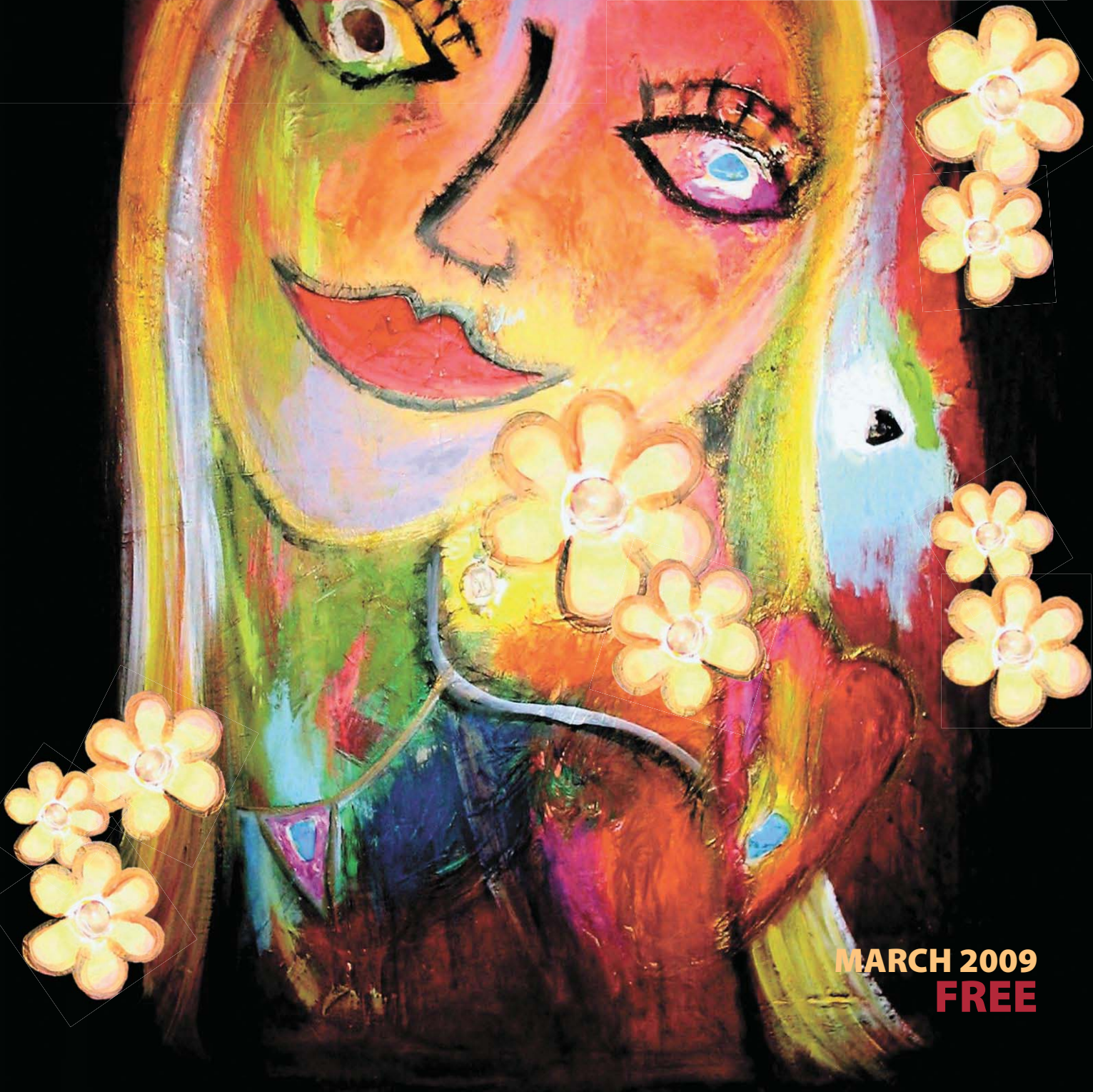


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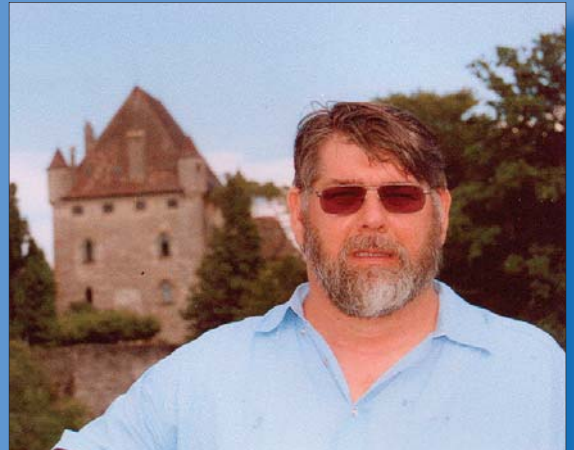
Complete Personal Readings

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

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

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

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CREDENTIALS:

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

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

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

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

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3/8 Learning the Power of Presence

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3/22 The Joy of Being

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Along with the Sunday services, there are small groups meeting to discuss A New Earth. If you would like to be part of a small group, IT IS NOT TOO LATE TO SIGN UP! Sign up sheets are in the Hospitality Room. Choose the day, time and place that works best for you. This is a time for spiritual growth with members of your church family. To find out more about this, contact Maggie Rosche at 255-4652.

Gentle Yoga Beginning March 2nd

Mondays 9:30 to 10:30AM Facilitator: Biddy Lamb

The class will start off as a beginner/gentle class with complete instruction for all postures. Lasting an hour, it will include relaxation at the end. Yoga mat is required. For more info visit www.yogawithbiddy.com or call Biddy at 725-9616.

There will be a love offering taken at each class (suggested minimum \$5.00). Biddy is a registered yoga teacher.

Spiritual Movie You Can Heal Your Life

Sunday, March 8th at 2:00PM

This entertaining and inspirational movie based on Louise Hay's best selling book is hosted by her. Her guests include Dr. Wane Dyer, Greg Braden, Cheryl Richardson, Ester and Jerry Hicks and Doreen Virtue among others.

Jobseeker Network Beginning March 10th

Tuesdays 10:00-11:50 AM Facilitator: Gerald Head

If you are looking for a job and would like to join a group who want to approach their job search from a spiritual perspective this group is for you. Time will include prayer, networking, brainstorming and support. The group will also use material about prosperity such as Spiritual Economics. Jesus said, "It is your Father's good pleasure to give you the kingdom." Together let's build the consciousness we need to experience prosperity regardless of current appearances.

Movie Just For Fun Mamma Mia

Sunday March 22nd 5:00 PM

Join us for the sing-along version of Mama Mia for an evening of fun.

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Lessons In Truth 6 Weeks Beginning March 26th

Thursdays 10:00 - 11:50AM Facilitator: Jane Thompson

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COMING EVENTS

The Four Spiritual Laws of Prosperity Beginning April 8th

4 Wednesdays 5:30 - 7:30

Facilitator: Reverend Beth Childcare Provided.

Join us for Wednesday Night Supper at 5:30pm. Tickets for dinner will be sold in advance and must be purchased by Sunday the week before. At 6:00pm we will begin this class based on **Edwene Gaines'** Book

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CONTACTS FOR CLASSES (All area code 321)

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Small Group Ministries	Maggie Rosche	255-4652
La Leche	Julie O'Neill	953-3326
Small Group Ministries	Maggie Rosche	255-4652
Gentle Yoga	Biddy Lamb	725-9616
Jobseekers Network	Gerald Head	427-8335
Lessons In Truth	Jane Thompson	254-0313
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And the day came
when the risk to remain
tight in a bud was more
painful... than the risk it
took to blossom.

Anais Nin

**HORIZONS thanks
everyone willing
to take the risk**

HORIZONS MAGAZINE is distributed FREE each month to 300+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life. Please write us with your comments.

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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 **March 2009** edition of **Horizons Magazine**. I've been having so much fun writing in my blog at <http://www.horizonsmagazine.com/blog> every day. Now I need to train my buddies to leave comments on it rather than emailing them to me! I've also been getting familiar with **Facebook**, and find myself going on a few times a day just to see what my Facebook friends are doing. Most of my "friends" are people I actually know at this early point, so it's fun to get a glimpse into their lives via their short posts on Facebook. My socializing time is usually limited, so anytime I can connect with friends via the computer, I love it.

It's also been through Facebook that I have connected with some childhood friends, one of whom lives in the house across the street from where I grew up. She and her family lived 3 doors down and across the street from us while we were all kids, and her mom still lives there. Her older brother and my youngest were best friends. I have also reconnected with cousins and former in laws and coworkers. It's been quite fun.

I was talking with a friend about all the people from the past resurfacing and she said that would make her really nervous, wondering who would find her online and if she'd remember how she treated them. Old boyfriends coming out of the woodwork, enemies suddenly emailing you. I had to laugh. "What are you saying?" I asked her. "What kind of hoodlum life did you lead that you're worried about all that?"

She laughed, too, when she thought about it. So what if **Stevie** from accounting back 25 years ago wants to say hi and be your "friend" even though she made your life miserable back then with her complaints and sarcasm? You're an adult. Confirm her friend request and let her say hi and see what she's up to. If you have nothing in common, you can simply ignore her. If she gets weird and stalky, you can always delete her comments, "unfriend" her and she won't be notified.

If former boyfriends contact you, you're an adult. What would you do if you ran into them on the street? Good or bad, see what they have to say. People change. Someone you fought with a decade ago can become one of your closest friends. But as far as fearing who is going to contact you if you have a Facebook account, get over that and stop vibrating there. And clean up your act so you don't have to worry about stuff like that.

Putting personal details on Facebook and MySpace

I'm sure I don't have to tell anyone that all the info we blog about and put on **Facebook** and **MySpace** can be read by anyone. Even if someone is not on your **Friends** list and you have your privacy features on, it's possible with very little effort to hack into your comments and postings.

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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.

ARE ECONOMIC BUSINESS SLUMPS NATURAL PHENOMENA?

Guest: Is there such a thing as an economic cycle? Is there a natural law to economics, like summer is summer, and fall is fall?

