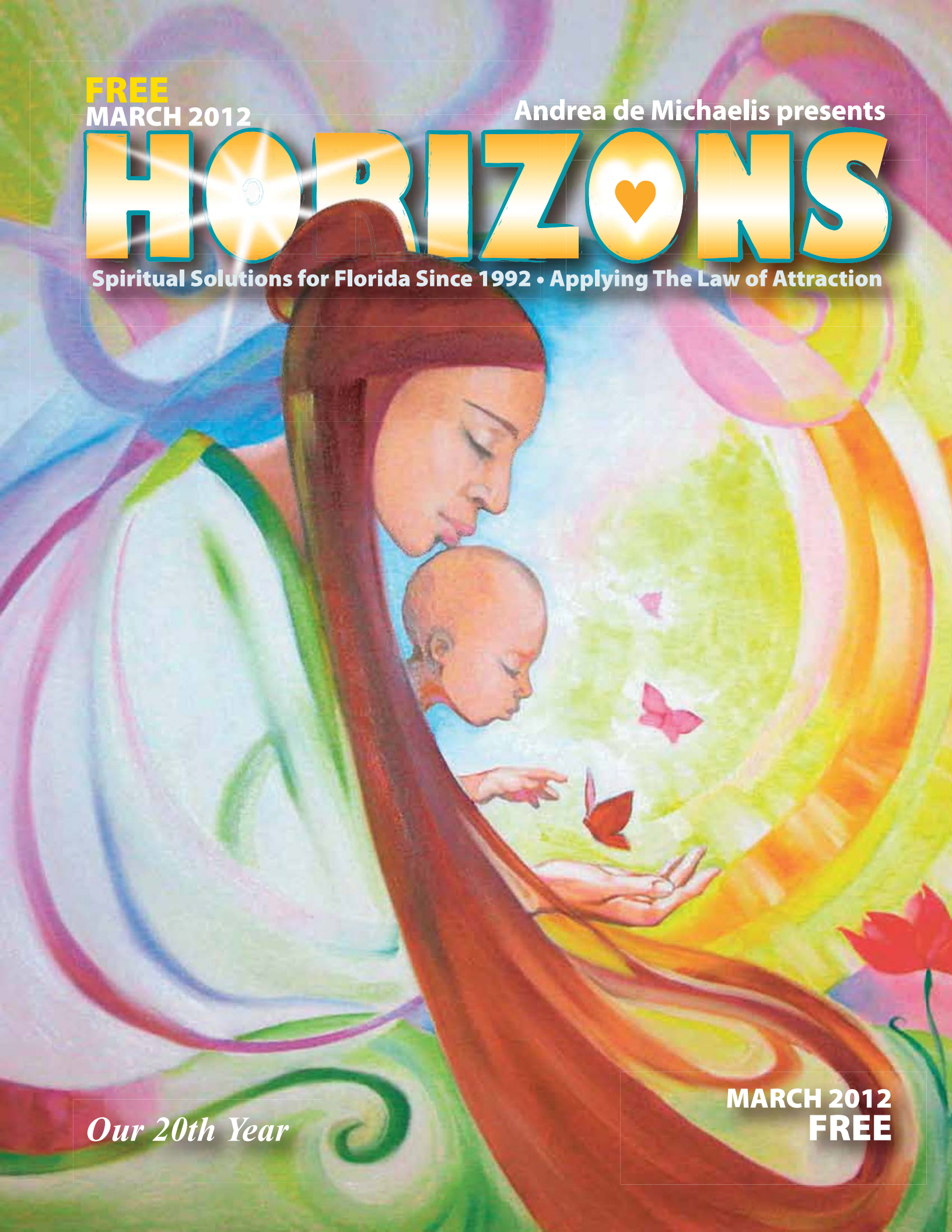


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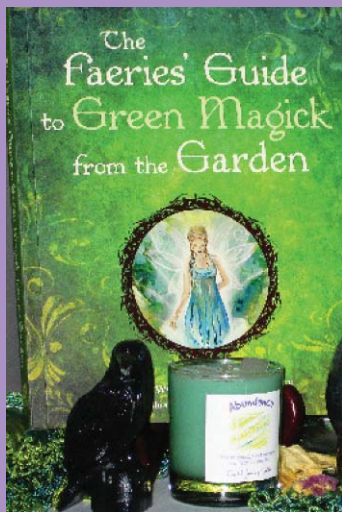


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March 6 Growing Holy Relationships
March 11 Thank You for Being a Friend
March 18 Special Guest Martha Creek Living in Joy, Loving What Is
March 25 When Love Finds You, Be Willing to be Found



**Friendship Sunday
Potluck March 25th
11:30 AM**

After service we will have a potluck. Bring a dish to share – enough for your family and another. The church will provide drinks, plates and utensils.

**Workshop - Living in Joy, Loving What Is
Facilitator: Martha Creek**

Saturday March 17th 9:00 AM – 4:00PM
Sunday March 18th 10:00 AM Service
Sunday March 18th 1:00 – 4:00 PM

Peace or Pain? Find out how, now! The Work of Byron Katie is a way of identifying and questioning the thoughts that cause all the fear and suffering in the world. Experience the happiness of undoing those thoughts through The Work, and allow your mind to return to its true, awakened, peaceful, creative nature. People who do The Work as an ongoing practice commonly report: Alleviation of depression: Find resolution, even happiness, in situations that were once debilitating. Decreased stress: Learn how to live with less anxiety or fear. Improved relationships: Experience deeper connection and intimacy with your partner, your parents, your children, your friends, and yourself. Reduced anger: Understand what makes you angry and resentful, and become less reactive, less often, with less intensity. Increased mental clarity: Live and work more intelligently and effectively, with integrity. More energy: Experience a new sense of ongoing vigor and well-being. More peace: Discover how to become "a lover of what is."

Annual Meeting March 11th Immediately following Service.

Metaphysics I part 1* Facilitator: Paulette Mason

6 Wednesdays 3/7-4/11/2012 2:00-4:00pm or 6:00-8:00pm

During this course you will explore some of the fundamental principles of spiritual law and how they can be applied to your life for greater love, health, and prosperity. By studying the works of prominent Unity writers, as well as specific metaphysical and theological views, you will be encouraged to awaken your awareness and understanding of spiritual Truth. Through the consistent use of these practical principles, you will realize more of your spiritual potential and find that your life is transformed! Topics explored in this class are:

- Metaphysics and Truth
- Life Is Consciousness
- Self-Knowledge
- Spiritual Evolution, Building Consciousness
- Our Purpose, Divine Will, Divine Plan, Divine Guidance
- The Silence
- Meditation
- Prayer
- Praying With Others

This qualifies as a Unity Basics class for Partner Membership. It also is one of the required SEE classes and may be taken for credit.

Art and Practice of Nothing and No One Against You Facilitator Lloyd Reiser

Friday 3/23/2012 7-9pm and Saturday 3/24/2012 9-5:00pm and 3 follow-up sessions (dates & times to be determined by class). This will be offered again Friday 4/27 and Sat 4/28 with 3 follow up meetings to be determined. This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. This qualifies as a Communications class for Partner Membership. Our goal is to have 50% of our congregation complete this class by 12/31/2012 to help us realize our vision of a world that works for all. Workbook available in bookstore \$29.

