drive. We see you picky in many areas, and we want you to extend that pickiness to thought. Make a decision that nothing is more important than that you feel good, so that you are more selectively sifting through the data of your memory or the data of your observation.

We encourage you to play with spending 17 seconds on any topic. If you hold any thought, positive or negative, wanted or not wanted, if you hold a thought purely for 17 seconds, that at the 17 second point, another thought just like it joins it. And as these two thoughts coalesce, there is a combustion. And as these two thoughts combust, they are parlayed into one more evolved, faster vibrating thought. And when it happens, you feel it. It feels like heightened interest or enthusiasm. If you hold that, now more evolved, thought for another 17 seconds, then when you cross that 34 second mark, the same thing happens. Another thought like the more evolved thought now joins it, and there's another combustion point. Only this time, it moves much further than it did the first time, because the two thoughts that combined were bigger to begin with. Purely hold a thought for 17 seconds until it combusts and another thought joins it, and the Energy in that combustion is equivalent to 2,000 action hours. If you work a normal 40 hour a week job, that's about what you work in a year. 17 seconds of pure thought, allowing the combustion, gives you that much Energy. Your action is not very important by comparison. Cross the 34 second mark, and you can multiply your action by ten. That's 20,000 action hours. Cross the 51 second mark, and you can multiply by ten again. That's 200,000 action hours. If you can hold a thought, purely, without contradicting it, until you cross the 68 second mark — that's just four times 17 — you can multiply by ten again. That's over 2,000,000 action hour equivalent. We're talking about accessing the Energy that Creates worlds. And the reason that it is not fathomable to most of you is that most of you don't make it past the eight second mark without contradicting your desire.

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



## From The Heart

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

cooler, and you will hear a pervasive agreement that things are bad and getting worse. Yet if you do not go into agreement with such a dire belief, you do not inherit its results. You have the power to live in a love-based universe even while others pander to one that seems fear-based.

Gandhi said, "The pure love of one soul can offset the hatred of millions." I saw a literal demonstration of this universal principle when I watched a video of **Mother Teresa**, who, during a war in Beirut, decided to go into the ravaged city and rescue a group of children from a hospital. When she informed the media that she was going to enter the city with a group of nuns in several trucks and remove the children, the warring factions declared a cease-fire. The video showed soldiers standing humbly on the streets watching the trucks pass. **Mother Teresa** and her entourage completed the operation and departed the city amidst a rare silence of gunfire. As soon as the nuns and children were outside the city limits, the soldiers began shooting again. Behold the power of one pure act of love to silence a war.

Love does not fight against anything; it simply stands for itself. At another time **Mother Teresa** was invited to speak at an anti-war rally. She refused, stating, "I am not against war. Being against war is just another form of war. If you had invited me to speak at a pro-peace rally, I would gladly come. But I will not add more war to war."

Consider if you have any choices before you that can be boiled down to fear or love. Human beings have a certain propensity to move from fear at first instinct. Yet if you can take a few moments to step back from the upset, breathe, and ask yourself, "*What would love do here?*" you will likely see options that you did not recognize when you were embroiled in upset. It takes two people in fear to keep a conflict going. If one chooses love, that ends the conflict. I know many couples who were getting divorced or already divorced, and were engaged in ongoing warfare. When one of them decided he or she would rather give love than attack, everything changed. It takes two people to fight, but only one to end the fight.

February is Valentine's month, a time when we celebrate love. While the holiday generally focuses on romantic love, there is so much more to love than romance. What we call romantic love often gives way to pain, while true love gives way only to healing and freedom. How powerfully we could change the world this month if we chose to deny the ranting of fear and act instead on the quieter but infinitely more powerful voice of true love.



## Seeing Subtle Energy

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

directly behind the eyes and about the size of a pea—contains a complete map of the visual field of the eyes and regulates the body's biorhythms, in part through the production of melatonin.

Those who have studied chakra clearing with Donna will recall being told to close your eyes while giving or receiving the chakra clearing, and to notice if you see colors in your mind's eye. Many do. **Francesca McCartney** teaches her students to identify colors, eyes closed, by bringing their hands near an object. She reports that people can "see" color via any area of their skin and finds that practicing "psychometry" (the use of one's hands to sense energy) is a powerful path toward cultivating clairvoyance. Simply knowing that your hands, your skin, and your eyes are wired to sense energy (energy synesthesia)—and for some people their ears, nose, and taste buds as well—gives you an important boost in your ability to choose the practices that will cultivate the direct perception of the energies around you. Practicing energy work while holding this perspective, in fact, has sensitized many of Donna's students to subtle energies.