Abraham: Your economics are, in terms of your individual success, your exposure to contrast which gives you your idea of desire, and then your success has to do with your alignment. So, the alignment of your own Energy is the only thing that causes anything to affect you. Of course, your Energy is affected by what you think about other things. And so, your economy is the consensus of the mass consciousness thought, because, as you have become a global world, and as you are all tied into the same media information, you can simultaneously be affected -- and therefore mass consciousness is affected -- therefore your economic conditions are more worldwide experiences.

These are rip roaring times. This is the leading edge of thought. There is not a reason for there ever to be a decline. And the declines are always false. Always man-made. Never necessary. And they always serve some extremely well.



Rev. Dr. Janet Claire Moore
Spiritual Reader, Channel and Counselor
ADL Minister, Licensed Mental Health Counselor
ACHE, Certified Clinical Hypnotherapist

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As we watch your television and we see, through Esther's eyes, the newscasts, we notice that although the good news of your planet is huge in proportion to the bad news -- the bad news is what is amplified and given to you. What the media is showing you, is the bleakest picture, in order to get your attention, because that sells newspapers or television programs, or whatever. And even if they are all doing it, it does not need to affect you. But, it usually does affect you. And as it affects you, then there is a greater ripple effect.

How could you go through eight years of one presidential administration, having economic booming times, and then days into a new administration, have economic disaster? It is because a handful of people began saying a handful of things that a few billion listened to. And so, it affected a few billion vibrations, and now you're having the ripple effect of all of that. It is a powerful example of the power of mind.

There are popular trends and there are unpopular trends. And positive attitude has, as long as you've been in your physical body, not been a very popular trend. It doesn't sell newspapers. It doesn't sell television programs. (It doesn't sell "protection".) If you are in a position that you are wanting to soothe people's troubles, then isn't an aggravation of their troubles beneficial to you? That's sort of what is at the heart of all of that.

You are having glorious economic times, and there is not a reason for it to be otherwise for you individually. You are having glorious economic times. And there is not a reason for it to be otherwise for you as individuals, or you collectively. But don't let what they are doing, collectively, affect you individually. It need not. Begin making statements that always keep you in the receiving mode: "I'm not affected by what's happening outside of me. I'm only affected by the alignment of Energy between my desires. I'm actually benefiting by what's taking place here, because I'm giving more thought to what I am really wanting. I am fine tuning my desires in a more powerful way. I'm pulling more Energy through me than I ever have before. And I'm more deliberately paying attention to when I'm in the receiving mode than when I am not.

"I anticipate that I will thrive even more during these economic times. These are boom times for me. I'm clearer about what I am knowing. I'm in a much better place this time than at any other time. All is really well here, and the Law of Attraction will sort everything out, and we are all doing extremely well."

When you hear others that are expressing otherwise, sometimes it is to your advantage to stop, just for a brief moment, and ask: what is their reason for perpetuating this? In many cases, they haven't thought it through. But, sometimes the answer will be, it is to their economic advantage to do so. And as you begin to acknowledge how many people are using this to their economic advantage -- you won't worry about the economy any more.

...continued on page 19...



THE YEAR 2012 & THE BIRTHING OF CHRIST CONSCIOUSNESS

Michael Mirdad, author of *You're Not Going Crazy...You're Just Waking Up!* and *The Seven Initiation of the Spiritual Path*, is a keynote speaker at this year's Universal Lightworkers Conference on June 12-14 at the Fort Lauderdale Marriott North. To register for the ULC, go to www.UniversalLightworkers.com or call (360) 671-8349.

We are less than thirty-six months away from the year 2012 . . . the year most ancient civilizations foretold to be the end of civilization as we know it. Is there any truth to the 2012 message? Do human beings have anything to be concerned about? Were these ancient masters and shaman mistaken or perhaps exaggerating? It would seem the answer is no. The Earth's geological and archeological records, as well as the channeled readings of **Edgar Cayce**, tell us that there are several past incidents wherein the earth experienced similar changes—an abrupt and violent ending to much of our ailing social, economic, religious, political, and even biological life. Chances are these records of the past confirm the possibility of such an upheaval (or shift) occurring again in the future. "What kind of shift?" you might ask. Will it come by waves, comets, volcanoes, or a shifting of the Earth's poles? The truth is, it doesn't really matter. If any one of these occurs, the whole world will be affected hundreds of times more than any disaster in our known history.

This leads us to the old saying, "We have some bad news and some good news." The bad news is that a change is comin. **Jesus**, who channeled to the scribe of **A Course in Miracles**, explained that something needed to happen that would create a radical shift in humanity's consciousness. **Jesus** referred to this period as a "Great Cosmic Speed-up." He was referring to there being a way out . . . a way to prevent or at least ease the impending changes but not by worrying about it or by having intellectual debates about it or even by preparing for some means to save your mortal self. Instead, he recommended the remembrance and nurturing of our Christ Consciousness.

So, what can you do? Since you will not out-run or avoid any of these changes, you might as well get your priorities straight. You do NOT need to worry about "saving your life," as that is something that is beyond your control. Sure, it's a wise thing to put some provisions together to make a few material alterations to make you and your loved ones as comfortable as possible, but no amount of preparation will help you entirely, nor for very long. A **Hopi** elder once told me that when the 2012 shift occurs, nearly half of the remaining population will go into a trance or sleep-like

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Charles Lightwalker

*Channeler, Shaman,
Medical Intuitive, Healer*

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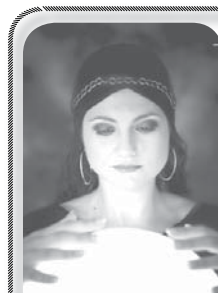
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INNER BEAUTY

don Miguel Ruiz, author of The Four Agreements, is a keynote speaker at this year's **Universal Lightworkers Conference on June 12-14 at the Fort Lauderdale Marriott North.**

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ur definition of beauty lies not only in the eyes of the beholder, but it changes with the fashion and the times. Our appreciation of beauty also varies according to our individual emotional responses. It is true that what is beautiful to one person is not for another. In fact, there exist so many opinions on the subject that it really is difficult to agree about what is beautiful and what is not. That is the essential problem.

In our life experience, many people share with us their ideas about beauty. We choose which of those opinions to agree with. The human mind is a fertile place, where beliefs are planted and opinions grow. When we agree with an opinion, it becomes an automatic response among many such automatic responses that take control of the way we think, speak and move through our lives.

The beliefs we have accepted and allowed to grow in us have created the universal perception that we live in a horrible world of war, injustice, fear, violence and poverty. And of course we react emotionally, creating our own stories and condemning all that causes fear in us. We justify our opinions and prejudices and search for people in our lives that will agree and support our point of view. Together, we attack what we fear. That is how we create superstitions, dogmas and codes that we are willing to defend even with our lives and, in doing so, we support a world of lies.

The truth is that the world is beautiful just as it is. Your world is perfect, as is everything that lives in it, including you. When you discover the truth of this, a miracle occurs. You discover something that you hadn't realized you'd been searching for since childhood. You discover the beauty in you.

Beauty was always inside you, even if it may have seemed that it only existed outside of you. Our world is, and has always been, beautiful just as it is. We humans are the ones who distort what we perceive with our rigid opinions, our stupidity and the fear that takes control of us through superstition. It is this limited and distorted idea of beauty that creates injustice and oppression, violence and war.

When we recover this awareness, it is because we have already changed from within. At that point of transformation, our inner beauty emanates from us like a radiant sun and shines out into the world, creating the beauty we perceive. Everything begins to appear romantic to us. All our perceptions are based in love. The world is no longer hell but a perfect paradise, where all creation begins in us.

Beauty perceives beauty. When we can perceive beauty in everything, the world perceives beauty in us. This is when we discover that what really makes us happy is the love that comes out of us, not the love that others have for us. We are completely in love. We love unconditionally, and to love unconditionally is our heaven, where we live in communion with the infinite.



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OPEN YOUR 7 SEALS OF PROSPERITY

Keith Varnum, author and radio show host, is a keynote speaker at this year's Universal Lightworkers Conference on June 12-14 at the Fort Lauderdale Marriott North. To register for the ULC, go to www.UniversalLightworkers.com or call (360) 671-8349.



Long ago, in order to have the adventure of limitation we call Life on Earth, we deliberately sealed off our access to our natural spiritual abilities. Why? Because in our wisdom, we wanted to cultivate certain soul qualities such as compassion, kindness, flexibility, courage and strength. And now the time is ripe to use these soul qualities to open the seals of prosperity—to let in prosperity in every area of life—from health and wealth to career and relationships.

The key, in order to unlock the seals, is to experience yourself as an "energetic" being. You contain a natural system of energy channels (acupuncture meridians) and energy centers (chakras) that nurture your physical, emotional and spiritual being—and, in turn, attract abundance into every area of your life.

Your Body Reflects Your Life

Your body mirrors your life. Thus, the body can be an easy, playful vehicle for improving your everyday life. Each energetic pathway and center affects (rules) a specific aspect of your life—money, health, work, relationships, spirit. As the sacred seals blocking each gateway are unlocked, the corresponding area of your life comes alive again and prospers.

As you break the seals to ignite each energy conduit and center, you're activating the electromagnetic power of that gateway to vibrationally attract the personal benefits you want from the world. The physical Law of Attraction (physics) draws these qualities—prosperity, peace, love, vitality and joy—to you. As each gateway is awakened, richness begins to flow to you in every aspect of your life.

The gateways interplay in an interdependent way. So, the optimum approach is to open all the energetic channels and centers at the same time to the same degree in a synchronized, wholistic way. If one channel or center is not activated as much as the others, that restricted passageway will limit the full expression of the other gateways—and keep your entire energy system from reaching peak potential. An example is a team of people that has one slow member. That slow person will hold back the performance of the entire group. So, it's important to bring every gateway up to speed simultaneously.

Critical Mass is Reached

The interconnectedness of the power gateways works in your favor when they're unsealed in a coordinated way. When the gateways are opened in an aligned way as a whole—rather than one by one individually—a synergistic momentum is created, allowing all the gateways to awaken faster and more completely. As you get one pathway flowing, it's easier to get the next pathway activated. And when all the channels and centers are energized to the same degree, they support each other in staying open at that same level. At one dramatic point, a critical mass of activation is achieved. You "break on through to the other side" of past thresholds of power in your gateways!

...continued on page 22...