Membership Orientation March 22nd 6:30PM This class is open to anyone seeking membership in Unity of Melbourne and anyone who has questions about Unity

DURING THE WEEK

- Sunday, 11:15 to noon. Adult Sunday school – Join us as we have a metaphysical discussion. Childcare available.
- Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.
- Tuesdays 7:30pm A Course In Miracles with Darlene Capinha
- 1st Sunday of the month (Mar 4 and April 1) 4:00pm Reiki Healing Service with Lloyd Reiser
- 2nd Sunday of the month (Mar 11 and April 8) at 4:00pm Chanting with Lloyd Reiser
- 3rd Sunday of the month (Mar 18 and Apr 15) at 2:30pm Unity's Licensed Teachers conduct a mini Sunday Service at Carnegie Gardens
- 2nd and 3rd Wednesdays of the month (Mar 13&20 and April 11&18) Rev. Beth conducts a mini service at Trinity Towers East

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

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

The greatest optical illusion is separation

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head
 Brandon Moordian
 Morgana Starr

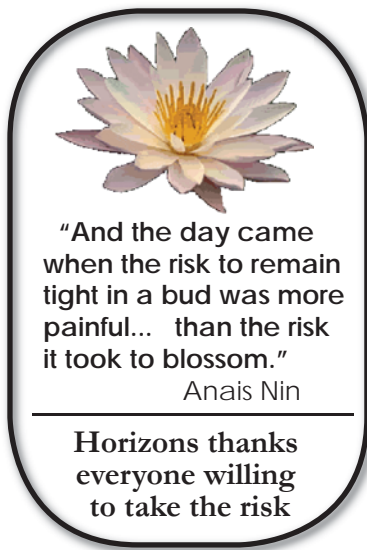
On the Cover (see page 29)

Beginnings by Jane Taylor

Contributing writers:

Armand Della Volpe
 Michelle Whitedove
 Esther & Jerry Hicks
 Cecelia Auitable
 Ma Yoga Shakti
 Karen Williams
 Lynn Thomas
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 Alan Cohen
 Tom Sannar
 Wayne Wirs

This Month's Thoughts About Things by Andrea de Michaelis	7
Our Advertising Rates ... Low because we're in it for the outcome, not the income	8
12 Steps of Spiritual Freedom by Rev. Tom Sannar	8
The Teachings of Abraham by Esther and Jerry Hicks	9
Herb Corner with Cecelia Auitable	11
Is Your GPS (Guy Picking System) Broken? by Dawn Maslar.....	12
The Two Secrets of the Secret by Wayne Wirs	13
Soul Powered Life by Lynn Thomas	14
Ask Whitedove with Michelle Whitedove	15
From The Heart by Alan Cohen	16
Yoga: Natural Pathway to Godhood by Ma Yoga Shakti	17
Our Classified Ads	18
Our Calendar of Events	19
Our Phone Directory *Horizons may be picked up at most of these locations*	20
Cheat, Meditate, Love: From Polyamory to Peace by Armand Della Volpe	24
Abraham Fun with Karen Williams	25
Notes From The Universe by Mike Dooley	28
About the Cover Art	29
Suggested Reading, Watching, Listening	32
The Question by Rumi	35
Our Mission Statement	35
Monthly Horoscopes by Barbara Lee	36



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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

March, Spring, new beginnings. And I'm ready for it. Last month, for the first time in years, I made a medical appointment for anxiety. I attribute the anxiety to a few recent incidents where I was concerned with dear friends in health crises, and I let my mind run away with worry. My wake up call was one **Sunday** when a close friend began having classic heart attack symptoms and we called 911. The paramedics arrived just in time they said and he was transported to the emergency room. I followed and hung with him while they did all the poking and prodding and gave him a ride home many hours later. Except for the *almost dying* part, it was a fun adventure once he was stabilized and medicated and we were just waiting for him to be released. It was a powerfully bonding adventure to share, and an initiation of sorts. There are no accidents when people come together and mix energy and mix karma with each other.

I love it when friends are aware of what's happening on a conscious and transcendent level and we can discuss what we're going through. I spent much time afterward contemplating my part in the co-creation of the day's events. I did much soul searching and also did Dr. Lew's Ho'oponopono Hawaiian Healing Process (*I'm sorry, I ask*

your forgiveness, I forgive you, I love you, thank you) since the premise is: if you are aware of something happening to anyone, you have a part in the creation of it simply by virtue of your awareness of it. It is my experience that is true. I have a handful of friends and family with recent health events and I did the process on each of them. Then I did it on myself since I've allowed myself to let it all get to me.

I asked a friend for a referral to a medical office and got an appointment for 3 hours later. *Synchronicity: it is an office where a pal works!* I saw Lynn Meyer and told her I usually manage stress well, and don't have much of it — that I do daily meditation and yoga and I work out several times a week at the gym and at home. I brought in my list of the daily vitamin and mineral supplements I take. I also brought my most recent blood test results, so she knew what was going on inside my body. I told her I'm a lightweight with drugs and need to be coherent and clear minded. She prescribed .25 xanax (alprazolam) and said take one twice a day for anxiety and 2-3 at night to sleep. She ordered another set of labs, so I went right from her office to do that. It was noon the next day before I was able to pick up the prescription and take a dose and it did calm the anxiety. Within 30 minutes, I felt less of an urgency to return all the calls *today*, answer all the emails *today*. But 10 hours later I noticed my spidey sense also seemed to be still asleep. Not good for the occupation! I'm aware, however, that I was under acute distress and it would pass soon enough.

WHAT I USUALLY USE WHEN I'M STRESSED

On a regular basis for stress, I first go to doing deep breathing and some full body stretching, yoga and exercise — the treadmill is good for that. If I still need relief, I'll look to St. John's Wort, Rhodiola Rosea, Valerian Root (all standardized) as well as melatonin, holy basil extract, the Bach Rescue Remedy, and I just discovered the homeopathic Ignatia Amara.

...continued on page 31...

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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



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, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships 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.

Did Jerry Hicks Have A "Walk-in" Experience?

Guest: I hear people talk about "Walk-ins." Do energies actually walk in to bodies and other energies leave, and then that's how it is for the rest of their life?

Abraham: Yes, occasionally it occurs, but far less than people assume. In other words, contrast causes clarity of desire, and clarity of desire summons Energy. That's walking in. Sometimes a person will be in a predicament of such exaggerated contrast, that they launch one whopper of a desire, which summons one whopper of Non-Physical Energy. And if it has been extreme enough that in the exposure they found some way of allowing, in a new way, then that's what happens. Yes.

As the exposure to your experience causes strong desire, there is always a summoning. With most people it is a strong summoning of Non-Physical Energy and a strong dose of not allowing. In the majority of cases, when somebody has given somebody else the label of Walk-in, isn't it usually that they were in some extraordinary crisis where things were not going well, and some amazing thing happened, where all of that lifted off of them, and they were sort of reborn into this Energy of Well-being? [yes]

A Walk-in could work either way. A person could get so focused upon what is not wanted, that they could actually disallow the Energy of Well-being to flow, so powerfully, that they could become vibrational matches to what is not wanted, and tap into the stream which is a spin-off of man's conscious mind--and get a strong dose of that, too.

When we talk about letting it in, aren't we talking about the same thing? In those cases where they're labeled Walk-ins, they're just extreme, more exaggerated cases. Contrast caused a very strong desire, and something within their environment catapulted them into suddenly allowing.

...continued on page 26...

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PARSLEY, SAGE, ROSEMARY AND THYME

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Many people think of Parsley as a garnish served at restaurants to freshen breath after eating. What they may not know is this chlorophyll rich herb has more Vitamin C by weight than an orange and it contains the amino acid histidine which inhibits tumors. In tea form, parsley acts as a diuretic helping to reduce water and uric acid from the body making it useful for gout and high blood pressure. Apigenin is another constituent within parsley. With allergies and sinus infections, this constituent reduces the allergic response. Just be careful not to use large amounts of parsley while pregnant as it may over stimulate the uterus. If you had an injury, applying crushed fresh parsley to the area can help reduce black & blue marks.

Sage tea has estrogenic effects. For women this helps regulate periods and reduce hot flashes. In 2003 a study found that sage oil improves memory and protects the chemicals in the brain that are destroyed by Alzheimer's. Its Latin name is derived from "salvare" which means to heal or save. When applied as a compress to cuts or sores on the skin sage's astringent and anti-septic properties make it an excellent healer. This would make a nice aftershave treatment for guys who nick themselves when shaving. As a gargle sage tea relieves a sore throat, heals mouth sores, reduces bad breath.

Rosemary known as the herb of remembrance has been used traditionally at weddings in bridal bouquets and to honor those who have passed on. Ancient Greeks wore a crown of Rosemary while studying to energize and to improve memory. Did they know that its constituents prevent the breakdown of acetylcholine, the chemical in the brain that is deficient in Alzheimer patients? As an antiseptic and antiviral, Rosemary can be beneficial for coughs, colds, sinusitis, bronchitis and the flu. The essential oil can be added to shampoo to help stimulate hair growth and reduce dandruff and in massage oil it reduces pain.

When used in small amounts Thyme's antifungal, antiseptic, antibacterial and disinfecting properties can help fight staph. As a gargle it can relieve a sore throat, tonsillitis or laryngitis. When blended with other herbs such as Rosemary and Sage it acts as an expectorant easing coughs and bronchitis.

I knew there had to be a reason why I have always been intrigued by this herbal song title. These herbs are great medicinally.

