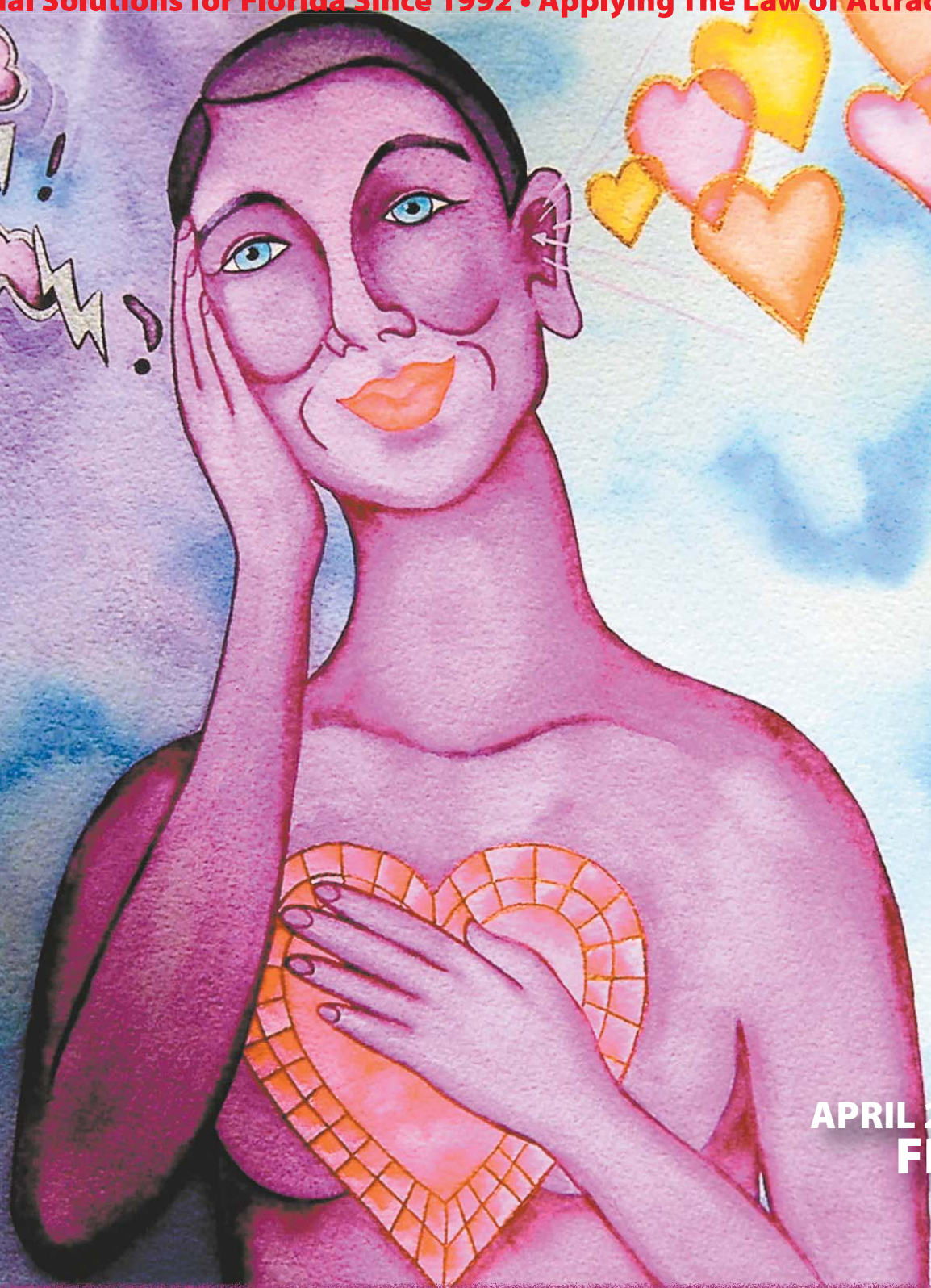


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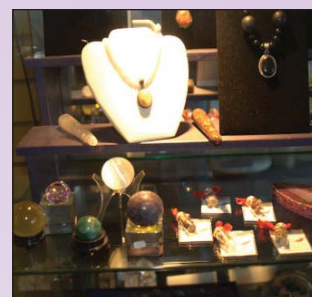
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Radiant Spirit is a retail and service store which, recently joined by 6 other creative individuals, offers a variety of services, including In-Home Massage, Reiki, Polarity, Past Life Regression, Natal Charts, Astrology, Channeling, Readings, Classes, Guided Meditation, and retail. We here at **Radiant Spirit** believe, that everyone is a radiant being. And through guidance, healing, and the ability to trust, all of us only need the empowerment of love within, to see their own **Radiant Spirit**.

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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.

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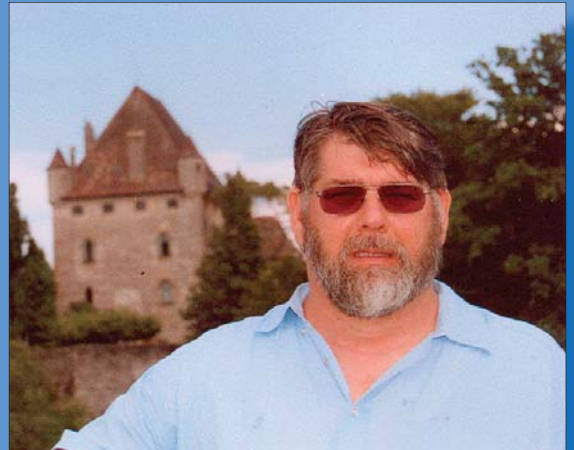
Complete Personal Readings

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

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

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

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CREDENTIALS:

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

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

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

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

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This is a time for personal resurrection in Unity – a great time to rededicate one's self to new growth in consciousness. While each of us travels our own individual spiritual path on a journey of transformation, as a spiritual family we travel together. We hope you and your family will come and share the joy of Easter with us.

New Member Orientation – Saturday April 4th at 9:00 am. If you are interested in learning more about Unity, you are invited to this class.

Palm Sunday Services – April 5th at 9:00 and 11:00am. We will celebrate Jesus' triumphant entry into Jerusalem and accept New Members into our congregation. We will have special music. Because our children have an Easter Egg Hunt on Easter Sunday, they will be learning the Easter Story this Sunday.

Good Friday Service – April 10th at 7:00pm. This year's service will be a Taize service with music, readings and time for reflection followed by Holy Communion (optional).

Easter Sunday Services – April 12th at 9:00 and 11:00am in our sanctuary. There will be a special Easter message, music, flowers and affirmations for our adults. We have childcare at 9:00am and an Easter Egg Hunt for our children during our 11:00am service.

Holy Humor Sunday – April 19th at 9:00 and 11:00am. This will be the fourth year we've followed the ancient tradition of celebrating Jesus' triumph over death with humor.

NEW

The Four Spiritual Laws of Prosperity Beginning April 8th 4 Wednesday Evenings 5:30 – 7:30 pm with Rev. Beth Childcare Provided
Join us for Wednesday Night Supper at 5:30pm. Tickets for dinner will be sold in advance and must be purchased by Sunday the week before. At 6:00pm we will begin this class based on Edwene Gaines' Book "The Four Spiritual Laws of Prosperity – A Simple guide to Unlimited Abundance."

Manifest the Life of Your Dreams Thursday, April 23rd 6:30-9:30 pm Friday, April 24th 6:30 – 9:30 pm Saturday, April 25th – 9:00 am – 4:00 pm with Garland Landrith

Garland was featured in "What the Bleep???" 'Manifest the Life of our Dreams' using Quantum Field Technology Combined with Tapping on acupuncture points. This class is unique from any other EFT/Tapping because it is oriented around Using Tapping For Positive Purposes...including how to get a natural High (increased endorphins), or to enhance your ability to get a new job, give a lecture or even help you hit a golf ball straight! In addition course participants will be taught how to use Tapping with Prayer, Meditation and how to Create Miracles with Your Mind. You may take only 1 (Thurs or Fri level 1) class for \$39 or both level 1 classes for \$49. One level 1 class and Saturday class for \$69. Or \$80 for all three classes (Thurs, Fri & Sat). You must take at least one of the Thursday or Friday night classes to take the Saturday class. Couples may take off \$10 of the total price.

Gentle Yoga Monday Mornings 9:30 to 10:30AM with Biddy Lamb.

The class will start off as a beginner/gentle class with complete instruction for all postures. It will last an hour and include relaxation at the end. A yoga mat is required. For info, visit www.yogawithbiddy.com or call Biddy at 725-9616. Love offering (sugg. min \$5).

Spiritual Jobseeker Network Tuesday Mornings 10:00-11:50 AM with Gerald Head. If you are looking for a job and would like to join a group who want to approach their job search from a spiritual perspective this group is for you. Time will include prayer, networking, brainstorming and support. The group will also use material about prosperity such as *Spiritual Economics*. Jesus said, "It is your Father's good pleasure to give you the kingdom." Together let's build the consciousness we need to experience prosperity regardless of current appearances.

Lessons In Truth Thursday Mornings 10:00 – 11:50AM with Jane Thompson. Using Emilie Cady's book *Lessons In Truth*, we will study Unity fundamentals. Coming out of the class, you will be able to use Unity's spiritual principles in your daily life. Even if you have taken this class before, spring is a perfect time for spiritual renewal. Jane has been a part of this church since its beginnings. She models spiritual consciousness for all of us.

