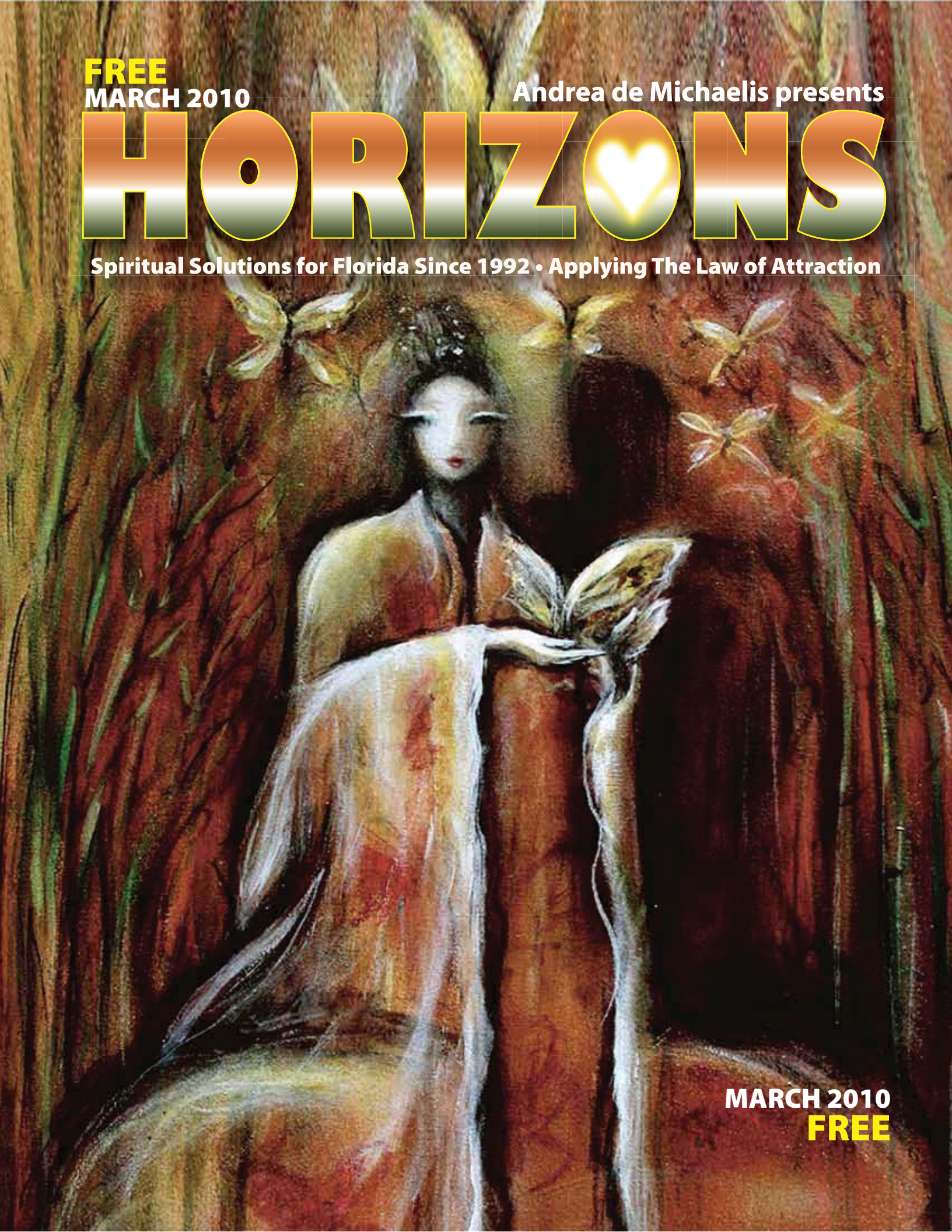


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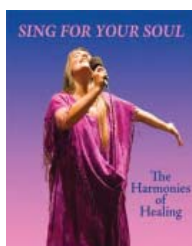
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**Sunday, March 7th  
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**Monday, March 8th 7:00-9:30pm Spirit Of  
Money - Healing our Finances!** Inspiration x Ac-  
tion = Manifestation! This is a how-to and what-not  
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**Tuesday, March 9th 7:00-9:30pm  
The Vibration of Grief & Forgiveness**  
Healing our Emotional Body! Embrace the sweet-  
ness of sorrow to overcome out "stuff!" There is no  
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all of us can use to purge the past and embrace the  
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**Wednesday, March 10th 7:00-9:30pm Toning  
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**Annual Meeting March 14th** Immediately following Sunday Service  
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**Magic for Manifesting with Joan Marie Barringer, M.Ed., CHT** Saturday, March 20  
6-9:00pm. Joan will introduce Universal Laws and demonstrate simple techniques for visualizing dreams and goals for abundant living. Raise your consciousness and enhance your spiritual development by this empowering workshop. This workshop offered for a suggested \$20.00 love-offering. [www.magicformanifesting.com](http://www.magicformanifesting.com)

**Family Spring Fest Sunday, March 21st 12:00-5:00pm.** Melbourne's popular "Nuclear Umbrella" Fusion Band will be playing from 1:00-3:00pm. The event will include music, yoga, games, crafts, causes, drumming and more. Our Youth and Family Ministry will be accepting love offerings for these activities to support youth education. In addition, BBQ, Veggie Options, Pizza, Drinks and Desserts will be available for purchase. LIVE MUSIC 1:00 - 3:00 PM

**A Very Special Concert Event Daniel Nahmod Monday, March 22 - 7pm**  
Award-winning recording artist Daniel Nahmod has performed his unforgettable inspirational pop music for nearly one million people across the U.S. and Canada, selling over 50,000 CDs and receiving countless standing ovations along the way. He has appeared on TV and radio in over 90 countries and has collaborated with Deepak Chopra, Marianne Williamson, Jean Houston, Neale Donald Walsch and Michael Beckwith. [www.DanielNahmod.com](http://www.DanielNahmod.com)

**Envisioning Our Future Together with Susan Beck Friday, March 26th**  
6pm- 9:30pm **Join us for spaghetti dinner at 6:00pm - \$7.00** (\$3.00 for children 8 and under). We will host a congregational gathering from 7 - 9:30 to discuss what's most important to us as we continue planning for our future together. Throughout the evening, Susan will pose a series of questions and lead us in a discussion of what we, as a congregation, want to manifest in the next 10 years and beyond. If you love Unity of Melbourne, it is extremely important to this process that everyone participates. This will enable your leadership team to feel the pulse of the congregation as we create and achieve a shared vision of our future. Envisioning our future Together will be a very energizing and uplifting experience for us all. Please plan to attend.

**A COURSE IN MIRACLES** Facilitator: Darlene Capinha Tuesdays 7:30pm  
**REIKI HEALING SERVICE** Lloyd Reiser 4:30pm Sunday March 7th, and April 4th  
**BREVARD BUDDHIST FELLOWSHIP** Friday, March 12th 7pm  
**BE PEACE PRACTICE GROUP** Monday, March 15th 6:30pm

Please check [www.unityofmelbourne.com](http://www.unityofmelbourne.com) for possible event date or time changes.

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**Publisher/Editor/Layout:**  
Andrea de Michaelis

**Thanks for help this month**  
Gerald & Rev. Beth Head  
Catherine Wendell  
Bernadette Carter  
Cha Cha La Belle  
Julie Mallis-Turner  
Theresa Hudson  
Sally Carmany  
Denise Marr

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A. Venefica  
Barbara Lee  
Donna Eden  
Jean Slatter  
Mike Dooley  
Alan Cohen  
Tom Sannar



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

Anais Nin

*Horizons thanks  
everyone willing  
to take the risk*

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

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

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page 23  
page 35

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





**Andrea de Michaelis**  
Publisher

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

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

**H**ello and welcome to the March 2010 issue of Horizons Magazine. Remember when you were a kid and the newspaper would come, and dad would take the front page, mom would take the lifestyle section and the kids would get the comics first? We'd all sit at breakfast and Dad would fuss at the news headlines, and mom would comment about what she was reading, to lighten the mood. As kids, we'd just be reading the comics and not paying attention to much of anything either of them said, lost in our own little world of Dennis the Menace, Peanuts, and Calvin and Hobbes. For the kids, Sunday morning was for reading the Sunday funnies (in color!) and thinking of what fun things could be done with a day off. For Dad, Sunday morning was for catching up on the bad news of the week all at one time. What he read in the paper determined what his mood was going to be all day. After reading the Sunday paper, we kids were ready to play and have fun while Daddy was bummed out and disheartened over the state of the the world. Not a vibrational match for a fun day. Or a fun life.

I'm not saying it's all about fun, and I did not have a tormented childhood. I grew up in a working class family with my father a

carpenter and my mother a phone clerk, both employed full time while we were growing up. Our dad was a slow reader, having only a 6th grade education, and that added to his frustration when reading the news - having to take time to figure out what the words were, then what they meant. He always woke up in a happy mood, but it went downhill fast after reading the headlines.

We didn't grow up knowing that what we think about and read about and vibrate in harmony with is what we would attract into our life. We didn't know that if we focused on something cranky at the beginning of each day, we would see the whole day through a cranky filter, and attract more to be cranky about. We just grew up knowing that we wanted to do what felt good and do what made us happy. Like reading the comics on Sunday morning. It put us in a good mood for the day. It added to the fun we had. Seeing the fun the cartoon characters were having made us imagine ourselves in their place, having the fun with them, doing the things they could do.

