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Spiritual Economics 5 Wednesdays Beginning January 26th
at either 11:00am or 6:30pm Facilitator: Paulette Mason With
an intention of recognizing our prosperity as it exists in our lives.
Paulette Mason will be facilitating a book study on Eric Butterworth's
book Spiritual Economics. It will be offered twice per day starting
Wednesday, January 26 at either 11:00am or 6:30pm for 5 weeks.
You may attend either session. Talk to Paulette for more information
254-0313 x 105.

Guest Musician Douglas Blue Feather Sunday, Feb 6 10am
Featuring music from The Best of Douglas Blue Feather – contempo-
rary music featuring the Native American flute.

**Learn How To Play The Native American Flute Beginning
Level Workshop Monday, February 7th 7-9pm** By "Flutist of the
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Feather. Approximate length of the workshop is 2 hours. Music is
an important part of our lives and the Native flute is a very spiritual
and healing instrument that anyone can learn how to play in a very
short time.

Guest Musician Richard Hite Sunday, Feb 20 10am
Afternoon of Healing with Richard Hite Sunday, Feb
20 1-3pm Suggested Donation of \$20 If all you had to do
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become a facilitator and host a group in your own home. Join
a group to enrich your spiritual life and build your community
of like-minded friends.

There is still time to learn how to facilitate a CONSCIOUS
LIVING CIRCLE in your own home. Groups start the week of
Feb. 20th (see above). Contact Maggie for training details:
321-255-4652.

Spiritual Transformation Rev. Chris Chenoweth
Sunday, February 13th 10am service (followed by 1pm workshop)
Transformation is one of the core values of our ministry. Rev.
Chenoweth will share true stories of the touch of God upon people's
lives and the resulting miracles. He shares how your own life can be
transformed by the miraculous touch of God, leading to his famous
seminar that has changed so many lives, to be held Sunday after-
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Healing Prayer Service Tuesdays and Thursdays at Noon Open to all.

Transformation Experience Leadership Group February 6 noon

Revolutionary Agreement Groups 1st Wednesday of the month (February 2nd) at 7:00pm

ACourse In Miracles Facilitator: Darlene Capinha Tuesdays 7:30pm

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

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Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head

Rev. Kathryn Flanagan

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HORIZONS

Our Advertising Rates ... Low because we're in it for the outcome, not the income	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
The Teachings of Abraham by Esther and Jerry Hicks	9
A New Year: Time For a Change by Michael Mirdad	10
What is Friendship? by Mirosav Posavec	11
Herb Corner with Cecelia Aitable	13
Life is a Tossed Salad by Marlene Buffa	14
Ask Whitedove with Michelle Whitedove	15
Soul Powered Life by Lynn A. Thomas	16
From The Heart by Alan Cohen	17
Our Classified Ads	18
Our Calendar of Events	19
Our Phone Directory *Horizons may be picked up at most of these locations*	20
Abraham Fun with Karen Williams	24
Notes From The Universe by Mike Dooley	28
Blessed With Soul Power by Marsha Valutis	27
Cover Artist	29
Solar & Lunar Celebrations	31
Our Mission Statement	35
Monthly Horoscopes by Barbara Lee	36
Suggested Reading, Watching, Listening	37



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

Anais Nin

*Horizons thanks
everyone willing
to take the risk*

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

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

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page 18
page 19
page 20

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the February 2011 edition of Horizons Magazine. I generally don't do relationship articles in the February issue because I think relationship has to do with everyone and everything, not just two people. I figure as far as sex and romance, two people who genuinely like each other will find a way to get along. I count my biggest relationship as the one between who I am at my essence and in potential, and the personality egoistic me that wants to fall into unproductive thoughts and behaviors and become so lazy that it jeopardizes my quality of life. When I let myself fall into a rut, that diminishes my quality of life. That takes my big wide world and reduces it to a hamster wheel that I hypnotize myself into contentment on. And that's not living.

In my 20's and 30's and 40's, I got married over and over, figuring that's what you do. I've learned that's *not* what you do when you're a lone wolf self absorbed control freak at heart. That's just cruel. So, now I figure until I can sort my own sh*t out, I don't need to be bothering no man with my nonsense. I've been unhappy when I did not have peace of mind, but I have never been unhappy when I did not have a man.

It's true that our perceptions create our personal reality, that how we choose to look at the world determines what kind of world we will live in. And two people living under the same roof can live in very different worlds. One of them can believe we are all at the mercy of Fate, and the other can believe we each create our own reality.

Even for those of us who believe we create our own reality, there is one concept that most just can't seem to understand. They think if they ponder and dream on what they want, that what they want should just come of its own accord. They don't realize that what they do and how they think and what they say in all other areas of their lives impacts the creation process as well.

You can't hate your boss and criticize your co-workers and expect to find your dream job - *it's all related*. You can't ignore your mother and be fighting with your sister and expect to draw in your perfect mate - *it's all related*. If you watch the news and get aggravated by it, *that's impacting your creation process*. If you listen to politicians and think anyone is unethical, *that impacts your creation process*. If your boss is unreasonable and rude, and you have any emotional reaction of discontent or dislike toward him on a regular basis, *that definitely impacts your creation process*. And not just in the area of career and income. It impacts it in all other areas. Even areas you don't think you have resistance in.

In my experience, that's where I find most people get hung up. They don't understand that *it's all related*. They don't understand that they've already done all the daydreaming and pre-paving of their creation, the Universe is just waiting for them to release their resistance and allow their creation to come to them.

It's way more important to release resistance than it is to visualize what you want your outcome to be. It took me years to learn that. It took me years after hearing it so well said by Abraham-Hicks in the late 80's to release resistance I didn't know I had, or to even understand there was a process I could do to discover where I had resistance and a process to release it.

...continued on page 34...

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Page 7

Let's have a Seance

Psychic Readings

with Dennis Hollin



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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.

An Emotional Journey From Fear to Hope

Abraham: It is good to come together for the purpose of co-creating, do you agree? Are you enjoying the expansion and clarification of your own desire? It's the most important question that you want to be able to sincerely answer yes to, because expansion is what we are all about... We cannot cease expansion. The variety will always inspire within you the new idea, and that new idea will always generate a vibration in you—it always will.

And so, as that new idea is vibrating within you, you could call it preference, or a desire, or a thought, but as it begins its own expansion, its vibration causes within you something that belongs to you; it's something that you must align with because if you don't, there will be discord in your vibration.


And so, you just can't run around in your physical world and look here, there and everywhere—taking no deliberate care to vibrate purposefully—and be assured that it will cause you perfect alignment with your Source Energy, because your Source Energy has specific characteristics: Your Source Energy is non-resistant in nature. Your Source Energy doesn't push against anything. Your Source Energy is a high frequency, non-resisted, Pure Positive Energy vibration. So, when you get crossways of your Source Energy, you feel it, and that is what negative emotion is. Negative emotion is your indicator that somehow you got crossways of your Source Energy vibration.

We want you to understand the vibrational content of the thoughts that cause different feelings within you. And we want to show you how, with far less effort than it takes you to learn Quick Books on your computer, you can remember your alignment with who-you-are, and utilize it on a day-to-day, moment-to-moment, basis, and bring yourself consistently into alignment with that steady stream of Well-Being that is offering itself to you and through you in every moment of your life. We want you to let that be not only something that you are aware of, but the most important thing that you are aware of. Because when you begin to feel your way through your thoughts, when you begin to realize that you have options about the thoughts that you activate and entertain—then you will be the Deliberate Creator of your own experience.


As long as you think you don't have a choice about what you think because you don't have a choice about the circumstances that surround you, then you are like a cork bobbing on a raging



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sea, going wherever it bounces you. But when you understand that you have options, choices in every moment, on every subject, then you begin to make those choices because of the way those choices feel as you make them. And now, you are using the Guidance that comes forth from within you to guide you to the Well-Being; to the prosperity; to the love of self and others; to the experience that you knew you would have—the experience that is possible for all—to the experience that really is only experienced by those who come to understand the Art of Allowing.

So, it is good for you to reach for some thoughts that give you some relief from the discord or resistance that you have presently going on, for with each attempt at reaching for a thought that feels better, you release more resistance. And as you release more resistance, you fill back up with who-you-are, and your thriving resumes. And we want to really emphasize the word "resumes," because thriving is always the domi-

...continued on page 26...