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*A change is slow in coming
My eyes can scarcely see
The rays of hope come streaming
Through the smoke of apathy*

~

*But oh my heart be strong
And guide when eyes grow dim
When ears grow deaf
with empty words
When I know there's life within*

~

*May the spirit never die
Though a troubled heart feels pain
When this long winter is over
It will blossom once again*

-Loreena McKennitt

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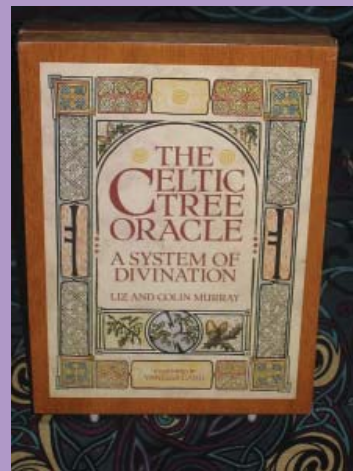
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PAIN

Pain affects millions of people every year, it can range from acute pain lets say from moving a bed or it can be a chronic condition like arthritis or fibromyalgia.

With herbs or any other healing modality, you don't want to just treat the pain alone; you want to find the root cause. **Pain is a signal of an underlying condition**, it may be from an injury, strenuous exercise, kidney stones, depression, a tumor, stress, cancer, hormonal imbalances, viruses, autoimmune conditions and the list goes on.

Once you know the source of your pain then you can begin to put your body back into balance so it can heal. You can do this with diet, lifestyle modifications, supplements, acupuncture, massage, aromatherapy and, of course, **herbs** which is why I am writing this article.

I chose herbs for my own pain management because they are easier on the body and they don't have the harsh side effects like pharmaceuticals have. **Herbs** help with so many aspects of pain management; my job as an herbalist is to find the one/ones specifically for your pain. They **can be used externally as a liniment, salves or balms**. There are some herbs that act as rubefacients or circulatory stimulants to bring blood the site of the pain; this helps to remove inflammations and build up of toxins **St Johns Wort, Burdock, Yarrow** and **Oregon Grape root** have this ability. Some herbs help to block the transmission of substance P (a protein that transmits pain between neurotransmitters and the brain). Studies have found that **Cayenne, Ginger** and **Turmeric** have this ability.

Internally herbs can help to provide the needed nutrients to help bring the body back into balance, supporting the whole body. They can help to reduce muscle spasms or cramps and calm the nervous system helping with neuralgia and neuropathy relaxing the nerves at the site of the pain. (**Chamomile, Kava, Linden, Wild Lettuce** or **Jamaican Dogwood**) You also want to support the immune system when you are in pain with herbs like **Astragalus, Nettles** or **Ashwaganda** because when you are in pain, your immune system becomes depressed or in some cases it over stimulates the immune system causing conditions like lupus, rheumatoid arthritis or fibromyalgia.

These are just a few herbs there are so many aspects of pain both physical and emotional. If you are in pain my first advice is to please see your doctor to find the source. Then you can work with your massage therapist, acupuncturist, chiropractor, energetic body worker, a meditation group, a nutritionist or an herbalist.

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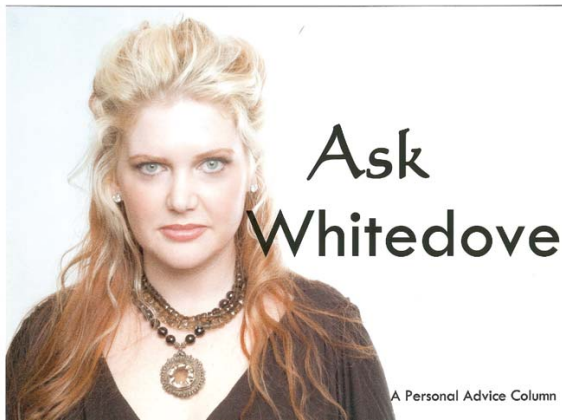
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Dear White dove, I've been trying to get my teenager to become more spiritually aware, I've tried giving him my books about spirituality, even taking him to some events but nothing seems to be helping. How can I get him to grasp some basic spiritual concepts? **~Seeking Solutions in Orlando**

Dear Seeker, Just be it! Being a spiritual example is the best thing that you can do. Live by example, counsel him and listen to him. Live your life like a prayer. It's best not to force spirituality on your teen. You don't want to come on too strong. Instead of making him attend spiritual workshops I'd suggest that you take him to a New Age store and let him browse around on his own. Then see what he's drawn to and notice where his interests lie. Does he like crystals, sacred incense, or a specific type of book? I'd also suggest taking him to have his aura photography done, it's something very different and usually the photo comes with a little mini reading which will peak a teens curiosity. Try to show him that spirituality is a lifestyle. Incorporate the Universal Laws into daily conversation when addressing situations. Talk about karma, the law of attraction and all of the others. It's up to parents to lead by example. Slowly but surely your teen will find his own spiritual path


Dear White dove, I recently heard of a concept called "Walk in" basically where a soul steps out of their physical body allowing another soul to come in. Do you think there is legitimacy to this phenomenon? **~Just Curious in OR**

...continued on page 22 ...



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

BE CAREFUL ABOUT THE COMPANY YOU KEEP

Surround yourself with happy faces — people who are interested in growing and enjoying. — Wayne Dyer

You are a temple of **God** walking through and upon this earth. You have a choice whether to let that temple get covered with dust, garbage, debris, and weeds, or whether you keep it shining with beautiful, bright, crystal clarity. Some combination seems to be the lot for most of us, and perhaps that's how it is meant to be, after all.

According to ancient spiritual sages who saw beyond the veils of this world, we are purity itself, existing in an environment of mixed purity and impurity. We are bright and beautiful lotus flowers blossoming forth through and above the muddy waters of worldly life. And, in fact, those muddy waters are also supplying some of the minerals and nutrients that feed the plant's health and beauty. In the same way, spiritual happiness is not about ignoring the world, but about paying attention to what is nurturing or harming your spirit, while rising above it all to shine your glory and beauty into the world.

The company we keep has a powerful effect on our ability to blossom fully. It's amazing how quickly good company

can help bring us out of an agitated state of mind, and how quickly bad company can put us in one.

Of course, one goal on the journey of spiritual happiness is to become independent of outer circumstances. However, until we reach that great state of completely independent spiritual happiness, it makes sense to take care regarding the company we keep.

This is certainly an important secret of spiritual happiness: to be aware and careful about the company we are keeping — inside, outside, in relationships, and in books, movies and television programs. Whenever possible, choose to be around people, places, thoughts, and things that create greater spiritual happiness in your mind, heart and soul.

If you are wanting to create more peace and happiness in your life, you may also want to consider reducing the amount of time you spend with certain kinds of "media company" that agitate you, or that bring up images of violence or terror-filled scenes that you would never wish to create in your life.

In some cases, a dramatic situation or movie may give you some benefits, such as being a fairly harmless stress release or adrenaline boost, while in other cases, it will only create agitation, nightmares, and digestive troubles. It's up to you to be careful about the company you keep, whether in media or in people; and it's also up to you to decide what balance is right for you.

Some people are actually like walking horror films, always talking about the many tragedies and horrific stories that have fallen upon their lives and the lives of their friends. Our words also have great power, and so their relishing of every traumatic detail over and over may, in fact, be contributing to the conflagration of dreadfulness that they love to describe.

Personally, I try not to spend too much time with such folks, in part because their words are not positive and happiness-conducive. Also, I figure that if you meet someone and all their close friends have terrible and ongoing horror stories, then you just may consider whether you really want to add your name to their list of close friends!

Being careful about the company you keep is similar to being careful of the foods you eat. If you really pay attention to the effects of different foods on your body, then you'll have more control over your physical happiness. For example, you may eat a big greasy meal, and notice that you don't feel so good afterward. This gives you a chance to control how you're going to feel in the future, by choosing whether you really want to have another big greasy meal.

...continued on page 29...

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FROM THE HEART

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



THE LAW OF THE VITAL FEW

Do you feel like you are wasting time and energy spinning your wheels with little or no results? Do you wonder why some people just keep winning while others can't get onto the boards? Would you like to maximize your social, financial, and spiritual returns while minimizing your effort?

If so, your answer may lie in understanding the 80-20 Rule. This principle states that, for most events, 80% of the effects proceed from 20% of the causes. The rule is also known as "The Law of the Vital Few," and "The Pareto Principle," named after Italian economist Vilfredo Pareto, who discovered that 80% of Italy's income is in the hands of 20% of the population. He went on to confirm a similar statistic worldwide.

This principle most clearly reveals itself in many businesses, where 80% of the income derives from 20% of the clients. I have received corroborating testimonials from various professionals: A minister reported that 80% of the donations to his church came from 20% of the parishioners; a publisher told me that 80% of the company's book sales derive from 20% of its books; and a hotel marketing director revealed that 80% of the group sales income came from 20% of its accounts.

This fascinating phenomenon can be applied to life domains other than business. According to a Wikipedia entry, you might wear 20% of your favorite clothing 80% of the time, and spend 80% of your leisure time with 20% of your friends.

How can you apply this principle to upgrade your personal and business effectiveness? The answer is simple, according to Tim Ferriss in his 2007 bestseller *The 4-hour Workweek*. Ferriss suggests that you figure out which 20% of your activities are generating 80% of your results, and focus your attention and efforts on that crucial element rather than the larger portion yielding you only miniscule returns by comparison. Makes perfect sense, wouldn't you agree?

Metaphysically, we can apply this principle on an intrapersonal level. I suggest that 80% of your success and your forward movement comes from 20% of your thoughts. If you are like me, you have all kinds of niggly counterproductive thoughts that ramble through your mind in the course of a day. This train of thought is circular,

...continued on page 30 ...

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**NIGHT
SNACKERS
LOSE THE URGE!**
"I'm down 15 pounds and I no longer have the urge to snack in front of the tv. Who knew it could be this easy? I don't know how it works, but it works. Thank you." See Page 46

**Worry and time have an
inverse relationship. The
more you have of one,
the less you have of the
other. Yet curiously,
both are suspended when
you live in the now.**

**As you were,
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ABRAHAM-HICKS

...continued from page 8...

Economics has always been about supply and demand. So if you are the diamond dealer and people are digging diamonds up in their back yard, you might want to go find something more rare, like a chunk of coal, or something like that.