Again I'm not saying it's all about fun, but it kinda is. It's about vibrating in a place that helps us attract more of what we want to attract. We vibrate in a place when we think about it, when we ponder it, when we daydream and imagine scenarios about it.

Reading the Sunday funnies was the first time I imagined I could be more than I was. I'd read Brenda Starr and imagine myself going off on her adventures. Growing up, I wanted to be either Brenda Starr or Della Street. It was kind of like crime fighting, because I'd get to bring truths to light through what I reported, or I'd get to help justice be done behind the scenes. I guess in retrospect, I did become both Della Street and Brenda Starr through my career as a criminal defense paralegal and now as a writer and publisher.

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

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# ABRAHAM-HICKS



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

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

## *Stop Fixing And Start Savoring*

**A**s you are reaching, in a determined way, for the Path of Least Resistance, anything that is resistant within you will certainly pop up within 20 days. And as you are deliberately reaching for the Path of Least Resistance and finding it, then you will have shifted your vibration on every subject that is important to you, and you will become resistant free.

You just have to want to feel good more than anything else. That's the only criteria that is necessary in order for you to achieve this. You have to really want to feel good. You have to want to feel good so much that you're wanting to reach for a better feeling thought any time you are in the midst of one that doesn't feel so good.

Nothing is more important than that I feel good. That's the mindset that you have to be at. Nothing is more important than that I feel good. And that doesn't mean getting rid of

things that don't feel good, because you can't. In other words, you can't make people go away. You can't make people stop thinking about you. You can't rid the world of terrorists. You can't rid the world of disease. You can't get rid of the things that you feel need to be gone.

You've got to decide, "I'm going to find a Path of Least Resistance relative to this. I'm going to find a way of either thinking about this in a way that feels good, or I'm going to find a way of not thinking about this. But this is no longer going to be an issue that keeps me from allowing the Well-being that would be there if I were not doing this. Nothing is that important."

Your "starting point", is being determined that you're going to feel good, no matter what, and then sifting through your life for things that do feel good. So we say, sift through your life for things that feel good.

And you say, "Well, I think I'll start with this issue." And we say, reach into your life for things that feel good. And your human tendency right away is, "Oh, well, then I'll deal with the issues."


And we say you don't have to deal with the issue; don't activate the issue. Start looking for things that feel good. Start with something easy. Turn your attention toward things that feel good. And you say, "Well, that's easier under some conditions than others. What if I find myself in a situation where I'm looking right at something that makes me feel bad, and I can't get away from it, no matter how hard I try, it's so in my face?"

And we say, there's where your real work begins. That's where you say, "I'm going to take some baby steps. I might not be able to get myself completely away from this resistance, but I sure can pick a path of less resistance." And so, you just start. Just try to find something that feels better. Try to change the subject if you can, (That's the fastest, easiest way.) but if it keeps coming up, then you may want to find the Path of Least Resistance. And you get so good at it.

You get so good at it that after you've got a few things conquered, so to speak, or deactivated, then you can just say "Oh, well, I can do to you just what I did to those other things. I just don't have to think about you any more. You're a non-issue to me."

The thing that we most want you to focus upon is, we don't want you to see this big bag of issues that you're trying to diffuse. We want you, instead, to see this moment that I want to feel good--and now, this moment that I want to feel good. Sometimes we think that you think that you've got all of this work that needs to be done, and you're hoping that you'll get your work done before you die. And the work, to many of you, feels like all of these issues that you have to overcome or understand, or conquer. And so, it's like, you're tenaciously out there just digging up stuff so that you can fix it. And we're wanting you to understand that the way you're wanting to

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



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# Light and Color



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

*Color is energy made visible.* —John Russell

**L**ight is fundamental. Our bodies are biological light-receptors that transform sunlight into life-sustaining energy.

A photon is, most simply, a “particle of light.” Although light spreads as an electromagnetic wave, it can be created or absorbed only in discrete amounts of energy, known as photons. The energy of a photon is greater the shorter the wavelength. The energy is smallest for the photons that comprise radio waves, increasingly larger for microwaves, infra-red radiation, visible light, and ultra-violet light. The photons of x-rays, gamma rays, and cosmic rays have the shortest wavelengths and greatest energy (the “highest vibration”).

Living cells emit weak electromagnetic radiation. Your skin emits about 30 photons per square centimeter per second. While not visible to the human eye, you emit light. You glow! But not enough to get arrogant. The scientific term is “ultra-weak bioluminescence.”

Light is also the source of color—white light contains all the colors of the spectrum.

Objects absorb specific frequencies of white light. The color of an object is actually the part of the spectrum the object cannot absorb. This is reflected and experienced as its color. Our eyes can recognize several million variations of hue (exact location on the spectrum).



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[www.thefamilyoflight.net](http://www.thefamilyoflight.net) [charleslightwalker@yahoo.com](mailto:charleslightwalker@yahoo.com)

Light energy has two fundamental dimensions: intensity & wavelength.

- Intensity is the number of photons that fall on a given area—determines brightness
- Wavelength is literally the length of the wave
- A radio wave has a relatively long wavelength (thus its photons have less energy)
- Visible light is in the middle of the spectrum
- Infrared is just below visible light in its energy (longer wavelength)
- Ultraviolet just above visible light in its energy (shorter wavelength)
- X-rays, gamma rays, and cosmic rays have progressively higher energy (shortest lengths)

Visible light (light that can be absorbed by the photoreceptors of your eyes) is between 400 and 700 nanometers in length (purple is 400, green is 500, red is 700).

Color is both a subjective experience and an objective feature of the world. It is a physical reality and it is an internal experience that is tied to our emotions, perceptual style,

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

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### COMPLETE PERSONAL READINGS

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.

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

*Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients . He uses this gift to give people gentle but firm guidance into knowing themselves better.*

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

### CREDENTIALS:

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

**Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies. See <http://groups.yahoo.com/group/askalbert/>**

**Visit Albert's website at [www.psychicconsultant.org](http://www.psychicconsultant.org)**

# GUIDANCE

Michael Mirdad, author of *You're Not Going Crazy . . . You're Just Waking Up!*, is a keynote speaker at the 2010 Universal Lightworkers Conference in Fort Lauderdale, Florida from June 11th - 13th. For info on the ULC, go to [www.UniversalLightworkers.com](http://www.UniversalLightworkers.com).

For information on Michael, go to [www.GrailProductions.com](http://www.GrailProductions.com)



**N**o matter how far along you are on your spiritual path, you might still have those days when you are not sure if the "guidance" that you receive is real, accurate and for your "higher good". Guidance comes to us in various forms but we all develop a general pattern or favorite system. It might be dreams, channels, hunches, psychics, symbolic "coincidences," and the list goes on.

All too often we make the mistake of assuming that if a "sign" appears it must be from God and, therefore, worth pursuing. Then, if/when the guidance falls through or falters to some degree, we feel confused and perhaps blame the messenger, or even God.

An article recently appeared on the front cover of a major New Age magazine that stated if your guidance did not cause pain or discomfort, then it was probably not from the Divine. The author reasoned that guidance encourages growth, which comes from learning painful lessons of life.

Hopefully by now we have reached a point in evolution wherein we can see that neither growth nor guidance need be painful. In fact, it stands to reason that the closer you are to the Divine (which is a state of Love and Joy) the more you feel similar attributes.

Think about it! When you meditate (i.e., get closer to God) you usually feel uplifted. Getting guidance is the same thing. It should carry with it a sense of upliftment-a message of Love. As a general rule, it can be said that Divine Guidance versus ego looks like this:


## GUIDANCE

Encourages healing and love  
Is simple  
Is inspirational  
Brings joy  
Creates comfort  
Is focused/clear  
Creates Win-Win

## EGO

Avoids healing & forgiveness  
Is complicated  
Creates doubt/difficulty  
Breeds anguish  
Creates fear  
Is scattered/erratic  
Someone gains/one loses


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



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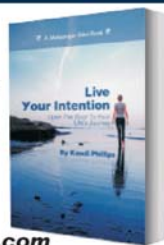
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# HERB CORNER

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

## Menopause, It's Not A Disease

**M**enopause has always been a natural part of a woman's life marking the end of her reproductive cycles. It is not a disease and it does not need to be medicated away by doctors. It doesn't mean you are old and dried up, in fact in today's time it is quite freeing. We are not the 50 year-olds of our grandmother's day. We live much busier lives with our families and loved ones and without a period we no longer have to plan around bleeding, bloating, weight gain, moodiness, headaches and the painful cramps associated with menstruation. Typically menopause is a gradual process that can take years and is different from woman to woman. It's not the menopause causing the problems that's the end of menstruation caused by the inability of the ovaries to produce the estrogen needed for a period. It's the peri-menopausal stage that causes problems such as hot flashes, changes in hair, skin and muscle tone, brain fog, weight gain, rising blood pressure and cholesterol, mood swings and depression for women.

If you have been advised to take synthetic hormones to help you through this do your research; they have been linked to uterine and breast cancer, heart disease, lowered levels of HDL's and increases in LDL's this is not a wise trade for hot flashes. There are much more natural ways to beat a hot flash and other discomforts.

Fortunately we naturally produce hormones from the compounds made available in herbs and from many of the foods we eat. These nutrient and herbal phytoestrogens help relieve symptoms but they do not cause the side effects synthetic hormones do because they are short acting and weak with the liver only accepting the compound necessary to complete the hormone puzzle.