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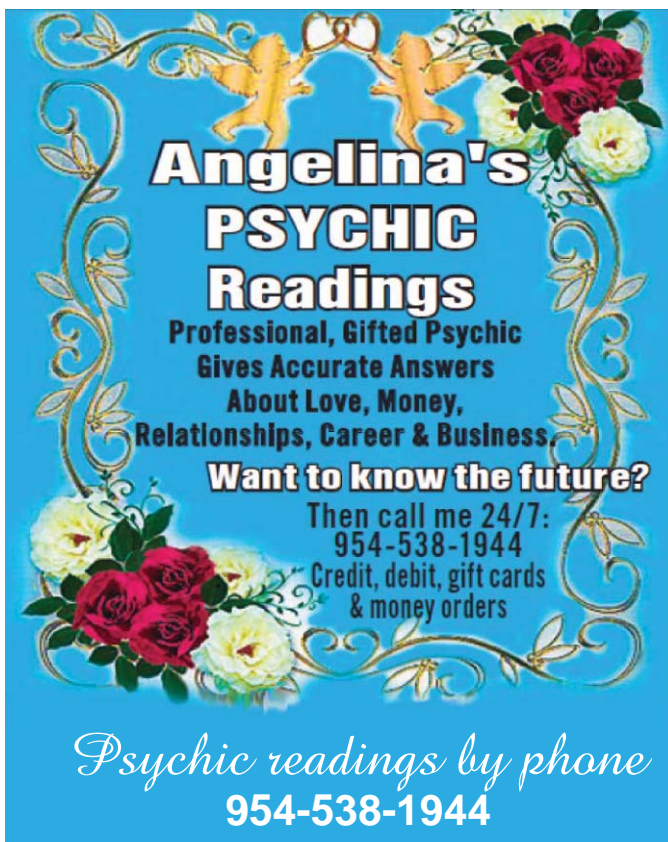


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A New Year: Time for a Change



About the author: Dr. Michael Mirdad author of *You're Not Going Crazy . . . You're Just Waking Up!*, is a keynote speaker at the 2011 Universal Lightworkers Conference in Fort Lauderdale, FL from June 10th - 12th. For info on the ULC conference, go to www.UniversalLightworkers.com. For information on Michael, go to www.GrailProductions.com

Is your life (health, finances, knowledge, inner peace, unconditional love, relationship, work, parenting, etc...) improving or not? If you can say "yes" to all of these, then great! It means you have little or no amount of change to make in your life. If, however, you said "no" to any of these, it might be telling you exactly where you need to do your homework for the next phase of your life.

And, as often said, "You will make these changes either the easy way (as a conscious participant) or the hard way (with denial and resistance, thus causing crisis)."

So let's approach these changes from two sides:

1. Release the old.
2. Bring in the new.

And to get us started with "releasing the old," take a moment to reflect on and release anything you choose to leave in the past and would not want to take into the next phase of your life. Perhaps you could write these things down, along with any hurt or unresolved feelings, then burn the paper and give it ALL to God. Then, begin making healthy new plans for a new life-all based on a great level of Love and Self-Worth.

Once we successfully release the old (to any degree), we must have a clear commitment to "bring in the new." Here's where you can evaluate your life and determine which areas you are prepared to see and experience differently. Let's look at several options . . . but be sure to select at least a few (or make up some of your own) and then stick to your plan of improvement permanently-or as long as you can.

...continued on page 25 ...

FRIENDSHIP

WHAT IS IT?

Miro Posavec is a Registered Homeopath. An interview with Miro is light. And deep. Often funny, he sees through the fog to core issues. Using Homeopathy he builds health. When the mind and spirit are calm, the body heals. Contact Miro at 772-774-8529 and miro.posavec@gmail.com



There is a family that we know here, that had a friendship crisis. They were involved in a close-knit group, and it suddenly got very political, and they found themselves “outside” the group. This was emotional, as the “group” comprised most of their social activities. This got me thinking.

How can some relationships survive for decades? And others crumble at the first sign of trouble? Can I answer a question that has stumped wise men for thousands of years? Sure I can. It’s the middle of the night, and that’s when I have my magic thinking powers!!

I just got back from a trip to Canada. I’ve lived in the USA for 12 years, but grew up in Toronto. I have one brother, a million cousins, and great friendships there. So, to help me in my mission of understanding friendships. I decided to pay close attention to my oldest and most durable relationships (almost all have been friends for 20+ years). Family doesn’t count, as they HAVE to put up with you. Friends can easily get rid of you. While on the plane going to Canada, I decided on some questions:

- 1: If I just met this person today, with no knowledge or history, or shared experience, would I want to be friends with them?
- 2: If they just met ME today, for the first time, WOULD they want to be friends with ME??
- 3: What have my friends learned from me in the years that they have known me? What have I contributed to their lives?
- 4: What have I learned from them:
- 5: What are the ingredients for a “lifetime” friendship?

****If I met this person today, would I want to be friends with them?*** This was interesting, as I had to step outside their relationship with ME, and observe how they acted with strangers, and if they would be approachable.

...continued on page 32 ...

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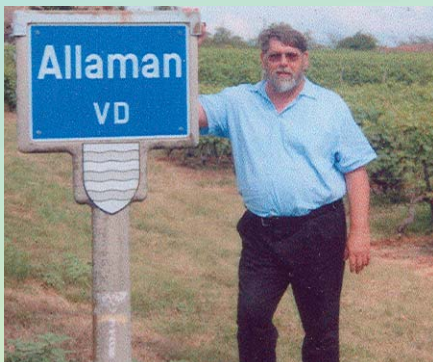
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HERBS FOR A HEALTHY HEART

(Always consult your physician for advice on your particular situation.)

In our nation heart disease is still the number one killer. Today men, women, young and old are having trouble with heart disease; you are never too young to start taking care of your heart. High Blood Pressure and High Cholesterol are the major conditions troubling our circulatory system. Fortunately for most people the circulatory system responds well to holistic and alternative methods of healing including herbs, supplements, acupuncture and massage. **There are many herbs that can benefit the cardiovascular system**, they help strengthen and tone the hearts' muscles and blood vessels, lower blood pressure, reduce fluid retention, balance sodium and potassium levels, relax and regulate the heart and blood vessels and steady the heart beat.

Hawthorn traditionally used for the treatment of many cardiovascular conditions including High Blood Pressure, Congestive Heart Failure and Angina. The actions of Hawthorn come from its antioxidants and bio flavanoids. The leaves and berries help to clear the blood vessels, lower cholesterol, strengthen the heart and prevent build up of plaque on the artery walls improving overall circulation throughout the body. **Garlic** contains amino acids that help to balance homocystine levels; helping to lower cholesterol and high blood pressure. Garlic's compounds help to raise good cholesterol (HDL's) and lower bad cholesterol (LDL's). It also helps to balance nitric oxide and because it is a natural blood thinner it may help to prevent blood clots from forming.

Motherwort traditionally used as a heart toning herb that acts as an antispasmodic relaxing the cardiovascular system. Motherwort is a cardio-tonic herb giving overall strength to the heart. It was and still is used for heart palpitations and irregular heart beats especially if these are from stress, anxiety or hypertension.

Linden is another herb with antispasmodic and nervine properties. These actions relax the smooth muscles of the cardiovascular system helping with high blood pressure especially if it is caused by stress. Linden's diuretic affects within the circulatory system helps move more blood through the kidneys. Linden also helps maintain the balance of sodium and potassium, when these are out of balance fluid within the cells build up eventually causing an increase in blood pressure.

Yarrow reduces blood pressure by dilating the peripheral blood vessels increasing movement of blood thru the vessels moving excess fluids from the blood through the kidneys. **Dandelion, cramp-bark, flaxseeds, ginkgo, horse chestnuts, cayenne and valerian** are some of the other herbs that benefit the cardiovascular system.

A tea mixing together 1/2part hawthorn berries, 1/2part hawthorn leaf, 1/2part linden, 1/4part yarrow, 1/4part skullcap, 1/2part gotu kola, 1/2part ginkgo and 1/2part motherwort may help with congestive heart failure, high blood pressure, angina, high blood pressure and atherosclerosis. You can also help maintain a healthy heart by incorporating omega 3 fatty acids, CoQ10, folic acid, magnesium, Vitamin C, E, B6 and B12 into your daily routine. Reducing sodium, trans- fats & sugar laden foods helps, as will cutting back on alcohol and smoking, drinking more water, and getting more exercise.

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Feb. 12 - Body, Mind & Spirit Fair - 10 am-3 pm

Feb. 12 - Gemstone Class - 3:30-5:00 pm

Feb. 19 - Herb Class - 9:00 am -11:30 am - Heart & Circulatory System

February - Quantum Touch Classes - Call for Details!



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LIFE IS A TOSSED SALAD



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Tonight, my friend Ann and I went to a local salad bar for dinner. I said, "My salad tastes so good. I'm really enjoying it." I quickly added, as though astonished, "Of course it's good - I choose it myself!" Just then, I realized that every aspect of our life is something we choose ourselves. If we resent, or dislike the life we live, then we also contain the power to change it.