There is no shortage. We know that there is no shortage, because we know that when you ask, the Universe has the ability to yield. There cannot be a shortage. All there can be is an individual or a whole bunch of individuals cutting themselves off from the supply of Well-being -- by finding one thing or another to be upset about.

Remember, there are the three points... You ask, the Universe yields, and you just must be in the receiving mode.

It does not matter what games anybody else is playing.

You have the ability to stand in a place of prosperity -- no matter what. And so, is there ever, really any shortage?

There is never ever, ever, ever, ever any shortage! It is all something that is man's making. Sometimes deliberate, sometimes indeliberate. But it is never reality. It is only a perception of reality.

Life is good, let it be. It is our powerful wanting that you let yourself receive half the benefit that we all receive in our interaction through you. It's time for you to begin letting it in.

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CAN'T MEDITATE?
BET YOU CAN.

SEE PAGE 46

"I never felt very successful at meditating until now... things don't worry me as much now. Thanks for the kickstart."

TOP 5 CRYSTALS



Judith Lumoski, renowned intuitive and author of Crystal Therapy, is a speaker at this year's Universal Lightworkers Conference on June 12-14 at the Fort Lauderdale Marriott North. To register for the ULC, go to www.UniversalLightworkers.com or call (360) 671-8349.

Wonder why a specific stone draws your attention? When a stone fascinates you, usually it is a signal to focus your energy on developing a better understanding of the inherent gem attributes. Familiar examples include **amethyst**, which reflects spiritual development while **rose quartz** signals love; each crystal, even humble river rocks hold a magnificent gift.

Integrating crystal energy into daily life is a simple process. Wearing jewelry, carrying a touchstone, using prayer beads, or inviting them into your space initiates the link to crystalline vibration. You'll feel the innate energy infiltrate the cellular structure of your being, to deliver a cosmic connection.

Personal change is the cornerstone to global change. A new direction requires a commitment to entering areas of life, which may not be easy or comfortable. Dedication and commitment opens the door to profound opportunities. Are you ready to invite change into your life? **Chrysanthemum stone** works as a partner to ease life transitions. It's a great tool for mediation or to use as a visual reminder to lighten up and enjoy the process.

Community will become increasingly important in 2009, as individuals draw together working on the betterment of their immediate neighborhood and the world. By taking the time to engage with one another, expressing ideas, listening, learning, and building together, healing occurs and creativity thrives. Adding **clear quartz** to your environment enhances communication flow with ease.

Traditionally, this time of year encourages reflection and inspires movement. Health, wealth, romance, spirituality, and life purpose usually are at the top of the list for those interested in making changes. The following are the top five crystal friends for your crystalline journey in 2009.

Communication: Clear Quartz Cluster - a symbol of individuals harmoniously co-existing. Place it in gather areas e.g. family rooms, kitchens, offices.

Health: Malachite - facilitates a strong heart and body; serves as a foundation of overall well-being and sense of peace.

Romance: Kunzite - works to heal the high heart chakra and open the inner sanctum of self to the gift of true partnership.

Prosperity: Green Jade - helps to create a strong flow of abundance in all forms. Wearing a jade bracelet serves as a reminder to give thanks and participate in the cycle of giving.

Spiritual Growth: Celestite - known as the song of the heavens, this gem opens the conduits of angelic connection and communication.



WE DON'T HAVE TO STRUGGLE

Jean Adrienne, spiritual teacher and host of the radio show InnerSpeak Soul Adventures, is a speaker at this year's Universal Lightworkers Conference on June 12-14 at the Ft Laud Marriott North. To register go to www.UniversalLightworkers.com or (360) 671-8349.

Why do we struggle? The obvious answer is because we are human, and that is what humans do, but that is an illusion. The truth is we don't have to struggle. It was never meant to be part of the equation. Struggle is a trap created for us, by us, to keep us from finding our truth. Struggle consumes our energy and blocks us from easily manifesting those things we truly desire.

I sat in the hair salon recently getting my hair done. Around me I could hear conversations between other clients and their stylists. Struggle must be the new pandemic! Every woman there was talking about areas of dissatisfaction in her life, and much of this centered on struggle, depression or sleep deprivation. I wanted to reach out to each one and say that it doesn't have to be that way, but I figured the response I would receive would be a "deer in headlights" look and complete disbelief.

The only way I know to end struggle is to surrender to it. It's impossible to play tug of war if nobody is pulling on the other end of the rope! What does it mean to surrender into struggle? Simply let it go. Stop swimming upstream. It's a CHOICE we have to make in order to end the insanity. We are here on earth to learn about making appropriate choices.

We actually chose to create struggle in the first place. It probably started in a very innocent manner. Maybe we just wanted to get ahead at work, or have more stuff, for which we needed more money, and pretty soon we were locked into the game, and caught up in a vortex where we were the unwitting participant. Striving leads us directly into this trap.

In a perfect world, we'd get this and just move on, but rarely are we that discriminating. No matter how enlightened we are, struggle lurks around every corner on our journey, and mastery of this lesson goes back to our ability to surrender into it.

...continued on page 42...

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OPEN YOUR 7 SEALS OF PROSPERITY

...continued from page 11 ...



...continued from page 15...

As Within, So Without

The outer world of tangible goodies works in the same synchronized, synergistic way as the gateways. Thus, as one aspect of your life prospers, so do the others. For example, as your health improves, your finances flourish—and your romantic life takes off!

Spiritual Magic

Spiritual Alchemy is about converting the "lead" of heavy physical and emotional hardness (darkness) into the "gold" of buoyant energetic and emotional fluidness (light).

By opening your chakras, you transmute so-called "negative" emotions into pure aliveness and personal power. Your e-motions (energy in motion) become your friends, your doorways to fun and fitness.

As a master Energy Alchemist, you develop an easy-going, humorous approach to everyday challenges. You begin to think, feel, play and live in fresh and liberating ways. Weighty, difficult "problems" of life become light-hearted, changeable "situations." Old conflicts resolve. Relationships soar. Your bank account mushrooms. And you just plain have more fun!

You naturally release yourself from karma, trauma and drama. You reclaim wholeness and inner radiance as you gain liberation from old limitations and habits. You bubble over with enthusiasm for life. You become more confident and creative, while at the same time very humble, loving and compassionate. And in the process, you clarify why you're really here and what your true purpose is.

In sum, you unseal the power to take yourself from where you are today to where you want to be tomorrow—in business, body, bedroom and well-being.

This is the stuff of magic, miracles—and the coming home to grace!



Join Bee, Dolphyn Wisdom of the Ancients, on The Metaphysical Edge every Tuesday evening at 8 PM EST on www.Ask1Radio.com for interesting guests, provocative topics, and free psychic readings. Learn more about Bee and how to connect with her for private consultations - visit www.PsychicBee.com

Dear Curious, Yes there is absolute validity to this phenomenon called a "walk-in". In a literal sense this is soul swapping. The physical body remains the same but inside there is a soul exchange. A new soul begins to reside within. "Walk-ins" usually occur one of two ways: When a person undergoes a severe trauma, or during a coma. The soul of the person is unable or unwilling to continue on with that life so they agree to leave prematurely without physically dying and thus allowing another soul to come in and complete the mission, soul contracts, and karma. This is with approval from the Divine Intelligence. But it is a rare occurrence.

Dear Whitedove, I own an antique store and after a recent shipment of merchandise I've noticed that strange unexplainable things have begun to happen: lights flickering, a books falling, and items missing and then reappearing. Is my store haunted? ~Spooked in TN

Dear Spooked, Your problem is not a haunted location, but a haunted thing! Ghosts and entities don't only haunt places; they can also become attached to their personal possessions. This can hold true for antiques. Chances are in your last shipment you received more than your normal, every day merchandise. Since this spirit is obviously creating havoc for you I would suggest going through your shipment and trying to locate the source of your haunt; it should feel different, it will have a heavier energy to it when touched. You can either return it, or dispose of it to someone who is aware of the situation. It would not be nice to sell that item to a customer who was clueless. Until you solve this issue I suggest clearing and blessing your store to try and keep your mishaps down to a minimum. Burn white sage and smudge your store. Then place kosher salt in all four corners of each room. This will raise the vibration of your personal space.

FEEL ICKY FOR NO REASON? SEE PAGE 46

"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. Thank you."



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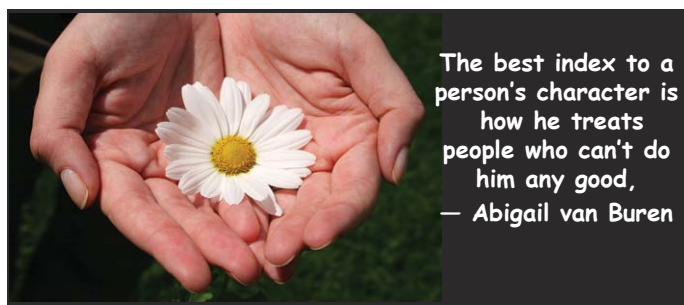
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Painter, Linda Blondheim lives in Gainesville, FL and works primarily in oils and acrylics. Linda has a museum history in AL, FL, and GA and is gallery represented in FL, VA and AL.



Her work is often described as painterly realism, or representational painting. Sometimes she is referred to as a representational expressionist or American impressionist. www.lindablondheim.com and <http://linda-blondheim.blogspot.com>

I get emails every week from painters who are depressed and who feel powerless about the state of the economy these days. Galleries are closing right and left, including two that I have shown in over the last 6 months. Predictions are dire for 2009. You all know what a Pollyanna I am. I refuse to buy into the defeatist attitude that so many painters have. Is it tougher to make a living now? You bet!! Does it take more work and guts now? You bet! Have gallery sales slowed in the last year? You bet!!

So, why would I be optimistic about the year of 2009? Because someone will survive this mess and continue to paint, so it may as well be me. As one of my dealers said, "This is the kind of economy that weeds out the wanna-bes and the amateurs who want to play at being an artist".