Black Cohosh is well known for its ability to relieve hot flashes plus it can also ease depression, vaginal dryness and water retention. Vitex helps balance hormone production so you are not overloaded with progesterone or estrogen; it also helps regulate the hypothalamus, the area of the brain that regulates body temperature (aka a hot flash). Red Clover contains phytoestrogens, lignans and plant compounds that protect you from estrogen dominant cancers, it also enhances libido and reduces hot flashes. Ashwaganda supports the adrenal glands in the production of estrogen, it protects the heart and it helps reduce hot flashes and night sweats so you sleep better.

Instead of reaching for a synthetic hormone why not try balancing your hormones with a tea or tincture made with: 2 parts Wild Yam, 2/3part Licorice, 1part Dandelion root, 1part Sage, 1part Red Clover. If hot flashes are your problem they can be cooled with 1part Black Cohosh, 1part Vitex, 1/2part Sage, 1part Hibiscus, 1 part Red Clover, 1/2part Nettles and 1/2part Oatstraw. Remember it is not a disease it's a stage of life.

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March 4 - Intuitive Development Class with Maria  
March 13 - Psychic Fair 10-3 p \* Gemstone Class @ 3:30pm  
March 18 - Intuitive Development Class with Maria  
March 20 - Herb Class - The Liver  
March 27 - Herb Class - Respiratory System  
See [www.herbcorner.net](http://www.herbcorner.net) for a full detailed listing



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

**D**ear Whitedove: Every single person that I speak to is somewhat depressed. Even I have experienced depression from time to time although I don't have any major issues going on right now. Is there a spiritual reason for this?  
**Depressed in Detroit**

**Dear Depressed:** Remember we are all brothers and sisters; truly we are all connected! Collectively, on a soul level we sense the troubles befalling humanity. The Native American people refer to this as "The Web" no matter what part of the web is touched it ripples down and we all feel it. Our minds and hearts are connected because we are all sparks of the Great Spirit! Use prayer and meditation to help sooth yourself. Stay away from negative people and places. Use your light to help others. This way you help lighten the load and make our world a better place.

**Dear Whitedove:** I heard this lady on the radio who said she was a pet communicator. Is it possible that there's a modern day Doctor Doolittle? **Pet issues in Parker**

**Dear Pet Issues:** Yes, some psychics do communicate with animals. This is done through telepathic connections. Some animals such as horses, dogs, and cats have very human-like thoughts making it possible for a pet psychic to interpret. Using a pet psychic is often the best way to resolve pet issues. I had a dog named Ashley who was very old and cranky and I was worried that she was in pain, but couldn't find the source of her discomfort. A pet psychic came to my house and told me that Ashley was upset that we had replaced our carpet with tile because it was cold and hurt her legs. I had in fact replaced all the carpets with tile six months prior. Armed with this information I was able to lay down some thick rugs to give Ashley the relief that she needed. If you plan to visit a pet psychic make sure you do your research and choose someone that's authentic. Since animals can't confirm these insights you will need to pay very close attention and look for signs that would give you validation that the information rings true.

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

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# The Prosperity PROJECT



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

## *CLUE: Examining Our Limiting Beliefs About Money with Byron Katie*

**T**oday while I was spending my imaginary money in the Prosperity Project, I came across some limiting beliefs that have been keeping me from attracting money into my life. It reminded me of The Work of Byron Katie, who teaches a simple yet effective method for examining our beliefs and turning them around so that they better serve us. I think as we continue with the Prosperity Project we will be finding many of our limiting beliefs about money will surface as we hit against the walls that are keeping the money from flowing to us. So today's clue is a method for working through those limiting beliefs as we come up against them in the next few weeks and months.

Doing The Work begins by filling out a Judge Your Neighbor Worksheet. The theory is that the things that really drive us crazy about other people's behavior or a situation we think is unbearable, are a direct clue to uncovering our limiting beliefs. Here is what the worksheet looks like:

### THE JUDGE-YOUR-NEIGHBOR WORKSHEET

Fill in the blanks below, writing about someone (dead or alive) you haven't yet forgiven 100%. Use short, simple sentences. Don't censor yourself—try to fully experience the anger or pain

as if the situation were occurring right now. Take this opportunity to express your judgments on paper.

1. Who angers, confuses, saddens, or disappoints you, and why? What is it about them that you don't like?  
I am \_\_\_\_\_ at \_\_\_\_\_ because \_\_\_\_\_.

Example: I am angry at Paul because he doesn't listen to me, he doesn't appreciate me, he argues with everything I say.

2. How do you want them to change? What do you want them to do? I want \_\_\_\_\_ to \_\_\_\_\_.

Example: I want Paul to see that he is wrong. I want him to apologize.

3. What is it that they should or shouldn't do, be, think, or feel? What advice could you offer? \_\_\_\_\_ should/shouldn't \_\_\_\_\_.

Example: Paul should take better care of himself. He shouldn't argue with me.

4. What do they need to do in order for you to be happy? I need \_\_\_\_\_ to \_\_\_\_\_.

Example: I need Paul to hear me and respect me.

5. What do you think of them? Make a list. \_\_\_\_\_ is \_\_\_\_\_.

Example: Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious

6. What is it that you don't want to experience with that person again? I don't ever want to \_\_\_\_\_.

Example: I don't ever want to feel unappreciated by Paul again. I don't ever want to see him smoking and ruining his health again.

\*\*\*\*\*

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

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# From the Heart

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



## *The Great Harvest*

**A**s a farmer lay dying, his four sons sat by his bedside awaiting his final words. "There is a vast treasure buried in the family's field," he whispered.

"Where is it, father?" the sons pleaded. But it was too late. Their father was gone.

Soon after his passing, the sons set to the field, trying to unearth the treasure. For many days the sons desperately worked pick and shovel, digging everywhere in search of their promised legacy. Eventually they turned over every inch of the field, but alas, no treasure was to be found. Finally, dejected and discouraged, they gave up their search and returned to their families and vocations. The next year the farm yielded its greatest harvest ever.

This parable yields a lesson richer than the treasure the sons so fervently sought: The fortune their father hinted at was not a magical boon that would transform the sons' lives in one glorious instant. The treasure was the untapped potential of the field, capable of yielding riches to the family if they worked with the materials and natural potential before them. The power of the treasure lay not at the end of the rainbow, but in the journey toward it.

I hear people talking about waiting for their big break; or for Oprah to hold up their book on television; or to win the lottery. Certainly these events would be wonderful if they occurred, but if you sit on your duff waiting for a record producer, Oprah, or a lottery number to save you, you may wait for a very long time and miss the wonder and gifts of the journey. Wisdom-guided action and integrity build success far more substantially than a magic pill.

The apparent goal of a journey is simply the carrot the universe dangles before you to call you to the adventure and learn the lessons the journey yields. Martin Buber declared, "All journeys have destinations of which the traveler is unaware." If you think about most of the things you have striven for, you will realize that the lessons you learned in the process of striving were far more powerful and long-lasting than

...continued on page 30 ...

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## Something to consider

A new understanding of religion and spirituality is coming. God gives freely of Her divinity, but we must long for love and truth, and be willing to live emotionally. I wish to share with you what I've found. See [www.soultruth.org](http://www.soultruth.org).



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## NOTES from the Universe



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

**Anything worth having  
is worth thinking about,  
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in a dark room, wearing  
a really huge smile.**

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**Tallyho,**

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# Evidence of Divine Assistance



Jean Slatter, author of *Hiring the Heavens*, is a keynote speaker at the 2010 Universal Lightworkers Conference in Fort Lauderdale, Florida from June 11th - 13th. For info on the ULC, go to [www.UniversalLightworkers.com](http://www.UniversalLightworkers.com). For info on Jean, go to [www.HiringtheHeavens.com](http://www.HiringtheHeavens.com).

**T**he vast majority of people believe in angels or a divine source of assistance. Enthusiasts often reveal dramatic stories of divine intervention that have clearly affected them at a deep level. One such story I heard recently brings tears to my eyes every time I think of it.

A mother recounted how she and her two-year-old son were admiring a parked fire truck. They crossed the street to go about their business, and then the unthinkable happened. The mother turned and saw her son running back across the street toward the fire truck and a car barreling down upon him. The impending accident was certain. It was an endless moment of anguish, panic, and pain that no mother ever wants to experience.

"Please God, NO!" was her only thought. Simultaneously with that thought, she saw an angel swoop down and catapult her son back into her arms with such force that they both fell backward. They held onto each other, crying with utter emotional relief as the full impact of what had happened came to their awareness.

Later that night when she was tucking her son in bed, her son said, "Mommy, did you see me fly!"

Spectacular stories such as this one warm our hearts and inspire our faith in miracles. However we have come to believe that the powers of the Universe are reserved for breathtaking rescues and other deeds of heroic proportion. What about smaller, less dramatic needs? Can the powers of the heavens be called upon to support us in mundane matters of ordinary life?

Open your eyes and you will see evidence on a less-sensational scale of daily occurrences that are every bit as miraculous. You do have access to the creative power of the celestial realms—a gift given to you by the heavens, and one you are expected to use with great joy for the highest good of all. You must first realize that you are an integral part of the divine plan of creation, not a bystander but in fact director of the grand drama of life on this Earthly plain. You can quite literally "employ" divine assistance to make your every wish a reality and invite miracles in even the small endeavors of your life.