**SENSITIVITY TO LIGHT OUTSIDE THE NORMAL COLOR SPECTRUM:** The skin emits thirty photons per square centimeter per second, not enough to cause us to visibly glow, but light is already coming out of the body. The skin also emits micro-waves, infrared, and other electromagnetic frequencies. Some people visually register frequencies that are outside the normal spectrum of visible light, and this allows them to see the biofield as well. While there is apparently a "tetrachromatic" gene associated with this ability of the optical nerves to register an expanded range of the light spectrum, this ability can also be cultivated.

**INNER SIGHT:** The pineal gland is not only light sensitive, it is associated with psychic development. It is referred to as the "third eye" in numerous mystical traditions, and it is frequently a focus in their many ways of teaching people how to cultivate "inner sight." It is now believed that other areas of the brain, such as the hypothalamus and the right temporal lobe, are also associated with spiritual experiences. And not only is the third eye (6th chakra) involved with inner seeing, Donna believes many people receive a tremendous amount of information through the 2nd chakra, which may result in a "knowing" that may then be experienced in terms of color or other sensations. We encourage you to practice any form of meditation, yoga, or other spiritual discipline that speaks to your heart. At the same time, simply practicing energy medicine while staying open to unusual forms of perception also cultivates inner sight.



# The Soul Truth

...continued from page 21...

*Is our ability to manifest dramatically greater now than it has been in any other time in history?*

There has always been ability, however, there is a consciousness that one has that ability so that in the consciousness there's a greater receptivity. It is also a refinement of energy that allows for that to be more fully experienced, let us say. So, in essence, yes, it is far easier for this to occur - less resistance.

*Can you explain the process that makes thought the creative force?* It is creativity, it is an energy exchange. It is that which is the thought perceiving; it is perceptivity. Do you understand? That then allows one to formulate, let us say, matter. If one desires a chair, then one perceives it first, do they not? So it is perceptivity, as well as projection. You wish us to speak of the physiological or the physics of the circumstance that is the creation, and we have no words that would allow for the head to understand, nor for the masses to perceive. A scientific mind could do such but the masses could not in general. Do you understand? It is experiential. It is the projection of thought, then the occurrence in one's life. Many can do this in the sense of individuals placing intent on another, have one call them up. So there is that telepathic occurrence. As one begins to perceive that they can think about something and then receive it, drawing it to them, magnetizing it. Manifestation is only magnetizing, becoming a magnet to that which you wish and desire.

*So, we're talking about the law of attraction, correct? You are.*

*Please explain the process involved.* It is a process. It is experiential. To do it is the confirmation. To do it, and to have the experience of it being completed, and the attraction or the manifestation then occurring. Then as one experiences and attempts again and has confirmation of it happening, then it becomes an occurrence that is continual. When things are experiential, it is difficult to describe in words, for the words are limiting to the experience. Do you understand? We wish people not to be caught up in the words but to enjoy and to experience the experience.

*What's the relationship between neurolinguistic programming and the manifestation process that you are describing?* It is beliefs about particular words. That's what we're saying, that words can be limiting. So in the neurolinguistic programming, it is to shift words, particularly words that block the flow in one's life circumstance. For each individual has particular words that are uncomfortable because they have been used in a negative way in their environment. It is not the word that has the energy, it is the energy placed upon the neurolinguistic programming, and it is training and entraining the mind and the brain and the being to use words that are attractive rather than repelling. Meaning, if there is a word that is uncomfortable for a personality, it can attract a negative because of their belief or the feeling they have about that particular word. So it is retraining the self to use words that are attractive, similar in content, but less charged in a negative way. For many of the words that block, block because of a lack of self-esteem attached to them, an unworthiness that is felt.

*What are some of the tools that you can provide us for manifestation?* When there is a desire, there is a creation of a thought that is a bridge to that outcome. So when one has a thought or a desire to be manifested, one then creates the thought bridge, meaning those attitudes and perceptions that are positive for that outcome. That places that bridge of thought into the universe for that manifestation to occur.

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# Abraham \*Fun\*



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

## *Dealing with Past Mistakes*

**H**ow does Abraham suggest we handle past regrets or mistakes that affect our present lives, especially our relationships with others?