When we grew up, we learned the stern lesson of eating whatever our mother put before us. If we didn't clean our plate, then we received admonishment reminding us of starving children somewhere in the world. I could never figure that one out! My childhood mind always wanted to pack up my food and somehow send it to the anonymous children in some

unknown country - not out of compassion, but I thought if I fed them, I'd get a break from hearing about it! As we grow older, etiquette and politeness direct us to graciously smile and nibble at unpalatable food and circumstances served to us.

This type of upbringing leaves us with a bad taste in our mouths! We're taught never to question, never to complain, and never to dare to ask for something better or different. When we face what's "on our plate," we resign to accepting the bowl of life set before us. Yet when we dare to reach beyond our placemat for something more preferable, we find a cornucopia waiting for us.

Buffet of Choices in Life The salad bar concept helps us to recognize the bounty life makes available. Everything you could possibly want, awaits you at the table. All you need do is get up, walk over, and put it on your plate. Pretty simple, right? For many of us, these prove almost impossible to accomplish. We operate in such life-restricting ideologies that confine us to our table, fully prepared to ingest the components of life that we really don't want, but feel destined to endure. Is life really about "getting it over with?" Surely the options set before you, only steps away from wherever you are seated in life, offer you more than merely a toleration of the experience of living fully.

Salad Dressing From creamy to oily, to plain lemon, or vinaigrette, we top off salads with a little extra zing of flavor. Lettuce by itself bores even rabbits from time to time, and the salad we create rouses some sort of emotion in us, as well. Then, do you pour on your dressing or keep it on the side to carefully (and judiciously) dip each forkful into it? The dressing is your cherry-on-top, your lagniappe, your special treat. What in life, do you save for last? Is your precious treat something you fully indulge in, or do you savor it and partake of it sparingly? The dressing of your life covers everything in your life, like each piece of lettuce or tomato. Each aspect of our choices makes contact with your passion, and your passion holds all of your selections together and makes life worthwhile.

Dessert Every salad bar offers dessert. Like life, the good stuff waits for us at the end of the line. Or does it? Sometimes we wait until we're completely full of raw veggies and mayonnaise salads before we consider the possibility of something pretty darn good. Other times, the dried up brownie or curled up at the edges Jello present an unappealing finale to our stringent meal. Every so often, we'll see a child take dessert first - just to be sure he or she has enough room to fit it in. When you want the best in life, don't postpone your joy! Take a heaping plate of what you want to experience and go back for seconds.

Life waits patiently for us. Spirit wonders how long we'll wait before we actually ask life for something better. Suffering, enduring, tolerating the plate delivered to us by the circumstances of our life, offers little righteousness or reason for admiration. Making the best of what life gives you, either on a silver tray or a paper plate, never resulted in anyone living a profound life. Pick your passion and pour it all over everything you ever wanted your life to express. As it seeps over and around your work, your play and your emotions, remember you chose it - and you can choose again. Remember to enjoy all the sweetness that life offers, too. Enjoy it now. Your table will be cleared before you know it.



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Whitedove will be at the Cassadaga Spiritualist Camp for a lecture with Audience Messages.

Dear Whitedove, In my job I am required to be creative and think outside of the box. Today I really feel inspired. Yet other days, I'm not dialed-in and connected. Where does inspiration come from? **Active in Austin**

Dear Active, Inspiration is the driving force from God and his legions. It's a spark lit from within to drive you to be a better person, to be kinder to your family and friends, to participate in helping humanity and to create positive change. Inspiration is motivation to spread Great Spirit's unconditional love with others through deeds, written word, and art too. Even in your most difficult times you'll feel the gentle push of inspiration and motivation from The Great Spirit and the Angel Kingdom leading you to hope and to the light.

Dear Whitedove, I was at a ceremony the other day where they were burning sage to cleanse the space. I find it hard to believe that smoke is cleansing. Is this just a wives tale or is their truth in that smelly smoke? **Clean Freak in Boston**

Dear Clean Freak, From ancient times sacred smoke has been used to lift the energy and consecrate areas and even objects. Many religious ceremonies use incense made of resins and spices such as frankincense as a conduit to Heaven. The Native Americans smoked a peace pipe and their prayers were carried to the Great Spirit in the rising smoke of tobacco. Smudging with sacred smoke is used to clear negativity, clear energy fields, to raise the vibration and bless the space. You do this by lighting the Sage, Cedar, and/or Bear Root then extinguish the flame. Use the smoldering smoke by fanning it into the room in a clock wise manner all while giving thanks to the sacred plants and to the Great Spirit.



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What Programs Are Running In Your Mind and Memories?

Our minds are like a giant computer bank of memories, facts and data affecting our lives on numerous levels. As I walk my dog, I notice the gentle breeze moving the fronds on a nearby palm tree. I sit on a bench, close my eyes and listen to the breeze in the trees. The sound takes me back to a childhood memory.

I follow the thought's emotional memory cord back in time. It is **Easter** morning and my grandmother awakens me before the sunrise from my peaceful slumber. I open my eyes, rubbing away the sleep and gaze up at her standing over me. She smiles and says, "It's time to go."

I have been visiting with my grandmother at her home in Florida. I look out the window. "Go where? It's still dark outside."

"To the beach. Come on and get a move on," she says as she shakes my leg. As she turns to walk away I roll over, falling back into sleep. "Lynn get up," she says, calling to me from her kitchen.

I roll towards her, the aroma from her coffee pot permeates the trailer. "But Nana," I say, "It's still dark out." "Of course it is," she says, "How else can you see the sunrise?"

"But Nana, it's too early." "Lynn, let's get going. I don't want to miss Easter Service and the sun simply won't wait for you. Let's go before we miss it."

I rise from the bed grumbling. I'm not a morning person, and at nine years of age the last thing I want to do is to get out of bed. Nana walks outside, waiting impatiently on her patio. She calls to me again. As I pull my nightgown off and my shirt on, my burnt shoulders protest, reminding me once again that I had too much sun yesterday.

...continued to page 30...

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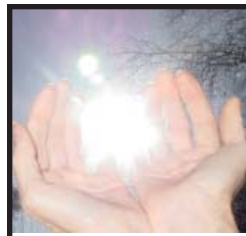
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From the Heart

Alan Cohen is the author of many popular inspirational books, including the metaphysical thriller, *Linden's Last Life*. Listen to Alan's weekly radio show on www.hayhouseradio.com, and join him for Life Coach Training beginning in September. For info about books, programs, or his free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



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Directions to Happy Lane

During my Life Coach Training seminar in Ojai, California, I took a walk in that picturesque town. As I strolled along a back road enjoying a striking mountain vista, a car pulled up beside me. A forlorn tourist rolled down his window and asked, "Can you direct me to Happy Lane?" I shrugged my shoulders and answered, "Sorry, I can't help you. I don't live around here."

As the motorist moved on, I recognized the humorous metaphor of the encounter: You can't direct other people to Happy Lane unless you already know the town. You can't help others find happiness unless you are happy. When you're familiar with the area, it's easy to show the way. If you're not there, you can't be of much help.

In February we celebrate Valentine's Day, honoring lovers and relationships. While we tend to focus on the romantic aspects of relationships, ultimately they serve as powerful teaching tools. If a relationship helps you grow in self-awareness and take back the power you give to others to make you happy or unhappy, it has served you well. Your relationship partner serves as a mirror for your beliefs and attitudes about yourself. If you see beauty and love in your partner, that is what you see in yourself. If you see faults and problems, again you are meeting yourself. Wherever you go, there you are.

In the early days of motion pictures, a small group of cowboys in South Dakota got together to watch their first movie, projected onto a sheet on the wall of their bunkhouse. At one point in the film a band of war-painted Indians stormed over the top of a ridge, hooting and hollering, seemingly charging straight toward the audience of viewers. Suddenly one of the cowboys in the bunkhouse rose, drew his revolver, and fired six shots at the Indians. Moments later the lights in the room went on, the movie disappeared, and the audience laughed to find six bullet holes in the bunkhouse wall.

When you resent, resist, or attack your relationship partner, or anyone, you are firing holes in the screen. You are fighting an image in your mind. Rather than engaging in a war with a play of light on a screen, trace the image back to the film moving through the projector in your head. You made up a story and then dove into it. The issue is not about the other person. The issue is about you.

With such a realization, you are immensely empowered. You cannot change other people to meet your expectations, but you do have the power to change your mind. When you open, grow, and expand your consciousness, your relationship opens, grows, and expands. We see life not as it is. We see life as we are. Thus relationships are one of the best ways to facilitate self-healing and personal evolution.

This principle came to light when I coached an unhappy doctor in Japan. The fellow had been pushed into his career by demanding parents and he hated his job. Yet, due to rigid societal expectations and his parents' continued pressure, he felt he was unable to leave. When I asked him if there was any other profession he would rather have, he lit up and answered, "I would love to be a party planner." Stunned, I asked him, "Why would you prefer that over medicine?"