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When you focus upon an unwanted aspect of something in an effort to push it away from you, it only comes closer, because you get what you give your attention to whether it is something that you want or not. It is up to you to focus upon and attract what is wanted. **Abraham-Hicks**

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Is Your GPS (Guy Picking System) Broken?



Dawn Maslar is the award-winning author of *From Heartbreak to Heart's Desire* Developing a Healthy GPS (Guy Picking System). She is a coach, speaker, advice blogger and a former radio talk show host on Holistic Lifestyles Radio WWNN 1470 AM. Visit www.dawnmaslar.com.
 March 15 Developing a Healthy GPS (Guy Picking System) at The Crystal Garden, 2610 North Federal Highway, Boyton Beach, FL 33435, www.crystalgarden.com, info@crystalgarden.com 561-369-2836

Are you one of those people that understand and believe in the law of attraction? Do you make vision board after vision board, only to have the wrong guy show up every time? Do wonder if your GPS (Guy Picking System) is broken?

For many of us, understanding and practicing the law of attraction in our love life is not enough. The law of attraction works on our beliefs, not our desires. For example, you might desire a wonderful, rich, handsome man. But, if you don't believe he exists or that you deserve him, the law of attraction has no other choice than to respond to your beliefs. Therefore, instead of gorgeous, emotionally available Mr. Wonderful, a semi-employed, emotionally damaged, but strangely attractive biker shows up.

The real problem begins, when Mr. Wrong shows up and we don't see anything better on the horizon so we decide to work with what we got. Maybe you buy him some new clothes, get him a haircut, or send him back to school. Not realizing that all these attempts "to fix" him are sending him a clear message that he is not acceptable as he is.

Then one day he gets up and leaves. Probably for someone who accepts him just the way he is. You are left emotionally and maybe even monetarily drained wondering what happened. You might even end up feeling frustrated or jaded. When you go back out to meet someone new, you end up with a similar guy, but this one is on parole.

This is an extreme example to make a point. The point is if you are not finding the love you want, it's might not be the guys, it could be your subconscious beliefs. You can read change your clothes and your dating techniques, but until you address these underlying believes you are going to continue to be frustrated in love. By taking some time to work on yourself and your underlying beliefs, you can repair your GPS and find the love you desire.



THE TWO SECRETS OF THE SECRET

Wayne Wirs is the author of "Fading Toward Enlightenment" and "The Implications of the Soul." He has been blogging continuously—before, during, and after enlightenment—for over nine years. Wayne's complete works—his five books, photography and online journal—can be found online at <http://waynewirs.com>.

For the past three months I have been experimenting with the Law of Attraction/ The Secret/Wish Fulfillment.

Why? For a couple of reasons:

I wanted to help my mother in her fight with cancer.
I wanted further evidence that She/God exists.

Having a rational, logical, programmer sort of mind, I decided to start my experiments with a small, easy to grant wish: While driving south on I-95, I "wished" to see a yellow VW Beetle on the interstate before my exit 10 miles down the road.

The results: I did not see a Beetle on I-95.

But... less than 30 seconds after I exited the interstate, I saw a yellow VW Beetle parked all alone in a parking lot, almost as if She had put it there as a gift. The only way I would have been more shocked was if there had been a big bow wrapped around it.

The next day, while running an errand, I tested it again, this time wishing to see a red Ferrari before I returned home. Red Ferraris are a dime a dozen in South Florida, but pretty rare around here.

The result: No Ferrari, but—once again, all alone in a parking lot like it had been placed there by the hand of God/Her—a red VW Beetle. All shiny and new. Sitting by itself in a parking lot of an abandoned restaurant.

Now keep in mind, I am no expert on the Law of Attraction, having only read two books on it—and of the books I wasn't very impressed. Should God (they called Her the "Universe") do your bidding? Is She your servant, a genie to grant your every wish? Sounds to me like another scheme by opportunist authors to steal gullible readers' money—but that is just my opinion.

...continued on page 27



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What if I allowed you to be you? Ode to a Friend

What if I really let you be you,
What if you really let me be me,
What if we met without pretenses,
Who would we then see?

What if I let my light shine through,
What if you let your light shine too,
What if we honored our inner beings,
Who we really are at our core?

What if I dropped the games,
What if you dropped the acts,
What if we stopped coming at each other,
from preconceived notions of lack?

What if I dropped my prejudice,
What if you stopped your bias,
What if we dissolved learned patterns,
and dropped old worn out beliefs?

What if we met higher self to higher self,
What if we met soul to soul,
What would we then say to each other,
How would we then treat each other?

What if we treated each other as ancient soul beings,
What if we honored our soul explorers,
What if we let the ego patterns drop,
Would we then allow the love to come through?

What if we allowed for genuine caring,
What if we really listened,
What if we felt true compassion,
What would we then share? What if we took off the masks,
What if we lived authentic,
What if we lived from our inner light,
Who would we be then? What if we allowed ourselves to be,
What if we felt safe in doing that,
What if we stopped judging ourselves,
Who would we find in each other?

What would our world be like then,
What would we discover,
What would we express to each other,
How would we grow and evolve?

What if the facades fell away,
What if there was no me versus you,
What if there was no belief in separate,
How would we live from the Truth?

What if the stress fell away,
What if our moods lifted in relief,
What if we allowed inner peace,
What if we gave and lived only from love?

What if we met soul to soul,
What would the world be like then,
How would family's change,
How would nations change?

What if the divine light shined out from within,
What if we listened to its wisdom,
What if we allowed the authentic,
What would transform and transpire?

What if I allowed you to be you,
What if you allowed me to be me,
Who would we then be,
What would we then see?

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Dear Michelle, As a science major in college, I've read extensively about the theories and possibilities of Time Travel. It seems that there have been experiments conducted but the key to traveling through time hasn't been successful. As a metaphysician, do you believe that Time Travel will be possible? **Science Geek in Boston**

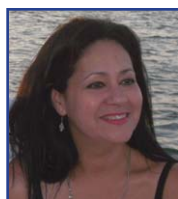
Dear Geek,

People may believe that Time Travel is science fiction but "Spirit" tells me that it is a fact. There is a Government that has a device that can move a person backward and forward into time. They use this time-bending machine to view the outcomes of future events. If they do not find the ending to their liking then they react in the NOW to create a different outcome for the future. This time machine can also go back and revisit history to watch historical events unfold and discover the truth as an unbiased observer. It's important to know that traveling into the past can create a different reality. If there is any interference or alteration of a past event, even the slightest change will result in an alternate reality or even create a parallel Universe. Now that's something to ponder! One day when science and spirituality merge, then humanity will be wise enough to unlock many more secrets.

Dear Michelle,

The bible says "a woman's hair is her glory." Yet I just read an interesting article about hair acting much like antenna that seemed to help Native American's intuit. So I'd like to ask you; is our hair more than a colorful and stylish accessory? **-Blondie from Banff**

...continued on page 32 ...



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From the Heart

Alan Cohen is the author of many popular inspirational books, including the just-released *Enough Already: The Power of Radical Contentment*. Join Alan for *Metaphysics and Miracles*, May 30 - June 3 at the Sunrise Ranch in Loveland, Colorado. For more information about this program and Alan's other books and free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-808-572-0001.



The New Plastics

In a classic scene in *The Graduate*, young Ben is at his college graduation party when a friend of his parents takes him aside and earnestly whispers, "Plastics." That industry will be the next rage, the fellow hints, and if Ben is smart he'll get in on the ground floor. Fast forward to 2012.

A young acupuncturist phones my Hay House Radio show, *Get Real*, and confesses her fear that she will not be able to earn enough money to provide for her family, including her little child. I whisper to her, "Transformational services" and leave a pregnant pause for the message to sink in.

I go on to tell the woman that in the years to come we will see increasing change, disorientation, and turmoil as many social systems and institutions will likely disintegrate. They will be replaced by new systems rooted in truth, vision, and service rather than fear, greed, and illusion. As people are pushed out of old comfort zones and lifestyles they will be hungry for answers, relief, and skills to shift into more authentic and rewarding careers, relationships, and living situations. At such a time anyone connected to spiritual principles and tools will be in high demand and of great service.

If you are a teacher, healer, massage therapist, coach, speaker, minister, or counselor offering services to uplift individuals or groups, the universe has a job for you. In the world as we have known it, where many people are clinging to methods and systems based on shallow values and false security, you may not be sought out, acknowledged, or paid

well for your work. But in the coming epoch in which people need integrity more than hype, they will be happy to pay you to soothe their journey and accelerate their evolution.