It's surely part of the "human condition" that we sometimes mess up with regard to our relationships. We say or do something that we later regret, or we overlook doing something that perhaps we promised to do. We forget a birthday, an important occasion, or fail to follow through on a commitment. Maybe we say something in anger or even jest that we later wish we could take back.

Unless we're living a solitary existence in a cave, interacting only with the stalactites and stalagmites, we will probably offend the heck out of someone at some point in time.

What most people do when they realize their sin of omission or commission, so to speak, is try to remedy the situation by taking immediate action.

The problem with this approach is that they're taking action from a place of feeling guilty, regretful, or perhaps embarrassed. And you don't have to hang around Abraham-Hicks long to know that it's all-important to "clean up our vibration" first.

That is, find a better feeling about the mistake FIRST before trying to remedy things.

Then, taking action from a better-feeling place will likely gain the desired results — the offended person feeling soothed and forgiving and the error being minimized.

So, when we realize we made a mistake that'd impacting someone, we could choose these kinds of thoughts:

—I messed up, but there's no sense in berating myself about it. It's human to make mistakes. Everyone does it at times.

—I'm glad I have this person in my life, even though he/she may be upset with me right now.

—I'll do what I can to make amends.

—I hope that what I do to repair the relationship will be adequate, but I don't have ultimate control over whether my gestures are accepted. All I can do is offer them in a good spirit.

—I believe that it's possible and likely that this relationship will become enjoyable for us both again.

—I think it's possible that this relationship will become even more meaningful to us both as a result of the rockets of desire we've both launched during this foul-up.

—It feels so good to know I don't have to be perfect to maintain good relationships.

—All I need to do is keep my focus on what I want and use problems and mistakes as springboards to focus ever more clearly on how I want my interactions to go.

—Then, via Law of Attraction, I'll welcome ever more meaningful and enjoyable — though sometimes imperfect — encounters into my experience.

Needless to say, humor can come in very handy in situations like this. Once, when working for a mortgage company, I had a friend who discovered she'd made a significant mistake on a document she'd typed.

We brainstormed ways to break the news to her boss, and she ultimately told him, "They say that to err is human and to forgive is divine. So I'd like to hereby give you a chance to become divine." It broke the tension, even causing the boss to laugh before she spilled the beans about her error.

**Think happy thoughts &  
good things will happen**

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# The Prosperity Project

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

that it's selfish or somehow evil and wrong to buy lavishly expensive things. It's not. It's ok to want the best of the best. It's ok to own luxury items and to buy things just because you love them. It's not ok to go into debt for those things, but if the universe is going to give you a \$1000 raise every day, I say just roll with it!

Yesterday, I had planned to do some high end shopping to prepare for my list today. Unfortunately, my cat Pearl died yesterday morning, leaving me unmotivated to buy things. I was tempted just to give the whole \$4000 away to someone else until I'm done grieving.

But since that would defeat the purpose of this exercise, I decided that I would spend my \$4000 at Walmart while I was there picking up some needed stuff. Every girl's dream, right? Wrong. I walked around that store and realized there was nothing in there worth buying.

After three days of the Prosperity Project, I've already outgrown Walmart!

So, being a gadget girl, I'll make that the focus of today's dream list.

\$4000 deposit

\$ 400 God's money: Goes to the Space Coast Oratorio Society to buy music for the season.

\$ 800 Wealth Building Account (Total \$1400)

\$1000 Quickbooks Premier - 3 users

\$ 700 Brother MFC-9840cdw Color Laser Multi-Function Center with built-in network

\$ 170 Mac Box Set - To upgrade the software on my Macs

\$ 500 Canon Powershot G10 Digital Camera - Point and Shoot-I'm not a photographer

\$ 280 Bose Quiet Comfort Acoustic Noise-Cancelling Head-phones for my iPod/iPhone

\$ 100 Two wired mice for the iMacs - the battery operated ones are making me crazy!

\$ 50 One wired keyboard for Keith's iMac.

Wow. That was fun. All of this stuff has been on my list for a while. It's good to finally be able to buy these things. Now I can move on to a much bigger list!

BTW, The Space Coast Oratorio is a chorus I sing with. They are sponsored by a church right now, but when they get enough money they'll be able to be independent. Wouldn't it be nice to make that happen for them? Then I could move on to buying the percussion section for the Space Coast Symphony Orchestra. Happy spending!