*...continued to page 37...*



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

*...continued from page 7..*



I'm teaching my 80 year old aunt to use the computer so she can go online and expand her world outside her sitting room. I've made a cheatsheet of topic headings (cooking, crafting, genealogy) on a sticky note at her monitor, as well as bookmarked for her some of her favorite places to visit online. I love when she comes out excited about what this friend or that said in a forum, or some exciting new something she saw online. What I don't love is when she comes out quiet and timid and somber, because she got distracted by some news headlines that disturbed her and she can't get it out of her mind. At 80 years old, she has never tried to train her mind to stay focused, so it does not come easily to her. She has to be reminded to go back and look for the good, so that her worried mind can settle down and remember that all really is well.

Why would she choose to read the bad when the good is bookmarked and sticky noted for her??? Why would she continue to read the headlines when she knows it is just upsetting to her, and something she regrets later when she's worried all night long?

I'm the kind of person that gets totally engrossed in whatever I am doing, and I know it helps me to have sticky notes or a list telling me what it is I want to stay focused on. Like during final layout week, when I get wrapped up reading what my Facebook friends are doing. It helps me to see the sticky note that says "finish downloading all email ads and return calls". That gets me back to work when I stray. Even I sometimes need to be reminded to go back and look for the good. Read the news or read the funnies? It's your choice.

### **IT'S TAX SEASON! KEEP YOUR DOLLAR KARMA CLEAN BY BEING HONEST ON YOUR TAXES**

Some would say cash is hard to come by these days. So it's not unusual to see barter arrangements between taxpayers. You've probably even done a little of this yourself: No money actually changes hands, so it's almost as if the transaction didn't happen, right? Not exactly. The fair market value of goods and services that you receive in exchange for those you provide must be included as income on your tax return even though you don't receive payment in a traditional way. If you're not sure how to start bartering, consider a barter exchange. A barter exchange is an organization with members that contract with each other to jointly barter for credits. Since they are strictly regulated by the IRS, you'll receive a form 1099-B from the exchange indicating the amount of income to be reported.

On the other hand, if the IRS finds out you've been doing a substantial amount of work under the table, they will audit

you so fast it will make your head spin. I know people who barter goods and services, and they don't keep track of it. Many of these same people also work under the table, earning unreported income. I'm not judging their choice of what to do with their life, however, when they complain about income being slow and blaming it on the economy, I can't let them get away with that. I have to remind them that it's all related, and that they play a part in attracting what they experience. If they are working under the table because they think Uncle Sam takes too big a cut, that is poverty consciousness and that is fearful thinking. If you are receiving disability income yet work several off the record jobs, you are holding yourself back from the greater good you could be attracting, if you didn't have that lie hanging over your head.

And it's only a lie because the IRS has a rule against it, and you don't want to mess with the IRS. Period. It's much easier to upgrade your belief, and learn to be glad to comply, than it is to constantly be looking over your shoulder, dreading the consequences of being caught. With tax season coming up, keep your income/dollar karma clean by being honest on your tax return. Don't be creative, keep it simple. If you feel you must work under the table, consider the message you're sending the Universe. You don't want to vibrate there.

In the 80's, before I moved up to Melbourne, FL from Miami, I worked as an independent contractor for several attorneys, meaning they would give me 1099's at the end of the year and I'd file my own taxes. A few years, some 1099's came late and I didn't want to take time to amend my return and refile, so I didn't. That happened several years in a row. It wasn't a giant amount, just a few thousand dollars. But by the time the IRS caught up with me years later, the penalties and interest had skyrocketed what I owed into such a big mess I had to call in my mom to help bail me out with a loan. And she read me the riot act. I was 30. It took me 7 years to pay her back. I was glad I got that lesson early.

So now, when friends let me know they are working under the table and staying off the grid and being low profile - *what is this? a sleuth drama?* - I tell them, clean up your act. Start right now doing everything the right way. Know that without having to look over your shoulder and worry, you have just removed about 80% of your resistance regarding the topic of dollars and income, and the Universe will begin to abundantly deliver to you.

You're the only one holding back your good. The economy has nothing to do with it. Just you and how much resistance you have, consciously or unconsciously, to everything going on around you. Everything, because it's all related.

It's just something to keep in mind. See what Abraham-Hicks has to say on Thriving In The New World Economy at the website <http://lawofattractioninteraction.com/Thriving-in-a-new-world-economy.php>

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

# THE SOUL TRUTH

## A Guide to Inner Peace

Spiritual medium Sheila Gillette and THEO were the catalyst for Esther Hicks to discover Abraham. Sheila has been the direct voice channel for THEO since 1969. Sheila and husband Marcus have authored The Soul Truth: A Guide to Inner Peace. The website is [www.asktheo.com](http://www.asktheo.com). Sheila and Marcus will be at the Universal Lightworkers' Conference in Fort Lauderdale, FL June 11-13. [www.universallightworkers.com](http://www.universallightworkers.com)



**Q:** What are some of the tools that you can provide us for manifestation?

**A:** When there is a desire, there is a creation of a thought that is a bridge to that outcome. So when one has a thought or a desire to be manifested, one then creates the thought bridge, meaning those attitudes and perceptions that are positive for that outcome. That places that bridge of thought into the universe for that manifestation to occur. There is a universal energy that is the attraction or creative energy that when one places the thought, or the seed, let us say, as if in one's garden, places a seed, then it creates an environment of gestation that then allows for the growth of that seed to become a flower. So what you are doing with your thought is placing the seed, on the intention, in the fertile soil. The universal energies is the soil in which it is placed ultimately, and the intent and the thought and the positive actions or thoughts is that which is the food to fertilize and feed the seed to bring it to fruition. In turn it is also that which is the attraction, the energy of attraction, to that positive outcome. Not to negate it with a negative thought, that it could not be so, because that breaks down the bridge to the universal energy that attracts.

Then it is critical to move from the place of questioning our self-worth into a place of self-love, which if I am hearing you correctly, is really at the core of this whole process.

Knowing that one is worthy of all that they desire. But then one must be judicious in their desires for surely they will manifest. Be certain it is what you want. So then one becomes discerning of those desires, gains clarity within the self of what one truly wishes. In that certainty and awareness of self and thought process then one lives the life to its highest good, do they not? Then one wastes not their energy on the unimportant but on that which would be the joyfulness and bliss that they seek and desire.

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

Susan Z Rich

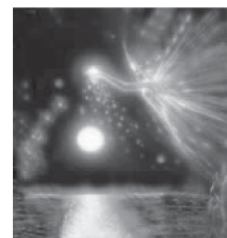
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## Bear



**S**ymbolic Bear Meaning - Keyword List:

- \* Bravery
- \* Peace
- \* Resurrection
- \* Powerful
- \* Duality
- \* Benevolence
- \* Sovereignty
- \* Motherhood

If we consider these keywords, symbolic bear meaning can hold many contradictions. On the one hand, we get a picture of tranquility with the bear, and on the other, it's a symbol for warrior and power.

We can justify that juxtaposition when observing the bear in nature. Although omnivore, the bear prefers a banal diet filled with sweet snacks like berries. Further, the bear seems heartily content to languish in sunny spots where it can stretch and snooze in leisure. We observe an amicable, mellow, easy-going energy with the bear when all conditions are favorable.

As a Totem Animal, the bear carries messages of:

\* **Patience and Connection.** Hibernating with our ideas or projects until a better time presents itself. Further, bear will speak to you about connecting to both earth-based energy and celestial (sun/moon) forces. Tapping into the bear will also allow you to tap into the wax, wane and flow of life.

\* **Confidence and Authority.** By its physical presence, the bear reminds us we can be larger than life if we raise ourselves up to our inherent status. Moreover, no one questions the bear. This kind of authoritative presence will be a lesson the bear can impart.

\* **Nurturing and Protection** We intuit these attributes by the commitment bear mothers make to their offspring. Whether your offspring is in children or ideals, the bear will lend you the determination required for rearing up strong results.



The bear is a consummate mother, caring for her young with observable devotion. Indeed, the bear is a symbol of motherhood and child protection.

However, there is a unfathomable power surging just beneath the surface of the bear is potentially explosive.

Bear has imminent domain, and when it deems that space altered, it is fully prepared to defend. Woe be to the one who provokes the wrath of the bear. In this powerfully impressive display of defense and aggression we pick up bear meanings of sovereignty, courage and themes of the warrior.

In Scandinavian legend, the bear was an aspect of the god Odin, and Berserkers were known to wear bearskins to enhance their ferocity in battle. Such vicious looking warriors were insured a victory. We see more bear-dressing in the cult following of Artemis. She is a Greek huntress, and her maiden devotees would don bear dressings as a symbol of hunting prowess and power. The First Peoples of North America were known to do this too.

Bear meanings associated with the moon continue in Pueblo lore in which the bear is connected to underground temples. Here the bear is said to oversee the movements of the night, and lives in time with the Native Indian cycles of the moon. In fact, many ancient peoples understood the connection of the moon and the bear because of the bear's hibernation patterns.

But more importantly, our nature-savvy ancestors recognized the dual nature of the bear. To explain, the nature-based mindset followed the "sleeping" (hibernating) and "waking" nature of the bear and assigned specific meaning to each of these phases of the bear's life. In hibernation, the bear is associated with:

- \* Yin
- \* Winter
- \* Inaction
- \* Feminine
- \* Moon
- \* Darkness
- \* Introspection
- \* Subconscious

The awakened bear meaning deals with:

- \* Yang
- \* Action
- \* Masculine
- \* Spring/Summer
- \* Solar
- \* Lightness
- \* Extroversion
- \* Consciousness

# Abraham-Hicks



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

spend this moment is by tending to your vibrational hose, by opening the flow, by opening your valve. The best use of this moment is by finding something to use as your reason to allow the Energy to flow.