Sadly, I have to agree. Frankly there are way too many artists for our culture to support. Too many prima donnas, who like to pretend they are artists so they look cool. Too many artists who don't do the study and discipline required to be a serious painter. Too many artists who undersell serious painters. Do I sound like an art snob or elitist? Perhaps. I'm not. I believe everyone should enjoy the arts and paint with joy and passion. I do believe if you are going to put yourself in the professional arena, you have obligations to your patrons, your peers, and to yourself to be a professional and to represent this wonderful business and vocation with excellence.

For those who pine to be in the arts without that discipline and excellence, would it not be far more satisfying to be a patron of the arts instead? Then they would have the satisfaction of knowing they are building a gifted artist's career, while satisfying themselves as a hobbyist painter.

Well, I've really let my mouth get away from me today ;>) I can feel the rotten tomatoes being hurled at me.

Here is what I suggest to the painters who write to me on this topic. DO SOMETHING!!

Every day, wake up determined to do at least one thing that will help you to paint well and sell paintings. The actions you take don't always come to immediate fruition. The smallest action can bring results in mysterious ways.

Here are a few little things:

Update your blog

Update one image on your web site

Send a miniature painting to a friend or patron and tell them you are thinking of them.

Send out a post card each day

Google search possible groups who may have interest in your work.

Do a keyword search on your stat page to see how people find you. Use those key words in your image files.

Update your mail list and use it each day

Paint for at least one hour

study a painting technique and practice it.

order supplies

Write a new artist statement and send it out to friends with an appropriate painting image

Write a new newsletter

ask for referrals or testimonials from clients

Make an attractive little flyer about yourself and send it to 1 business address or personal name a day. Style magazines often show who's who photos of gala events. Get the names of the people who attend and do your research. If you can find their mailing address, send them something. Use the phone book and select businesses likely to have some interest. Keep up with the local and regional news papers. If there is a story about a well heeled person in the paper, cut it out and send it to them with a note, telling them you wish them well. Include your business card.

Make a habit of leaving your business card in various businesses and offices. When you wait for an appointment leave one on the table in the waiting room. Present the office manager with a flyer and business card attached.

Write an new press release and send it.

I'm sure there are hundreds of ways to do one thing a day to help yourself.

SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 16...

In the same way, pay attention to how you feel when you hang around certain "greasy" people, or go to certain types of places. Perhaps you can't always control the company you are in, such as in work or travel situations, nevertheless, you can still find ways to add more positive and inspiring company when you do have possession of the "remote control" of your life, such as during your off-work hours.

How do you feel when you take a brisk walk in the morning and watch the sunrise? How do you feel in the midst of whatever religious or spiritual gatherings you have chosen to participate in?

How do you feel when you're with family, with friends, or in the company of those with whom you work? How do you feel when you watch violence on television or in a movie theatre? Maybe good, and maybe not so good.

Be aware of how the vibrations of your body, mind, and soul feel as you move through your day in the company of various people, locations, and events. Then you'll have greater power to choose how you feel, and to hopefully choose happiness.

If you watch the news all evening, and find that you can't sleep because you're worried that terrorists are going to blow something up, or that the snipers might attack you, or that a serial killer might break into your house, then you may have created inner unhappiness by keeping the company of too much outer bad news.

For ten years of monastic life, I rarely watched the news, although I did work in the ashram's video department, and had access to a television for most of that time. However, with such a strong and intent focus on the eternal presence and on timeless spiritual teachings, I just didn't feel motivated to watch television very often at all.

Pretty much the only things that I saw on television during the 1980's were Princess Diana's wedding to Prince Charles, a dramatic news announcement that the U.S. had just bombed Libya, and Michael Jackson singing and dancing to "Billie Jean," when he first unveiled the moonwalk dance step on Motown's twenty-fifth anniversary special.

Soon after leaving the ashram in 1989, I was hired to work on a news show in Los Angeles, where I was an editor and producer for several years. We actually managed to fill five hours of news every day - which was unheard of in those pre-cable news days. Yet, in spite of this abundance of news, I realized that I hadn't really missed all that much by skipping an entire decade of news. I caught up with the rest of society fairly quickly, although intriguing gaps did show up for a while - such as not knowing who certain celebrities were, and being unaware about various prominent events that had taken place in the world during my monastic decade.

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FROM THE HEART

...continued from page 17 ...



leading you back to where you began, with no productive results; plus, you feel worse after digging yourself into a mental and emotional rut, like the tire of a car spinning its wheels in mud or snow. Likewise, most thoughts that most people think do not take them where they would prefer to go. The question to ask, then, is, "Which thoughts take me to places I truly value, and how can I capitalize on them?"

A Course in Miracles tells us that only the thoughts we think in alignment with universal truth have any power; all else is a "miscreation." The Course also tells us that "only the creations of light are real." Applying the Pareto Principle, we might note that 20% of our thoughts are creative, and the other 80% are miscreative.

As long ago as 250 B.C., the Greek mathematician Archimedes posited his spin on the Law of the Vital Few. He declared, "Give me a place to stand and a lever long enough, and I can move the world." In other words, one good thought that extends itself into positive creation is more meaningful than a thousand thoughts that have no platform in reality. On a global level, if you look back through history you will see that civilization has been advanced by a small number of forward thinkers. Eventually the masses followed, but the vanguard of human evolution has been the small tip of a spiritual and intellectual arrow.

One more suggestion from Tim Ferriss: Fire the 20% of your customers that take up 80% of your time. Once again extrapolated intrapersonally, you might notice that 20% of your worrisome thoughts take up 80% of your energy. If you just considered your bothersome thoughts once or twice, they would not occupy much space in your mind or emotions. But you think the same irritating thoughts over and over and over again until they are blown into a proportion far greater than they deserve. Someone said, "Worry is like a rocking chair. You keep going back and forth, but get nowhere." So if you fire, or at least do not give attention to the 20% of your thoughts that annoy you, you may liberate 80% of your mind and energy to do the things you would really enjoy.

The Law of the Vital Few is incredibly simple, yet offers immense practical results. Take some time to sit down and make a list of your business projects, home endeavors, and social interactions, and most important, your thought patterns. Then note whether each activity falls within the 20% that gets the most results, or the 80% that begets the least results. Then plunge wholeheartedly into the Vital 20%, and you will have your hand on the crucial lever with which you can move the world.

SECRETS

Excerpts from
Secrets of Spiritual Happiness

...continued from page 29...



While working on this news show, I had an opportunity to work with a phenomenally creative staff of reporters, writers, camera crew and post-production staff. I also saw that news shows are a business and a service, but a business first. The underlying goal is to increase viewer ratings without going over the line of ethics enough to get you written up negatively in the local paper - as one of the other stations in our town often did. All the news programs would run what were called "teases" to entice people to stay tuned and watch a story later in the day or later in the broadcast. Maybe some food was being recalled, or some other scary warning was being given, with that very serious newscaster face: "Your children may be in danger; details at eleven!"

News folks can tend to become somewhat numbed toward the daily string of disasters that they see, write, produce, and edit, all day, every day. The words that make up most news stories are words like murder, death, fire, disaster, showdown, fierce fighting - you get the picture. You can probably hear some of them right now just by scanning a few news stations, especially the ones that deal with the goings on of urban communities. As they used to say, "If it bleeds, it leads."

We news folks would tend to become desensitized to some of the emotional impact of such stories, because they were such an integral part of our daily jobs. About the only time we'd escape a daily flow of murders, fires, burglaries, and disputes was when there was a bigger, national story taking precedence, such as on election nights, or when we were working on special feature pieces about various interesting and hot topics.

Since I left that field, news shows have blended even more with the tabloid mentality, so that now a serial murder doesn't even have to be recent to be retold again and again through one of many "serial killers!" type series. With these somewhat numbed-out producers, writers, and anchors trying to grab the viewer with intense and enticing stories, teases, and intros, the viewing public eventually also becomes more numb to this massive flood of negative images and words being paraded on their television screens, every day and every night.

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THE YEAR 2012 & THE BIRTHING OF CHRIST CONSCIOUSNESS

...continued from page 9...

state—thus allowing these people time to acclimate to the changes around them. Another large portion of the people will struggle to try to bring things back to the way they were—a common reaction to trauma known as denial. And finally, there will be but a small percentage of inhabitants who will not be surprised by the changes and will step right into the role of assisting others with the change—the only proper response for a Lightworker or Healer.

The good news is that in the end, there is a reason for all of this. Although the year 2012 marks the end of our material world as we know it, it also marks the potential beginning of a Spiritual life. Rather than worrying too much OR trying to find a way to save yourself, why not nurture the part of you that is immune to all of these events. The bottom line is that the 2012 shift was created by us even before the Earth was created. We planted this and other large-scale shifts into our path as reminders to get our act together and remember who we really are—which will be done either the easy way or the hard way. The hard way means going through things like personal and global tragedies, which we've done before. The easy way is by hearing the call of Spirit that dwells within us and following Its Guidance to birth Christ Consciousness and nurture it into maturity. When we accomplish this, we need not fear the future but rather see it as our joy-filled destiny.

In other words, the reason or cause behind these changes is the need to awaken the inner Christ. These events were created by Christ for the purpose of awakening Christ, just in case he/she went to sleep and forgot the purpose for the journey, which we did. So the alarm is about to go off. But rather than becoming afraid, let's celebrate!

The birthing of Christ Consciousness is not to be confused with the return of Jesus or any other spiritual leader. In fact, it is just the opposite. Two thousand years ago, Jesus left his students and said, "I must leave you now or the comforter will not come to you!" He was explaining here, and in other teachings, that Christ is not a person to be worshiped, but rather, it is who you are. The "second coming of Christ" is not an external event but an internal remembrance.

Again, we are now in the time of humanity's awakening and must all learn to live and act as the Divine Beings that we truly are. We have already entered the New Millennium and the era of Christ Consciousness. To experience this to its fullest, we must recognize our worthiness, act responsibly, and learn to become teachers of Love.

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SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 30..

If we are forced, at every hour, to watch or listen to horrible events, this constant stream of ghastly impressions will deprive even the most delicate among us of all respect for humanity. — Cicero

It is nearly impossible to escape this media blitz of destruction, sorrow, grief, loss, devastation, frustration, and sadness - with only occasional stories about the many who are doing something good. Avoiding negative stories and images in today's world would be nearly as miraculous as parting the Red Sea. It's as though everybody now lives a traumatic childhood, witnessing an ongoing series of horrors, cruelties, and heart-wrenching scenes from an early age. You can't really exist in today's world without knowing all the pain, sorrow, and trauma that exists all over the world.