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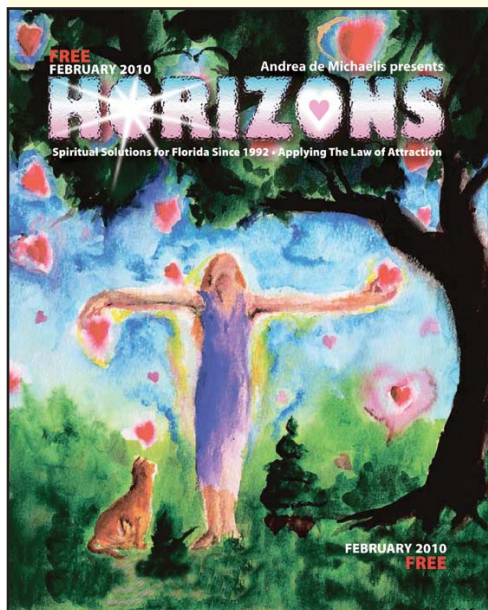


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# COVER ART *Queen of Hearts* by Melissa Harris



**Melissa Harris** is an internationally known and published artist and author, as well as a psychic empath. She holds a BFA and MFA in Painting and was honored with a Fulbright grant to study painting in Paris. She has dedicated her life to the creation of imagery that celebrates life, love, beauty, nature and magic. Her colorful and emotionally evocative imagery can be found on prints, cards and other gift items published by her company **CREATRIX**.

Some of her series include **Women and Magic**, **Women and Nature**, **Women and Meditation**, and more. Her images grace the covers of books, CDs, magazines, and calendars worldwide. You can also find her artwork in the Goddess on the Go affirmation deck as well as her own **CREATRIX "Anything is Possible" activation card deck**.

**Melissa** teaches spiritually oriented art-making classes combining meditation, visualization and shamanic journeying with artistic technique, known as "Painting Outside the Lines"™. She has taught at the Omega Institute, the Open Center, and other spiritual retreat centers.

She travels throughout the US doing her **Spirit Essence Portraits**. In these unique sessions she joins her background as a clairvoyant with her artistic abilities to create your own portrait. She tunes into you and paints a 7" x 10" watercolor of your unique essence as it appears to her in a semi-trance state. She combines the elements of what she finds into your painting in a way that will be helpful for you in your path of development. The session takes 60 - 70 minutes and you receive the double benefit of learning what she "sees" as well as owning a Melissa Harris original painting. These are not "aura" paintings, but much more realistic images.

In February Melissa will be doing her **Soul Essence Portraits** and lectures at the following locations:

**Feb. 9 & 10 Orlando** Dr. Laura Rampil's office 407-380-7799  
**Feb 11 & 13 Boynton Beach** The Crystal Garden 561-369-2836  
**Feb 12 & 14 West Palm Beach** Changing Times 561-640-0496  
**Feb 15 & 16 Cooper City** Mind Body Connection 954-680-4390  
**Feb 18 - 28 High Springs** High Spgs Emporium 386-454-8657  
**Feb 20th Melbourne** Heaven Sent Wellness 321-253-1552

She lives in the Catskill Mountains on 9 beautiful acres and 4 cats where she has built her dream studio complete with skylights, French doors, and meadow views. To see more of her artwork visit [www.melissaharris.com](http://www.melissaharris.com)



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[TheNewWay@bellsouth.net](mailto:TheNewWay@bellsouth.net)

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

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

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

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

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

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

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

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

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

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

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

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

January 30th GAINESVILLE Psychic / Spiritual Development Classes - 2:-4:30 PM. Class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$25. Held at Unity of Gaineville, 8801 NW 39 Avenue. Sponsored by International Foundation for Spiritual Knowledge. [www.ifsk.org](http://www.ifsk.org) 407-673-9776

Friday February 19 VERO BEACH 7:30 til 9:00 Elizabeth Mattis-Namgyel at the Unity Church in Vero Beach, FL. Her talk is entitled Faith: Finding our Sense of Adventure, the talk is free and open to the public. for information contact [sebastiancounsel@bellsouth.net](mailto:sebastiancounsel@bellsouth.net) or call 772-589-4488.