We've been teasing you. We say, sometimes we think that it would be better for you if, instead of emotions, you had this creeping fungus that was taking over your body. And then you would have more of a motivation to slow the fungus. Where, you tend to tolerate negative emotions because you cannot see the negative result of them so quickly. And so, you just have to decide how important it is for you to feel good. Sometimes it's not all that important for you to feel good because you've gotten along pretty well, so far, with some reasonable resistance within your experience. It usually isn't until the resistance gets pretty big that any of you make a very strong effort to get rid of it.

That's why we love terminally ill cases. because once you've reached the place where the doctors have said, "We can do nothing more for you," that's usually at the first point that you begin to pay attention to what you're thinking. In other words, "Oh, you mean there's nothing else you can chop off of me, or there's no more pill you can give me, or there's no other possible method? You mean I'm going to have to align my Energy? Well, all right then."

Within this 20 days, that we spoke of, you have to already have come to this place where you want to align your Energies, not because you're trying to fix something that is broken, but because you genuinely, with all of your heart, want so much to be connected to Source that you are not willing to tolerate, for very long, thoughts that keep you from it.

Someone said, "I have 27 questions." And we said, we have one answer: You like knowing that you are the creator of your experience. You like knowing that everyone else is too. You like knowing that Source supports you in everything that you desire, and that there is nothing that you can identify, whether you articulate it or not, that the Universe withholds from you. All things are given in the moment that you ask.

When you are specific about what you want, and you find that Path of Least Resistance, and Energy flows through you toward your inspired idea--that is life at its very best.

We know you can't always be there. We know that sometimes you want things so clearly, and you are so aware of where you are, that you cannot focus upon what you want without

activating where you are. And so, we understand that it's easy for your vibration to become muddled. We also know that you can feel your way out of the muddle.

If you want more than you believe you can achieve, you're out of balance. And if where you are standing is less than what you want, you're out of balance. And so, you, individually, have to find your balance. We are just here to tell you, as we have watched all of you, endlessly, generation after generation, that the achievement of these properties, or of these houses, or of these events, does not hold the answer that you're really looking for. It is an elusive dream. They are there in order to inspire the focus. And it is the focus of clarity that feels good in life experience.

That's why, as you look at the joy factor of those on the planet, it is as likely to find a joyful child, who has very limited ideas of desire, who is, in this moment, not in contradiction to the desires he does hold, it is more likely to find him in outrageous joy than it is to find someone who has lived enough life experience to have achieved a very great desire, and has not found a way to be in alignment with it, in joy.

We want to find different ways of helping you understand that life is about the joy factor. And the joy factor is about the alignment factor. And the alignment factor is about the choice of thoughts factor.

If there is anything that we want you to take away from this, it is the sentiment that you never get it done. We want you to start easing up on yourself, and realizing that you're not ever going to get it done. There's always going to be something else that you desire that is summoning life through you. Accept that and use that knowledge as your reason for slowing up a little bit and smelling the roses a little more, and savoring a little more, and complimenting a little more, and appreciating yourself and others a little more. In other words, just be more of a basker than you are anything else. Sometimes going slower is the best choice in the moment; sometimes going faster is the best choice. In other words, there's no perfection in going fast; and there's no wrongdoing in going slow.

Jerry and Esther picked up their new monster bus; it is another Eagle. It is two feet longer and has more bells and whistles, more things to enjoy. And Esther had this picture of what she wanted. And as they were receiving it, there were some things not quite in alignment with that. And so, she could feel that she was out of alignment. And Esther had a sort of mindset that "we're only going to be in this area for a short period of time, and this is the place where the experts really are. So if there's anything that needs to be tweaked into perfection, we'd better get it done while we're here." And so, she got herself in a sort of fixing it mode. In other words, she was sort of scouring the thing from top to bottom wanting to make sure that if there were anything wrong, she had it on her list so that they could tend to it.

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



## From The Heart

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

the material object at the end of the trail. While you sought for a soulmate, you may or may not have ended up with that person; but the self-knowledge you gained and the growth you experienced in the search ran far deeper than the form of the person you sought. Or perhaps you worked hard for a financial or career success. You may or may not have attained your goal, but what happened to you along the way made a far greater difference in your life than the specific goal itself. Then, when you obtained the car, house, or promotion, you were satisfied for a moment, but sooner or later you set your sights on the next achievement. Something inside you recognizes that the power of stretching to achieve something yields you more value than the something itself.

We are a quick-fix oriented culture. We want lots of stuff and we want it now. What we often leave out of the equation, however, is that we would prefer stuff that works. We want computer printers that last longer than a year, a job we can grow into a passionate career, and a soulmate we can love for a lifetime. Because we often sacrifice integrity for expedience, the art of quality engineering, true craftsmanship, and meaningful relationships is shrinking to the domain of a dedicated few. When I visited Japan, my friend Koichi told me that the oldest company in Japan — and the world — is 800 years old. The company is an architectural firm that specializes in building temples and pagodas. The company, Koichi explained, does not use nails in their construction. Instead, they make a series of tabs on the ends of wooden pieces and fit them together. Over eight centuries, when there have been earthquakes, this company's structures, including five-story pagodas, have stood firm while buildings around them crumbled.

If you want a life that stands while others crumble, pay more attention to how you till the field than finding the buried treasure. The real treasure, you see, is buried within you. If you are going to mine anything, mine the gifts you already own. Don't wait for a soulmate, talent scout, or Oprah to put you on the map. You are already on the map, but if you are holding it upside down, you won't recognize and claim your true domain.

It's a wonderful thing when people or events come along to change our life. But you must do your inner homework and own those changes by right of consciousness. Otherwise the boons that arrive will disappear as fast as they came. But if you have tilled your field with love, care, and integrity, the harvest will be bountiful, and you will have plenty for yourself and many others.



## Light and Sound

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

and associations.

The human energy field is composed of subtle energies that sensitive people often see as color.

- The colors of some parts of our energy field change rapidly with our moods, thoughts, or activity.
- The colors of some parts of our energy field change gradually, as with shifts in our health.
- The colors of other parts of our energy field have a consistent, unchanging pattern that is unique to us.

The vibrations of the human energy field are as much as a thousand times higher than the vibrations of the bioelectrical signals of the nerves and muscles, which is why it is not usually visible to the naked eye. This finding has caused some scientists to speculate that in addition to the well-established place of color on the electromagnetic spectrum, color may also be a quality of subtle energy that is not on the electromagnetic spectrum at all (like subtle energy perhaps), yet one that still objectively exists in the physical universe.

**MERIDIAN COLORS:** While Donna's students have heard her repeatedly say, "Your energies are as unique as your thumbprint," and have heard her emphasize that the chakras don't have fixed colors like some books contend, the meridians do reflect a fixed color scheme.

This is because each organ in the body has a vibratory rate. Your stomach's energy is different from the energy of your liver, but it is similar to the energy of your friend's stomach. Where the chakras and the aura reflect the unique differences of people, the meridians reflect our commonalities - our organs - not our uniqueness.

A meridian's color may differ from one person to the next in tone, shade, and intensity, depending on the health of the meridian and the related organs, but there is enough uniformity that it is possible to develop a systematic treatment approach.

This piece draws heavily, including the wording in a few instances, from Chapter 14 of Francesca McCartney's *Body of Health: The New Science of Intuition Medicine for Energy & Balance* (2005).

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## The Soul Truth Q:

*...continued from  
page 21...*

**Q:** What determines the length of time it takes to manifest certain desires?

**A:** Openness and receptivity, and living into that receptivity. Oftentimes it takes some growth on the part of the individual, or if others are involved, a combined growth of acceptance. Do you understand? Timing, right timing is one's evolutionary process. And the soul defines that, not the conscious human being.

**Q:** How can we most effectively manifest financial abundance in our lives?

**A:** First, by addressing the old belief systems that one is not worthy of the abundance that one seeks. And know that can come from family structure, most often does, from the patternings within the structure of family that have been learned. As one's soul enters the body it is in full awareness of its uniqueness perfection and divinity and there is a belief that it does deserve all that it desires. Not from an egocentric point of view, but from a centered self, a soulful self. But as it enters into a physical structure it does adopt and become like those environments in which it is living. The conscious mind adheres to beliefs and patternings that it is taught. So as one desires financial abundance, one must look within the self to that ability to receive, to relinquish those old patterns that do not serve that outcome, and to recognize the worthiness of the being for an abundant life on all levels, not only financial but all of that which is part of the earthly experience.

**Q:** Does the purpose that accompanies the desire to make lots of money have anything to do with our ability to manifest it? Some people would have the intent of sharing it with the world and for the highest good of all people, others for their own selfish reasons. Does this intent matter?

**A:** No.

**Q:** So, there's no judgment about that?

**A:** There is not. More importantly, good deeds are good deeds, they stand unto themselves. Greed and egotism stand for itself as well. For the intention of the soul is to grow, and to learn, and to experience. Each experience is manifested unto the self for that process, do you understand, whatever that learning may be, whatever that feeling may be, whatever the emotion is. One cannot judge another's experience, for the soul will manifest perfectly what is appropriate for its growth.

**Q:** There are those on a spiritual path who have the perception that financial abundance is contradictory to spirituality. Is this true?