ONGOING CLASSES AND GROUPS

A Course In Miracles – Tuesday 7:30 pm
Brevard Buddhist Fellowship – Friday 4/3 & 4/17 7:00pm
Lambda AA – Wednesday and Saturdays 7:30pm

The Beatitudes 6 weeks beginning Wednesday May 6th 10:00am with Darlene Capinha. We will be studying the Beatitudes from Emmet Fox's book, *The Sermon on the Mount*.

Association of Unity Churches Peacemaking Skills Institute May 13-16 with Rev. Stephanie Seigh, PCC, Director of Peacemaking and Transitional Consulting Training Fee: \$375 To register contact Cathy Christy at 813-434-6841 or admast@unity.org

CONTACTS FOR CLASSES

Course In Miracles	Darlene Capinha	242-4878
Brevard Buddhist Fellowship	Tim Nutter	720-0738
Small Group Ministries	Maggie Rosche	255-4652
Gentle Yoga	Biddy Lamb	725-9616
Spiritual Jobseekers Network	Gerald Head	427-8335
Lessons In Truth	Jane Thompson	254-0313
RSVP for Childcare Church ofc – Tue-Thurs 10am – 3pm		254-0313

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THE GREATEST OPTICAL ILLUSION IS SEPARATION

Publisher/Editor/Layout:

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head

Cha Cha La Belle

Brothermine Jerry

Mel Moordian

Julie Mallis

Cover Artist (see page 34):

Silence Inner Critic by Rita Loyd

Contributing writers:

Michelle Whitedove

Esther & Jerry Hicks

Cecelia Aitable

don Miguel Ruiz

Michael Mirdad

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Horizons

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

Anais Nin

Horizons thanks
everyone willing
to take the risk

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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Hello and welcome to the **April 2009** edition of **Horizons Magazine**. I've been having so much fun writing in my blog at <http://www.horizonsmagazine.com/blog> every day.

Economy and the Law of Attraction; Abraham-Hicks: Cutting back, a return to simple times, make friends before you need them. We're being blasted over the media about the economic situation. Abraham-Hicks has some excellent words on this. I am asked for them so often that here they are again. See www.economy-and-the-law-of-attraction.com/

You have the ability to stand in a place of prosperity — no matter what. From Abraham-Hicks: "How can we have economic disaster? Because a handful of people began saying a handful of things that a few billion listened to. And so, it affected a few billion vibrations, and now you're having the ripple effect of all of that. It is a powerful example of the power of mind. You are having glorious economic times, and there is not a reason for it to be otherwise for you individually, or you collectively.

But don't let what they are doing, collectively, affect you individually. It need not. Begin making statements that always keep you in the receiving mode:

"I'm not affected by what's happening outside of me. I'm only affected by the alignment of Energy between my desires. I anticipate that I will thrive even more during these economic times. These are boom times for me. I'm clearer about what I am knowing. I'm in a much better place this time than at any other time. All is really well here, and the Law of Attraction will sort everything out, and we are all doing extremely well."

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

Remember, there are the three points... You ask, the Universe yields, and you just must be in the receiving mode. It does not matter what games anybody else is playing. You have the ability to stand. You have the ability to stand in a place of prosperity — no matter what." End of Abraham quote

Those are important thoughts to hold, especially now when the media is blasting us with their ad-selling shocker headlines.

...continued on page 43...

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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.

WHATEVER FLOATS YOUR CORK

You are Creators who came forth to identify new desires, not just to observe that which already is. You came forth to experience the value of contrast, and out of that contrast to feel your new decision erupt. And there is such power in your decision, because once a decision is born within you — that new decision literally summons Life Force.

You might say that contrast is essential to decision, and decision is essential to the summoning of Energy. Therefore, contrast and decision are essential to the perpetuation of life. The coming up with the new ideas, the feeling of the new desire — that's what puts the Eternality in Eternity.

Most physical beings do not have any real sense of how their life unfolds and what vibrational creative control each hold. Most do not understand that everything is about vibration. And the reason that you don't understand that everything is about vibration is that you have come to rely on only your five physical senses.

The vibration that you interpret as vision, the vibration that you interpret as sound, or the vibrations that you interpret as smell or taste or touch, these are all vibrations that you have learned to translate through your five physical senses. But there are other vibrations that you cannot decipher

through those senses. And so, you must use another sense. Some call it your sixth sense; we are calling it your emotional center, that feeling that you get in your solar plexus. Those emotions that you feel are also interpreters of vibration.

Your Inner Being — that from which you came — that Non-physical Energy, that Source that is really you...that part of you vibrates at a very high, pure, fast frequency. And when you introduce a lower, slower vibration to that higher, faster one, the result of that resistance is a slowing of the vibration — and the way your sensors tell you that you have done that is through the way you feel.

When you feel elation, when you feel joy, when you feel passion, when you feel love, when you feel appreciation... when you feel those emotions that you would call positive emotions — those emotions are your indicator, your "sixth sense", telling you that whatever it is that you are focused upon right now is, in this moment, vibrationally up to speed with your Source Energy.

So, as you are embracing this thing that you are observing or remembering or imagining — whatever it is that is producing that positive emotion within you, is a vibrational equivalent to your Core Energy. So there's no slowing of your vibration. You remain connected to your Core Energy. But when you feel anger or fear or frustration or guilt or loneliness... or any of those emotions that you've come to describe as negative emotions — what that always means is that whatever it is that you are giving your attention to, in this moment, is not vibrationally up to speed with who you are. But because you are observing it and you've maintained your interaction with this thought for longer than 17 seconds — it takes about 17 seconds before it begins to register within your vibration — now you have included this lower, slower vibration in your mix. It is slowing the vibration of your being and causing what feels to you like a separation between your vibrational current and your Source Energy.

Imagine a cork floating on a body of water, and it's bobbing up there right on the surface. That is like the high vibration of your Source Energy. Now take that cork and hold it under the water. That's what negative emotion is. It means that you are focusing on something that is causing you to vibrate at a lower vibration than is natural to you.

Now, the reason we offer this cork analogy is because we want you to recognize that if you let go of the cork, it bobs right back to the top. In other words, you don't have to work at your high vibration. Your higher, purer vibration is natural to you. But you do have to let go of the thought that is holding your vibration down. That's where the expressions like, "Let go and let God."...That's really what allowing is. Allowing is the release of the resistance that keeps you from soaring. What you have to do is not focus upon those things that cause you to vibrate in a different vibration than is really you.

...continued on page 19...



Rev. Dr. Janet Claire Moore
Spiritual Reader, Channel and Counselor
ADL Minister, Licensed Mental Health Counselor
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UNDERSTANDING THE PURPOSE OF LIFE'S TESTS

Michael Mirdad, author of *You're Not Going Crazy...You're Just Waking Up!* and *The Seven Initiations of the Spiritual Path*, is a keynote speaker at this year's Universal Lightworkers Conference on June 12-14 at the Ft Laud Marriott North. www.UniversalLightworkers.com (360) 671-8349.

There are major tests that all human beings experience on their journey towards wholeness. These tests are placed in our path by us, not God, for our soul's growth. These tests do not occur only once, but instead recycle around and around, bringing us to higher and higher levels of awareness - whether we are conscious of it or not. However, becoming conscious of these tests makes our journey much easier. When the opportunities for learning lessons in a body are completed, the body dies, and the soul moves on into higher realms until it needs to return again for other lessons or initiations..


The idea of spiritual evolution through life's lessons makes great sense since it assures a good chance of learning - at various levels. Yet, the problem with this theory of evolution is that if we believe we have work to do, it means we believe we are not already perfect, which means we have stepped outside of God's Consciousness.

One of the best ways to escape this trap of constant embodiment is to recognize that a common theme runs throughout all aspects of the spiritual path. All choices are equally an attempt by the soul to learn lessons and explore itself and its environment. All paths are actually just different perspectives of the same Truth and will ultimately lead to God. From this viewpoint, it's possible to look at people and the choices we have made and see that judgments are neither necessary nor valuable. All choices ultimately play a part in our growth. We simply have the free will to choose to learn the easy way or the hard way.

The hard path takes much more time and potentially more pain. It involves two facets: The first is for those who are in complete denial that there is a spiritual path at all. The second facet is for those who do indeed believe in the spiritual path but still try the hard path to perfect themselves and judge themselves for not being spiritual enough. The easy path is for those who are ready to accept that we are already whole and perfect beings with nothing to fix. So, we need only to let go and live according to what we believe is in alignment with our perfect connection to Spirit.

In other words, the spiritual path is actually a "journey without distance, to a place we never left." (A Course in

...continued on page 31...



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THE POWER OF GRATITUDE

don Miguel Ruiz, author of *The Four Agreements*, is a keynote speaker at this year's **Universal Lightworkers Conference on June 12-14 at the Fort Lauderdale Marriott North**. To register for the ULC, go to www.UniversalLightworkers.com or call (360) 671-8349.

THE POWER AND IMPORTANCE OF GRATITUDE

Gratitude is one of the noblest gestures of humankind. With gratitude, we can open all the windows of opportunity that life offer us through its great generosity.

We can say that the first period of our life (until 25-30 years old) is the time when we receive almost everything we need from our parents, our family our society and we hardly give anything in return. The main reason is because we have been domesticated, And we become a good copy of our parents, our family our society and we become just like them; selfishness replaces gratitude, and in that way, we start closing one by one the windows of opportunity that life offers to everyone. Awareness can take us back to gratitude, and let us know that most of our drama exists

because with selfishness we push away the people that we love and trust the most.

In the second period of our life (from 30 years old until death in the majority of the cases) exists an equilibrium between gratitude and generosity, mainly because our creations grow fast, we have partners and children, and we invest on them.

Some people have a third period of life, where generosity is the motive of the majority of their actions; many people depend of them...they are the great benefactors of humankind.

This reflects exactly the relationship between God and Humans, where God represent generosity and Humans gratitude.