Until the deeper consciousness is established, faith is required. The old has died away, or is dying, and the new has not yet come to replace it. Imagine you are at a party where you have grown tired, bored, or disillusioned with the people and conversations in the room. You step out of the room in search of new friends and peers who match your values and offer stimulating, empowering interactions. In the corridor you can faintly hear people in another room, but you cannot see them. As you transition between rooms you may feel alone, insecure, or frightened. You might be tempted to turn back — but you couldn't even if you tried. The genie is out of the bottle. So you have to just keep moving ahead, trusting that you are on your way to higher ground. The trail will become wider and you will find your "just right" tribe.

Regardless of apparent chaos, a grand design is unfolding. Upheaval is the turning over of the ground in preparation for planting new seeds. The winter may have been harsh and cold, but the spring will soften the soil. The ego resists change because it has a vested interest in maintaining the status quo, even if the status quo is dysfunctional. Yet the higher mind or inner spirit recognizes that anything taken away is replaced by something greater. As Rabindranath Tagore noted, "Faith is the bird that feels the light and sings when the dawn is still dark."

To clarify your role in coming world, ask yourself, "Where does my passion call me? How can I serve others in the highest way possible? What tools can I offer that will bring them greater peace and aliveness? Regardless of what I was told about how the world is supposed to work, what do I know, from inside out, about how life really works?"

During this crucial shift we are taking back the power we have vested in external institutions. The only real authority resides in the wisdom and power within you. As you trust your heart and vision more than dogma and dictates, you will have all the guidance you need and the ability to help others access all the guidance they need.

A Chinese blessing suggests, "May you live during interesting times." That we do. In many ways our times seem unstable and worrisome, but they are also rife with the possibility of change for the better. *A Course in Miracles* tells us, "All change is good."

In another classic film, *Ferris Bueller's Day Off*, Ferris phones his friend Cameron to ask him if he wants to skip school and go out and play. When Cameron complains that he's too sick to get out of bed, Ferris tells Cameron that he just can't think of anything worth getting up for.

If the world or your life seems sick or tired, it may be only because we have accepted a world that doesn't offer us anything to get up for. But if we recognize that something new and wonderful is calling to us, we will find the energy and means to create what we would choose rather than what has been cast upon us.

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Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the sanskrit word "Yuj" to unite. It means union or identification, The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga.

CHOOSING A PHILOSOPHY FOR LIFE

We should seek a good philosophy which can stay by our side when we have to face the stresses and strains of life. It will enable us to see the problems of life in a more detached way. When we study some philosophy, our mind sifts it and takes in what we like. Our mind will assimilate what suits us. What does not suit us will be thrown out by the mind. If we have a philosophy of life it will help us to avoid conflict in the inner mind. There are various theories about birth or life on earth. Some think that it is a problem and that we must learn to renounce birth and death. Others think that birth is blessed, that God has sent us here to serve Him and to do His work on earth. A third theory is that birth is caused by desires and karma of past lives. We must decide for ourselves which philosophy of life we believe in and then be faithful to that. All is God's energy. *The message of Gita is that everything is God's and everything is God.* Spiritual people stop thinking that everything is theirs. They begin to realize that it is by God's will that they are here on earth and they must serve His creation as best they can. They realize that all is God's.

When you stop thinking, 'it is mine', there is no stress or strain. When you think it is yours, you have to undergo both joys and stresses and strain. If it is yours, then the joys are yours but the problems are also yours. However, if you think it is not yours but that it is all God's creation and you are only here to serve Him and realize Him; then although you enjoy and suffer, it is never too much for you. You are not overwhelmed or drowned in joy or sorrow There maybe problems but they won't hurt or destroy you. When we serve God, we are always with Him. we are with Him in His Name or in His work. We can see Him everywhere in His creation. every tree and river is created by Him. Air is created. by Him. Is it not Him? God is everywhere and we must appreciate this. The moment we learn to change our thinking and beautify our thoughts, there will be beauty and happiness everywhere around us.



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SUNDAY, February 26 VERO BEACH Unity Center hosts DR. JON MUNDY at 10 a.m. Service and 12:00 to 3:30 p.m. Workshop. Service: I'M NOBODY, WHO ARE YOU? Workshop: LIVING A COURSE IN MIRACLES. Advance registrations for workshop \$25, phone 772-562-1133.

March 15th BOYNTON BEACH 7:30pm to 9pm Developing a Healthy GPS (Guy Picking System) with Dawn Maslar MS at The Crystal Garden, 2610 North Federal Highway, Boynton Beach, FL 33435, Located 3 blocks north of Gateway Blvd on US 1, www.crystalgarden.com, info@crystalgarden.com 561-369-2836. Visit www.dawnmaslar.com

FRIDAY March 16th ROCKLEDGE 6-8pm From the Eyes of the Seer: A Group Medium Session. Messages from Spirit, Loved Ones passed over, Spirit Guides and Angels around you will be given to each attendee \$25. Space limited. Registration is recommended. Mystic Encounters by RMF, Rockledge, FL 321 544-6738

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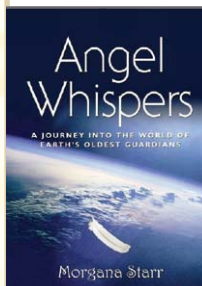


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For over 11 years I've always known that Angelina was the most amazing, spiritual, beautiful, kind, funny, loving, sexy, compassionate, talented, supportive, perfect for me woman in the world.

I was a raving womanaholic when we met. I told her I could never be monogamous and she agreed to give my lovestyle a try. After 6 1/2 years of open honest polyamory, (fueled by sex addiction), she said "I'm not able to handle this anymore. It's too painful for me and if something doesn't change, I'm going to have to leave". It was one of the most

difficult things I ever did but to keep her happy, I chose monogamy and it was such a positive decision which quite possibly saved my life.

Then, on my own in Sept. I realized that even though I had been monogamous, I was still thinking and fantasizing about other women constantly. She couldn't care less because I wasn't acting on it. Still, I believe she deserves a fully present man of strict fidelity so I joined a long term recovery program, did 90 meetings in 90 days and have been sober since Sept 11th. That sobriety for me took away a constant morphine drip that I had relied on since I was 10 years old to ease wounds of childhood trauma that I was afraid to fully confront and thus unable to heal. Add to this that 40% of our income went away for two years, I had lost my interest in my wonderful career of 16 years and was humiliated on mainstream tv in front of 15 million people and 100's of thousands of youtube viewers. Thank you God, so glad I don't believe in you anymore. (I no longer believe in an external God that has the ability to answer prayers or make ones' dreams come true)

I became horribly depressed for 2 months and then gradually moved up to apathy until I attended a 10 day silent Vipassana meditation course in late January. In this course I was able to connect with my magical, divine, innocent beauty in a way I had never experienced. It was the most beautiful thing I had ever seen and I felt complete PEACE at moments. I also was made aware of tons of my shadow and I was suicidal many of those days. I also saw more clearly some shadow in my relationship that I'll just generalize as "codependency." I was told clearly by my higher power, "in order to move into your new destiny, this shadow in your marriage must be healed". So I came home, in a bit of a manic, rehabilitated stupor and asked Angelina if we could take some time off from our relationship so I could find myself and integrate these new awarenesses. I stupidly used the words "temporary 6 month separation" and the rest is history. We are moving wonderfully forward from the hell we were in and I believe the "fire" was a painfully divine part of our healing.

Oh I already know my critics are going to find this a massive case of "victim consciousness" and I'm OK with that. This is my journey however, not theirs, and I am grateful for these last 5 months of discovery, regardless of my pain and weakness through it. Angelina and I are finding new depths of intimacy and healthy connection. We are not "out of the woods" yet but I am completely trusting that we will do what we've done for 11 years and continue to get closer, healthier and more conscious and loving in our partnership. I also have a renewed enthusiasm for life, re-establishing our musical ministry, exercise, my new meditation and loving-kindness practice and "being in the now".

Today we had another confirmation of the value of our marriage.....we saved \$200 on our car insurance with Geico. Ok, not Geico but we did save \$200 on our tax accountant because for the first time, we are able to fill a joint return.