**A:** It is not true. Many have stated that God judges those with abundant lives. It's God's desire, if you would, for all beings to have abundant lives. That is the birthright. It is an experience that can be achieved. But not from that egotistical point of view, but as one goes forward and recognizes that one is worthy of an abundant life, whatever that might be, each being has their own perception of what it is. But ultimately what humanity seeks, and we are speaking in generality now, is happiness, and peacefulness in heart. Finances, money, cannot achieve that alone, do you understand - most often does not.

For money, in and of itself, has no energy. It is what humanity places on it, the energetic, that gives it its power. Perception, is it not? It is a tool. It is only a tool of learning, of process. And, of course, when you live in an environment where there is this exchange, it has created an energetic exchange, the energy is placed on it, you see. And ones exchange it, one unto the other for services and for food, for sustenance, and for shelter, do they not? There can be equal energetic exchanges, for that it needs not be money. But in your environment that is what it has become: an energetic exchange.

**Q:** How do we manifest spiritually fulfilling romantic relationships?

**A:** By becoming romantic within the self. Meaning, when one is fully aligned with the self, and integrated with the self, and self-loving, then it is made manifest in the outer world experience. Then it is allowed the vulnerability, because one is whole within self, without the expectation of another creating that wholeness. Then one is fulfilled inwardly and can express fulfillment out into the world and attract that unto the self on all levels - romantic, sexually, financially. One then knows how to receive. For many think giving is the lesson, no, the greater lesson is receptivity. Being able to receive is the greater lesson.

**Q:** Why is it so difficult for us to receive?

**A:** The belief of not being good enough, or worthy enough. It is a belief. It is a perception, a judgment of the self.

# Abraham \*Fun\*



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

## Coping With Family Confusion

**Q:** We have a very close relative who is at present in depression and is a bit spaced out. It is especially apparent when anything new or something that needs her to think, decide, and plan comes up.

She seems really happy when she is with her little grandson. Of course, she forgets to get his food ready, but he seems to be OK so long as real hunger does not strike. His mother, though, is always around to help him. I was wondering, how is it that things work for both the kid and the grand mom? I can understand the kid's alignment but not that of the grand mom.

The family is very divided about the kind of treatment she should be given. I feel sad that in the process, she may get worse. Do you think she could understand the emotional scale and feelings and how she can try to find relief if I ask her to listen to some Abe tapes or would it not be a good thing? I actually do not even know if she feels something is wrong or if she feels that she is OK just the way she is.

**A:** I think the most valuable thing you could do for your relative — and for you, too — is to hold an image of her as doing well. When you think of her, don't focus on her problems. Rather, focus on her joy in interacting with her little grandson. Envision her as feeling increasingly better. Envision things as working out with regard to any treatment she will be given. Imagine the treatment being helpful. Imagine the family feeling satisfied with her treatment.

We came forth into physical expression to create using our thoughts, our imagination, and you can contribute to your relative's well-being by seeing her in a positive light. It does no one any good to feel sad about her condition. Refusing to feel sad over this doesn't mean that you're an uncaring person; it means, rather, that you're unwilling to react to this circumstance in a way that separates you from your own wellbeing.

It's nigh impossible to know how someone else is vibrating — that is, how they're really feeling. But if your relative seems happy when interacting with her grandson, who, as a child, is probably fairly happy as kids tend to be, you can assume that they're a vibrational match during the times they're together. In fact, they'd have to be a vibrational match, or their paths would not cross for long. Like attracts like (with regard to thoughts and feelings) to the farthest reaches of the Universe.

Abraham has pointed out the ineffectiveness of our trying to answer a question that someone isn't asking. So, I'd say that unless your relative has asked you for some sort of general help or advice, it would probably not serve any purpose to share the concepts from Abraham. I think the Abe teachings will be most valuable, however, as you deliberately choose good-feeling thoughts about your relative's situation. That process can make a significant difference in how things play out.

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# Prosperity Project

...continued from  
page 16...

Be brutally honest when you're filling out the worksheet. When you're finished, take each of the six sentences you've written, and then ask the following four questions:

1. *Is it true?*
2. *Can you absolutely know that it's true?*
3. *How do you react, what happens, when you believe that thought?*
4. *Who would you be without the thought?*

Then turn it around (the concept you are questioning), and don't forget to find three genuine, specific examples of each turnaround. Each turnaround is an opportunity to experience the opposite of your original statement and see what you and the person you've judged have in common.

A statement can be turned around to the opposite, to the other, and to the self (and sometimes to "my thinking," wherever that applies). Find a minimum of three genuine, specific examples in your life where each turnaround is true. For example, "Paul doesn't understand me" can be turned around to "Paul does understand me." Another turnaround is "I don't understand Paul." A third is "I don't understand myself."

HERE ARE A FEW MORE EXAMPLES OF TURNAROUNDS:

"He should understand me" turns around to:

- He shouldn't understand me. (This is reality.)
- I should understand him.
- I should understand myself.

"I need him to be kind to me" turns around to:

- I don't need him to be kind to me.
- I need me to be kind to him. (Can I live it?)
- I need me to be kind to myself.

"Paul shouldn't shout at me" turns around to:

- Paul should shout at me. (In reality, he does sometimes. Am I listening?)
- I shouldn't shout at Paul.
- I shouldn't shout at me. (In my head, am I playing over and over again Paul's shouting? Who's more merciful, Paul who shouted once, or me who replayed it a 100 times?)

## EMBRACING REALITY

After you have turned around the judgments in your answers to numbers 1 through 5 on the Worksheet (asking if they are as true or truer), turn number 6 around using "I am willing ..." and "I look forward to ..."

For example, "I don't ever want to experience an argument with Paul" turns around to "I am willing to experience an argument with Paul" and "I look forward to experiencing an argument with Paul." Why would you look forward to it? Number 6 is about fully embracing all of mind and life without fear, and being open to reality. If you experience an argument with Paul again, good. If it hurts, you can put your thoughts on paper and investigate them.

Uncomfortable feelings are merely the reminders that we've attached to something that may not be true for us. They let us know that it's time to do The Work. Until you can see the enemy as a friend, your Work is not done. This doesn't mean you must invite him to dinner. Friendship is an internal experience. You may never see him again, you may even divorce him, but as you think about him are you feeling stress or peace?

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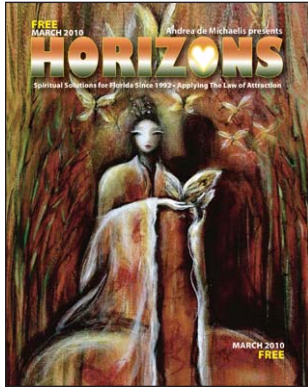
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Lori earned a degree in Advertising Design, from the Fort Lauderdale Art Institute. In 1985 she and husband expanded their family, with a girl, and 1987 a boy. Working part-time, her signs and murals brightened up, homes, daycares, and Broward County schools.



Through the 90's Lori worked with handmade papers, to escape the commercial art. The paper sculptures evolved into humanlike figures of clowns, fairies and dancers, sold in art shows, as the children grew up. After 2000, Lori returns to illustration and mixed-media painting. Much of Hlavsa's themes come from family, nature, and the inspiration that surrounds her.

Lori was a featured artist in South Florida and in her 25-year career, she has displayed her work in over 500 exhibits and has received several awards. Customers comment that her work is magical and inspirational. Visit her website at [www.artbylori.com](http://www.artbylori.com)



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

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

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

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

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

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

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

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Saturday-Sunday March 27 - 28 TAMPA Reconnective Healing Seminar Level I/II

Monday-Tuesday March 29 - 30 TAMPA The Reconnection Seminar Level III Find out what's baffling the medical community. Discover why hospitals and universities around the world are investing time and money in an attempt to explain these healings ... and how you too, can master this extraordinary work! Location: Sheraton Tampa Riverwalk Hotel [www.TheReconnection.com](http://www.TheReconnection.com)



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# Divine Assistance

...continued from page 19...

A simple way to shift your perception of the spiritual world is to imagine a vast resource pool of eager specialists with every skill and talent needed to aid us in all aspects of our lives. Imagine an angel adept at accounting, or proficient at sales, or gifted in diplomacy. Imagine that an entire staff stands ready to support you in small issues such as arranging chance meetings, finding lost items, and bringing new insights. Whether you believe it is help from the angels, from your higher-self, or simply the power of thought, you can ease the struggle in your everyday life by tapping into this incredible Universal power.

Last month, my friend Rachel called me, overflowing with excitement about her most recent experience with enlisting celestial assistance. Her twelve-year-old son, Logan, had to do a school report on football star Joe Montana. He had been frustrated finding resource books at the school library, so Rachel drove him to their local branch library. Rachel sat in the car with her younger daughter while Logan spent about an hour in the library. He returned to the car empty-handed and discouraged, having discovered that all of the Joe Montana books had already been checked out.

Rachel told him not to worry and suggested that he go back into the library and look around one more time. As he walked away, she closed her eyes and asked for an angelic homework assistant to help him find exactly what he was looking for. Just a couple of minutes later, she and her daughter walked into the library to see how he was doing. She saw her son standing in the check-out line, holding a wonderful oversized picture book with the title Montana across the top.



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"That's perfect!" she beamed. "How did you find it so quickly?"

He whispered, "You won't believe this, Mom," and then took her over to the side. He spoke as if he was a little spooked, recounting how he had returned to the sports section of the library when suddenly a thought appeared in his mind: "Maybe a book fell behind the shelves." Something then compelled him to stick his head right into a space in the racks and look down.

He continued, "I saw the edge of a book, so I reached down and pulled this up!"

Logan was completely incredulous, but Rachel was certain it was due to divine intervention.