God is life, is a force that moves the existence. What is moving our body, our mind, the wind, the ocean? It is the force that opens the flower, that makes possible the flight of a bird.

Gratitude is represented by all the possible reactions. Many of those reactions become action (generosity) and create more reactions (gratitude).

Humans are the only animals on earth that are either good or bad, depending on their own judgments about being selfish or grateful.

When they fallow gratitude, the result is that they enjoy more life because they trust themselves more, and that enjoyment for life brings more generosity. Life opens more opportunities to the grateful.

The more gratitude we have, the more generous is life. When we are selfish, we close the doors that life open for us. There is a big difference between selfishness and self love. Selfishness is the reaction of what we believe we are (ego) about what we perceive (action) from everybody and everything. That is the reason why we feel emotionally hurt all the time. That happens because we take things personally. For example, in order to be grateful, may not be necessarily to say thank you all the time, this is true specially, when we deal with life.

Imagine that someone prepares dinner for you. You may either way like or not the food, and anyway you will say thank you. But if you really like the food you will enjoy it so much that whoever cooked for you will be so please to see you enjoying it, that will keep cooking for you, even if you did not say thank you. But in the other hand, if you are not grateful, you will not be invited again.

This is exactly what happened in most of the people's life. They take almost everything personally and in the name of pride, hate, jealousy, envy they close one by one all the windows of opportunity that life open for them, and as a result they become resentful. They feel cheated by life, because their selfishness doesn't let them see the truth.

Gratitude is very powerful. With gratitude we can let go all the obstacles that we create in our life. With gratitude we gain a big step in our creativity and we can become generous.

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SURF THE WAVE OF ABUNDANCE

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



Bank account bare? Bedroom barren? Body running on empty? Buddha not showing up? Why? Maybe because your beat is off! You're out of step with the AbunDance. It's a dance that requires flexibility, fluidity, and above all, the willingness to flow with life's changing rhythms.

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Ride the Wave of the AbunDance - You can surf this natural wave current of the River of Universal Supply to receive all the wealth, vitality, and passion you could ever want. This is no pipe dream or philosophical fantasy! Learning to get in step with the AbunDance can fill your bank account, bedroom, and body with a richness beyond belief—that is, beyond your present beliefs.

Relax Your Grip - By the wave, are your present beliefs allowing you to ride the current of the AbunDance? If not, relax your grip on how you believe prosperity operates—and allow the natural Stream of Plenty to spiral through your body and life.

All energy moves in the same way, no matter what outer form it's expressing through. And the basic movement of energy in the Universe is a wave-like spiral flow. The energy of money expresses in this way in the stock market, in the street, and in your personal finances. The dynamics of love and social interaction also unfold in a spiral dance. The vital functions of the body pulsate in a similar manner.

The following paragraphs are suggestions on practical steps you can take every day to allow the natural wave current of the AbunDance to deliver life's goodies to you. If you actually practice—do—these actions, you will ground and anchor yourself in the physical plane, so that when the AbunDance spirals through you, it will create solid, tangible and material results in your world—that is, financial reward, physical vigor and harmonious relationships:

Breathe Your Way to Prosperity - Since you have to breathe all day to survive, why not breathe to thrive? When you relax your grip on needing to control your breathing—and surrender your body and being to Universal Support—you open yourself to "being breathed" by the Universe. Merging with the natural beat of the Universal Dance brings you Universal Supply in the form of love, wealth, and well-being.

When you relax your grip on needing to control your inhale, your body will naturally fill with oxygen—new, fresh energy.

When you relax your grip on needing to control your exhale, your body will naturally release your body's stale air—old, dead energy. Gravity—a faithful agent of the Universal Wave Motion—will naturally collapse your abdomen and chest for you.

...continued on page 22...

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*The cycle of life again comes to pass,
I place in an egg all nestled in grass;
in a basket of straw,
the Goddess's womb,
a place to meet God,
who's returned from the tomb.
Life again is reborn this day,
in the womb of Eostre,
in the basket of May;
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in the Great Rite balance,
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BENEFICIAL HERBS FOR GALLBLADDER

Your Gallbladder is a small little organ that collects and concentrates the bile made in the liver that your body needs to coat and protect the intestines and for the breakdown of fats and proteins. Usually the gallbladder goes unnoticed unless it becomes inflamed, infected or clogged with stones; that's when you feel an intense pain in the upper right side of the abdomen that at first feels like a bad case of indigestion.

If this should happen to you please go to see the doctor to rule out large stones that can cause a rupture; this is very dangerous and should be taken care of medically.

If you have had a bad taste in your mouth, re-occurring indigestion, low energy, headaches, sleep problems, hormonal imbalances or low-libido you may want to think about taking some steps towards toning your gallbladder.

There are some herbs like **Dandelion root**, **Turmeric**, **Artichoke**, **Celindine** and **Milk Thistle** that help to increase the amount of bile produced by the liver; this helps prevent the build up of stones. Be careful with these if you already know that you have stones because they may be too stimulating and cause more problems. **Only if you know you have small stones or gravel** Anthelmintics herbs can be used to soften and breakup those stones **Parsley root**, **Couch Grass** or **Gold Coin Grass** may be of help for some types of stones. **Dandelion root**, **Gentian**, **Milk Thistle** and **Oregon Grape root** are liver cleansing herbs that work with the gallbladder, preventing the toxic overload that can cause problems with cholesterol, allergies, digestion and nutritional deficiencies. A possible formula to support the gallbladder and liver to reduce pain, inflammation, infections and soften and dissolve small stones would contain 1 part Dandelion root, 1/2part Oregon Grape root 1part Marshmallow, 1part Couch Grass, 1/2part Peppermint and 1/2part Chamomile as a tea or a tincture.

Along with these herbs, the malic acid and pectin in organic apple juice can be useful for softening stones and moving stagnant bile from the liver. Another product from the kitchen is white horseradish; taking 1 teaspoon of fresh horseradish juice every 10minutes can help to fend off a mild gallbladder attack. **What I like to do for my gallbladder is to take ½ fresh squeezed lemon and ½ cup water and drink that before my meals.**

With some dietary changes and the use of herbs and some items that you may have in the refrigerator can help to keep your gallbladder happy and healthy for years.

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Many of you have voiced your desire to take my herbal classes. The economy downturn, job and insurance losses have made budgeting for the tuition cost somewhat difficult for you. ... we do understand your situation. To assist you over this financial slump I am offering the new Class Package of 15 classes for a total of only \$300. Your only financial responsibility will be to pay the tuition in \$20.00 increments which will be due at each class. This eliminates the \$100 up front tuition. A total savings to you of \$175!

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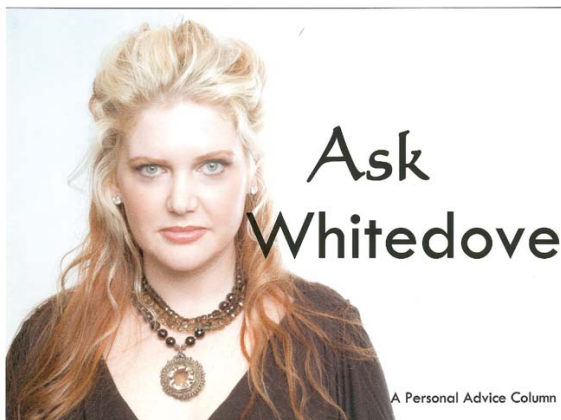
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Dear White dove: Humans have such a great capacity for goodness. If we are all born from the Heavens, why do humans have the ability to commit evil acts? Very Saddened in WV

Dear Saddened: Great Spirit is unconditional love and all things surrounding spirit are also of pure love; when we incarnate to Earth we travel further away from the love of Great Spirit to a much lower plane of existence. The opposite of Love is Fear, and through fear comes hate, apathy, and violence. Evil plays a part in human nature because Earth is a realm of duality where each soul can create their personal Heaven or Hell. Remember, Spirit gave us the gift of Free-Will so that each soul would reconnect with the Divine Intelligence of its own choosing. We come to Earth to learn different lessons, but we do share one commonality, and that is to bring us closer to "Spirit". Live your life by the Universal Law of Unconditional Love, and remember that the light is always stronger than the dark. Don't believe me? Go into a room, turn the lights out and then light a single candle; you will see how a tiny bit of light can penetrate even the darkest room. So let your light shine!

Dear White dove: For my birthday I received a necklace that contained the lucky charm called an "evil eye pendant" on it. It is very pretty but I've heard a lot of conflicting information on its true purpose? So I'm a bit nervous to wear it. Cautious in LA


Dear Cautious: The evil eye luck charm dates back to ancient times, when it was believed that certain people had the ability to curse you or cause you misfortune just by



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SECRETS

Excerpts from
Secrets of Spiritual Happiness



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

SEE THE BIGGER PICTURE OF YOUR SOUL'S JOURNEY

We are so much more than we can ever know. One great key to spiritual happiness lies in our choice of identification.

Each of us is a spark of the eternal, great, soul that exists beyond time — the "Before Abraham was, I Am" aspect of all creation. Yet, we are also people who apparently exist in time and space, with all that entails. The entire spiritual journey takes place between these two aspects of ourselves — the little petty guy who is concerned about many things that are not so important in the grand scheme of things, and the eternal, great soul who is the source of the whole grand scheme of things. And what a journey it is!

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In the grand scheme of things, our individual life is like being on a vacation, though admittedly, not always the most pleasant one. But haven't you ever been on a vacation gone bad? It happens. Recently in the news, many people have been going on cruises where hundreds of the guests ended up quite ill — a good example of vacations gone bad. Of course, life is a bigger journey than just a weeklong cruise; therefore we have many more opportunities for all kinds of experiences — good, bad, pleasant, and unpleasant.