"Sometimes I throw parties for my staff," he explained, "and it gives me a great deal of pleasure to see them happy."

Suddenly the dynamic behind his dilemma became clear to me. I told him, "When you throw a party that makes your staff happy, in that moment you realize that you have the power to make someone happy. The someone you would really like to make happy is yourself. Now turn that power loose on yourself." He and I explored ways he could take better care of himself and amplify his joy, and he left the session relieved and uplifted.

Likewise, a workshop participant told me, "I am angry with myself because when I was a child I vowed I would become President of the United States by the time I was 48 years old. Now that birthday has come and gone and I see no hope of me achieving my goal."

"Why do you want to be President?" I asked.

"I would like to free the world of oppression," he replied.

"Then perhaps you could begin by freeing yourself of the oppression of self-judgment," I suggested.

This month as you consider your lover, or your desired lover, or any of your relationships, remember that to guide someone to well-being, you have to already be there. If you want more love from your partner, give it to yourself first. If you want more freedom, claim it. If you want more understanding, understand. Then, when someone comes to you looking for Happy Lane, you will be able to point them in the right direction.

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January 30th ORLANDO Mother Meera, a Divine Emanation and Enlightened Being is giving Sacred, Silent and Beautiful Darshan Blessings. In order to attend this special experience, reservations must be made in advance at www.mothermeeraflorida.com. The entire event is free. Call 386-307-2455.

February 1 FORT LAUDERDALE Mother Meera, a Divine Emanation and Enlightened Being is giving Sacred, Silent and Beautiful Darshan Blessings. In order to attend this special experience, reservations must be made in advance at www.mothermeeraflorida.com. The entire event is free. Call 386-307-2455.

Sunday, Feb. 6 CASSADAGA Rev. Anne B. Gehman, Speaker 10:30. Seminar 2-4pm "Where Do We Go From Here? Cassadaga Spiritualist Camp Bookstore (386) 228-2880

Saturday, Feb. 26 CASSADAGA 1-4pm Michelle Whitedove "America's Most Accurate Psychic" "Messages from Spirit" Channeled lecture, question & answer, audience messages the last hour or more. A book signing will follow. Cost \$49 in advance / \$55 after Feb 10th Location Cassadaga Spiritualist Camp Bookstore (386) 228-2880

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February 6 - Rev. Anne Gehman, world renowned Medium from Cassadaga, will be the speaker at 10:30 Sunday Service and at the seminar "Where Do We Go From Here?" 2-4:30pm. Author, The Priest and the Medium

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February 19 - Cassadaga Founder's Day Festival, Period Costumes, Museum, Mini-readings, Arts & Crafts, Vendors, Food & More 10-4pm

February 19 - Robert Austin Tibetan Bowl Workshop 10-Noon
Robert Austin Crystal Bowls Concert 4-6pm

February 26 - World's Most Accurate Psychic - Michelle White-dove - "Messages from Spirit" 1-4pm. Question and Answer period, messages to audience members during the last hour or more. A book signing will follow. \$49 in advance / \$55 after Feb 10

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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. Karen's blog: www.abrahamfun.com.

HOW TO BE BLESSED

Some people seem to be especially blessed. They prosper, enjoy good health, spend time in travel and other recreation, and have few things going haywire. I can be like them if I understand their approach.

- 1) People who sail through life embrace life - all aspects of it. They tend to view it as a fun game. They don't try to avoid problems but see them as challenges and opportunities.
- 2) They have an attitude of gratitude. They focus on the good that comes their way and minimize life's downside.
- 3) They're thick-skinned. These folks may receive insults, criticism, and slights like anyone else, but they don't stub their toe on them. They're too busy savoring their experience to focus on hurts.
- 4) They're not afraid of making mistakes. They learn from errors, shrug them off, and move on.

Blessed people are simply those who don't stay in negative emotion and thus hinder their own desires from flowing easily and naturally.

I can be blessed, and I can start right now.



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A New Year: Time for a Change

...continued from page 10...

UPGRADE ALL LEVELS OF CONSCIOUSNESS:

(Print this out or perhaps make your own checklist to make sure you apply your chosen steps toward a better life.)

PHYSICAL:Diet (add good supplements to your diet, eat less junk food and eat more alkaline foods such as veggies), Exercise (stretching and cardio for at least 30 minutes), Prosperity (create a prayer wheel that features what new things you choose to have in your life), Sexuality (find a way to become more at peace with your body and its desires), Surroundings (clean out your closets, house, car, etc...and give away everything you do not need or use on a regular basis), Self Care (get a regular massage and/or other forms of health care and pampering), and Service (find a way to be of service and bring good to people around you).

EMOTIONAL:Counseling (be sure to get counseling or use breath-work and/or other means of getting yourself clear of old, toxic emotions), Partnerships (get couples counseling for your intimate relationships-especially if there are issues with communication or intimacy), Friendships (make it a point to open up to and nurture healthy, close friendships), Healing (besides counseling, use progressive healing techniques and prayer to help release old wounds).

INTELLECTUAL:Study (read healthy new materials on a regular basis to expand your mind and exercise your brain), Focus (practice concentration exercises, as well as sticking to things you start), Organize (learn better time management, use a daily planner, and get some assistance organizing your office, home, and finances).

CREATIVE:Imagination and Visualization (use visualization as a regular part of your daily practice, as it nurtures your heart and soul), Art (choose some form of creative expression-music, painting, etc...), Dance and Sing (play your favorite music-especially music that lifts you and inspires you-and sing along and/or dance freely).

SPIRITUAL:Prayer and Meditation (begin and end your day with at least 10 minutes of prayer and meditation), Forgiveness (continually practice forgiveness for those who you feel have harmed you in any way), Gratitude (give thanks on a regular basis for all the lessons you have learned and the gifts you have received), Love (practice turning all expressions of love into a greater level of Unconditional Love).

By looking at the noted options above, you might recognize which areas you are lacking development, as well as learning which specific skills or habits you might nurture to create



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and/or maintain a healthier life. Be careful though, one of the biggest pitfalls on your path toward a better life is to assume that it's acceptable to nurture only one or two of these areas that are most liked or preferable, while of course neglecting other areas that are less liked or preferable. Instead, the best goal is one of balance, even if it means learning to love and nurture areas of your life that are, for reasons known or unknown, less liked or desirable.

Once you have developed most, or all, of these facets of your life to a fairly balanced level, you will find yourself reaching new heights of peace and fulfillment. With this newfound fulfillment, you will have begun to nurture one of the most important facets of your spiritual life-Mastery.



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Abraham-Hicks

...continued from page 9...

nant part of your experience. But, we will acknowledge that some of you have pinched it off pretty good. Some of you have developed some powerful habits of thought. Some of you have developed some strong enemies that you take great delight in every day pushing very hard against. And some of you thrive on some subjects and suffer on others. You have different vibrational frequencies, depending upon the subject at hand that is activated. But we want you to know that you have access to Guidance that will lead you always in the direction of your thriving on all subjects. But you've got to figure out which direction is going toward your objective, and which direction is going away from your objective. And before you can do that, you've got to figure out what your objective is.

So many of you have come to the place where you think if it feels good, there might be something wrong with it. And if there's a lot of struggle and suffering in it, then it's virtuous. And we say, you must have been allowing yourself to be guided by someone else who would benefit by your doing whatever they ask you to do in your struggle. Because it is our promise to you that you cannot have a happy ending to an unhappy journey; it cannot be. It is illogical. It defies the Laws of the Universe.

Law of Attraction says, that which is like unto itself is drawn. Which means, you cannot achieve a vibrational frequency with something unwanted (which is evidenced by the negative emotion that you feel as you embrace the thought) and be on your way to something that you want—it's not possible—it defies all logic and all Law.

So, as you begin to pay attention to your emotions—as you begin to reacquire yourself consciously with your own Guidance System—what begins to happen to you is, you not only consistently reconnect with the Source Energy that is You, but you begin to take what we call the Emotional Journey. You begin to discover the art of shifting vibration, and therefore shifting the way you feel, which is delicious because you feel good all the time. And then, the big bonus is, manifestation acquiesces around the vibration that you've discovered.

So, let us clarify the difference between the Action Journey that so many of you seem to be embarking upon, and the Emotional Journey, which is guidance from within: If someone is sick, really sick, (they've got one of those big labels "incurable" attached to them, maybe more than one) and of course they want to be well. The Action Journey goes something like this... "I have to find out what's wrong with me. I have to find a specialist who has done the most leading edge research, because the research that exists says that this is not curable. So, I need a specialist who's willing to take some risks and be out there on the leading edge, and that's going to take a lot of money. So, I need to get together with large groups that can gather resources. But I need to get involved in the political format so that I can get the laws passed that will allow the research and attract the funding that I need in order to discover the cure to this thing that I've got.