Saturday February 20 SEBASTIAN 9am to 4pm Elizabeth Mattis-Namgyel will be teaching, answering questions and leading meditations on Faith: Beyond Blind Acceptance and Doubt, at Kashi Ashram cost is \$35. Lunch is provided. To register call 772-589-1403. For Information contact The Sebastian Counseling Center at [sebastiancounsel@bellsouth.net](mailto:sebastiancounsel@bellsouth.net) 772-589-4488

Saturday February 20 ORLANDO 10am-5pm Dr. Brian L. Weiss, M.D. - All-Day Past Life Regression Workshop Orange County Convention Center. Dr. Brian L. Weiss is the highly-respected, former Chairman of Psychiatry at the Mt. Sinai Medical Center in Miami, graduate of Columbia University and Yale Medical School. Don't miss this highly experiential intensive workshop. Visit [www.hayhouse.com](http://www.hayhouse.com) or call 800-654-5126 to RSVP

Saturday February 20 PALM COAST 2:00pm East Coast IANDS support group meeting, This support group is for those people (or their friends or family) who have interest in or have experienced a Near Death Experience and need education and validation on their experience. Contact Aynne McAvoy for rsvp and information at 386-437-9791

Saturday March 13 FORT LAUDERDALE 10am-5pm Dr. Brian L. Weiss, M.D. - All-Day Past Life Regression Workshop Broward County Convention Center. Dr. Brian L. Weiss is the highly-respected, former Chairman of Psychiatry at the Mt. Sinai Medical Center in Miami, graduate of Columbia University and Yale Medical School. Don't miss this highly experiential intensive workshop. Visit [www.hayhouse.com](http://www.hayhouse.com), call 800-654-5126 to RSVP

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# Loving Yourself - The Foundation



Patricia Crane, Ph.D. and Rick Nichols, partners in Heart Inspired Presentations, LLC, are licensed with Hay House, Inc., to train Heal Your Life workshop leaders in the work of Louise Hay. For more information about workshops, go to: [www.healyourlifeworkshops.com](http://www.healyourlifeworkshops.com).

To learn about their training, go to: [www.healyourlifetraining.com](http://www.healyourlifetraining.com)

**I**t sounds simple: just love and accept yourself and your life works! This is the foundation of the work of Louise Hay. Building a strong inner foundation begins with a change in thought - I am worth loving.

The key is moving that thought from a mental level to an emotional level that really takes hold in the conscious and unconscious minds. A powerful technique for making that shift is called mirror work.

Mirror work initially is looking in your own eyes - really looking- and saying to yourself, "I love and approve of you just the way you are."

Or if that is too much of a stretch, saying, "I am willing to love and approve of you just the way you are." When someone does this seemingly simple exercise the first time, the result is often a wave of emotion and tears. In reality, it is anything but simple.

Inside, people often hold very unloving thoughts about themselves. They have stored up numerous reasons why they are NOT worth loving. They hold criticisms, regret, resentment, and guilt.

Looking in the mirror, these feelings and negative messages from childhood come rushing back into consciousness. Women typically have critical thoughts about their appearance, and how it doesn't measure up to society's image of beauty.

Perseverance with mirror work is a key to change. It does get easier with time, and you can feel an inner shift as your inner self starts accepting the idea of loving and approving of yourself.

Some of my clients put the mirror down immediately and wouldn't even do the exercise at first. A few even threw the mirror down. With gentle encouragement, they came to recognize the value of it. Mirror work can also be used to say affirmations and do forgiveness work.

There's a saying, "Try it- you'll like it!" Well, probably not immediately, but in time you will find yourself smiling in the mirror, saying "I love you!" and truly meaning it.



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## Ask Whitedove

*...continued from page 15...*

**Dear Whitedove:** There's a lot of hype about whether or not Aliens really exist. My family believes that the idea of life on other planets is just science fiction; but I've always thought they're real. **Lucky Stars in Key West.**

**Dear Lucky:** It would be very presumptuous of us to look up to the Heavens at night to see the sky teeming with stars only to assume that Earth is the only planet with life. There are most definitely other forms of intelligent life, which I prefer to call "Star Beings". Humans must open their hearts and minds to realize that just because we cannot see something doesn't mean that it does not exist. Science recently discovered planets in neighboring galaxies that they call "Super Earths" and look to be more than capable of sustaining different life forms. Hopefully the human race will learn to accept Star Beings as common knowledge, thus opening us up to new possibilities, perhaps even contact.