At the end of this "life-vacation," our deepest soul also gets to go home — wherever that unknowable home may be. In fact, some say that our deepest soul has never left home, and that all the colorful phantasmagoria of life is but a dream in the mind of God, the Supreme Soul who "dreams" us all into existence.

If we identify only with the little us - who goes by our name and has all of our limited and individual personality and physical traits - then we are likely to experience the ups and downs of life as huge waves that may engulf us. All the troubles in life become so big and important. We ride the not-so-thrilling roller coaster of happy and sad, which never truly comes to rest in the depths of true spiritual happiness.

If, instead, we identify with our unknowable greatness, through knowledge, contemplation, and faith, then we become spectators of our own life. As spectators, we can enjoy the show, regardless of whether it is appearing as a drama, a comedy, or perhaps even a tragedy. We naturally see the inherent beauty and perfection of life. The key is to look at life as a play and to enjoy the show!

Now, with this expanded view in mind, I'd like to be your tour guide on a little side trip of this journey. I'm going to share with you a visualization and contemplation exercise that can be used to symbolically dissolve any situation that is troubling you or holding you down at this particular time in your life. Image-based contemplations like this can help us to get over inner stresses, such as anger, fear, grief, and all the other emotions that create obstacles in our lives and block our experience of spiritual happiness.

Choose your most potent trouble - whether it's a big worry that is shadowing you, a contentious situation you may have with someone at work, an inability to forget or forgive someone who you feel has harmed you, or a major loss that you may have recently suffered. If you can't find anything from recent years, well, bully for you. You can go back as far as needed to find an appropriate problem. If there aren't any, even from childhood, then you're either dead or enlightened, and why are you reading this book?

Don't just choose the situation, but really get into all the emotions you have about the matter. If it's a memory that brings up anger, bring forth the anger fully. If it's something you've complained and moaned about to friends, then bring up all those angry words you've said out loud and in your mind. Really get into the feeling, down to its roots

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FROM THE HEART

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



THE BEST TIME TO BE RICH

An ancient Chinese blessing suggests, "May you live in interesting times." We sure do. Actually, all times are interesting, as they offer unique opportunities for awakening and growth.

Our most interesting opportunity at the moment proceeds from the economy. As you well know, lots of people are talking lack. While you may be tempted to go there with them, or judge, resent, or resist them, you can make far better use of the moment. The best time to practice wealth is in the face of the appearance of lack. It's easy to feel prosperous when the outer world appears to prosper. If you can find a sense of wealth in the face of the appearance of lack — ah, that's the stuff that mastery is made of. Plus, you set yourself up to create wealth and thrive.

Metaphysician Neville (check out www.devorss.com for his books) illuminates "The Law of Reversibility." You know that if you can obtain a certain object or situation, you can get the feeling of having it. Getting a car can make you feel mobile, and finding someone who cares about you can make you feel lovable. What most people don't realize is: if you can get the feeling you want the thing or situation to bring you, the feeling will attract the thing. So rather than sweating to get the car or lover, cultivate a sense of mobility and lovability, and the object of your quest is likely to follow.

That's why you have to feel prosperous before you can get rich. When Ted Turner donated a billion dollars to the United Nations, he declared, "The world is awash with money." "Easy for him to say," you might scoff, "he has billions of dollars." But does Turner know the world is awash with money because he has billions of dollars, or does he have billions because he knows the world is awash with money? The latter is the case.

If you would like to contribute to getting the economy rolling, beginning with your own, here are some tips:

1. Recognize and celebrate wealth. Money is just one slice of a far larger pie called prosperity. We have been conditioned to believe that if you have money you are wealthy and if you don't, you are poor. Nothing could be further from the truth. Right now you are wealthy in many, many ways independent of money. Make a list of the riches

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

Until the really "great" stuff comes along, do the not-so-great stuff. The not-so-great stuff always leads to the great stuff. Whereas doing nothing pretty much leads to nowhere.

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ABRAHAM-HICKS

...continued from page 8...

Now why would anybody choose a vibration that is lower and slower than their Source Energy? Well, you wouldn't do it if you knew you were doing it or if you knew how to maintain your higher vibration. You would always choose the higher vibration. But you do it, most of you, because you haven't come to understand vibration, and most physical humans don't really understand that Law of Attraction is the most powerful law in the Universe.

There is no such thing as law of detraction or exclusion. Law of Attraction, or Law of Inclusion, is the only Law that exists. When you say "yes" to something, whatever it is that you are focused upon, — you are including it in your vibration. When you say "no" to something, whatever it is that you are focused upon — you are including in your vibration.

It's that habit of saying "no" that trips more of you up than all other things put together. It's that looking around your physical contrast and seeing some things wanted and saying "yes" but seeing some things not wanted and saying "no".

Every time you say "no", every time you get into that resistant stance, every time you think, "Oh, I really do not want this" or "I hope that doesn't come to me" — by your attention to it, you are inviting it. You are including it. You are lowering your vibration. You are separating yourself from your Core. You are drowning your cork. You are not in vibrational harmony with who you are. And most of all — you don't feel good.

It would be a very short and effective seminar if we said to you, "The secret of creating anything that you want is get happy and stay there, because in your joy, you are always in the place of allowing that which is in vibrational harmony with who you are and what you are wanting." But even though you can hear it, it is a little difficult for you to apply it because as you've been banging around in this physical world, you have developed some habits of pushing against some things.

There are no unwanted things, no diseases, no accidents, no ill acts of fate, no perpetrators, no monsters, no bad things...nothing in the Universe has the power to assert itself into your experience. So, you never need again stand in a place of saying, "No, please not that." And it is ever so important that you come to understand that, because every

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Dr's. Barbara and Paul Daniele



ABRAHAM-HICKS

...continued from page 19...

time you pick out that stuff you don't want and focus upon it and feel your aversion to it, you are not avoiding it or averting it or excluding it. You are including it, inviting it, allowing it into your experience. And that's what causes you to, sometimes, without meaning to, offer a vibration that's not up to speed with who you are. You see, the formula for Deliberate Creation is really a very simple formula. It says, "Identify your desire." Contrast helps you do that. "And then once you've identified the desire, achieve a vibrational match with the desire." And once your desire and you are vibrationally the same, it's a done deal. The Universe must give you that which you are wanting. If there is something that you want that is not coming to you, it is for only one reason: you are vibrationally different from it. If there is something you have that you don't want, it's for only one reason: you are vibrationally same as it. And the reason that so many of you are vibrating differently than you mean to is because of your habit of observation.

What you are experiencing is what you are observing, and what you are observing is reflected in your vibration, and what is reflected in your vibration is what the Universe is accepting as your point of attraction — and what the Universe is accepting as your point of attraction becomes your future manifestations.

We are wanting to show you how to use your power of visualization, your power of imagination, to set the Tone of your own vibration.

We want to bring you to the place of recognizing that there is enormous Well-being in this sea of contrast, and that as you come to embrace and appreciate and adore the contrast, then from the contrast, you will be able to come to conclusions, and from coming to those conclusions, or decisions, you'll be able to set your own Tone — and by setting your own Tone, you'll be able to control what comes to you at all times.

We want to help you to bring your vibration from wherever it is into vibrational harmony with your desire. And we can't think of anything that will be more beneficial for you than to find ways to deliberately find vibrational matches with your heart's desire.

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**CAN'T MEDITATE?
BET YOU CAN.**

SEE PAGE 46

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



STAYING GROUNDED DURING TURBULENT TIMES



Jean Adrienne, www.inner-speak.com is a spiritual teacher speaking at **The Universal Lightworkers Conference on June 12-14** at the Ft Lauderdale Marriott North. To register go to www.UniversalLightworkers.com or call (360) 671-8349.

We are living in a time of tremendous changes. Never before in recorded history has there been so much turmoil on a global level. The size of it is in part due to the immense population, as well as to media coverage which allows every little ripple to be felt by more people than ever before.

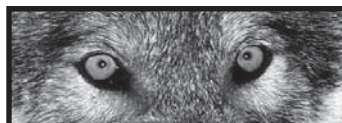
It is a human characteristic to resist change. Our ego selves operate at the level of a four or five year old child—one who wants everything to always remain just as it is. But, the "same old, same old" doesn't serve us in the new reality, the consciousness of unity. Things have to change. Just like the snake that sheds its skin when it becomes too snug to allow for growth, we must transform so that we can grow as well, both personally and as society.

We are being tested on the lesson of personal empowerment—a cosmic "pop quiz", if you will. If you are reading this article, you have been on a path of raising your own consciousness and moving toward finding your purpose. Probably you have been using the Law of Attraction to create what you want in your life. Then WHAM, the rug is pulled out from beneath your feet! Global financial markets tumble and enter crisis mode. Jobs are lost. Homes and the perception of security is in jeopardy for many. Fear and unrest abound. You might be asking yourself, "How did I go wrong?"

Fear is an illusion of our ego. The ego-self is that part of us that is aware of material concerns and physical well-being. Your soul, however, knows and understands that this is all part of Divine Plan. Now is the time for us to resolve this dichotomy.

All existing structures based on duality must change and old paradigms of greed or lack have to fall away at this point to create space for a new reality of love, oneness and "plenty". We have known about this shift for a long time. Many have prayed for it, and now we sit in the hours before the dawning of the New Age. Trust me when I tell you that you anted up all your chips to be here now so that you could experience this, so be not afraid!