"And then, I have to find a doctor who has learned the skill and is capable of administering it. And then, I need the resources so that I can apply this specific medical procedure to me, and I need the resources so that I can stop doing whatever I've been doing that makes the money I've been making, that makes my life go 'round.'" And we say, oh, just shoot me in the head now. (Fun!) In other words, there is so much that needs to be done, and so many obstacles and so many reasons to feel defeated, and so many reasons to realize that it's not going to happen fast enough... Oh, and then, by the way, you've only got six months to live, anyway. (Fun!)

...continued on page 33 ...

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Dr. Marsha Valutis is an applied psychologist and gifted teacher, speaker, writer and consultant. She helps individuals, teams and business organizations become healthier and happier. Marsha identifies blockages preventing clients from achieving their dreams and goals, and provides the transformational tools, action plans and facilitation necessary to take them where they want to go. Email her at info@soulpowerconsulting.com

I've known Andrea, the editor of Horizons, for years. I was a little surprised when, after asking me what the source of my recent transformation was, she asked me to write this article. I am honored to share my story, and blessed to have received healing and instruction from my spiritual teacher, Dr. & Master Zhi Gang Sha. Not too long ago, my circumstances were quite grim. I was profoundly depressed and determined to "find a way home". This was my only preoccupation. Life was quite unbearable. Then I met a Worldwide Representative of Master Sha. She encouraged me to go to the hospital, where doctors diagnosed stage IV lymphoma. The choice to live became a little more overwhelming, as I had no income and no insurance. But it was a clear call from the Divine to step up to the plate. After reading about Soul Power, I decided to postpone chemotherapy and use Soul Power to heal.

Within a month of regular practice, the depression lifted. I enjoyed my life with stage IV cancer, no income, and no idea how I would manage. I just kept practicing. Within another three months, after attending a Soul Enlightenment Retreat with Master Sha, receiving several blessings, karma cleansing and divine transmissions from Master Sha, and with many hours of dedicated practice, I was free of any evidence of cancer. More importantly, the practices brought me home, where I wanted to be in the first place!

Geho Gold is another student and teacher of Master Sha's. About three years ago, Geho was suffering from chronic fatigue, fibromyalgia, migraines and severe chemical sensitivities. After a traumatic brain injury and a total craniotomy, she was on 8 different medications and was depressed. Her sister sent her one of Master Sha's books introducing Soul Power. After three months of practicing Soul Power, her chronic fatigue and fibromyalgia disappeared. Later, after a healing blessing and Divine transmissions from Master Sha, she chanted all night and only one night, and her chemical sensitivities disappeared!

Geho and I (and many others) have discovered the amazing transformational results of Soul Power, Soul Healing and Divine Soul Healing being offered by world-renowned spiritual healer, teacher and author Dr. & Master Zhi Gang Sha. Master Sha is an MD, a Traditional Chinese Medicine Doctor, Taoist lineage holder, divine channel and grandmaster of many ancient disciplines. In 2006, he received the Martin Luther King Jr. Award for "his outstanding achievements as a world peace leader, selfless healer and inspiring teacher whose mission is

to create a peaceful and harmonized world through universal service, healing and soul wisdom."

The Soul Wisdom and Soul Power practices being taught by Master Sha are simple, profound and powerful. While there are many facets of this wisdom, the basic tenet of Soul Power is that: Everything has a soul, and all souls want to serve. Furthermore, the soul is the boss. Heal the soul first; then healing of the mind and body will follow. With Soul Power, we lovingly and respectfully communicate with souls (those involved in the issue and those called upon to transform it) to gather power to transform any issue. Master Sha has written 8 books in the Soul Power Series that provide wisdom, teachings, tools and practices for anyone who wants to learn Soul Power. Master Sha and the Institute of Soul Healing and Enlightenment offer free classes, daily practice sessions, and free weekly healing blessings with Master Sha www.drsha.com

Allan Chuck, from Toronto, Canada, is one of Master Sha's Worldwide Representatives. The editor of all of Master Sha's books, Allan shares Master Sha's divine channel and can offer powerful soul healing services, including Divine Sickness Karma Cleansing and Soul Downloads to facilitate the healing of organs and systems that have been damaged by the conditions associated with our karma. Most importantly, however, Allan will teach us how to use Soul Power to heal and transform ourselves and others.

INTRODUCTORY EVENTS Screenings of SOUL MASTERS – Documentary Film.

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~ Dr. Michael Bernard Beckwith

When Dr. Sha heals her ailing father, an American filmmaker follows his return to China to visit his mentor, Dr. Guo. At his clinic, the incurable are cured. She captures first ever footage of breakthrough medical practices involving herbal medicine, fire massage and self-healing techniques. Dr. Sha expands on Dr. Guo's work, teaching people the revolutionary discovery that binds these two Soul Masters.

At Be Healed Within Healing Center
20A Oriole Circle, Ormond Beach, FL
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Feb. 4th at 5:30 pm - \$7
www.behealedwithin.com
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At Unity of Melbourne
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At The New Way POD
238 Peachtree Rd. Cocoa Village, FL
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SOUL HEALING & SOUL POWER WORKSHOPS With ALLAN CHUCK Divine Channel, Advanced Spiritual Teacher and Healer, and Worldwide Representative of Dr. & Master Zhi Gang Sha

Friday, Feb. 11th
at Unitarian Universalist Church
56 N. Halifax, Ormond Beach, FL
from 6:45 – 9:45

Sunday, Feb. 13th
At Lotus Yoga Center, 465 Oakland
Ave., Apopka, FL 2:00 – 6:00 pm

Monday, Feb. 14th
At Center for Spiritual Living
1795 Old Moultrie Rd. St. Augustine
From 6:30 – 9 pm

Saturday, March 5th
Unitarian Universalist Church
56 N. Halifax, Ormond Beach, FL
12:30 – 8pm

Honor Fees \$30 - \$75 for above
events. Contact Geho Gold or
www.behealedwithin.com
386-341-6260

Saturday Feb. 12th
At Unity Church of Melbourne, 1745
Trimble Road From 2 – 4 pm.
Honor Fees: \$25

Sunday, March 6th
Unity Church of Melbourne
1745 Trimble Road 12:30 – 8 pm
(w/break) Honor Fees: \$75
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February 12, from 1:00 to 3:00pm

"Universe Responding and the Law of Attraction – THINK is only the beginning" with Valleri Crabtree, author of the Universe Responding books, host of "Universe Responding," a one-hour live weekly program on Unity Online Radio (Unity.fm), and nationally-known New Thought speaker.

This is not just another workshop on the Law of Attraction.

This session will teach us not only how to hold constructive thoughts, but also how to use a formula of THINK, BELIEVE, LISTEN, ACT, and ACKNOWLEDGE to manifest our highest good in every aspect of our lives! Tuition is \$20 per person and covers all handouts and materials. Reservations are recommended, but not required.

Sunday, February 13, and February 27 ~ 1:30 to 4pm

"Rock Your World" Crystal Academy with Becky the Crystal Mystic, Natural Intuitive, Spiritual Advisor, Crystal Healer, & Teacher. Becky will offer Crystal Layout Healing Sessions after the class. Check our website for topics. Tuition is \$25 per person.

Thursdays, March 02; 09; 16; 23; 30; April 06; 13

"Introduction to Astrology: All The Basics" with Sandra Helton, Professional Astrologer for more than 20 years; columnist for ShirleyMacLaine.com; teacher of intuitive development, meditation, metaphysics, creative visualization; minister and writer. Tuition is \$10 per person per class.

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NOTES from the Universe



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

**Is it my imagination, or are you
receiving guidance from within?**

**You know, by the kind of feelings
that either tell you to "have back
at it" with the zeal of a lion, or
perhaps to finally turn the page,
the entire page, not just dog-ear
it, and move on.**

I thought so.

**Well then, may I suggest you act
on it, as if nothing else mattered?**

I LOVE OUR LITTLE TALKS!

The Universe

COVER ART OPENINGS by Melissa Harris



Melissa Harris is an internationally known and published artist, psychic, and author. 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. Her series include themes such as **Women and Magic**, **Women and Nature**, **Women and Dreams**, **Cycles of the Moon**, 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 **CREAT-RIX "Anything is Possible"** activation card deck. Watch for her new 2011 calendar. 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 numerous other spiritual retreat centers.

Melissa he 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 by tuning into you and painting 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.

Melissa 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

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Soul Powered Life



...continued from page 16...

I go out to the patio and walk with her up the sidewalk towards the beach. I am surprised to see so many of her neighbors also up and about so early this morning.