**Dear Whitedove:** I've had so many horrible things happen in my life even though I try to be a good person. My Husbands sister is very selfish and uncaring, yet she seems to have a completely charmed life. Why isn't the law of Karma applying here? **Jilted in Jersey**

**Dear Jilted:** Karma is like a never ending debit card, pay now or pay later - no one is exempt. And don't forget that your good karma is repaid too.

In regards to your sister-in-law and her instant karma or lack thereof, you have to understand that there's a bigger picture at work. Many karmic debts we pay back in our lifetime stem from what we created in previous lives. In other words, if you do something negative to a person in this life, you will most likely pay that karma back in a future life. Karma does not equate to being good or bad, it is simply a reaction to our actions. Another thing to remember is that we come to Earth to learn many lessons some of which are painful and unpleasant, but this does not automatically mean we deserved it or that we were paying back karma. For example, if you write in your life contract that you wish to learn the spiritual lesson of forgiveness then you must have things happen in your life that would necessitate the act of you forgiving. This is why it is so important to put our faith in Great Spirit and to always remember that we chose this life for our own soul's growth.

We must strive to stay away from judgment, only God knows the path of the soul's journey. My advice is to focus on your own spiritual growth, and let your family members work on theirs. Karma is an eternal equalizer.



## Digesting Experience

*...continued from page 16...*

and in doing so we may imagine that we are responding directly to life. But do we really let life in this way? Or, in reacting are we keeping our life at bay? And if we keep our life at a distance how can it nourish us? How can it move through us? How can we absorb it and let it work its magic?

My teacher has pointed out that when we look at any of the accomplished lineage masters of our tradition we never see them struggle with conceptual or emotional indigestion in the way we do. They take in all experience, utilizing everything as food for realization. Experience moves through their bodies, through their awareness and nourishes them, just as when we eat, food distributes nutrients to our blood and bones, skin and hair. The great masters are always 'eating,' and whatever they eat generates boundless energy, intelligence and compassion. It turns out that practice accomplishment is nothing more than learning to be natural with our experience - not unlike the body's natural ability to digest food.

As practitioners we might wonder: "What would it be like to be so natural, so ordinary?" We should ask this question again and again because it does away with all the fluffy fantasies we have about spirituality; all this waiting for something special to happen; all the excitement we feel when something 'unexplainable' occurs, all the disappointment we encounter when nothing 'special' comes our way. It directs us to the point of practice: finding contentment in being fully human, natural and ordinary.

### ELIZABETH MATTIS-NAMGYEL,

*Tibetan Buddhist teacher* will be speaking at the **Unity Church in Vero Beach Friday February 19**

at 7:30 on "Finding our Sense of Adventure"

The talk is free and open to the public.

Unity of Vero Beach is located at 950 43rd Avenue



**Saturday February 20, from 9am to 4pm** Elizabeth will be teaching, answering questions and leading meditations on **"Faith: Beyond Blind**

**Acceptance and Doubt"** at Kashi Ashram in Sebastian, FL. Lunch provided. Charge \$35.



#### FOR INFORMATION CONTACT :

The Sebastian Counseling Center  
at 772-589-4488 or email  
sebastiancounsel@bellsouth.net.



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



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## Connecting with Your Angels, Guides & Teachers



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

## Healthy Eating Habits



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

## Sleepytime Recharge

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



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

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



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## HOW TO CREATE YOUR OWN HORIZONS COMMUNITY GROUP

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

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

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

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



## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*





# Solar & Lunar Celebrations of the Ancients

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

## February 2010

Welcome to the month named for a piece of skin from a dead goat. More on this later, you won't want to miss it! In the mean time, we will discuss the one of the most wonderful times of the month: The time to celebrate love. Yes, it's true! Even old calendar curmudgeons know that! This is the month of Valentines Day, the day with the chubby baby with wings; Cupid of course! He has a long history dating back to the ancient Sumerian god Ea who had winged guardians called Kurum (or Kurub) meaning "to guard" in Sumerian.

"For this was sent on Seynt Valentyne's day  
When every foul cometh ther to choose his mate."  
--Chaucer--

In "The Golden Ass", one of the first novels written that we know about, Lucius Apuleius wrote that the young god Cupid was so taken with the human beauty, Psyche that he accidentally shoots himself in the foot with his own arrow - bummer! Anyway, Psyche wanted to see this god in the light of an oil lamp, so she spies on him and becomes banished from Cupid's home. After many trials, Psyche proves that she is a worthy mate for a god and Aphrodite, the Goddess of Love, let's her return!