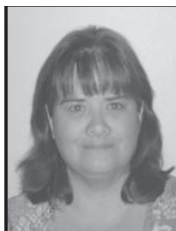
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SEE PAGE 46

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cds. They came at the right time
and they are very good. They are
making a major change in my life
and I wanted to say thank you.
LF, Titusville*



SURF THE WAVE OF ABUNDANCE

...continued from page 11 ...



...continued from page 15...

Move Your Way to Paradise - One of the easiest and surest ways to put yourself into the Stream of Supply is through daily physical movement—that is, through relaxed, fluid moving. When you relax your grip on needing to control your body's movement, your body will naturally "be moved" by the inherent Energy Dance of the Universe. Yoga, Tai-chi, Aikido, martial arts, sports, running, dance, massage, play, and frolic—done in this spirit of surrender to the spontaneous—will put you in the AbunDance.

Sound Your Way to Health - When you relax your grip on needing to control your emotional and physical response to the harmonious wave vibrations of sound, you will naturally shift into the River of AbunDance. The audio rhythms of Nature, music, singing, chanting, toning, laughing, and baby noises will vibrate your being into the Cosmic Gravy Train.

Feel Your Way to Bounty - When you relax your grip on needing to control the energy of your emotions, the energy of your feelings will naturally flow up and out. With this upward release, your feelings will completely express themselves energetically, liberating you from emotion blockage. And when you choose to match your vibration with the vibration—frequency, wavelength—of a feeling, you merge with the feeling's natural wave motion. You become one with the energy of the feeling. And—viola!—the feeling is no longer an obstacle between you and happiness.

Think Your Way to Prosperity - When you relax your grip on needing to control the way you think the Universe operates, your world will naturally proceed in the direction of balance,

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harmony, and fullness.

Past Failure Doesn't Matter! - In your past, if you have unsuccessfully attempted one or more of these approaches to enter the AbunDance, you may not have learned to relax your grip fully enough, deeply enough. In our modern Western culture, the approach of "abandoning oneself to the natural flow of life" is a new learned skill—that we often need to practice to get good at.

Try it again—with a fresh attitude. Once you get the knack of allowing the AbunDance to bring life's fullness to you, you'll never go back to using effort and control!

staring at you. Usually it is caused by jealousy and envy of the good fortune someone else is having. This belief was so profound on ancient cultures that the Egyptians began wearing ornate eye makeup as a way to ward off evil stares. In more modern times the concept of wearing eyeliner was converted into charms of protection, hence the "Evil Eye" charm. There is nothing wrong with wearing your evil eye necklace, it is a positive power object that will add protection to the wearer, because like many power symbols the evil eye is strongly believed in and trusted in that our vibration and thoughts has made it so. Remember we have the gift of co-creation, if you believe it then it is relative because you give it power.

Dear Whitedove: Can you please tell me if there is such thing as Hands on Healing? Is there a specific type that you would recommend, what are your feelings on this subject? Looking for Remedies in Maine

Dear Looking: There are many people on Earth that have an innate gift to use their own energy and essence to promote healing through touch; I refer to these souls as natural healers. Some of these methods are subtle and others are very profound. For example Reiki is the simplest form of this of "energy healing". The Reiki Master channels his or her energy into the receiver thus rejuvenating and alleviating symptoms of illness and stress. Then there are Massage Therapists who use their hands to pull out toxins in our bodies and relieve aches and pains, as well as realigning our energy. The rarest healers are known as the Master Healers such as Jesus, the Dalai Lama and others. They have such a clear connection to "Spirit" that they can facilitate miracle healings just by being in their presence; they are pulling the pure love vibration of the "God Head" directly through them.

Just remember, as you are looking please do your research in order to ensure that you're receiving the best treatment possible from someone who has a pure intent and who is qualified.

**FEEL ICKY
FOR NO REASON?
SEE PAGE 46**

"I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated. Thank you."



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I've gotten a few questions about animal symbolism surrounding dream lizards, and what it means when we dream of lizards, so I was prompted to write a few thoughts about this unique messenger.

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Within the human collective consciousness, lizards are archetypes of:

- * Adaptation
- * Variation
- * Flexibility
- * Shrewdness
- * Quickness
- * Introversion



Lizards win these many attributes due to their cold blooded nature.

They are flexible and adaptive to their environment. The human psyche translates this as being symbolic of going with the flow and overcoming adverse external conditions.

Due to their scurrying natures, quick pace and lightning reaction times, the lizard is considered the consummate escape artist. This makes them symbolic of our ability to recognize danger and remove ourselves from harm's way when the situation calls for it.

Furthermore, most lizards are gifted with various forms of camouflage, and trickery to evade predators (like detaching their tails of caught by a hungry predator so that the lizard can escape to live another day).

These gifts of illusion are symbolic messages indicating within us (as children of nature ourselves) we have impressive gifts we may utilize for our well-being.

The lizard comes with a message about our responsibility to recognize these hidden gifts and skills so that we may avoid harm, and live freely and happily as we are designed to live.

I hope you have enjoyed these observations about various dream symbol meanings. Don't let the dream end.



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SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 16...

- which may even be in childhood experiences that you don't consciously remember.

Whatever the charged feeling is, elicit it. Feel it. Make the problem as big in your mind as it has ever been. Don't judge what you feel, or limit what you feel. Just take a moment to close your eyes and jump into the fire of whatever is most bugging you in life right now. Don't worry, this book won't burst into flames, and the pages can also withstand a few tears, should they come forth.

How are you doing? Sorry if I've bummed you out a bit, but don't worry, it's for a good cause - clearing the way for your long-term happiness.

Now take all that big mass of negativity that you've invoked, and with your mind's eye and your heart's intention, bring it all together into a big ball. Imagine your hands bringing

Hold it and look at it - this fiery blue ball of energy spinning in your cosmic stardust hand, this problem that has been bugging you.

This ball is not made of solid stuff, but of a combination of words, thoughts, perceptions, emotions and experiences - just as the planet Saturn is not solid, but is rather a round mass of gas particles that have coalesced together. The particles that have coalesced into your ball of troubles are made of all the images and thoughts that you've had regarding the challenging situation. Ultimately, even these are made of the same shimmering spiritual essence that creates the best of times, the worst of times, and all times.

Many scientists, spiritual sages, and philosophers of various traditions would agree on one thing: everything that exists anywhere, in any way, is ultimately made up of nothing but energy, solidified light. All that exists is a manifestation of pure spirit, supreme consciousness, and cosmic creative awareness. The whole shebang emanates from the very Mind of God that thinks you and me into existence, breathing amazing life into, through, and as each one of us.

With this elevated viewpoint, look at the ball of troubles spinning in your shimmering cosmic hand, amidst the spotted blackness of space. It's right there in your hand - the whole situation that has been causing you so much trouble,

whether for the past few weeks, or the past 50 years, or from even beyond what you are aware of as your current life.

Look out into the seemingly infinite expanse of space around you. This universe is so big. Enjoy being a speck of divine life in the midst of this vast blanket of physical existence. From this vantage

point, the problem probably doesn't look quite so big and insurmountable, does it? From this expanded perspective, feel and affirm your power to uplift and transform the problem, from the soul-roots out.

You don't necessarily have to go through decades of psychotherapy, unraveling the memories of every past trauma, in order to find the roots of your present woes. Just invoke all the known and unknown elements that make up this ap-

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the whole troubling situation, along with all the energies and emotions that come with it, together into a big ball. With your mind's imagination, pack all the troubles together tightly, as you might pack together a snowball.

Now imagine that the background of your field of vision is the physical universe - a black tapestry with many specks of colored and white lights, spinning, smashing, and flickering. Your hand appears as a big cosmic hand made of glittering blue star stuff, and the ball of negativity is also made of the same shimmering stardust. Bring your ball into center stage.

FROM THE HEART

...continued from page 17 ...



you now own: Friends, family; people who love you; health; the beauty of nature; your spiritual path; tasty, nourishing food; cuddly pets; stimulating hobbies; a career or a vision of a career that empowers you; expansive ideas; and on and on and on. You are richly blessed in a thousand ways. If money isn't showing up in a big way at the moment, why distract yourself from your true riches because of one small slice of the pie? There are plenty of other pieces to enjoy.

When you get into a prosperity consciousness, regardless of what your checking account says, the Law of Attraction and the Law of Reversibility will kick in and send more money your way. So don't wait for the money to feel prosperous. Cultivate your inner wealth, and the outer will follow.

2. Activate a Personal Economy. You have the power to generate an economy independent of the one most people are living in. There are always people who thrive during lean times, as well as people who flounder in prosperous times. Just because other people are worrying about money and not feeling prosperous, does not mean you have to go there. The two greatest architectural achievements of the twentieth century, the Empire State Building and The Golden Gate Bridge, were funded and erected at the height of the Great Depression. While other people were afraid and protective, visionary people were acting on their impulses and creating expansive ventures with large sums of money.

You need not feel guilty about prospering while others aren't. The more money you spend, the more you will prosper others and provide them with money to spend.

3. Refuse to participate in thoughts and conversations of lack. It's easy to get caught up in ideas of scarcity when so many people are indulging in them. You can hardly turn on a newscast without hearing "experts" spouting bad news. The only reason the newscasts indulge woeful news is for the drama, shock, and sales value. The news thrives on bad news, but you cannot. So switch off the TV and read an uplifting book or take a walk under the stars. Look up and you will see where your real riches live. If others get into discussions of scarcity, change the subject or walk out. Protect your precious mind from fear and replace thoughts of lack with affirmations of abundance. Then you will be a force for prosperity that will lift others.

Challenging times offer the greatest opportunity to build spiritual muscles. A Course in Miracles tells us that the world "challenge" is a misnomer for a spiritual being, because challenge implies doubt about how things may turn out. When you know who you are, what your source is, and how rich you are, there is no doubt about the outcome.