We walk up the path to the crest of the dune, and then the sound of the ocean beckons to me to come on down to the beach. We walk over to a crowd of people, all standing on the beach looking east across the water... waiting and anticipating the sun. Then to my utter amazement the sky changes colors – from blackness to deep ink-blue to deep purple. Then it changes to red and orange as a mound seems to pop up at the horizon. It seems like you can see the wisps of flame dancing in the sky and slowly but surely the sun starts to rise.



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During the day, it seems to just linger far away – high up in the sky. But this morning as it rises, the sun looks enormous moving up from the horizon faster than I would have ever thought possible.

There are reds and oranges and now yellow... the sky a masterful watercolor too beautiful to describe. As a child, I am filled with wonder of the colors unfolding so vividly before my eyes. This is more amazing than I would have ever thought possible. I look up at my grandmother and smile. I realize that she has given me a great gift – perhaps the best **Easter** present I have ever received.

And then it's suddenly morning – a new day. I look at the awe on the many faces standing near us. Then the preacher steps forward and reads to us from the New Testament. What an amazing morning. The day feels special all day long.

Years later, my husband and I are raising our sons in **Florida**. As our two little boys struggle against my gentle prodding, I call to them to awaken. They lay still, hoping I'll leave their room. I call to them... "Come on, hurry up ... I don't want you to miss the sunrise."

"But Mom," my youngest one pleads, wiping the sleep from his eyes, "it's too early!"

"Of course it is ... how else can you see the sunrise?" As we walk to the beach, I say a silent thank you to my grandmother. It is because of her gift to me that I will now share something so special with my sons – something that's greater than they can imagine.

Seated on the bench, I open my eyes – relishing the happiness these memories brought into my vibration. I realize that I was so caught up in the memories – that I was unaware and desensitized to the sounds and movement around me.

My dog tugs at his leash... it's time to go. As we walk back home, I am struck by the realization that time had passed while I sat on the bench; but I was so caught up in memories running in my mind that - I could have been at the beach with my grandmother, I could have smelled the coffee brewing, I could have heard my son's laughter. There was no sense of being in the time – now.

As I write this – I am again caught up in reliving the memories — of being on that bench and thinking about years past.

We are either living in the Now moment - or worrying about the future – or engaged in our past.... where are you?

What program is your mind running on at this moment?

Our life unfolds while we are swept into the past or future ... our power is only in the Now.

It is by being vigilant stewards of our mind – our emotions – our programs that we live an authentically awakened life.

A Folk Ways Calendar



Ancient people saw the flow of time as circular, not linear, and the changes were understood as a great wheel. Woven together with the solar cycles are the monthly lunar cycles, which affect all life on Earth from the tides of the oceans, to the fluids within our bodies, to our emotions, to our unconscious. Many folk/ethnic/Indigenous religions and other traditions have been lost through time, destroyed by men who sought to establish a new God. Which is interesting since Christianity and most of its rituals is based on Egyptian mythology, whose source is pagan. I recognize that much myth and tradition isn't about worshipping gods or goddesses, rather about recognizing and honoring archetypes in a way that can be useful in our daily lives.

Much can be rediscovered through folk customs, legends and folktales. Our ancestors found comfort in the cycles of the seas and the stars. It gave them faith that when the sun left the sky, the moon would appear. It gave them faith that when a season of snow passed, a season of sunshine would follow. They learned by the phase of the moon and the cycle of the seasons the best times to plant and to harvest. My experience is that being in tune with the natural rhythms of our Universe helps me find my place in it. It helps me feel connected and supported by the natural world around me, no matter what human chaos may be happening at the time.

When we feel ourselves to be separate from nature, we feel fragmented and frazzled by our daily lives. If we're to change this, it helps to begin seeing ourselves and our relationship to the Earth, the moon and the sun with new eyes. To look for the natural patterns and cycles, and see what relevance they might have in your life. As a gardener and one who studies weather patterns, I find the cycles very relevant to my daily life. At new moon and full moon, I do a moon ceremony, to celebrate the last 14 days and welcome in the next 14. Observing the natural cycles teaches that every one and every thing is valuable and sacred.

You might want to Google the unfamiliar names you read here and see what some of the ancients believed, and how they celebrated the cycles.

-- Andrea de Michaelis, Editor

February 2011

FEB 2ND GAELIC WICCA: Imbolc and St. Brigid's Day. A festival of the hearth and home, and a celebration of the lengthening days and the early signs of spring.

FEBRUARY 3RD CHINESE: NEW YEAR, YEAR OF THE GOLDEN RABBIT Chinese tradition dictates that traditionally the rabbit brings a year in which individuals of all signs should catch their breath and calm their nerves. It is also a time for negotiation, however not to force issues, because if you do, failure may result. To gain the greatest benefits from this year, it is best to focus on home, family, security, diplomacy, and your relationships with women and children. It should be a goal to create a safe, peaceful lifestyle in order to calmly deal with any problems that may arise.



FEB 3RD JAPAN SHINTO: Setsu-bun, day of purification to banish demons of winter

FEB 3RD CONFUCIAN, DAOIST, BUDDHIST: Chinese New Year Feb 6th Crescent moon next to bright planet Jupiter tonight at dusk

FEB 8TH HINDU: Vasant Panchami / Saraswati Puja, celebration of the Goddess Saraswati -- marks the end of the winter season and ushers in the springtime.

FEB 3RD- New Moon at 2:31 AM

FEB 14TH - Valentine's Day

FEB 17TH Full moon rises at dusk tonight

FEB 18TH Full Snow Moon at 8:36 AM

FEB 27TH Crescent moon to the right of brilliant Venus at dawn tomorrow

FEB 28TH Crescent moon to the left of brilliant Venus at dawn tomorrow

Friendship, What is it?

...continued from page 11...



I have good instincts. And I arrogantly believe that I could still sense they were good people, and I would try to be friends with them.

*Next question: ***Would they want to be friends with me?**** This one made me laugh out loud. NO WAY would they be friends with me now! They're all grown-ups. I don't think I would "fit". I never did fit. They created a place for me. So, my only option would be to stalk them until they got used to me.

*****What have they learned from me?***** I'd like to think that they learned to think positively. To be light-hearted. To believe. I've always believed in my friends. And I'd like to think they got that.

****What have I learned from them?**** This answer could be fifty pages. They are smarter than I am. More disciplined. *How to be a decent human being.* They all do it. I just try.

And the final question. What is the magic formula that makes lifetime friendships? The lifetime friendships have:

1: Acceptance. You know and understand that this person is annoying. And it's OK.

2: Trust: there is history, and with history comes trust. You don't second guess their motivations, or look for agendas. There is an understanding that this person is on your side, and even if they are misguided (and/or crazy), any actions or words are seen from this trust.

3: Candor: you can say what you mean. And even if it appears harsh, the person understands it comes from love. Not being judged, or judging. Even when the person is being stupid. This goes both ways. If YOU are the one being stupid, well, you have to listen to it.

4: Love: Genuine caring for the other person, and wish them success and happiness. Taking whatever actions you can to support this.

5: Inclusion: This person is a part of your life. Everybody involved understands and accepts this. Their spouse may or may not like it. Your spouse may or may not like it. But everybody understands that this is what it is. Like having an crazy uncle that always talks to himself, he's family and you have to have him around.

6: Security. Agree to disagree.. realize that there will be conflict. Accept that there will be anger, and frustration. But the relationship is never in danger. This goes back to #2.. trust. There is trust in the relationship. The friendship is a big stone in the middle of your life. It is fixed.

7: Action bias. This is a corporate term, and it means that somebody gets off their ass. Friendship involves effort. Work. Bringing gas. Making an effort to return a phone call. Getting on a plane. Listening to the same stupid boring story over, and over again.

So, what goes wrong past a certain age? Why is it so hard to bring new friendships to this level?

You've been burned before, and you're experienced (cynical). A friend of mine recently wrote that if you made it to 50 and aren't cynical, you're a fool. I think this type of outlook is terribly common. With this conventional thinking, everybody you meet is on "friend probation." Is this person crazy? Is their spouse crazy? Are they raising their children properly (my way). At the first sign of "crazy", you run away from the friendship. This is important point: As an "adult", at the first negative comment, or action, you cancel the friendship, and try to take it all back.

That didn't happen before you got "cynical". You would learn the limitations of that person, and work within those. Nobody is perfect, and it is far, far better to know the flaws, than to NOT know them.

What is happening with the "new" friendships that prevents them from "going all the way"? Is it really possible that you can only create close friendships BEFORE the age of 25? And every person you meet after that is not worthy of your friendship??? Of my 7 friendship indicators (patent pending, copyright protected), I figured out the two factors that we FAIL to extend to our "new" people. We are so generous with every other component. Our time, our efforts, trust, etc.