Feb 2nd - Wicca: Imbolc and Brigit's Day

Feb 3rd - Japan: Setsu-bun, day of purification to banish demons of winter

Feb 6th - Greece: Festival of Aphrodite, Rome: Festival of Goddess Diana

Feb 9th - Greece: Feast of Apollo, the God of the Sun

Feb 12th- Hinduism: Shiva's Night, God of destruction and rebirth. Celebrate with fasting and oil-lamp vigil.

Feb 13th - New Moon at 9:53 PM

Feb 14th - Valentine's Day

Feb 15th - Roman Lupercalia (Feast of the Wolf, the god Lupercus)  
Young men choose their sexual partners during the orgiastic festival.  
Feb 17th - Fornicalia, or the Festival of Fornax, the god of ovens (fornicator).

Feb 28th - Full Snow Moon at 11:38 AM

Feb 28th - Hinduism: Holi, celebration of good over evil

Feb 28th - Persia: Celebration of the Earth Goddess Zamyaz

## The Universal Lightworkers Conference



"A Celebration of Love & Light"

June 11th-13th, 2010 ~ Florida  
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## A Factoid With Which To End The Month:

So, what about that poor goat?  
The name February may have come from the name of the februa, a goatskin thong that was used during the Roman Lupercalia Festival on February 15. The priests used the thongs to purify by lashing the local women so that they can become fertile. On the other hand, it may have come from the Latin verb februare, meaning to "expiate" or "purify".

# Abraham-Hicks



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

## CONTRASTING STICK ENDS

You have been so trained to weigh the pluses and the minuses, the pros and the cons, that in your learned objectivity, you rarely, if ever, cross the 17 second mark holding any thought that matters. In every particle of the Universe there is that which is wanted and lack of it. And so, when you pick up the stick that has wellness on one end — it has illness on the other end. Do you know it's a really rare one of you that we hear saying the word "wellness" or "health" or "Well-being" that we don't feel in your vibration exactly the opposite?

In other words, you're using the word to try to compensate. You don't mean to, but the reason that you do it is because when you were very little and you learned these words, you not only learned the way the word sounded or how to use the word in the sentence or how to make the word with your mouth — you learned the way the word felt from the people around you who were using the word.

## VIBRATIONAL VOCABULARY

When your mother was talking about money, because you wanted some and she was explaining to you that there wasn't enough money...when you overheard them talking about money, you learned the word — and you subliminally learned the vibration of the word.

So now, when you offer the word, money, you often offer a vibration that is not in harmony with your desire but in vibrational harmony with what you once learned.

So then, when you introduce a desire... When you say, "I really want something that costs more money," and your belief about money is not up to speed with your desire, you feel the contradiction. You feel the disappointment. You feel the worry. You feel those negative emotions that are your clear-cut Guidance saying to you, "Hey, you're not, in this moment, in vibrational harmony with your own desire." And that's when your work begins.

When you identify and hold your thought, purely, on any topic for 17 seconds, it is enough to set the Universe into motion. And the Universe — which has infinite ability and resources to match the vibration of your being — will do so. Now, it's happening all of the time, anyway, but most of you are not making the correlation. It isn't until you deliberately hold a thought and then see the Universal response to it that you really begin to understand what's going on. Play these games of visualization for a few days. It will be such fun for you, and if you will do it, it will give you two very important things. First, it will show you that you can hold a thought for 17 seconds. That's a "biggee", bigger than you know. And the other is, it will show you that the Universe will absolutely, every time, respond to the purity of your thought. Very good.



## SUGGESTED READING WATCHING LISTENING

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

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

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

The Miracles of Archangel Michael by Doreen Virtue  
Return To Sawyerton Springs by Andy Andrews  
Angel Therapy® Oracle Cards by Doreen Virtue  
Linden's Last Life by Alan Cohen

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

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

The 21 Day Consciousness Cleanse by Debbie Ford is available at Amazon.com, bn.com or by visiting [www.debbieford.com](http://www.debbieford.com)

### MUST SEE DVDs

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

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

The Living Matrix—The New Science of Healing  
[www.thelivingmatrixmovie.com](http://www.thelivingmatrixmovie.com)

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

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

The Little Soul and the Sun by Neale Donald Walsch

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

Something Unknown is Doing We Don't Know What

## *This month's thoughts about things...*

*...continued from page 20...*

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. You bored? Unmotivated? Do something about it.