But what she told me next was so outrageous that I could hardly believe it myself: When Logan went to check out the book, the librarian at the counter told him that this book wasn't even in the library's computer system! It appears the spiritual homework assistant had placed the perfect book there for him, simply for the taking. Now that's magic!

The Universe does indeed work in mysterious ways.



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## Nellie

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



Email [alwaysnellie@yahoo.com](mailto:alwaysnellie@yahoo.com)



## Ask Whitedove

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

**Dear Whitedove:** My heart goes out to all the people who are suffering in Haiti, I don't have much to offer financially but I would love to do more. Any suggestions? [Shaken in Nassau](#)

**Dear Shaken:** Earth is going through many changes on all levels; unfortunately this is causing a rise in natural disasters, political unrest, and the break down of society. Haiti is going through a mass deconstruction on all levels; it is terribly sad. We need to come together as a spiritual community and start reaching out to poverty stricken areas. Prayer may seem simple but it is one of the best ways to help. When large groups of people pray for an area then all of that energy goes there to help ease the pain. For natural disasters; give assistance in the manner you feel most prompted: offer your time to volunteer at a donation center, collect supplies, and give your prayers. With love and light and a lot of time Haiti will begin to rebuild but it will be a very slow process. Give whatever you can and remember that positive thoughts and your kind actions go much further than you realize.

**Dear Whitedove:** I'm a promoter and I've got a publicist asking me for a testimonial for an event whose principal is someone who I've heard many complaints about thru the years over questionable behavior with students. This person is tied to an annual event that I attend and sometimes sponsor. I support other people involved with the event. The one in question knows I do readings for a lot of people we both know and I'm sure he's aware of what they've told me. He even snubbed me the last time I saw him: he was late to present a talk and I was in the parking lot to catch him and tell him what door to go in to get on stage the quickest. He looked right at me, simply ignored me and brushed past me. I know what he does doesn't reflect on everyone else at the annual event. I do not want to get into with anyone over why I am not writing a testimonial. Any suggestions? [Bummed in Boca](#)

**Dear Bummed:** To thine own self be true. It all depends on how you truly feel about "The Event". Is it praise worthy? Do you have a genuine compliment to pay? If not, there's your answer, the key player has tainted the event. You have a responsibility to politely decline and not give a disingenuous testament. Out of politeness or fear of conflict, you cannot tarnish your integrity by giving a false statement. If you have nothing nice to say...say nothing at all. If the publicist is pushy, tell them "I'm just not feeling it". Then move onto another marketing topic. You don't owe an explanation. Let Your "Light" Shine, Michelle

Ask your specific questions at [www.MichelleWhitedove.com/contact.php](http://www.MichelleWhitedove.com/contact.php) And be sure to check her local appearances



## Guidance

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

**The source of your guidance is also something worth practicing discernment.** For example, if you are using a counselor or a divination tool (i.e., tarot, astrology, psychic, etc.), use one that feels good to you but always pray before consulting/asking a question. Positive guidance is also typically not flavored with conditions. If someone offers you land, money or a blissful relationship but it has overt or covert strings attached—think again. It might be tough, but stick to your integrity.

**What about moments of doubt?** Go easy on yourself. Everyone has those moments when they doubt even the clearest messages or fail to heed warnings that might have saved them a bit of misery. One of the best tools during either of these times is to pray. Focus on surrendering any obstacles you may have that are blocking the guidance (even if you do not know what the obstacles are). In the case where you have failed to beware (be-aware) of a message regarding a certain direction in life, you should focus your prayers on forgiving and letting go of the guilt that you might impose on yourself.

**What if it looks like your prayers for guidance are not producing answers?** Remember that all prayers are answered. If you don't see the results, it means that:

1. The answer came but in a form that you didn't expect. Therefore you missed it.
2. The answer that you really needed was not something you were willing to accept (i.e. something you would interpret as too fearful).


**For example, if you were praying for Guidance on a way to relieve debt, your answer might be to walk away from your home.** This could produce so much fear that you would become incapable of hearing the message.

This is why it is important to be willing to surrender our investments and attachments to people and circumstance when we are asking for guidance. An attitude of surrender will open the flow for Guidance and Miracles, while control and fear will constrict the answers.

**What about other people who question your guidance/direction?** To paraphrase an old Bible passage: 'Let others do as they may but as for me, I will serve the Living God (i.e., follow my bliss).' When you are making decisions and choices in life out of fear or judgement, you can generally assume that your ego is controlling your thoughts, which will show up in the outcome. On the other hand, when you have a calm knowingness that you are being guided to act upon something, you will probably see great results.

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## HOW TO CREATE YOUR OWN HORIZONS COMMUNITY GROUP

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

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

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

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



## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*



# Solar & Lunar Celebrations of the Ancients

Roger 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](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

## March 2010

**M**arch Comes in Like a Lion! *No, I don't mean Sangatsu no Raion, the manga series, I mean the month.* This is it! The month with attitude. Well, it should. After all, March was the first day of the year in the Roman Calendar and was named for the god Mars. On the first day, the temples in Rome were adorned with garlands of laurel and the fires were lit. This was true in the Temple of Mars, which by the way, was kept away from the city to avoid quarreling. The priests of the temple, called the 'Salii', dressed like warriors and carried the spears of Mars as they danced about the city. This was to protect the city from pestilence. This made sense, because originally Mars was the god of agriculture. That war stuff came later, sorry Loony Tunes! (...an obscure reference to Marvin the Martian).

*Welcome, O March!  
Whose kindly days and dry  
Make April ready for the throstle's song  
- William Morris, Earthly Paradise*

Well, only a mere week after the Salii danced, priestesses called the Vestal Virgins, began their celebration in honor of the Goddess Vesta, the "Goddess of Purifying Fire" or "Goddess of the Hearth Fire". Vestals were young girls, between 6 and 10, who had no blemishes or speech problems and who had parents that were still living. The Vestals were a powerful political and religious force in Rome for it was believed that the health of the city was in their hands. They were given the rights of a matron and could write their own will which generally Roman women were not allowed to do. If a prisoner accidentally met a vestal, his sentence was commuted, but if he, or any man, touched her sedan chair, he was immediately executed. They were believed to have such powerful magic that they could paralyze an escaped slave. Life was not a bowl of cherries for these ladies, however. If a Vestal lost her virginity, she was buried alive because the blood of a Vestal could not be shed.

### A FACTOID WITH WHICH TO END THE MONTH:

Allowing the sacred fire of Vesta to die out, suggesting that the goddess had withdrawn her protection from the city of Rome. This was a serious offense and was punishable by scourging bringing a powerful meaning to keeping the home fires burning.

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Mar 1st - Hindu: Holi

Mar 15th - New Moon 5:03 PM EST

Mar 16th - Hindu: Vaisaki - New Year

Mar 20th - Wicca: Ostara, celebration of the goddess Eostre (Northern Hemisphere)

Mar 20th - Wicca: Mabon, celebration of the god Mabon ap Modron (Southern Hemisphere)

Mar 21st - Baha'i: Naw Ruz (New Year)

Mar 24th - Hindu: Ramanavami

Mar 28th - Christian Orthodox: Palm Sunday

Mar 29th - Full Death Moon at 10:25 PM EST

Mar 29th - Jain: Mahavir Jayanti, celebration of the birth of Lord Mahavira

# Abraham-Hicks



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

Finally, after several days of that, Jerry said to Esther, "I think it's time that we stop fixing and start savoring." Because it began to appear to him that as fast as she was fixing, more things were turning up. And he began to have this vision of this endless loop where the fixers would fix one thing and then break another thing. And so, he said Let's stop fixing and start savoring. And we said, that is the best mantra for life that we have ever, ever heard: Let's stop fixing--because nothing is broken--and let's start savoring, because that's the way you tend to your valve--and live happily ever after.

And so, there are two ways of going about this. She can do her best to make it what she needs it to be in order to get into alignment, or she can relax and choose alignment anyway. When you find something that does not please you and you focus upon it, it can't be fixed because you are out of sync with the fixers. So, perfectly capable, talented people cannot do simple things. But in the moment that the savoring begins, the alignment falls into place.

Endless things happen when you are savoring. As you are always reaching for an improvement on what-is, there is an inherent dissatisfaction that won't allow the improvement. But when you are savoring the improvements that are already there--there is an alignment with what is more.

We're not saying don't want things. We want you to want things. We know you can't not want things. And we know that the Universe will yield endlessly to you. We just want you to savor. As you're savoring in the vision, things come into alignment. "Let's stop fixing and start savoring." The way you fix is through the savor. We don't know of any way to fix your life, or align yourself, or allow your Source, or to achieve what you want--we don't know of any way to do it other than savoring your way there.

Your Path of Least Resistance leads to all the good that you desire. So as you make a determination that you're going to be a big time savorer; a big time complimenter, and a hardly ever criticizer; a big time appreciator and a hardly ever noticer of something wrong; and a big time lover, and a hardly ever hater; and a big time reacher for thoughts that feel good--as you are reaching for these thoughts that feel best, you are automatically finding your Path of Least Resistance. And when you find your Path of Least Resistance, you are connected to your source of clarity and abundance and physical stamina, and Well-being.

All things that you consider to be good, all things that you desire, come to you through this Connection of Source that is known to you by the joy that you are finding in this moment. So when we say, Nothing is more important than that I feel good, speaking from your vantage point, we really want you to internalize that sentiment: nothing is more important than that you feel good, because when you feel good, you are hooked up to that which is good--and allowing continuous manifestations of same.