As with everything else in life, much of the benefit or harm from the media comes from how we choose to use it. For example, becoming aware of troubles and pains across the globe can be a blessing if that inspires us to heal those problems.

Personally, I consider it a blessing to have life lessons ready to view on television any time I might want some material to enjoy or consider. With television, I can enjoy my peaceful and somewhat hermit lifestyle while still being able to keep up with the world, the news, and current trends. It also gives me an abundance of material for contemplation or writing, with the flick of a channel. As the humorist, Swami Beyondananda, likes to say, the purpose of this material world is to give us good material!

Remember, this media explosion is still a fairly new development on the human evolution scene. Television wasn't even close to being around at the turn of the twentieth century. Why, I'm not all that old, and TV's were rare and only black and white when I was very young. The last few generations are the only ones that grew up having scripted friends and extended families on television.

Only in recent decades have the network and cable stations turned to so much negative fare, although recent years have also shown some promising possibilities for using television and film to actually uplift people and our society - what a concept, using the media for good!

The proliferation of media can also bring other benefits, including entertainment, emotional release, humor, education about many cultures, and - especially with the move toward reality TV - countless lessons about the human experience, from the honorable to the pathetic. Quiz shows, talent and survival competitions, personal exposés, court battles, dating shows, and other kinds of reality television not only catch our voyeuristic attention, but also offer living models we can watch and study to learn more about how human beings act and react in different situations. With these observations, we can learn more about human nature, and can also begin to look more closely at understanding and improving our own personal natures.

Nevertheless, if you find yourself feeling unhappy while watching too much of certain kinds of shows, then by all means, do make use of that remote to change the station, or to turn the television off and do something more constructive with your time. Meditate! Contemplate! Write the book you've always wanted to write! Learn to cook a new dish. Help your children with their homework. Sing a song. Have a friendly conversation. Take a class. Go for a walk. Go to the gym. You know your life and your preferences - find some good inner or outer company that will uplift and inspire you with greater happiness.

Do your best to be around people who are good company - who want to be happy, and who want to see you be happy. And, most importantly, be good company for yourself, because that is the company you have for life.

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HOW CANDID SHOULD I BE?

From time-to-time, a friend will ask me to tell her the truth about some aspect of their character. Are they too controlling? Are they bossy? Are they wasteful? Are they petty?

At one time, I would wrestle with such situations. Should I candidly tell my friend of the flaws I perceive, or should I deny that they have any problems, in the interest of sparing their feelings?

Ha — usually I would cheerfully deny they had the slightest "issue" but then eventually erupt at them when that issue finally got to be more than I could endure. I thus created some confused, puzzled friends.

Now, if someone asks me to evaluate them, I do so in glowing terms. And I mean it. Abraham has taught me not to notice the flaws in the world around me, and that includes people. Especially people.

I deliberately mentally turn away from people's foibles and irritating qualities. I deliberately set out to notice people's strengths and wonderful traits.

I don't do it to be Little Goody Two-Shoes. Rather, I do it because it feels so much better, so much less frustrating, to notice the good stuff.

And then, thanks to the ever on-duty Law of Attraction, people show me more and more and more of the good aspects of themselves.

So, if you want an evaluation or analysis, don't ask me. I won't be objective.

I'll be biased in your favor. I'll be in denial on your behalf.

And that will feel so good to both of us, even if the world doesn't fully understand.

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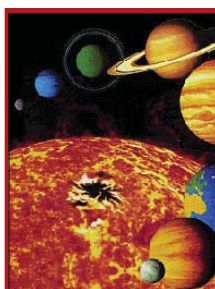
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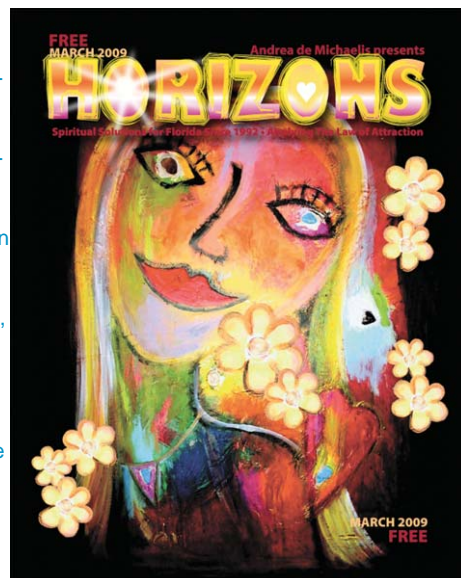
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COVER ART

Self Love by Sheri Salin

SELF LOVE, mixed media painting on canvas. Self-love ... accepting all aspects of oneself, the dark and the light, nurturing oneself, being gentle and compassionate with oneself, being your own best friend, listening, trusting and acting on the voice of faith within, setting boundaries, seeing the goodness within yourself and knowing that you deserve to have the life you desire. Self-love is looking in the mirror everyday, smiling and saying "I love you!"



Rev. Sheri Salin: An award winning Visionary Artist. Her online gallery is at www.SheriSalin.com. Original paintings are available along with open edition prints signed by the artist. What Sheri says about herself and her artwork:

I am a self-taught Artist/Reiki Practitioner/Spiritual Reader. I've been blessed to have experienced a crisis in my life that became the catalyst to live my childhood dreams of becoming an artist and to discover the Creator within, the Divine Feminine. Creativity opened the door to my spirituality and both became one on a path of self-discovery and evolution. I turned to painting and journaling as a tool for self-expression and self-healing which allowed me to become a vessel for God to express Herself through me.

Creativity became a bridge to access my right brain, my feminine energy. My journey was a very enlightening time for me as I realized that what I was taught about God in the Catholic religion growing up was very different from my personal spiritual journey to God within, expressed without through creativity!

My creative life has given me the opportunity to put "fun" back into dysfunction when healing my past as well as empowering myself and others to heal 2,000 years of religious dysfunction that views God in a patriarchal, sexist way which is the root of women's social inequality and the root of most men suppressing their feminine side. Did you know that God was worshipped as a woman during Neolithic time

s dating back 4,000 to 6,000 years ago? Women held high positions of status and owned land until a patriarchal civilization won in battle and stripped women of power and land, forcing women to become the property of men. This is now all history and her-story is now shifting into a new consciousness of balancing the male and female energies within.

My divinely guided artwork has given me healing, wisdom, joy and the ability to express and share the Divine Feminine in a magical, fun, creative way! Live your dreams!

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 and call 321-722-2100 with credit card info. If payment is not received with listing, your listing will not be placed and you will not be called for payment.

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

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

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

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

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

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

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

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

Saturdays 1:00 to 3:00 PM MELBOURNE - The Psychology of Man's Higher Development - Do you wish to understand yourself and your relationships better? Overcome negative emotions? Make your everyday life more meaningful? Learn about self transformation in the tradition of Gurdjieff and Ouspensky's teachings. Various Melbourne, Cocoa and Cape Canaveral locations. www.consciousregeneration.org or (877) 285.7142

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

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

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

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

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

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

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

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

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

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

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

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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

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

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

Saturday, March 7 PALM BAY Psychic Fair, 10am-6pm, American Legion Post 117, 189 Veterans Dr. SE Palm Bay. Interested readers and vendors, call Pam (321) 508-4529.

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

Sat-Sun March 7 & 8 DELAND 10:00 am to 4:00 pm Energetic Protection Workshop. In this experiential workshop you will learn and engage in several ways of energetic protection. Regular practice of these methods can prevent energy loss, stop an existing energy drain, and raise your energetic frequency. Topics of discussion include: your sacred altar, guardians/allies, stones and plants, and creating a protection bundle. \$100.00 includes lunch. Tom Arcuti - Yachaq Shaman of Imbabura 386-747-9294 or tom@allipacha.com

March 13th NEW SMYRNA BEACH "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7 PM. Call Judson for more information 386-847-2367

Friday, March 13th ORLANDO 7-10pm. Munay-Ki, ancient Inkan Rites. Free introduction including the First Rite of protection. These nine rites are the keys to clear your ancestral patterns, put your life on the rapid path of transformation, develop the ability to perceive the invisible world of energy and spirit, work with Ancient Luminous Beings and operate from the force of Spirit as you. Preparation for 2012 prophesies. A must for professional healers. Debra Kruljac, LMT and Alto Mesayok of Center for Healing Arts is offering Munay-Ki Rites on March 14th and March 28th 9am to 6pm. Call (321) 733-7633 or (407) 446-5448 for information.

March 20th - EDGEWATER LANDING 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self-transformation. 7PM 758 navigators Way, FL. (Edgewater Landing), For more information call Barbara at 917-5090004
Friday, April 24 - Sunday, April 26 - WESTON - Angel Guidance Practitioner Course facilitated by Ellen Valladares, Angel Therapy Practitioner® certified by Doreen Virtue. For those who feel guided to heal, teach, or spiritually counsel others by working with the angelic realm. 3 full days include daily yoga, lunch, evening activities. Weston Courtyard Marriott. Cost: \$377. Contact: ellenwv@aol.com/786-877-6242/ www.connectingwithlight.com.

March 21st GAINESVILLE Psychic World and Spiritual Faire for the Spring Equinox 11am - 5pm, Florida School Massage, 6421 SW 13th St. Psychic Insight to your Spring and Summer. Readers, Psychics, Intuitives, Massage, Gifts, Jewelry, Vendors, Imports, Fun, & Food. Body-Mind-Spirit Discovery, Admission \$2 Fund Raiser for Seraphim Center

Thursday March 26 DELAND 7:00 pm to 9:00 pm New Moon Shamanic Drumming Circle. Donations appreciated. Tom Arcuti - Yachaq Shaman of Imbabura 386-747-9294 or tom@allipacha.com

March 26th, 27th, 28th. Titusville Art League 45th Annual Spring Show \$4,000 Dollars In Prize Money Free To The Public
Where: Clarion Inn, 4951 South Washington Avenue, Titusville, FL. Art Take In - March 24th And 25th

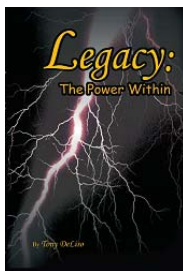
April 5th COCOA VILLAGE Marie Adams, Founder Of "Virtues Of The Heart" Is Sponsoring A Day Of Celebration With Dancing & Drumming At Café Unique Amish Deli & Coffee Shop 607 Florida Avenue Cocoa Village From 1 Pm - 6 PM Bring Your Children And All Other Noise Makers Such As Drums, Bells, Rattles, Etc. Anyone Interested In Entertaining Or Being A Vendor, Please Contact Marie At Freedomtwister@hotmail.com Seek The Divine In Our Togetherness Find Your Rhythm While Helping To Build An Orphanage In Malawi!