This is what we are doing wrong: (I do this wrong, more than anybody else)

1: Acceptance: We fail to accept the people as they are. They are cheap. So what? How many of your "best" friends are cheap? They smell funny.. So what? They're annoying... So? It's OK. If you meet somebody, and they are a good and decent person, you want to see some rough edges. I don't generally trust very smooth and charming people.

2: Security: The relationship is always conditional on some sort of secret test. Or on getting along perfectly. Life is not perfect. I recently decided to take a break from a person I've been friends with for 25 years. We do this. We get along great for a while, and then we get on each other's nerves. It's time for a break. And it's OK. If she was to really need me for something, I would be there in a moment. This is a solid friendship. And we agree to disagree.

I welcome thoughts and comments on this.



Abraham-Hicks

...continued from page 26...

That's the Action Journey. Now, granted, we did tilt it so that you wouldn't want to take that journey because we have a much better plan for you, and that is the Emotional Journey.

An Emotional Journey says: I want to travel from fear to hope. That's it!

The Emotional Journey you can achieve in ten minutes with the right application of thought. The Emotional Journey is the journey where you just try to find a thought that feels better, and when you feel a little better, you have traveled a distance toward where you want to go. The Emotional Journey quantifies your journey. The Emotional Journey lets you know whether you're headed toward or away from your objective.

Many people who are on their way to wellness get half-way there, and get discouraged because there is not manifestation, and turn around and head back toward illness. Many people on their way from financial disaster get nearly to where they want to be, where the manifestation is nearly about to show up, but because they take score about the manifestation, they get disoriented and discouraged and turn around and go back to not enough money.

In every moment of your experience, as you have been banging around in this contrast, you have been launching preferences, and as these preferences are radiating from you, they are prepping your future experience; they are going out like a heavenly rocket into your future experience, and Law of Attraction is lining up around them. And your future experience is being made for you before you approach it—that's why 99% of all creation is complete before you begin to see the physical evidence of it.

So, most of what you're doing is an Emotional Journey. And if you're taking the Emotional Journey that feels lovely as you're taking it, not only do you enjoy the desert, and enjoy the journey, and see the vistas, and have a wonderful conversation and a very good time; but when you get there, you recognize it as that which you have been in alignment with all along. (That was good!)

It is our desire to show you how to take your Emotional Journey. We want to show you that if you are in depression, and you find anger, that you are on the right path because there is less resistance in anger than there was in depression. If you're in fear and you find anger, that relief—that your anger gives you—means you're headed in the right direction because there is less resistance in anger than there is in fear.

...continued on page 34...



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Abraham-Hicks

... from page 33...

And even though much of the world would tell you that your anger is misplaced, (they would tell you that you should not be angry) you want to say to them, "You should be in here where I am! And if you were, you would know that this anger is better than where I was." And then they might say to you, "Yes, but you should have love in your heart." And then we want you to say to them, "I would like to have love in my heart, but right now, this anger is serving me fine, thank you. Because there's a big vibrational difference between anger and love, and I can't make that jump right now just because you tell me I should. I made the jump from despair or fear to anger, so I am on the right path. So, if you'll just excuse me, I wouldn't get around me too much for a few days because this anger is feeling pretty good. I'm going to move as quickly as I can into frustration and overwhelm. And from there, there's a possibility I could jump into humor and hope, and maybe even love... But for now, I'm doing the best I can."

You can't tell someone else the direction of their journey, because you don't know the details of the pre-paving that is calling them forth.

You can't understand the vibrational mix of anyone but you. And when you try to guide someone from your vantage point, you are disallowing them their vantage point.

You do not have to control conditions, nor can you—but you can feel better. And when you do feel better, you've shifted your vibrational point of attraction. And when you've shifted your vibrational point of attraction—you've shifted your life.

So, are there problems in your future? Undoubtedly. But there are solutions right on the heels of them. You could close the gap between the problem and the solution so tightly that you would never even know there was a problem; your problems can be solved before they manifest—when you clean up your vibration. When you make it an Emotional Journey, you're solving problems today that could be in your future experience, and as you feel good now, you never have to walk through the problem—you just go from solution to solution, to solution.

It doesn't matter if you're looking past, present or future—you're doing it now. There are people on the other side of the planet that are sleeping maybe, but it's still now. There are Non-physical Beings like us who have no time, but it's still now. In other words, now is now, is now, is now. And all of the Energy of all of the Planets, of all of the Universes,

...continued on page 35...



Thoughts about things...

... from page 7...

For me, the key was when Abraham said - remember no other popular teachers were talking about this back in the 80's - that every subject is 2 subjects: that which we want and the lack of it, and we're either focused on one or the other. I'd never heard that concept before and it changed the way I saw everything after that. We can always tell what we've been focusing on, because it shows up in our lives. It shows up in our relationships with others, it shows up in what kind of job we have and how much money we make and the state of our health and happiness.

If you and your husband are in business together, how you feel about him affects your business and affects your income. How he feels about you affects your business and affects your income. *You can't think about and treat your partner one way and expect the Universe to deliver to you anything other than what you're sending out. And only one of you has to change how you think and feel about the other in order to effect a change in the outcome.* And a change in the income.

This is where we can fully realize the power of the Now: by choosing in this moment right now to quiet our personality storms and release any old baggage we have with whoever is the closest to us; whoever we have to see every day and who has been in our life for the most years. Forget everything that has ever happened between you in the past. Stop bringing to mind all past transgressions.

When he pushes your buttons and a past memory comes up, make a choice to turn your thoughts around right then. Bring to mind the things he does that you love. Bring to mind all the good reasons you are together and how much fun you have when things are going well. *That's how best to use the power of the Now: to dissipate old baggage and transform the Now moment into an enjoyable, delicious time for you and everyone around you.* And you can do it no matter what chaos might appear to be raging around you.

BUILD IT AND THEY WILL COME

As I was rushing to finish final layout on the February Horizons Magazine, something happened that I just had to share with you. In addition to publishing Horizons and having a psychic reading practice, I'm also a professional consultant and ghostwriter. That just means that someone sees my work and likes it and asks me to collaborate with them on a writing project that will be published with their name on it. It's most typically a book, a hand book, a guide book, a set of how to classes or a workshop series. They are fun to do and I have several regular clients the last dozen years who are interesting to work with. You might

...continued on page 38...

Abraham-Hicks



... from page 34...

of all of the decades, of all of the centuries, of all of the years, of all of the beingness, of all of the consciousness, it is culminated into this now. It is a huge source and stream of knowledge and Energy and Well-Being, and it is all available to you now, now, now.

So, the question that we want to put to you, is, what are you doing in your now? And you can tell by the way you feel: If you're angry, if you're frustrated, if you're petty, if you're jealous; if you're pushing against, if you're blameful, if you're critical—you are not in alignment with the resources of the Universe now.

So, as you make a decision: Nothing is more important than that I feel good, what begins to happen to you is, you begin to guide your thought, your every word, and your action. You guide your memory, you don't say, "This is how I grew up and therefore I have to deal with it and dig it up every day and suffer over it." You say, There were things in my past that were unpleasant, but there were things in my past that were pleasant—I will choose those that feel pleasant. Or, There are things in my now that I have imagined into the future that are awful, or there are things that I imagine in the future that are wonderful—I will focus upon those that are wonderful. But you can't jump vibrations all at once. So, stop beating up on yourself.

We want you to be willing and happy to make the jumps incrementally; we want your journey to be about the improvement about the way you feel.

There's relief everywhere you go, and there's reward for you everywhere you go. Do not equate how you feel about something with how anybody else feels, because they're not in on your equation. You're not being compared to anyone. But there is an absolute comparison between the vibration of who-you-really-are, and the vibration of your moment. And it's your job, and only your job, to bring harmony to that.

You have to take the Emotional Journey, first. And when you decide to take the Emotional Journey on every subject that's important to you, you're going to discover—by tomorrow—how much better you can feel about things that you haven't been feeling good about, and in the moment that you change the way you feel, even the slightest bit, everything related to you, related to that subject, will begin to shift—and there will be evidence on your doorstep by the weekend.

OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



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

HOROSCOPES

Aries: March 19/20 to April 19 "I Am" Well, you got it! A new beginning is all yours. A fresh start, now it is time to put the past behind you and start living your dream life. Take this month to day dream with intention as you prepare for your riches of mind, body, spirit.

Taurus: April 19 to May 20 "I Have" If you have been feeling like you are stuck behind the scenes, it is because you are in the matrix of planning your future. Be sure footed and reasonable with the resources you have. The Universe will support your positive action for a prosperous 2011.