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Karen Williams is the author of Soulsongs: Welcoming Your Deepest Desires and distributes a bumper magnet, "Think Happy Thoughts & Good Things Will Happen." Karen and her partner, Mark, also host Abraham-Hicks discussion groups in Winter Springs, FL soulsongkaren@cfl.rr.com. Karen's blog: <http://www.karenmoneywilliams.com/>

Enlightenment Is Just a Few Thoughts Away

I choose to spend my life feeling as emotionally good as I possibly can, as much of the time as I possibly can. I do my best not to be seduced from inner peace and happiness for a fling - no matter how seductive - with discouragement, resentment, envy, or self-pity.

I have too much to lose, for feeling bad is bad for me - my health, my finances, my relationships, my future. Through the universal Law of Attraction, thinking upsetting thoughts brings me more of the very circumstances that I don't want.

However, I am human, and I do live in a world of great contrast: pleasant and unpleasant, wanted and unwanted turns-of-events. I may at times find myself ticked-off, cheesed-off, or about to go off my rocker over situations I encounter.

If that happens, I don't flagellate myself for not being Little Mary or Marty Sunshine. I simply make it my goal, my habit to go one step up from where I am right now.

I find new ways to view upsetting conditions; I find something - anything - to feel halfway good about and thus I find relief.

In due time, I go another emotional step up...and another...and another. This is the heart and soul of enlightenment: thinking and feeling lighter.

I have met many people who have been treated for depression and other conditions when they were, in fact, in the deep stages of spiritual crisis. ~ Caroline Myss

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disability	mentally foggy
divorce	over or under fed
illness	sleepless or overslept
	using addictive substances?

Are your spiritual needs not being met in the churches? You know your spiritual needs are being met when you have a sense of stillness within you, and a feeling of connection to the Creator/Source/Universe/Energy/God/Goddess of your understanding. Spiritual emergence-y is a form of identity crisis where you undergo drastic changes to your belief system. This is a sign that deep work and purification are unfolding. It can be uncomfortable and painful, not easy to function in society and to continue with daily tasks and responsibilities. As we pursue a spiritual path, we all deal with the same issues,



“Who am I?”
“What am I doing here?”
“What is my purpose?”
“Why is there so much pain & suffering?”

These questions arise from contemplation of something that does not fit into our present belief system. In order to break through, you have to burn away your current limited view of the world and of your place in it. There are rules to navigating this smoothly and I can teach you those rules, so you can live a more expansive life. So much of my counseling practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Together we can discover more of who you came here to be. \$60 for one hour by phone at your schedule, and affordable because this is important work.

“How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe myself. Thank you.”

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Abraham-Hicks

...continued from page 9...

Jerry had such an experience, many years ago, when he had been trying to please a lot of people that he could not find a way of pleasing. He had reached a crescendo of great stress and struggle, and all of a sudden he reached a point where he yelled, for all to hear, "I give up!" And in that moment, as he later described it, goose bumps all over his body, like champagne bubbles starting at his feet and working their way up. He was never the same again.

He went to a psychologist because he did not understand what had happened to him. The psychologist asked, "What's wrong?" Jerry said, "I'm happy all the time." The psychologist said, "This is really not the kind of thing I'm accustomed to hearing from people."

A very strong experience caused a rocket of desire that far surpassed any desire he'd ever felt before. And in that moment, his rational mind told him he had gone as far as he could go with the other, and so he literally released his resistance--not his desire for Well-being. And in the releasing of the resistance, he allowed the fullness of a raging spirit of Well-being.

The assumption that there's a Walk-in, which means, one, not so good, spirit departs, and then another, more superior, spirit comes forth, is a flawed premise. You are not clumps of Non-Physical Energy assigned to clumps of flesh. We're not sitting around on the dock of heaven saying, "Sure wish that guy would get out so we can get in." It isn't like that at all. It's a stream of Non-Physical Energy that you are summoning--and sometimes allowing and sometimes not.

You Have Creative Control of Your Life

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

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

To Control Conditions?

And we say, you might if you could do that, but from your Broader Nonphysical Perspective, you don't even want to do that. You do not want to control or limit conditions or possibilities, because you understand that this Universe, in which you and we are all focused, is vibrationally based and is managed by Law of Attraction.

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

Selective Focusing?

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

Vibrational Control?

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

A Guidance System?

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

...continued on page 33 ...



The Two Secrets of The Secret

...continued from page 13...

Secret #1 to The Secret

Now let's take "The Secret" from the perspective of Mystical Oneness: The less there is of you, the more there is of Her. That makes a lot more sense.

At the Radiant Level, there is still a separation between you and Her, but 'you' are nothing more than a tiny, thin outline of your former self—and She is everything else.

People operating at the Radiant Level are almost all Her with only a tad of ego, whereas people operating at the Mortal Level are just the opposite: almost all ego and very little Her. So it makes sense that the further you are along spiritually, the more likely your wishes will be granted.

So this is Secret #1 to The Secret: The less there is of you, the more there is of Her, and the more likely your wishes will be fulfilled.

Secret #2 to The Secret

As I tried to make bigger and more important things happen, I found a distinct pattern in whether my wish would be fulfilled or not:

If I had any doubts or internal debate on whether I wanted the wish to come true, it would not.

If I wanted something with all of my heart, it would almost always come true.

Take for example winning the lottery. To me, it would suck dealing with all those people pleading for money to help them with X, Y or Z. I honestly don't know how I would handle all that need. There's my internal conflict: Part of me (my conscience) does not want to win the lottery.

Now take visualizing my mother's CAT scan to be "all clear" and showing no signs of cancer. There was no conflict. With all my heart, that was something I truly wanted.

Secret #2 to The Secret: There must be no internal conflict with seeing your wish fulfilled.

You must want it with all your heart, which means with your mind, with your emotions, and with your conscience. All three: Mind, Heart, Gut.

SUMMARY

People who have followed my blog for any length of time know that I have an ongoing, amazingly odds-defying, type of luck (both good and bad). When I don't listen to my intuition or conscience (gut), miserable things happen to me:

My gut told me not to buy my stealth camper, so I made a low-ball offer which they surprised me by accepting (I could have still walked away). I had nothing but trouble with that truck.

My gut told me when I first bought my travel trailer, that I shouldn't tow it leaning forward like it was, but I listened to my mind which said it made it more aerodynamic. I had two tires blow out within five miles (after having driven over 150 miles).

On the other-hand, I almost always get what I want when there is no conflict within me:

I hardly ever have to wait in line anymore (no one gets hurt, no conflict).

I am surprised if traffic doesn't "open up" for me (no one gets hurt, no conflict).

When I need something (example), I'm often "magically" guided to it.

With all my being, I wanted my mother to be healthy. Her CAT scan, to the surprise of her doctor, came back clear.

The above are examples of Secret #2: No internal conflict.

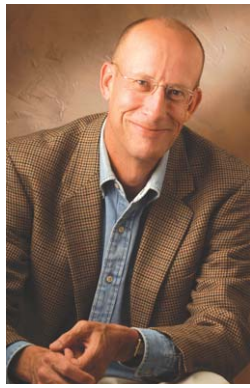
The real power to the Law of Attraction though, is in Secret #1: *The less there is of you, the more there is of Her.*

All the wishing in the world isn't going to do you a bit of good if you are almost all ego. Put another way, you-as-ego are literally blocking Her from functioning through you.

Let go of believing you are Mortal (I want, I want, I want). Let go of even thinking of yourself as a Soul (My karma, my karma, my karma, (me)). Surrender to Her. Feel the Love flow through you—feel Her flow through you.

It's ironic, but it is as simple as this: Surrender to Her and all your wishes will be granted.

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 to sign up for free daily Notes from the Universe!

People who do all they can, with what they've got, from where they are, no matter how puny their actions, how tiny their steps, or how futile it may seem, simply have more fun. Way.

Of course, to the uninitiated it doesn't appear that way. To them, it appears as if only those taking gigantic leaps, who drive cars with fancy wheels, have loads of friends, perfect bodies, and fly around the world in First Class Sleeper Seats, are having fun. But what they don't realize is that we're often talking about the very same folks, just at different points in their journey.