Friday, April 24 - Sunday, April 26 - WESTON - Angel Guidance Practitioner Course facilitated by Ellen Valladares, Angel Therapy Practitioner® certified by Doreen Virtue. For those who feel guided to heal, teach, or spiritually counsel others by working with the angelic realm. 3 full days include daily yoga, lunch, evening activities. Weston Courtyard Marriott. Cost: \$377. Contact: ellenwv@aol.com/786-877-6242/ www.connectingwithlight.com.

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

LIVING IN THE NOW: SIMPLE BUT NOT ALWAYS EASY

By Tony DeLiso, author of
"Legacy: The Power Within"
www.Powerlegacy.com



Planning for tomorrow is a fine practice. Remembering yesterday is also a fine practice. The first reinforces and insures the achievement of goals and the latter is a tool for reflection and learning.

Too often, many years ago, I couldn't wait for tomorrow. Tomorrow promised to bring me a much better life. Everything I did or planned for back then was for the future, or that I couldn't enjoy doing until tomorrow.

I learned, back then, to blame my past for many of the things I didn't like about my life. In reflecting, I found that based on my attitude and behavior of that time, and not my past, I couldn't have enjoyed much more of my life than I did. And from that reflection, I learned something very important to me, which is, not to wait for tomorrow to enjoy the things most important to me; family, my friends and myself.

The fact of the matter is that there is only now, the present. It is the only reality we do actually live in all of the time. "In the Now" we can remember the past and plan for the future, but more importantly, mindfully enjoy doing whatever we are doing in the now; today.

I still think and plan for the future. I now reflect on the past instead of blaming and complaining. And now it seems, I have more time to spend doing what I like to do in the present, such as teach, socialize, write, create and take life a little easier, and I don't wait for tomorrow nearly as much.

My advice, if you will, is that you make it a habit of enjoying today and each day as you awaken until you go back to sleep. You can start practicing "Living in the Now" by putting your attention on the people and things you care about daily.

You might also consider getting rid of habits that don't serve you well. Old lifestyle habits that don't bring you peace and happiness can be broken over time and replaced with habits that bring you love, health, self-expression and wealth, and truly practice enjoying Life Now.



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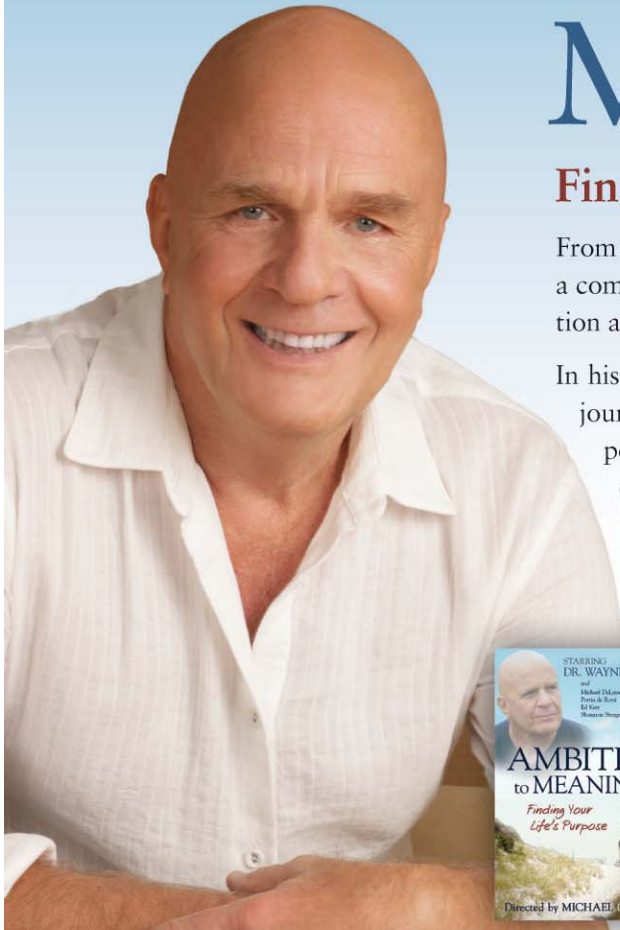
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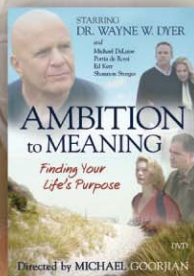
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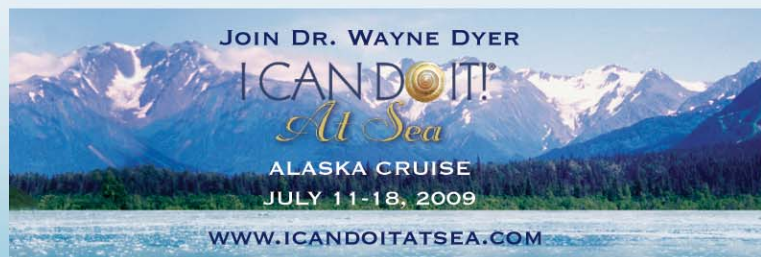
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**Let us know when your group meets so we can
list it in the calendar for others to join you**

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

MARCH 2009

March On, March!

This month has the Full Death Moon. Ever wonder about the names given the moons? I mean, Death Moon is not the 1978 movie, but a name used by some Neopagans to the moon of March. So, what's with this Death Moon stuff? Walk out into the moonlight and fall over in a slump of gooey, slimy, withering protoplasm? No! Don't go out into the moonlight! Stay under the covers! It's Dark and Dangerous Out There... Well, I certainly hope that's not so! As a Neopagan myself, let me say that the moon is your friend. She is the physical representation of the Goddess Herself, and that is a good thing.

But, continuing on, the colonial Americans called the full March moon the "Fish Moon", the Cherokees called it the "Windy Moon", Choctaw called it the "Big Famine Moon" and the Chinese say it's the "Sleepy Moon". The Dakota Sioux called it the "Moon When Eyes Are Sore from Bright Snow" and the Medieval English called it the "Chaste Moon". I call it the "Get Tax Records Together Moon" but my feet are mercilessly mired into the muddy mundane earth.

An arbour of flowers and a kettle of wine:
Alas! in the bowers no companion is mine.
Then the moon sheds her rays on my goblet and me,
And my shadow betrays we're a party of three!
Li Bai "Drinking alone with the moon" translated from Chinese

Spring is a cause of celebration all over the world. It signifies the end of winter and the return of bright vegetation and food galore. In India, people greeted spring with the festival of Holi lasting 16 days. It is celebrated on the first day after the full moon in March. People go wild with celebration, running through the streets, wearing their old clothes, smearing each other with brightly colored powders and water. It is also a celebration to commemorate prince Prahlad, who survived many attempts by the king Hiranyakshup to kill him for his worship of the god Vishnu. It seems the king wanted that privilege for himself. The

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king tried to kill him by having Prahlad thrown in a pit of poisonous snakes, trampled by elephants and burnt in fire. Each time, the god Vishnu saved him. Holi is also a time to celebrate the love of the god Krishna for a beautiful girl called Radha. Even today, there are many beautiful posters and paintings of Krishna and Radha in each other's arms.

Though the moon cannot swallow her share of the grog,
And my shadow must follow wherever I jog,
Yet their friendship I'll borrow and gaily carouse,
And laugh away sorrow while spring-time allows.
Ibid.

MARCH 2009

- Mar 2nd - Orthodox Christian: Lent begins
- Mar 8th - Start of Daylight Savings Time
- Mar 9th - Muslim: Mawlid an Nabi (birthday of the prophet Mohammad)
- Mar 10th - Full Death Moon at 10:37 PM EDT
- Mar 11th - Hindu: Celebration of Holi
- Mar 13th - Scientology: L. Ron Hubbard's birthday
- Mar 20th - Spring (Vernal) Equinox at 7:44 AM EST
- Mar 20st - Wicca, Northern Hemisphere: Ostara, celebration of the Goddess of Spring
- Mar 20st - Wicca, Southern Hemisphere: Mabon, celebration of the Great Son
- Mar 26th - New Moon at 12:08 PM EDT
- Mar 26th - Zoroastrian: Birth of the prophet Zarathushtra
- Mar 27th - Hindu: New Year
- Mar 30th - Buddhism: Birthday of the goddess Guanyin



WE DON'T HAVE TO STRUGGLE

...continued from page 21...

When we can reach the place we sang about as children, "Row, row, row your boat. Gently down the stream", we don't have to be encumbered with it any more.

Why, then, do we continue to deal with struggle? What's the payoff? Perhaps it is the addiction to the drama of it all. There is a certain exhilaration we get with the highs and lows involved. When we throw stimulants like caffeine into this mix, the stress grows.

Another reason could be that we have old, archetypal beliefs that we HAVE to struggle. The basic underlying paradigm is that we must struggle in order to earn God's love. This lesson is taught by every dogma, and most of us learn it as truth at an early age. It extrapolates out into other beliefs such as "we have to work hard in order to succeed" and "if it is too easy it can't possibly be right". Nothing could be farther from the truth. All Universal Laws point to the path of least resistance as the only way! The Cosmic supports us with flow, and when we move with it, all we require is brought to us. **Carl Jung** said, "What we resist persists." By struggling, we slow the process of conscious creation and rob ourselves of health and happiness.

Here's a new truth. "If it's easy for me, it's right for me." This is the truth that will set you free from the trap of struggle. When life isn't flowing easily, take notice! Stop, take a deep breath and ask the Universe to help you. Let go and Let God.