## SUGGESTED READING WATCHING LISTENING

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

Ask And It Is Given  
Money & Manifestation  
The Astonishing Power of Emotions  
The Law of Attraction: Teachings of Abraham  
From Grief To Joy: Moving Up The Emotional Scale  
Money and the Law of Attraction: Learning to Attract  
The Vortex, Where Law of Attraction Assembles All Cooperative Relationships

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

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

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

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

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

[MUST SEE DVDs](#)

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

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

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

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

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

[The Little Soul and the Sun](#) by Neale Donald Walsch

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

[Something Unknown is Doing We Don't Know What](#)

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

[Meditation Moods](#) by Dean & Dudley Evenson

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

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



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

Last month I watched the Real Housewives of Orange County and Episode 12, entitled You Can Dish It But You Can't Take It, has Housewife Lynne Curtin and her husband Frank discussing the eviction notice they just got served. I see this show as often as I can and I always liked Lynne since she's so easy going. But boy, not in this episode!

The previous show ended with a sheriff's deputy handing Lynne's daughter Raquel an eviction notice at the front door. This week, the segment begins with Lynne walking into an outdoor public park where she confronts Frank at a picnic table and asks about the eviction notice. Lynne is really pissed. *WTF is going on? Why is this happening to us?* She has clearly rehearsed some things she is going to say to Frank (and the camera) and, no matter how Frank responds, she's going to have her say.

When asked how did we get evicted? Frank, whose construction business apparently screeched to a halt some time ago, said there were other issues, other monies that were owed that he needed to pay on time. The big issue seems to be there was a deposit owed on the Laguna Beach home they rented when they downsized, that he wasn't able to pay on time. Hence the eviction notice.

*"A deposit?!?!?"* Lynne blows up at Frank. *"You lied to me. You told me that was why this place was such a good deal, because there was no deposit."* Frank tells the camera, "I didn't tell anyone the money was owed." Well, we figured that out by now, since last season had Lynne and Raquel going in for cosmetic surgery, and since the beginning Lynne has been known as a compulsive shopper. She jokes and calls herself a sports shopper and spoils daughters Raquel and Alexa with lavish gifts.

Frank might have saved himself a lot of aggravation (and joint marital debt) by fessing up years ago. I completely understand how a man in the construction business, historically a cash flow business, would simply think any day now the market will bounce back and we'll be in gravy once again and I'll get everything paid off. The construction market has never not been good.

Here's a man who wanted to provide for his wife and daughters to make them happy, and suddenly his income changed and he thought it would swing back before it became a problem. He wanted to keep any 'bad news' from his family as long as he could. After all, if his business began booming again, there would be no problem and no reason for them to have known about it in the first place, right?

During the eviction conversation, Lynne immediately brings up that she was feeling good about things, she had cosmetic surgery done, and she left it to Frank to take care of it and he didn't do that. Frank told her, *"we need to be on the same page and start saving money."* Lynne replied, *"You're not going to victimize me. I'm your wife and you don't even care about me and I can't handle it."* WTF?

Frank said. "You live in a little microcosm and it's not even real and you don't know what's really going on." Lynne said, "I just want to know the truth." Frank replied, "You don't want to hear the truth." End of picnic bench segment.

Later in the show, after lunch at a 5 star restaurant where Lynne told the other housewives about the eviction notice, they all go shopping and Lynne as usual is charging purchases and joking about it. She is so wrapped up in the shopping and filming that she apparently forgets she is now supposed to be saving money.

So, if you found yourself in Frank's position, would you have done as he did, hide the truth and bear the burden alone? Is that the kindest thing to do for your family? Or is it wiser to let everyone know everything involved in the running of the family?

Even if you're going to designate yourself as sole breadwinner, it's simply good basic financial training to let everyone know what everything costs. To let them know how much manpower on Dad's part is expended to buy Lynne's facelift, Raquel's nose job or her \$1200 purse. To let them count the available hours in a month and figure how many of Dad's waking hours must be spent working to get all the bills paid every month. And to figure into that how many hours he will have left to spend time and enjoy the family he is working himself to the bone to support.

I'm not saying the sole breadwinner needs to constantly rail on about every penny all the time, I'm just saying it is good financial training to let your children grow up knowing how much things cost and how many manpower hours go into the creating of the dollars to pay for it all. You're doing them a real disservice if you do not prepare them.

If Raquel had to buy her own purse with her own money earned from working her own job, I guarantee she would not have spent \$1200 on it, as her mother did. She would have had some basic training in dollar management, which would over the years save her lots of money. Money she can spend on fun doings, rather than simply having a closet full of items with the tags still on them to show for all her hard work.

Of course, more valuable would be an understanding of law of attraction, but learning some basic financial skills is a step in the right direction. Your finances, get a grip on them before they get a grip on you.



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](http://www.IntuitiveReflections.com), or by email at [barbaralee21@roadrunner.com](mailto:barbaralee21@roadrunner.com)

## HOROSCOPES FOR

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

Only you know what you really feel so be honest with yourself, then take the next step. It is only the calm before the storm, get prepared for change. A little quiet time is always good before you make up your mind on any issue. Follow your heart as you receive guidance from your mind.

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

Have you been feeling like a prisoner to your boss? Self sacrifice is not the key to happiness, someone else's happiness and pocket book but not yours. Consider going into business for yourself and your happiness will last a life time. Do what you love and the money will follow.

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

This month you will be especially driven to to get what you want. What you actually get will be up to your attitude of gratitude. Remember to protect your energy from unhappy people; you are too vulnerable to be around negativity. Whatever you are looking for, you will find it on a love vacation.

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

If you continue to nurture the positive vision of what you want your life to look like; your dreams can come true. You have a creative mind with thoughts like *only the sky is the limit* mentality. You are smart and driven like a nail; just hammer it where you can make the most of it.

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

Mars is still in your sign and you will not forget it. Up until a few weeks ago all the signs were to have patience and wait, but now all doors are open, and things are ready to move forward. What you have been waiting for will manifest in the early Spring.

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

Lets face it, you know you have control issues, and when you don't get what you want you feel sad. There are certain situations where fate steps in to protect you. This is a time where appreciation is in order. just trust that you will always be in the right place at the right time.

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

Your foundation is changing for the better, new structures of living are in store for you now. Whatever you do now will affect you for the rest of your life. Do not settle for less because the Universe has so much more in store for you. You have been patient and now you will be rewarded.



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# March 2010

Scorpio: October 23 to November 22 "I Create". If you feel that you have strayed from your path of wellness because of an emotional loss, then increase your vitamin supplements and surround yourself with the people that love you. Weep and then move on to bigger and better times, and recognize your strengths and weaknesses.

Sagittarius: November 22 to Dec 21 "I Perceive". Stay out of any love triangles because you might make more than a few enemies, and oblivious to the one who truly cares about you. Staying a heterosexual will be modish among your friends and loved ones. As you let go of the past, the future will embrace you.

Capricorn: December 21 to January 19/20 "I Use". If you feel like your comfort zone is ending and you sense a big change coming your way, just remember to take a lot of deep breaths and take care of your body. The beginning of a wonderful journey is on its way, and the panic attacks that you are feeling now will be a faint memory of the past.

Aquarius: January 19/20 to February 18 "I Know". Your friends and family are your greatest gifts right now. You will be invigorated, excited, ready and willing to make any changes necessary to make your life more fun and successful. This month you will exude a positive and prosperous vibration full of love to everyone.

Pisces: February 18 to March 20 "I Believe". You are ready for change on all levels, you can start with your clothes, then your furniture, then your home. The most important change will be on the inside of you. Who are you and what have you become, or what do you want to become. A perfect time to improve yourself on all levels.

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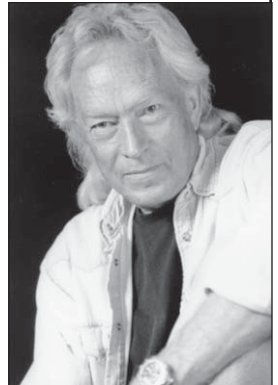
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Dick is called "**America's leading past-life therapist**" by the **Body Mind Spirit Festivals** in England and Australia.

He is a practicing hypnotherapist with offices in Westlake Village, CA.

Sutphen has created over 350 mind-programming CDs/MP3s. Over 185,000 people have attended a Sutphen Seminar, workshop, or retreat, which are conducted in major cities throughout the world. Dick is also a featured speaker at Professional Hypnosis conferences and is currently President of The American Board of Hypnotherapy. He has appeared on over 400 radio and television shows. His own weekly radio show, "**Dick Sutphen's Metaphysical World**" can be heard on the web and live in Seattle.

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

## Healthy Eating Habits



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

## Sleepytime Recharge

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



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

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



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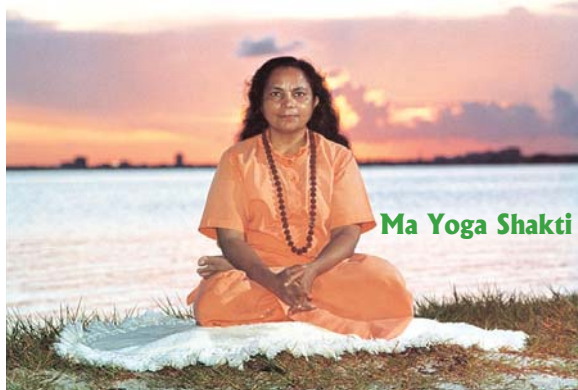
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Andrea de Michaelis is a Certified Hypnotherapist, ABH



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