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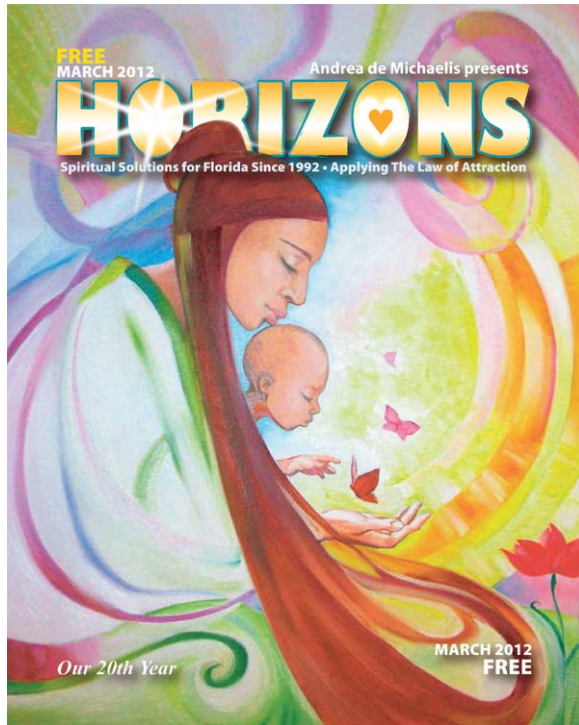
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COVER ART



BEGINNINGS by Jane Taylor

This painting represents mother and child discovering the world anew together - so the title is completely appropriate - although the mother herself will be re-discovering... seeing the world through the child's eyes too! I've used simple colours and flowing lines to enhance the sense of growth and wonder, and the butterflies, which appear in a lot of my works, are of course a symbol of rebirth and transformation.

Editor's Note: I love this. I posted this image on Facebook and asked friends what thought came to mind for them.


Ken Sharp wrote: *San Francisco, 1987: a man takes his 2 year old daughter for a walk around the block in the 'concrete jungle' - she stops, amazed at the wonder of a dandelion growing from a crack in the sidewalk... he never looks at a weed or a sidewalk the same ...*

I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years, but am now doing far more of the thing I love best - painting in oils on canvas. I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) Most of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.



For me painting is one of the necessities of life, - I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush!

What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website, which you may like to check out just for fun - you can find my work at www.janetaylorart.weebly.com/ or email me at chalicewell@hotmail.co.uk




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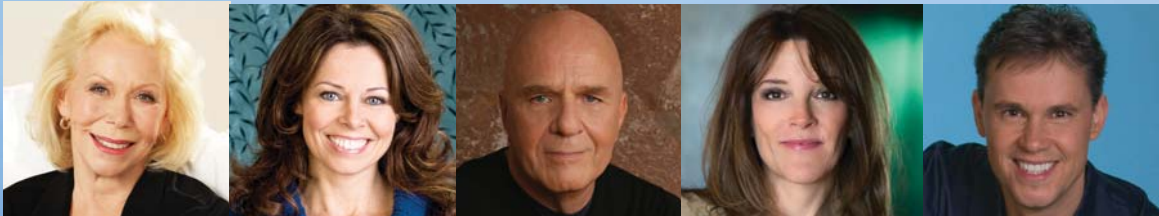
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Thoughts about things...

... from page 31...

Also important: L-Theanine is a unique amino acid found almost exclusively in the tea plant (*Camellia sinensis*) and is the main ingredient in the taste of green tea. Animal studies have shown that L-theanine crosses the blood brain barrier, increases dopamine and GABA levels in the brain, and inhibits the properties of caffeine and alcohol. It can reverse alcohol damage to liver. If theanine is present in the body at the time stroke occurs, the damaged area will be significantly reduced. Human studies have shown that taking L-theanine results in the emission of brain waves associated with a state of relaxation. It does not make you drowsy. In fact, I take it in the morning because it keeps me alert.

I use lavender oil on the soles of my feet and at the pressure points, and drink Sleepytime, Kava and Chamomile teas. To promote sleep naturally, I've used Hyland's homeopathic Calm's Forte and find it effective. A natural combination that also works for me is 2040 mg valerian root, 450mg holy basil extract and 4.5mg melatonin. I don't feel drugged and my mind is clear and refreshed upon awakening.

An Rx is last resort and temporary. For everyone who knows me and reads my blog, you know I am a decades long firm believer in herbal supplements, meditation, yoga, EFT, and other modalities for stress relief. This was my first Rx in decades and it was for acute stress and I make no apologies for taking it. It took the anxiety away and let me sleep.

The xanax also dumbed me down a little. It made me not care whether I ate healthy food or not, it made me think of sugar and processed foods, things I don't typically eat. I didn't eat them, but it made me consider them. And while I didn't wake up with anxious or worrisome thoughts racing through my head, I also didn't wake up with creative thoughts and motivations for the day as I usually do. I enjoy my own self talk, it motivates me, and I missed it. A lot.

I typically have many segments throughout each day where I feel inspired and happy and rather euphoric. I had very few of those when I took the xanax. Again it may be the stress of several situations I'm helping friends and family navigate their way through. Maybe my euphoria was simply an expression of my ongoing anxiety the last bunch of years, and here I just thought I had a fun and ever awakening life. With natural and herbal remedies and homeopathics, I've not felt a dumbing down of consciousness and motivation. With the xanax I do. So I don't worry about becoming dependent upon it, but I have to give it props for knocking out the anxiety.

OoBE You Are Not The Body
An astral flight out of the body
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SEE PAGE 28

UNEXPECTED BONUS: I have ongoing (very minimum) nerve pain in my hands due to a car accident in September 2000. When I take the xanax, the nerve pain disappears.

EXAMPLE OF DOWNSIDE: The moth at my front door this week is a brilliant iridescent glowing green and amber. With the xanax, it's a brown moth. Don't get me wrong, the Rx kicks the temporary anxiety, but I don't want to live in a world this small and dull all the time. I don't think you do either.

A friend remarked "How cool that you know your moth that way." I study the moths at my door because I know they are messengers. Everything is a messenger when you let it be. I looked up **MOTH TOTEM MEDICINE** and found this: "Moths are associated with the north, the region of rebirth and renewal. Change and progress - as each stage of their life cycle, they are something new, something different. The majority of moths are nocturnal, creatures of the night, pathfinders. They can negotiate their way through even the deepest glum, but know when they cannot make progress, so take the time to rest and revise. Often moths are masters of camouflage, and they wrap themselves snugly within their wings. Moth represents security, comfort and warmth. Moths bridge our world to the other worlds, they teach us about safety and security (both physical and emotional), and show us to be comfortable with who we are."



Another timely message: Thank you, brother Moth.

A friend asked if I knew what was causing my anxiety. I replied, 'What's causing it? Oh maybe a friend who just passed, family recovering from full moon day heart surgery, a galpal recovering from a stroke, a gapal who won't recover so we're doing her paperwork and I'm locating all the files and family, a nephew in jail and I'm making all the calls for family to the court and getting records and such. Just the usual LOL.'

...continued on page 38...



Ask White dove

...continued from page 15...

Dear Blondie,

From ancient ancestors to modern day mothers, many of us have saved a sentimental lock of hair or two. During Victorian times elaborate jewelry and even pictures were created from the highly prized hair of a loved one. Instinctively we have always known that hair holds a persons essence. Modern science confirms that hair tells a complex story of our physical make up from the genetic code of DNA, the vitamin and mineral content of a person and to even poisons and drugs that have been ingested.

Have you ever had your hair stand up because of a creepy feeling? Hair acts as a receptor; it receives information and holds energy too. When I was in the Netherlands filming TV with the top professional psychics from the UK, Belgium, Holland, Norway, and myself from the US, we had one thing in common: we had all been licensed hairdressers! So not only were we styling our clients but we were touching their hair, receiving information and counseling so many of them.

Dear White dove,

Some of my friends are doing Shamanic journeys with DMT. What's your feeling psychedelic's as a way of inducing out of body experiences? **Day Tripper in NYC**

Dear Tripper,

Many indigenous cultures use plant based substances during ceremony in search of a deeper spiritual understanding. These are powerful and natural drugs that are also used as medicine for the body, mind and spirit. These rituals have been passed down from Shaman to apprentice-shaman for thousands of years. Some Native Americans conduct ceremonies with peyote, Peruvians use the San Pedro cactus, and in the Amazon they make a drink called Ayahuasca, which the active ingredient is DMT. The rituals include prayer, drumming, contemplation, visions and communing with the Divine Consciousness during an altered state of enlightenment. It is a way of life for some cultures.

A word of caution, these spiritual rituals should only be practiced with legitimate Shamans under their guided care. These powerful substances are not for experimentation.