SECRETS

Excerpts from
Secrets of Spiritual Happiness

...continued from page 29...



parent problem with the power of your will. Now, with the authority of the spheres, declare the problem to be healed, and no longer a problem.

With a spiritual awareness of this universe as a creation of the one, eternal, and all-pervasive creative being, you'll have an ability to heal problems from the inside-out, instead of only from the outside-in. You'll be able to address problems on the much more effective soul level.

When you try to heal something from the outside-in, things can get very complicated, because you're working with so many varied layers in the outer world of appearances. However, when you heal a problem on the soul level, all the outer distortions that have come from that problem begin to "magically" disappear and heal.

Solving problems on the outer level alone becomes somewhat of a hit and miss game. Which knob can you turn to solve a problem? What thoughts can you think to stop worrying about a problem? With outer efforts alone, you can spend a great deal of time searching and researching, and still come out with "ring around the collar" - or troubles in your bubbles.

If, instead, you can raise your personal awareness into your greater, universal self, then you have much more ability to direct the play of your life through your power of intention. That is what we are doing with this visualization exercise - elevating our awareness so that we can heal this problem through the powerful intention of our stronger link - our expanded, creative, harmonious, universal link.

Look again at the problem in your great cosmic hand, and know that you can choose to let go of it right now, just by clearly choosing to let it go. The key is to make your choice unanimous throughout your being - without holding on to the problem situation for whatever side benefits your weaker self may think it is deriving from these negative emotions and thoughts.

There are many reasons why we may hold on to problems in life - perhaps using sadness or setbacks as excuses for lethargy or mediocrity, or using anger or worry to support a habit of emotional energy bursts, or to score some positive attention or care from others.

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THE PURPOSE OF LIFE'S TESTS

...continued from page 9...

Miracles) We seem to be on a path or journey, having experiences, learning lessons, and gaining knowledge. Yet, this path is merely part of the illusion of human perspectives. However, since we live in this illusion, the journey of spiritual evolution is necessary and essential because it is through this process that we create an opportunity to remember the Real World of God-Consciousness. In so doing, all of humanity also attains this remembrance.

Ironically, after we go to great lengths to "evolve" back into spiritual consciousness and seemingly away from the material world, the final test lies in our ability to bring our renewed self back into the Earth-plane or make our spirituality a practical discipline. The entire initiatory process can be eased and even shortened by knowing that, rather than waiting for the multi-step process to be completed, we can live as though it were already complete. By bringing a heavenly state of self into the Earth-plane, we raise the level of consciousness and vibration closer to that of Heaven.

In the end, we feel more whole and complete, as well as free and at peace. We now recognize our part in learning to gain new perspectives of ourselves and the world around us. We see everyone and everything in a new light. We begin to feel more responsible and in control of our life, as though we are living masters who have integrated Divine Consciousness. We resist life's lessons less often and learn to see trials as our own misperceptions being called to transformation-knowing something better awaits. Of course, we still encounter lessons, cycles, and phases of growth or remembrance.

When all lessons are learned, we are able to see that behind them were simply our own false beliefs. Although at our deepest core lies a perfect spark of God's Presence, this was heavily masked over by our own patterns of limitation, which then acted as a god who began creating our world and attracting our lessons and experiences. But now we realize that our evolutionary experiences were never really about God sending us forth to pay debts, learn lessons, or attain perfection. It was always us! We've only learned lessons that we thought we had to learn and paid debts that we thought we owed.

The final awakening is a liberation from all of these opinions, illusions, and false beliefs. It's a release from all beliefs other than God's and a surrendering of our opinions to God's perfect Knowingness. At that moment, our Spirit awakens to a level of awareness where there are no more lessons to learn. Then, there is a realization that our soul was only sleeping and dreaming of a world of fear and separation and is now awake in the mind and heart of God.

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SECRETS *Excerpts from* Secrets of Spiritual Happiness

...continued from page 30..



Other reasons for choosing to persevere through troubles may be more positive and spiritual. Maybe you would choose to stay in an uncomfortable relationship because you know that this is the only way for your soul to release old negative patterns, or to learn how to have more patience, or to uncover your ability to give and love unconditionally. Maybe you've accepted a time of poverty because you can sense that this challenge is helping you learn how to have greater faith in God's compassionate presence and protection on a day-to-day and minute-by-minute basis. Troubles can certainly be good inspirations in reminding us to pray, and pray sincerely!

As you hold this ball of troubles in your hand, see if it holds any benefits that you may wish to keep for yourself. Even just this one step of acknowledging any possible benefits you may be receiving from a set of troubles brings you back into the driver's seat of your life. You enter back into the realm of choice, the fountainhead of life that creates and recreates everything in every moment.

Now, take the ball of unwanted feelings and situations that you are holding it in your imagined cosmic hand. Shake the ball of troubles, waving it around enthusiastically until all the particles fly off and become more shimmering stardust streaming through endless, deep, dark space. Smile and wave at the radiant, lustrous particles that once were your resentment, fears, frustrations, angers, and disappointments. Goodbye! Don't come again!

Watch as all the blue shimmering particles of that circumstance fly freely, dissolving from the ball, and dancing through the tapestry of universal space. Now, pick up a big cosmic broom, and cheerfully sweep it all away, sprinkling glittering blue light stardust all over, to the farthest reaches of space, as all the particles settle back into the ground from which all creation comes forth. Appreciate the underlying beauty that existed even in that challenging circumstance, and thank God for giving and now removing the problem.

As other troubles or challenges arise in your journey of life, you can also see them as sparkling particles of divine consciousness, and offer them back into their universal source.

See the bigger picture of your soul's journey, and be free. Herein lies the essence of spiritual happiness.

ABRAHAM *FUN*



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

FINDING ABUNDANCE SMACK DAB IN THE MIDST OF LACK

Abraham always talks of abundance, and I believe that completely. However, in this world today, where we are constantly hearing of economic downturns, bankruptcy and layoffs, how do you understand for yourself and help a child see the abundance? I know of a child whose parents are both without jobs and are facing difficult times, even contemplating declaring themselves bankrupt. How do you explain to this child and to all the little ones that there is an abundance beyond what they see right now? I ask, because more than anything, I want to work and teach in the area of bankruptcy, and I am not sure how I truly feel the abundance myself so that I can give value and joy to those I work with.

With regard to teaching that this is a world of prosperity and well-being, I think our first step is manifesting abundance ourselves. As Abraham says, words don't teach; experience teaches. As we model living prosperously, regardless of what's happening in society at large, we teach, loud and clear, that another reality is indeed possible.

Last autumn, Mark and I declared that we would not participate in the economic recession. A few times since then, I've thought, "Uh-oh, WHY did we openly state that?" Ha. But for the most part, I can say that Mark's business (pay phones and ATMs) is enjoying unprecedented growth. When we dropped off some of our tax preparation papers at our accountant's office on Saturday, he told us that at least 40% of his clients (mostly businesses) are in serious trouble. He looked at us incredulously as we told him our only real business problem is keeping up with the startling demand. We are thriving.

It's not because we're smarter or luckier or involved in some sort of magical business. (Pay phones...hello.) (Ha.) It's because we have learned, courtesy of honest Abe, to focus on what we want (abundance), not on what we don't want (lack), even if everybody and their brother are shouting from the rooftops how utterly bad things are.

We deliberately look for thriving. We notice the people at Starbucks who stand in line or queue up at the drive-

through for \$5.00 cups of coffee. When we go to a weekly book club at Barnes & Noble at the mall, we notice how the parking lot is often filled with cars. We notice luxury cars on the road. When we go into a store, we look for the array of new products on the shelves. We notice the people who are doing well, and thus we attract more evidence of that same thing, courtesy of Law of Attraction.

That's what it's about: mental focus. We take our attention off of supposedly rampant economic problems and place our focus, instead, on prosperity. And it's paying off. (Bad pun.) Abraham words it beautifully on page 58 of their book, *Money, and the Law of Attraction*:

"As you make the decision that you want to feel good and you consciously look for positive aspects within the subjects that you are involved in every day, and as you deliberately identify and focus upon what you do want regarding these subjects, you will set yourself upon a path of Eternal unfolding satisfaction and joy.

"These processes are simple to understand and to apply, but do not let their simplicity cause you to underestimate their power. Consistently apply them and show yourself the leverage of the power of aligned thought. Discover the power of the Energy that creates worlds — the power that you have always had ready access to but which you now understand how to apply — and focus it toward your own personal creations." [Italics are Abraham's]

As Abraham reminds us, no matter where we are (even bankruptcy), we can always get to where we want to be (thriving). It requires choosing good-feeling thoughts deliberately and consistently — one at a time, little by little by little.

Let's enjoy the heck out of this prosperity journey as we demonstrate what's possible for others of all ages.



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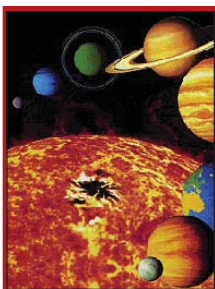
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COVER ART

Silence Inner Critic

by Rita Loyd

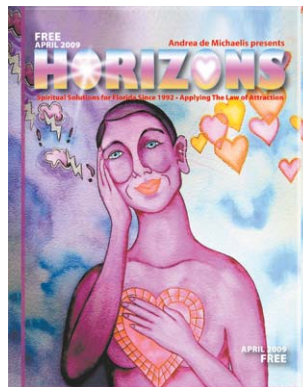
I silence the critical voice within.

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Why allow the words of my childhood
spoken in ignorance, anxiety and exhaustion
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For in reality they were never intended to
define my self worth.

They were only a venting of my peoples's
frustration with life.