Gemini: May 20 to June 20 "I Think" Do you have mud on your face? Have you embarrassed yourself or a loved one? You have until Valentine's Day to make it right, you can run but you can't hide; everything in regard to your intimate relationships that has not been dealt with honestly will come up to the surface to be handled appropriately this month.

Cancer: June 20 to July 22 "I Feel" This may be particularly difficult for you if you are newly single. Take this alone time to learn to love yourself and heal your wounds. Being a Cancer you are extremely sensual to everyone's energy. Get clear as can be when it comes to where your energy ends and theirs begins. Valentine's Day is a good place to start when it comes to creating more love in your life.

Leo: July 22 to August 22 "I Will" February 18, 2011 the sun enters Pisces as well as a full moon in Leo at 29 degrees in the AM makes for a very powerful day. Now is the hour to let go of anything in your life that has caused you pain and begin with what works. Let go of the past and welcome your future. A new attitude brings all people new energy.

Virgo: August 22 to September 22 "I Analyze" Virgo energy right now is like enrolling in a college degree course and finishing early with honors. Be sure and put your energy in your feet and walk your talk, because soon you will be put to the test. You do what you do because you can. Your Virgo drive is enough to lead you into creative completion.

Libra: September 22 to October 22 "I Balance" You have been living in a nebulous and foggy wide open space, but now Transiting Saturn in Libra has come along to give your life purpose and meaning. A time to put down roots as well as take an honest look at how your beliefs have shaped your life.

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February 2011



SUGGESTED READING WATCHING LISTENING

Scorpio: Oct 22 to Nov 21 "I Create" Your health is in a state of transformation, take charge of your life so you do not get caught off guard in the midst of craziness. With all this new energy pulsating through you, the direction you focus it will get you many outcomes, a beautiful picture, a lean fit body, yes that's it, keep planning for your future.

Sagittarius: Nov 21 to Dec 21 "I Perceive" Venus enters Capricorn on Feb. 4th, and with that said, it is now time to get back to work. I know you have had a wild and fun time when Venus was in Sagittarius. You are now in the more conventional practical mode of living. Don't loose your touch, or your adventurous spirit and spontaneity.

Capricorn: Dec 21 to Jan 20 "I Use" Transiting Pluto is in your sign for a very very long time. The challenges that you face have to do with your relationship with yourself first, then everyone else. It is no longer acceptable just to blame others for what you have created, called your life. What do you want to do differently?

Aquarius: Jan 20 to Feb 18/19 "I Know" With the New Moon in Aquarius on Feb.2, you get to create a new dream life, and you have Mars by your side to fuel the fire. Enjoy the freedom to explore your potential because now you will have the means to do what you've been planning.

Pisces: Feb 18/19 to March 19/20 "I Believe" Uranus continues to spend time with you. The message is clear that a spiritual revolution is taking place within you and all around you. What jewels you will discover on this journey of self. True love can come in many ways and reasons, but one thing for sure, change will be constant.

CDS:

Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

The Fifth Agreement by don Miguel Ruiz and don Jose Ruiz

Sixty Seconds by Phil Bolsta

The New Master Key System by Charles F. Haanel

Practicing Conscious Living or Dying by Annamaria Hemingway

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

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



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

Thoughts about things...

... from page 34...

be surprised at a couple of the names but the nature of the business is that it's kept confidential. Being a 12th house Aries, I get pleasure out of working behind the scenes and keeping a secret, so that works out well.

The past year, I'd been working on a how to instruction book on my own, just some ideas of mine that I wrote down and then began developing into chapters. No one had commissioned me to do it for them, no one else had chosen the topic. It was just some ideas I'd written down because they came to me and they were interesting. It only came to a dozen pages, just a small something I was playing with.

I didn't try to sell the project to anyone, in fact my consulting business is word of mouth and I stay busy so I don't advertise it or have an agent shopping jobs for me. I didn't even do any creative visualization to pre-pave selling it. I just created it for the fun of doing it and for my own edification.

Then last night I got an email from someone who was referred by a current client. She outlined that she was looking for a workshop series from me and what she was offering to pay. I was not surprised that what she wanted was exactly the project I'd been working on. I sent it to her, she was blown away that it was just what she envisioned, and she paid me on the spot. Interestingly enough, the fee was the exact cost of my septic system rejuvenation done the day before. *Synchronicity. I love it.*

Stuff like this happens to me all the time. That makes it easy for me to crank out the work I love to do: when I realize that if I work just for the pleasure of the work, the Universe will either send someone to pay me for it, or will cause income to flow to me from other sources. Either way I win. Build it and they will come, indeed.

My New Year's Predictions for 2011

As a psychic medium, I keep being asked if I have any predictions for 2011 and I realize yes, yes I do. I predict that 2011 will be your best year yet. I predict that things will begin falling into place for you and that you will be successful at programming your self talk so that it keeps you optimistic and hopeful. I predict that in 2011, you will become more focused on what's important to you and you'll find clever and profitable ways to spend more time in meaningful pursuits.

I predict that in 2011, you'll let yourself be bothered far less by the things going on around you. You'll let it go, you'll forgive, you won't want to fight or argue, and you'll make peace with old frenemies. I predict that in 2011, you'll realize that the way to happiness is through training yourself to think thoughts that bring you joy and give you hope. You'll realize the way to think thoughts that bring you joy is to look for the good in every person and situation you see in front of you, to look for things to appreciate in each Now moment. In 2011, you'll realize the way to have hope is to bring to mind all the good times and know the good times can be again. In 2011, you'll convince yourself of it, cheerlead yourself on to it with your self talk and internal dialog until you believe it and expect it.

Yes, I have a prediction for 2011. I predict that this is the year you'll come more fully into your power and be more of who you can here to be, and do more of what you came here to do. I predict that this year, you'll come to more fully realize the power of creative visualization and using self talk to motivate yourself and direct your life. As a result of this, I predict you'll find it easier to identify and acquire the resources you need to accomplish whatever you set out to accomplish. That's what I predict.

Let me know how it goes for you.

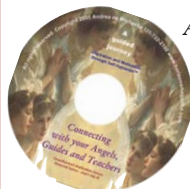
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Andrea

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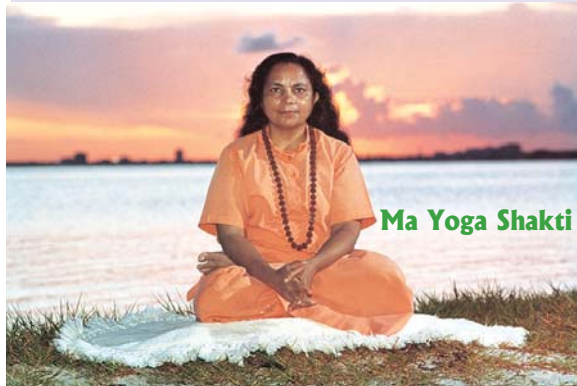
Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic writing that has helped me focus myself careerwise,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

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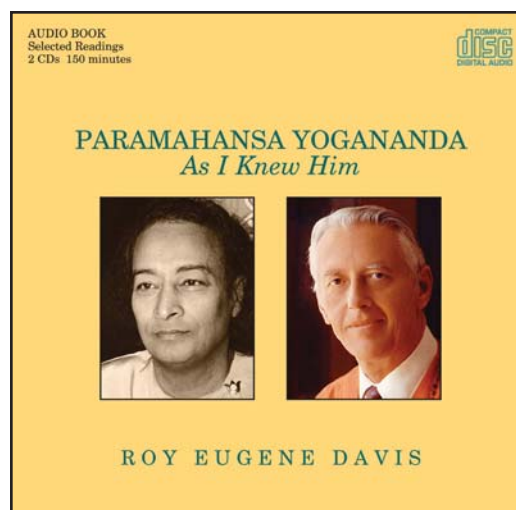
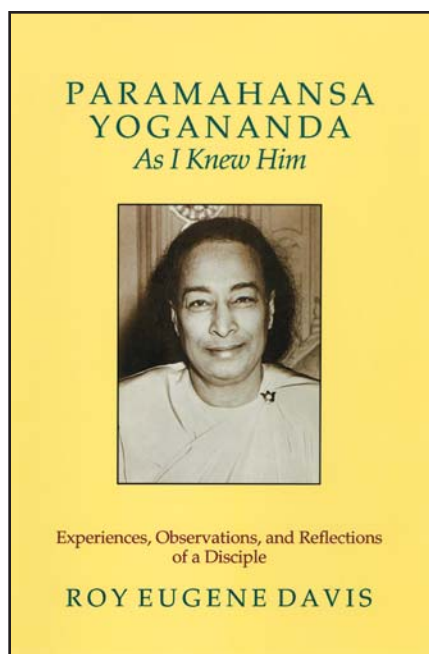
As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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