SUGGESTED READING WATCHING LISTENING

CDS:

Relaxation Zone by Dean Evenson www.soundings.com
MediDating by Gabrielle Bernstein, Meditations for Fearless Romance
Getting into the Vortex Guided Meditations CD and User Guide
by Esther and Jerry Hicks

BOOKS:

Walking Behind the Moon by Elizabeth Owens
Paranormal, My Life in Pursuit of the Afterlife by Raymond Moody, MD
Emotional Equations, Simple Truths for Happiness by Chip Conley
Wabi Sabi Love by Arielle Ford

Spiritual Partnership by Gary Zukav
The Well That Never Runs Dry by Joann Davis
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Downward Dog, Upward Fog by Meryl Davids Landau
The Seeker, the Search, The Sacred by Guy Finley
Yoga For Every Room in your House by Jinjer Stanton
Fading Toward enlightenment by Wayne Wirs www.fade2e.com
The Bushman Way of Tracking God by Bradford Keeney, Ph.D.
How To Rule The World From Your Couch by Laura Day
Wild Attraction: A Ruthlessly Practical guide to Extraordinary
Relationship by Paul and Patricia Richards
The Physics of Miracles by Richard Bartlett, DC. ND
The Wisdom of a Broken Heart by Susan Piver
The Now Effect by Elisha Goldstein, Ph.D.

Unfinished Evolution: How a new age revival can change
your life and change the world by Teena Booth

Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles Marianne Williamson
The Hidden Spirituality of Men by Matthew Fox
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MUST SEE DVDS

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

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



Abraham-Hicks

...continued from page 26...

Achieve Worthiness?

Because you live in a Universe that is freedom-based, you get to give your attention to anything that you choose. Because you live in a Universe that is joy-based, in a Universe that, at the basis of it, is utter Well-being, Well-being flows abundantly. It is your legacy. It is your birthright. It is what is natural unto you. It is not something that you must earn. It is something that you already deserve. It is not something that you have to achieve worthiness of--you are already worthy of it.

To Start Over?

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

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

To Gain Control?

It is a wonderful thing to gain creative control of your vibration. We like the ring of those words. Do you? "To gain creative control of my experience." How does one go about gaining creative control of one's experience? By directing thought. By choosing what you think about. More importantly, by choosing how you want to feel.

Pretend that you are a director, a creative director of a movie project, and there is an audience that will be viewing your product. So you decide in advance how you want this audience to feel. If you want them to be frightened, you make a really scary setting. You make it dark. You might even make it dirty or uncomfortable. If you want your audience to feel light-hearted and laugh, you might make it in a bright, happy setting.

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

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

We've called this using your imagination; and we've called it a Creative Workshop. Today we are calling it Virtual Reality.

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

...continued on page 34...



Abraham-Hicks

... from page 33...

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

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

How Money Feels?

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

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

How Relationship Feels?

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

How My Body Feels?

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

Bickering or Cooing?

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

Enjoying Your Life?

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

What Affects You?

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

You Have The Ability

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

You Can Change It!

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

The Question by Rumi



One Dervish to another, What was your vision of God's presence? I haven't seen anything. But for the sake of conversation, I'll tell you a story.

God's presence is there in front of me, a fire on the left, a lovely stream on the right. One group walks towards the fire, into the fire, another toward the sweet flowing water. No one knows which are blessed and which not. Whoever walks into the fire appears suddenly in the stream. A head goes under on the water surface, that head pokes out of the fire.

Most people guard against going into the fire, and so end up in it. Those who love the water of pleasure and make it their devotion are cheated with this reversal. The trickery goes further. The voice of the fire tells the truth saying, I am not fire. I am fountainhead. Come into me and don't mind the sparks.

If you are a friend of God, fire is your water. You should wish to have a hundred thousand sets of mothwings, so you could burn them away, one set a night. The moth sees light and goes into the fire. You should see fire and go toward the light. Fire is what of God is world-consuming. Water, world-protecting. Somehow each gives the appearance of the other.

To these eyes you have now, what looks like water burns. What looks like fire is a great relief to be inside. You've seen a magician make a bowl of rice seem a dish full of tiny live worms. Before an assembly with one breath he made a floor swarm with scorpions that weren't there. How much more amazing God's tricks.

Generation after generation lies down defeated, they think, but they're like a woman underneath a man, circling him. One molecule-mote-second thinking of God's reversal of comfort and pain is better than attending any ritual. That splinter of intelligence is substance. The fire and water themselves: Accidental, done with mirrors.

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. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak.

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

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

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

*From my heart to yours,
Andrea de Michaelis*



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

HOROSCOPES

Aries: March 21 to April 19 "I Am"

For you in this Dragon year your potential will reach the top of the charts! You will be in a position for leadership and many will look to you for guidance. This month you will be especially busy and your drive for success will be obsessive. All in all you will be very satisfied with what you have accomplished.

Taurus: April 20 to May 20 "I Have"

A Dragon year for Taurus this month will have a tendency to be quite grounding. You will do very well all in all throughout the whole year. Feed the fire and enthusiasm to allow this energy to propel you toward a successful future.

Gemini: May 21 to June 20 "I Think"

Gemini in the Dragon year will have a tendency to communicate furiously; just beware of over committing and do what you say you will do no less no more. Take advantage of being center stage to woo the on lookers. Spring is just around the corner and so is the heat of a new love interest.

Cancer: June 21 to July 22 "I Feel"

This month you can expect an unusual creative focus that captivates your time and energy. With the ability to complete what you set out to do, you will not rest until your project is complete. Your home life will be peaceful with a cultured appreciation of all the finer things in life.

Leo: July 23 to August 22 "I Will"

You are the king of the jungle just like the Dragon in Chinese Astrology is the sign of the emperor and ruler of the dynasty. This month you will have more than your share of opportunities to be creative. You are born to gravitate to the top of your field.

Virgo: August 23 to September 22 "I Analyze"

Your influence this month from the Dragon year will have you working overtime towards organization and efficiency. Keep in mind the mark that you are after because there will be nothing less than accuracy of intentions manifested.

Libra: September 23 to Oct 22/23 "I Balance"

How perfect that you have the support of the Dragon energy this month, and all year long to assist you in all your creative endeavors. The Dragons in your life will make sure that you will always be in the right place at the right time. You are ready and willing to take hold of your karma to succeed.

Scorpio: October 23 to Nov 21/22 "I Transform"

During the Dragon year and this month especially, you will be very ambitious in your drive for creative excellence. Your obsession for romance and love affairs will be powerfully hypnotic and inspiring to those close to you.



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FOR MARCH 2012

Sagittarius: Nov 22 to Dec 21 "I Perceive"
Beware, with the energy of the Dragon behind you, that this month that you are not led astray by the abruptness of the moment. You alone as a Sagittarius have a reputation for sticking your foot in your mouth at all the wrong times. The lesson is to tame your impulsiveness, especially this month.

Capricorn: December 22 to January 19 "I Use"
You in a Dragon year and this month in particular have such dedication to your work that your personal life is put on hold in favor of your lofty goals. However you are prepared to do what it takes to climb the lofty ladder of success.

Aquarius: January 20 to February 19 " I Know"
You are turbo charged this month with Dragon energy supporting your goals and aspirations towards idealistic and unconventional practices. You are driven beyond your boundaries to accomplish what you sit out to do. You have the energy and all the help to make it happen.

Pisces: February 19 to March 22 "I Believe"
This month in the year of the Dragon your intuitive sensitivity will be mutually advantage for your enterprising sentiment. You may be slatted as working with an iron fist but underneath you are as tame as a pussy cat, you just need to be petted more often.

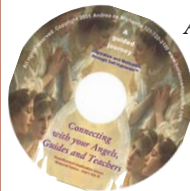
A spiritual life is not about finding ways to feel good. It's not about how to get guidance on how to stay safe in this world. A spiritual life means that you excavate your false gods, fears, and illusions that hold you prisoner in this world. You face these false powers and free yourself from them.

Facing personal myths and purging yourself of addictions or manipulative habits require strength, courage, humility, faith and other qualities of a soul with stamina, because you are not just changing yourself, you're changing the Universe. Your soul is a compass. Change one coordinate in your spiritual compass and you change your entire life's direction. Caroline Myss

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Connecting with your Angels, Guides & Teachers

Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.



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

Listen online

For download, go to www.horizonsmagazine.com -- Go to "Andrea's Audio CD MP3 Page" OR directly to http://www.horizonsmagazine.com/CD_Page/index.html



Thoughts about things...