Rita Loyd is a self-taught watercolor artist and writer. The
theme of her work is "The Healing
Power of Unconditional Self Love."

Rita began to paint in 1996 as a
way to cope with chronic illness
and depression. Through this jour-
ney, the creative process became
her teacher, healer and friend who
would guide her to find the true
meaning of unconditional self-love.

Rita's Art has been exhibited in
Art Galleries, Art Fairs, Holistic
Centers, Community Centers and
Fundraisers. Her business, Nurtur-
ing Art, produces greeting cards,
books, DVD's and prints. Rita's writing and personal story has
been published in magazines in the U.S. and in New Zealand.

Her artwork has been featured on over 70 regional magazine
covers in the United States and in Canada and was also fea-
tured in **Deepak Chopra's February 2009 newsletter**.

Rita's has written two books - "Expressions of self love"
and "Unconditional self love". Both can be purchased on her
website. www.NurturingArt.com

To help people nurture unconditional self love in their own
life Rita has created exercises that can be downloaded
from her website for free. One, is a set of therapeutic line
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other is a 10 page exercise that will help you find greater
self-love during difficult times.

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OUR CALENDAR OF EVENTS

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

30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.
Email to HorizonsMagazine@aol.com and call 321-722-2100 with credit card info. If payment is not received with listing, your listing will not be placed and you will not be called for payment.

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

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

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

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

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

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

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

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

Saturdays 1:00 to 3:00 PM MELBOURNE Know Thyself and Know True Security. Within each of us lies untapped potential that we go through our lives never developing. Learn to create true, lasting, personal security regardless of your external circumstances. Based on an ancient, yet practical, little known system, as taught by Gurdjieff and Ouspensky. Various Melbourne, Cocoa and Cape Canaveral locations. www.consciousregeneration.org or (877) 285.7142

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

One Saturday a month GAINESVILLE Psychic Mediumship ~ Spiritual Development Class. 10:30 AM-1:00 PM. Includes meditation, lesson or topic, and hands on exercise to develop your personal skills. Cost \$25 per class. Marilyn Jenquin, Director, International Foundation for Spiritual Knowledge. Held at Unity of Gainesville, 8801 NW 39th Avenue. 407-673-9776. www.ifsk.org.

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

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

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

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

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

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

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

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

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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

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

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

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

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

April 10th - NEW SMYRNA BEACH "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7 PM. Topic will be "WORRY"? Call Judson for more information 386-847-2367

April 10th COCOA VILLAGE "Free HK Demonstration for creating more money, wealth & prosperity in your life. Learn why you are struggling with money and what you can do to remove blockages. April 10, 2009, 7:00 pm at What You Love To Do, 602 Brevard Ave., Cocoa Village. Call (321) 459-3930 or visit www.hk-relax.com."



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Sunday, April 19th Ocala Unity of Ocala presents: Barbro Karlen Tells Her Life Story as ... "The Reincarnation of Anne Frank". Event to be held at Silver Springs Shores Community Center, 590 Silver Road, Ocala, FL 34472. Reservations recommended. Call 352-687-2113 to reserve, or purchase tickets online at www.unityocala.org - use the Store option. Tickets: \$12.50 p/p.

April 24th - EDGEWATER LANDING 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self- transformation. 7PM 758 navigators Way, FL For more information call Barbara at 917-509-0004

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

Friday April 24 DELAND 7:00pm to 9:00pm New Moon Shamanic Drumming Circle. Donations appreciated. Tom Arcuti - Yachaq Shaman of Imbabura 386-747-9294 or tom@allipacha.com

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



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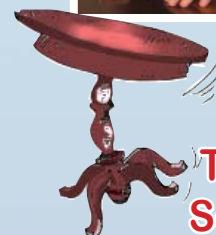


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**Let us know when your group meets so we can
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- Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.

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

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



OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

APRIL 2009

April – Aperire, Opening of Spring

Again, a month of celebrations of goddesses! One in particular was the goddess for which we get the name Easter. One source, considered to be the most likely was that Easter came from Eostre who was a Teutonic goddess of the rising light of day and spring.

O Day after day we can't help growing older.
Year after year spring can't help seeming younger.
Come let's enjoy our winecup today,
Nor pity the flowers fallen.
On Parting with Spring by Wang Wei

It is also a month to celebrate the Earth. The Romans celebrated the Birthday of Terra Mater or Mother Earth on April 15th and soon after is Earth Day which is celebrated exactly one week later.

Come, fill the Cup, and in the Fire of Spring
The Winter Garment of Repentance fling:
The Bird of Time has but a little way
To fly--and Lo! the Bird is on the Wing.
The Rubáiyát by Omar Khayyám

You may already know when April 1st hits. Someone may have already played a trick on you. How did such a holiday get its start? No one knows for sure, but one theory was that an April Fool was a person who started their planting season too soon instead of the more traditional May.

Now, the power of suggestion! According to **Wikipedia**, a British astronomer told his BBC listeners that there would be a unique alignment of two planets that would cause an upward gravitational pull. He invited people to jump in the air and experience "a strange floating sensation." Supposedly dozens of listeners phoned in and reported that the experiment worked! So, to honor this day, take a look at this month's calendar and see if you can find the error.

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APRIL 2009

Apr 1st - Roman: Veneralia, Festival of Venus, goddess of love and beauty, also worship of Fortuna Virilis, goddess of bold fortune.

Apr 2nd - Persian: Sizdah Be-dar, Celebration to clean the mind at a picnic

Apr 9th - Full Awakening Moon at 10:55 AM EDT

Apr 9th - Ancient Norwegian: Day of Jarl Hakon, vassal of and actual inventor of Bluetooth

Apr 10th - Andrea's birthday! Publisher of Horizons :)

Apr 12th - Christian: Easter

Apr 15th - Roman: Festival of Tellus or Terra Mater (Mother Earth)

Apr 22nd - US: Earth Day and birthday of Captain Planet

Apr 24th - New Moon at 11:24 PM EDT

Apr 25th - Roman: Robigalia, celebration of Robiga, god of Red Mildew

Apr 28th - Roman: Floralia, celebration of Flora, goddess of spring flowers and patron deity of Roman prostitutes.

A FACTOID WITH WHICH TO END THE MONTH:

Now, where is the error in the calendar? Look at April 9th. Bluetooth is the protocol standard that is used for example, to wirelessly connect your ear bud to your cell phone. It was announced in May of 1998, not during the 10th century reign of King Harald Blaaland of Denmark who had very dark hair, not a blue tooth as some believe. His initials, H and B, in runes form the bind rune that is now the Bluetooth logo.



WE DON'T HAVE TO STRUGGLE

...continued from page 21...

The easiest way to move through these turbulent times is to stay centered and grounded in your personal faith—trusting that the Architect of this grand plan holds true to The Word. You are safe, and you will be provided for in every way. As you release all your old beliefs that are out of alignment with the new reality—thoughts of fear, lack, pain, disease—you prepare the way to create the truth for yourself. You must be judicious, now more than ever before, to monitor your thoughts constantly to remove any negative ones before they are allowed to surface. If you become aware of one which might manifest an outcome you wouldn't desire, re-language it immediately. For example, change "I'm not healthy" to "In the past I wasn't healthy, but now I am healed." In this way you create a positive outcome and state your truth.

We have been told this over and over by the Masters and prophets who have come before. The way has been prepared and the Kingdom is at hand. Rejoice! Give thanks! Rest in the peace and knowledge that YOUR time has finally come.

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www.Powerlegacy.com

"Legacy: The Power Within" by Tony DeLiso

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

From www.hayhouse.com

The Biology of Belief by Bruce Lipton

Overcoming Fears by Louise L. Hay

The Answer is Simple by Sonia Choquette

Personal Development for Smart People by Steve Pavlina

From www.scottblum.net

Summer's Path by new author Scott Blum, prequel to
Waiting for Autumn, available free for limited time at
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The Hidden Spirituality of Men by Matthew Fox

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

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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 7

Maybe you can ease into the thoughts that you're not having to cut back because you don't have it, rather your lifestyle could use a little trimming back and this is a good time to start.

You can look at it as getting to go out less often, or you can look at it as learning to enjoy your home more fully. You can look at it as being able to eat out less often, or as getting yourself into a new fun, cooking routine.

Like with my new eating habits, I can look at it as something I have to do unless I want to die, or I can trick myself into a whole new lifestyle that includes loving to shop for and prepare healthy, low fat, vegetarian delights for myself. And I get a kick out of saving up a fat vacation kitty with the money I save on not eating as I used to.

Like with working out, I can look at it as something I have to do unless I want to get fat or disabled, or I can look at it as being excited over the upper body muscle strength I have for my age.

I'm doing some cutting back of my own. None of them are by way of deprivation, though, I'm far too selfish to deprive ME anything. Most of it has to do with freeing up time and energy for new projects I'm excited about, and I'll share them with you as they unfold.

I used to be amused that our Cherokee grandmother would save the smallest snippets of vegetables for soup stock. She had all these little bits in the ice box (yes, the ice box). Later, when she just cooked for herself, she could make a carrot last two meals

It makes me think about how much I used to spend on groceries in the past, when I was such a meat eater. My tum just cringes now to think of what all I ate on a regular basis. And I ate like a lumberjack as well. My weekly grocery bill was 3 times what it is now. More than that since I ate out 4-6 times a week as well.

So when I reflect on the changes I've made in lifestyle the past couple of years, I have really pared down my living costs without that being the intention. Yes, organic fruits and vegetables cost more, but the nutrition, the energy boost and the flavor I get from them is so worth it. And when I feel that my food is really feeding me, really nourishing me, then I want less of it as well.