Here is a quick formula for success: every morning, take a blank sheet of paper, date it and write "Today is a blank slate for my conscious creation." Then list five things that you are grateful for, and take a moment to write why. Next, write a paragraph of your perfect life, describing everything you desire as though you already have it. Finally, Ask your Higher Power to help you by listing 3 things you need help with. Close by writing, "I now release all doubt and fear and trust that all will be taken care of in a perfect way, and I am grateful." You can then write, "I'm a perfect magnet for love, money, success and much, much more!"



SUGGESTED READING WATCHING LISTENING

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

The Four Agreements by don Miguel Ruiz

Crystal Therapy by Judith Lumoski

You're Not Going Crazy...You're Just Waking Up! and The Seven
Initiation of the Spiritual Path by Michael Mirdad

www.Powerlegacy.com

"Legacy: The Power Within" by Tony DeLiso

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

From www.hayhouse.com

The Biology of Belief by Bruce Lipton

Overcoming Fears by Louise L. Hay

The Answer is Simple by Sonia Choquette

Personal Development for Smart People by Steve Pavlina

From www.scottblum.net

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



Waiting for Autumn will be available April 2009

From www.newworldlibrary.com

The Hidden Spirituality of Men by Matthew Fox

Trager for Self-Healing by Audrey Mairi

Angel Horses by Allan & Linda Anderson

From www.dragonslegacy.org

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

MUST SEE DVDs

The Secret Movie <http://thesecret.tv/>

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

THIS MONTH'S THOUGHTS ABOUT THINGS...

...continued from page 7

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



I once **Googled** a friend's email address since I couldn't recall her website URL and came to another pal's **Friends Comments** on their **MySpace** page. She had only 3 friends listed and I knew them all. Her privacy settings were set to just the 4 of them. In their comments they were conspiring to put another mutual friend out of business and ruin her reputation, something they had initiated several months earlier.

Had anyone told me this about any of these people I would not have believed it. Two, whom I (and the hapless target) thought disliked and avoided each other, had apparently been friends for years. I learned all this inadvertently, not even looking for it, going in through **Google's** back door of their **MySpace** page, past their privacy settings.

Did I tell my friend, their target? No. It was something she had been warned about but she was not sure was true. She wanted to ignore it and let it pass on its own, if it was true. I saw no need to tell her and re-open the topic. She doesn't go online, so it's unlikely she'll ever see it. I doubt she'll even read this.

The bottom line is - well, what I do is discuss online **ONLY** anything I want everyone else in the world to know about me. Everyone. For all time.

Oh yeah, and remember that putting personal details like date of birth, hometown, school, pet's names, etc. on **Facebook** and **MySpace** is not wise if you use any of that info as online passwords. Just a heads up. We can be open but we don't have to be foolish.

Three Lucky Friday the 13ths in 2009!

We have three **Friday the 13ths** in 2009. **February, March** and **November**. **Friday the 13th** has always been a lucky day for me. Maybe that's because as a teenager I went through that rebellion stage where I wanted to think and do the opposite of everything I was told. That included making Friday the 13th be a lucky day for me.

I see now that by me doing that, I was each Friday the 13th constantly looking for the positive aspects of the day. I was anticipating days before wondering what kind of good things would come my way. So was it really my lucky day, or did it just become my lucky day due to my belief that it was and my expectation that it would continue? Either way, I won.

Oh, Andrea, are you singing that old tune again? "Expectation and belief determine your future experience." Yeah, yeah, yawn, tell me something I don't know...

Well, if you know it, why aren't you acting like it?

If you expect dollars to flow, are you talking about the possibilities of that with friends?

Or are you talking about everyone who's out of work?

Either way, simply take note of what you're saying with friends and what experience you have in the days and weeks to come. Just notice the cause and effect your words and thoughts have.

If you really know that your expectation and belief determine your future experience, is there any reason not to spend time deciding what fun things you'd like to be doing in the next week, the next month, the next year?

Is there any reason not to spend some time daydreaming about that?

Daydreaming is an easy mode of creative visualization. Daydreaming, fantasizing, pretending.

Pretend is a good one, "pre" from "ahead of time, before" and "tend" for "intend". So when you are fantasizing and pretending, you are intending in advance what you'd like your future experience to be. You are vibrating in resonance with it and attracting it to you.

The earliest known documented reference to **Friday the 13th** in **English** occurs in an **1869** biography of **Gioachino Rossini**: "[Rossini] was surrounded to the last by admiring and affectionate friends; and if it be true that he regarded Friday as an unlucky day, and thirteen as an unlucky number, it is remarkable that on Friday, the 13th of November, he died."

I don't find that remarkable at all. It's a demonstration of the law of attraction at work. Had he feared Mondays at 9:00am, as many heart patients have, he would have died then, as they do.

I prepay that forevermore my **Fridays the 13th** will be filled full of wonders, new friends and new opportunities. I'll bet yours will be, too.

And to me, that's also the key to a recession proof life.

Just prepay your tomorrows with what you'd like instead

Read my daily at <http://www.horizonsmagazine.com/blog>

Enjoy our offering this month.
Hari Om.

Andrea





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

HOROSCOPES FOR

Aries: March 20 to April 19 "I Am". Venus in Aries transiting your Sun sign is the reason you will not take no for an answer. Live and learn and live and let live is your motto. Continue to be the pioneer in what you know, and you will always have people that love you close by.

Taurus: April 19 to May 20 "I Have". You are on a positive upswing in your life with transiting Saturn in Virgo for another year as you structure the foundation of your new career. Pluto in Capricorn to make you passionate about working with focus and intention. Your motto; do today what you can do so you stay ahead of the game.

Gemini: May 20 to June 20/21 "I Think". It pays to be at least nicely civil to people. You never know when they might be in a position to help you in the future. You'd be surprised how unexpectedly and innocently gossip gets around that is usually wrong.

Cancer: June 20/21 to July 22 "I Feel". You must get weary at times, because of your extreme sensitivity to outside energies. The most important methodology is to remember to stay grounded, and always ask yourself, is this my energy or someone else's. Keep in mind that you can't fix everyone, the remedy is to concentrate on your own life.

Leo: July 22 to August 22 "I Will". Now is the time to get creative with your finances. The meeting you are about to go into will have people from all walks of life. Round ones, shorts ones, tall ones and skinny ones. They will do what they all do best; be a part of a team that can help you make your money go very, very far.

Virgo: August 22 to Sept 22 "I Analyze". With the great task master Saturn in Virgo lurking around, your head lately like a big dense fog bank, you can't seem to have any privacy of ideas. It's like you are being like your opposite, "Pisces" who wears their feelings on their face. Yes, poker face and discernment are your specialties, but not today, not this month, too much has happened in your life lately for it not to show.



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MARCH 2009

Libra: September 22 to October 22/23 "I Balance". Your life can only get better from here, in your gut you can be the strong one when it is demanded by circumstance. Being awake, alive and ready, now is your chance to take a leap of faith into the future. Your career will really appreciate the freshness you bring to the table.

Scorpio: October 22/23 to November 21 "I Create". You know yourself to be intense all of your days so far. The problems that you face on a regular basis have to do with loneliness. It is unlikely that you have had much luck finding a mate that can understand your feelings. But as you learn to lighten up, others will flock to your side to bask in your deep dark mysterious energy.

Sagittarius: November 21 to December 21 "I Perceive". All work and no play: how different is that scenario? Well, you must be trying to impress the opposite sex. Its not going to work, just be yourself, there is no one to kiss up to. Self respect and integrity will demand that you follow your heart. Remember why people love you, You're funny, charming, a jokester, don't change the good in you for someone that doesn't appreciate you.

Capricorn: December 21 to January 19 "I Use". You are at a very good place in your life right now, one where the energies are perfect for you to expand your career. The recipe stands like this, add some

Dance! Drum! Chant! Get Tribal!

Marie Adams, Founder Of "Virtues Of The Heart" Is Sponsoring A Day Of Celebration With Dancing & Drumming at

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Bring Your Children And All Other Noise Makers Such As Drums, Bells, Rattles, etc. Anyone interested in entertaining or being a vendor, please contact Marie at Freedomtwister@hotmail.com



focus with a step by step process (Saturn in Virgo) hard work, determination and no limitation of taking no for an answer (Pluto in Capricorn). Finally, as you honor your clients as yourself, true integrity will raise you to the top of your field (Moon in Taurus). s you love what you do, people will love you also.

Aquarius: January 19 to February 18 "I Know". All that you have worked so hard for will now come so easy. It is called laying the groundwork for success. All your ducks are in order. You may consider hiring a secretary to get to work on all your marketing ideas. You will stand apart from others because of your ability to work your magic on the inner planes.

Pisces: February 18 to March 20 "I Believe". Sometimes letting go of what you thought was important to you can be very liberating. Just remember when one door closes another one opens. Now is a good time to be open to receive, you have done the leg work, so just let it happen. By the 25th of March you will have your answer. Be patient, the right thing will happen.



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



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

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

While relaxing, does your body begin to hum or vibrate, sometimes so intensely you think the room itself is shaking? Learn how to manage this energy and use it for more expansive and experiences with your invisible helpers. Go into each session with questions you would like answered by your angels, guides and teachers.

Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic writing that has 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

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

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

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

Our body is a community of 50 trillion living cells, all cooperating as a collective consciousness, and we speak to it and direct it every time we have a thought or reaction. The body is a biochemical machine and the driver is the mind. So dis-ease is merely a result of how we're driving our physiology.

Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health. Each time you listen to this recording, you will awaken refreshed, rejuvenated and motivated to get into your day.

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



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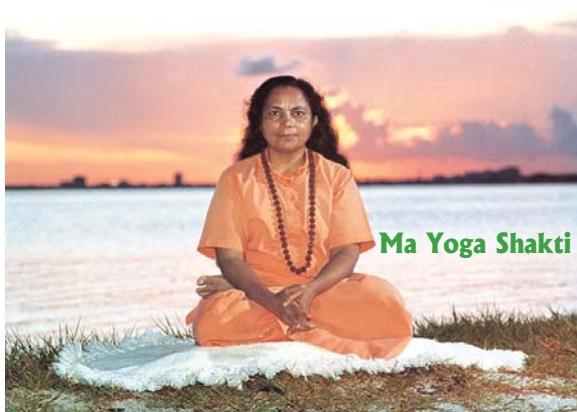
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Email HorizonsMagazine@aol.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

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Thursday
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7-8 pm

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

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

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