... from page 31...



Andrea de Michaelis, Editor

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

I had revelations about the xanax as it relates to blocking intuition and creative capacity. Definitely when I take the Rx I could count on not having any creative ideas. I had zero motivation, but I knew to just stick to my discipline and do my work, to make myself go through the motions. That even if I couldn't really get in the slot for meditation, I sat for the sake of sitting for the full time anyway. That even though I didn't feel like it, the work had to be done, the calls had to be made, the appointments had to be gotten to, the right foods had to be eaten and I had to work out, meditate and do yoga when I'd rather lie around and do nothing and think nothing.

Maybe a lesson is to not just learn more about anxiety and have a big taste of it myself for reference, but to observe that when I took the xanax, while it knocked the anxiety right out, it took away from motivation and desire and passion and joy. It made me feel blaaah and kinda bummed out. Maybe it was the combination of all the things going on around me that made me feel a little bummed. And maybe people who take it all the time don't realize it is taking away their drive and their joy. Maybe it's making them feel a little melancholy, too. Maybe they want to consider natural alternatives, like I did. Taking the xanax forced me to research and study to find a natural combination that works for me for anxiety and for sleep.

AFTER EFFECT: Three weeks later, the stress eased so I stopped taking the .25 xanax that had been prescribed. It did take away my anxiety and I felt restored by sleep. It took me two days to stop yawning. Also, the dumbed down Andrea sucked at filing, returning calls and opening mail.

SIDE EFFECT: I spoke with someone a week after I'd stopped the Rx and as we spoke, I got the distinct impression she takes xanax, I could feel the vibe of it in her. She reads Horizons so I'll invite her to call me and tell me if she takes it. She might take 2-3 times what I do. I recall after I'd had morphine in the hospital for 8 days in a row in 2004, months later I went through a stage where I could sense when someone next to me had ingested opiate derivatives. I knew what that vibe felt like now, so I'd recognize it when I saw it.

I wondered, "What if I had anxiety all the time?" I don't but I know many who do. That would be the time to look into lifestyle changes to relieve stress. I feel I already help friends do that with the work we do, but maybe I need to step up my game or change it up.

Experience tells me that most problems can be solved by stress reduction. The less stress we're under, the greater clarity of mind we have and the more we recognize how powerful we really are. The more powerful we feel, the better life decisions we make. Maybe I under-estimate the amount of stress friends are going through. Maybe that is a reason why I was given a flare up of anxiety myself.

I know a big stress reliever for me is daily meditation and yoga. I also joined **Planet Fitness** the day before **Thanksgiving** and the gym is an excellent place to relieve stress. Plus just 3 months in, I'm already stronger, look better, have more energy and get better sleep. The treadmill is a good place to walk it out, and this month I'm into strengthening my core muscles. I was told that the muscles we need to concentrate on and are crucial are the core muscles, the psoas and Iliacus muscles. Those are the muscles connected to your skeletal system and provide support for the lower back. I've been doing front and side planks to build the core.

Front plank: elbows on the ground, hands in front of you, keep back parallel to the ground but off of it, you're on your toes. Hold for a count or for several breaths and repeat.

Side plank: on your elbow keep body up and straight. Not easy to do. See my blog www.horizonsmagazine.com/blog/ for photos and updated info.

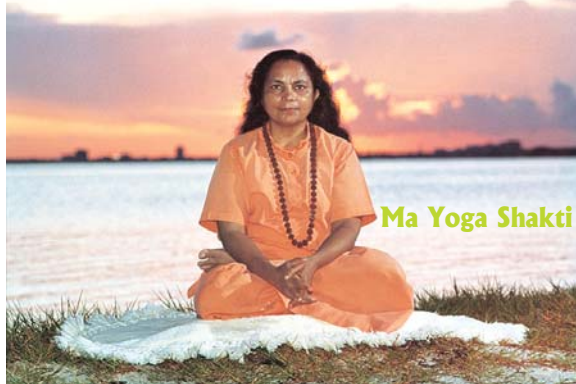
Now that I've set up a space in my home so I can work out in front of a large mirror, it's easy to step into the space and do it. Working out has become fun. This Spring, the new me will have a stronger core and more confidence in my ability to attract the lessons I need, in order to make the changes I need, to make my life the best it can possibly be. It feels good to feel solid and strong at the core. And to feel solid and strong at my spiritual core? Daily meditation and spiritual study does that for me. Daily reminding myself that the Universe can bring me delightful new good things if I keep an eye out for them. Then being constantly on the lookout for them.



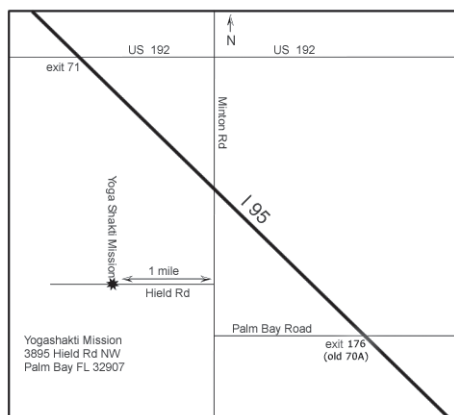
Enjoy our offering this month.
Hari Om.

Andrea

YOGA SHAKTI MISSION



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Sundays 9 - 10am
Talks on Spiritual Topics



Ramayan Chanting
Sundays
10:15-11:15 am

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First Saturday at noon
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Monday 7-8pm Gajendra Giles

Tuesday 7-8pm Maryann & Jim Loafman

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Annual Friends of the World Gathering Sunday March 18 Noon to 4pm

There will be a variety of cultural dances, music, drama, international food and vendor booths. We hope to provide an atmosphere of openness and genuine appreciation of each other's special talents and cultural heritage, thereby promoting understanding and friendship of all races and cultures.

* Now accepting vendors for the event*

If you or anyone you know is interested in having a booth (only \$15, you bring your table and chairs), performing on stage, attending the function or helping us to spread the word, we appreciate it. Please contact us.



YOGA SHAKTI MISSION

3895 Hield Rd NW Palm Bay

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Email yogashaktipb@yahoo.com

Visit www.yogashakti.org

March 16 - March 18 2012 Retreat with Mataji

Come away for a weekend to a different world, in the oasis of beauty and peace created for us by Mataji in her Palm Bay Ashram. Come and sit at the feet of a Master of Yoga, **Mataji, Ma Yogashakti**. Hear her expound the wisdom of the Vedas. Take part in Hatha Yoga classes, early morning satsang and meditation with Mataji and traditional temple worship.

REGISTRATION: In advance \$120.00 per person, families \$170.00. At the door \$130.00 per person or \$190.00 for families.

WHEN: 4 pm on the 16th - 2 pm on the 18th of March 2012.

WHERE: Yogashakti Mission 3895 Hield Road, Palm Bay FL 32907.

MEALS: Delicious and wholesome home-cooked vegetarian meals will be served each day.

WHAT TO BRING: Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook.

E-MAIL: yogashaktipb@yahoo.com to register or call 321-725-4024

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

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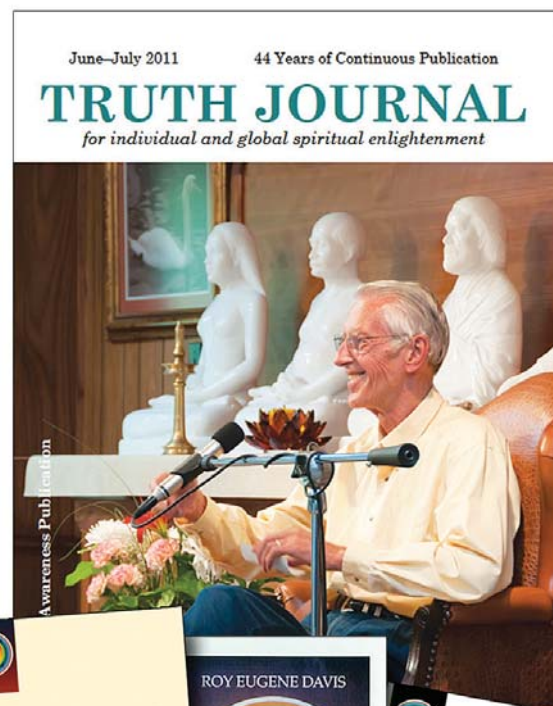
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Read a little. Meditate More.
Think of God all the time.
– Paramahansa Yogananda