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.

I spin my stories this way because it's the way I have learned to see the world, and how I see the world and respond to it determines my experience. I put this spin on my words because it makes people hopeful, it gives them a glimpse of what can be, it gives them a respite from their constant bombardment with everything that's wrong with the world. I want to give them another view, from standing in my shoes, of how the world can look and how life can be.

And how about you? What spin do you put on the things you talk about with friends? That the world is a friendly, loving place or that we should all be shivering in our boots waiting for the axe to fall? How do you spin your stories? What are YOU trying to convince everyone in YOUR world of?

Enjoy our offering this month. Hari Om.

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



*Andrea*

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## HOROSCOPES FOR

**Gemini: May 20/21 to June 21 "I Think".**

Watch your thoughts, so you can create by intention and not by default. Boundaries are needed, and a savings account needs to be established. You could also have two sources of income, one that you put away, and one that you live on. I see that Hawaii vacation. Now is the time to save and plan for your adventure, and adventure it will be.

**Aries: March 20 to April 19/20 "I Am".**

This February you are working with a lot of unusual and unresolved feelings about whether or not to turn this friendship into a lasting romance. If anything at all, this new relationship focus will inspire you to express your creativity, a muse so to speak. Think about what will make you happy and accept nothing but the best.

**Taurus: April 19/20 to May 20/21 "I Have".**

Your incubation period of internal growth and new ideas to manifest are ready to be released. Your greatest lesson will be about learning to say no to the wrong kind of friends; caution and integrity will keep you safe. Your success will come from knowing the right kind of people that can help you direct your energy toward achieving your goals and turning your dreams into reality.

**Cancer: June 21 to July 22 "I Feel".**

The closer you become with your family, the more Pandora's box becomes a free for all. February finds you taking a deeper look at yourself and your natural abilities. You have become more sensitive and concerned with your inner world. Your compassion is a true gift that others appreciate.

**Leo: July 22 to August 22/23 "I Will".**

Transiting Mars in your sign has put a fire on your desires, stand back and watch the flames reach for the sky. Getting in touch with this much creativity will inspire you beyond your ability to recognize who you are. Lessons gravitate towards shared resources. Death and dying, and issues having to do with cooperative living will occupy your mind.

**Virgo: August 22/23 to September 22/23 "I Analyze".**

In your ability to organize your life along with everyone else's, be sure and make room for play. The most fascinating aspect of your personality right now has to do with how you process emotions, you literally feel with your thoughts. It would behoove you to spend more time in Nature.

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

Saturn is still transiting your Sun sign, and being as easy going as you are, lately it has been hard to stay on your own path. You have felt like people have been trying to mess you up and steer you off course. What this indicates is that you are becoming very strong and everyone and their brother has come along to test you.



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# February 2010

**Scorpio:** October 23 to November 22 "I Create". You have called in your warrior energy to assist you in manifesting your creations. Be very clear about your intention because the energy around you is very intense. Add Light from above and within and you will move forward fearlessly on your path to a successful journey.

**Sagittarius:** Nov 22 to December 21 "I Perceive". Lately you are getting very clear about what it means to nurture yourself. You have recently felt backed into a corner. By way of spiritual practice via meditation, affirmations and prayer; you are now able to unlock the doors of contraction. As you nurture others, you nurture yourself.

**Capricorn:** December 21 to January 19/20 "I Use". Don't worry, you will recover from January's Solar Eclipse and Mercury retrograde. Thank God Mercury has moved on and so have you. If you feel like there has been a fire under your you-know-what, well you are acting like it, so get moving... with what you intend to create. Now that the energies around you have softened, you can do what you love, free from stress.

**Aquarius:** January 19/20 to February 18 "I Know". Happy Solar Return Aquarius sisters & brothers! Life will continue to be electrifying. Sometimes it is hard to integrate all this intense energy happening all around us, but if you keep doing yoga and meditating you will make it. You can look forward to the New Moon in Aquarius on the 13th of February, reach for the stars and you might make it to the Milky Way.

**Pisces:** February 18 to March 20 "I Believe". Now is a very good time to work with others to harmonize all the new energies coming into the planet. The energies present in your life will uplift you as well as support your path of prosperity. Excitement really is the name of the game. Life is like a roller coaster so fasten your seat belt, it will continue to be the same for the next six months.

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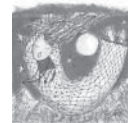
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