So, instead of freaking out about OMG I have to cut back and what if I'm out on the street and there's nothing to eat, maybe I should hoard... if those crazy thoughts come to you because of what the media is blasting at you every day, simply take a deep breath, watch the Abraham-Hicks video again and remind yourself: "I've been wanting to drop a few pounds, now would be a good time to cut back on portions and certain rich foods anyway." Or just take a break from them

for 30 days. You're not depriving yourself, you're just giving them time and space to become special to you again.

People are so funny. We go through a big crisis like Hurricane whatever or Tsunami this or Earthquake that and we bind together tightly in our little communities with those who are out on the street the same as us. Only then, when we're forced together by the Universe ripping from our hands everything we've ever known to hang on to, do we begin to SEE each other and RELATE to each other and interact with each other.

So, I've learned from my own personal history that if I don't make some changes that I really know I need to make, then the Universe will step right in and make them for me. So, before the forces of Nature begin their seasonal trek across our piece of the planet, you might want to start making friends with your neighbors.

You've been wanting to get out and walk anyway, just walk around the block at the end of your day. I promise you'll feel more unwound than it you'd just crashed in front of the news after work. And you don't have to make a nuisance of yourself, just say hello as you pass. Wave when you drive by. Just get to know who is around you, who is in your own personal sphere. And get along with them. Get along with them before you need to ask anyone for help or a favor.

I'm thinking that if we all did that, that would send a big giant signal to the Universe that we are all making strides to get along. That we are putting aside personal differences. That we are celebrating our brotherhood. And if we're all busy doing that, we don't have time for fussing and fighting and hating and everything that goes along with that. And that means we don't vibrate in a place that attracts anything we might consider a disaster or crisis.

It's up to us, to choose what to attract. And I'm blessed to have attracted neighbors who are quiet, interesting, fun, private and whom I seldom see other than just walking or biking around the 'hood. Life is good. I have no complaints whatsoever. Enjoy our offering this month.

Hari Om.

A SINCERE REQUEST ...

IF I'VE EVER DONE YOU A FAVOR OR LOANED YOU MONEY OR CONNECTED YOU WITH SOMEONE HELPFUL OR MADE YOU SMILE OR GIVEN YOU HOPE OR COMFORT, THIS IS YOUR CHANCE TO LET ME KNOW. I am asking 5,600 readers to each donate \$1.00 to me so I can pay an unexpected emergency bill. You can do this by using the "donate" button at www.horizonsmagazine.com. Or you can mail a donation check payable to Horizons Magazine, 575 Escarole Street SE, Palm Bay, FL 32909-4802. Or you can purchase my Connecting with your Angels, Guides and Teachers mp3 file at http://www.horizonsmagazine.com/CD_Page/Downloads.html. I know God has no hands but ours. I know I'll attract it on time and just thought this might be a fun way to do it and let you be a part of it. Consider it a tithe to the Universe and it will return to you manyfold. I will also email you a free copy of my mp3 file, To Do List For My Universal Manager that you can read about at http://www.horizonsmagazine.com/CD_Page/Universal_Manager.html. Thank you for your kind generosity.

Andrea



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

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

As Venus "the Goddess of love makes a call to your house of love this April, you'll let go of all of your defenses. You are ready to merge with the opposite sex, and merge you will on many levels of awareness. If you think about how good you are at being a warrior and you put that focus into love, you will be very happy. It's all about the attitude.

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

Practicality has always been your strong point being the grounded earth sign that you are, and always will be. But now you must shift into a more eternal role where proving scientific means no longer matter. Faith, trust and believing in yourself will be the keys to your happiness.

HOROSCOPES FOR

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

In your capacity to be understanding, what has worked in the past will not work in the future. As you venture forward to satisfy the lust for life that drives you toward success, you will aspire to goals above any benchmark of your colleagues. There is a new beginning among you with new ideas.

Cancer: June 20/21 to July 22 "I Feel".

Your focus this month has to do with emotional satisfaction from your career driven ambition. In today's economy you can use your psychic sensitivity to be at the right place at the right time to cut the best deal for all concerned. Tune into your creative geniuses.

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

This month your focus will be to trust in society and here is where you will thrive; so bask in the light of appreciation. Your talents and gifts will be recognized by humanity and you will rise up to meet your own goals. As you continue to pay attention to detail, you will know the meaning of: it pays to know important people.

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

You must now move forward into the future, free from your past that haunts you. It is time to learn from your mistakes and stop beating yourself and everyone else up about it. To forget and forgive and move forward in peace with an open heart is a healing endeavor.

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

In spite of your personal magnetism and lofty aspirations, you have a tendency to give too much of yourself to others. For once you need to give to yourself. A hard core exercise program is what is needed to implement a stronger backbone and more self satisfaction.



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Scorpio: October 22/23 to November 21 "I Create". Your focus this month becomes so intense towards attaining your goals that everything else plays second fiddle. In your mind, money is power and control then becomes wealth. The real issue has to do with faith. As you trust in the higher powers to supply you with what you need at the time you need it, you will learn to relax more.

Sagittarius: November 21 to December 21 "I Perceive". This month you will be busy traveling to unknown places and communicating with people from all walks of life. You are especially happy this month; could it be that Spring is in the air. Even if you do not step foot out of your residence; you will experience spiritual growth beyond your usual method of learning.

Capricorn: December 21 to January 19 "I Use". You are at a place in your life right now that you are no longer willing to settle for less. You have a very strong sense of right versus wrong and likes and dislikes. God knows that what ever it is that you want, you are willing to do what ever it takes to get it. Through the years you have learned to work smarter not harder.

Aquarius: January 19 to February 18 "I Know". The key to your success this month has to do with adopting a more realistic approach with a perfectly defined practical application. Remember if you intend to acquire the recognition that you deserve, you will have to implement skills like a Virgo. Dot your I's and cross your T's. Keep organized.

Pisces: February 18 to march 20 "I Believe". With the uncertainty of the economy these days, you may decide to go into business for yourself. Whatever you do, make sure that you love what ever you choose to do; because you will be doing quite a lot of it. This is also a really good time to focus on your health, review your eating habits as well as your exercise routine. What is working versus not getting results.



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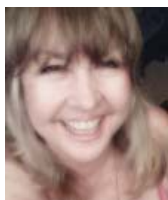


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Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



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

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

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

HEALTHY EATING HABITS

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



SLEEPYTIME RECHARGE

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

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

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

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

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

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



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

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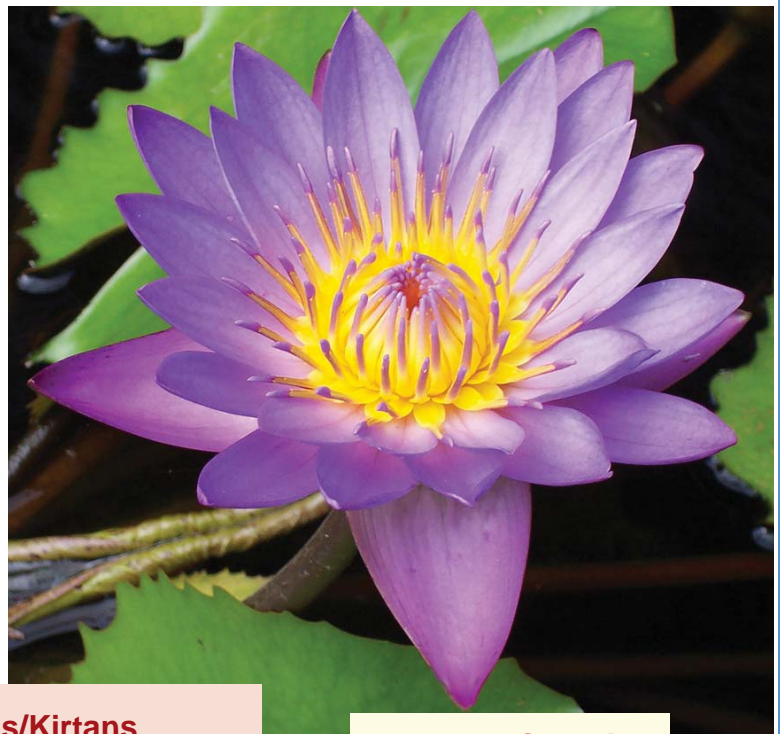
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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MARTIE TAYLOR is a certified Reiki Healer, Minister and a Psychic Medium. She is a teacher of Psychic Development, Tarot and Numerology. Martie's sessions involve love and relationships, issues and your destiny. Martie feels that a lesson is not learned until it is shared. she has dedicated her life to helping others enrich theirs.

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WILLIAM DARLINGTON hails from a long line of psychics on both sides of his family tree,. He is a profoundly gifted spiritual teacher and healer. He radiates truth and integrity through his work with the *Spirit Oracle Cards*. He is devoted to his work as a spiritual Healer and Teacher with a sincere intention to help others on their spiritual journey. His sessions include a Reiki healing, a card reading, and a lively conversation with Rusty, his connection to the other side.

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MARGO. Margo considers herself to be a sentinel for humanity, born to help others and firmly believing that when life doesn't go the way we want, the only control we have is how we think about it. With help from her Spirit Guides she provides Gentle Counsel. Margo can help you find your True Path and Achieve Inner Peace.

LINDA is a registered and certified psychic medium who specializes in mediumship, spiritual counseling, spirit helpers, spirit healing, psychometry and phone readings.

JAMIE is a registered and certified psychic medium who specializes in psychic readings, couples sessions, pet readings, tarot interpretation, spirit communication, past and future life progression, dream and aura interpretation. James comes from a long line of Russian psychic mediums spanning over 150 years. She was born with the gift of spiritual awareness and is also highly trained, educated and certified in her profession.



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