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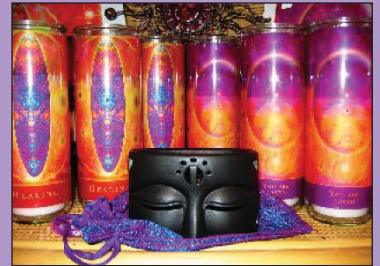
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## Sunday Services 9:00am and 11:00am Live Music

If you like Wayne Dyer and Louise Hay, you will enjoy Unity of Melbourne

### Join us for Easter

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.



**April 2nd 7:00pm. Good Friday Service** – This year's service will be a Taizé service with music, readings and time for reflection followed by Holy Communion (optional).

**April 4th at 9:00 and 11:00am Easter Sunday Services** – 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, crafts and games for our children during our 11:00am service.

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

**Friday, April 9th 7:00PM. Transformation Experience** - Help us Complete a Geneogram for our Church - Kristi Petersen, our Consultant Guide will be with us from Friday to Sunday. If you have an interest in Unity Church of Melbourne, you are encouraged to be here on Friday evening to help us map our past. We will be looking at all of our accomplishments through the years. There will be a time for us to look at any underlying issues so that we can make a plan to address any patterns we discover.

### Dave Ramsey's Financial Peace University

Come to any one of the Free Preview Sessions

Tuesday, April 13th 6:30PM

Saturday, April 17th 2:00PM

Tuesday, April 20th 6:30PM

Actual Classes start Tuesday, May 4th at 6:30

Can you imagine what your life would be like if you had NO payments... if you were completely debt free?! During class the average family pays off more than \$5,000 in debt and saves almost \$3,000. More importantly, we will learn how to handle our finances and what it means to have true financial peace.

**Financial Peace University (FPU)** consists of a 13-week video curriculum—taught by financial expert Dave Ramsey—that incorporates small-group discussions to encourage accountability and discipleship. Financial Peace University is highly entertaining for everyone, with a unique combination of humor, informative financial advice and biblical messages. More than one million families have already had their lives changed by attending FPU.

A COURSE IN MIRACLES Facilitator: Darlene Capinha Tuesdays 7:30pm  
REIKI HEALING SERVICE Facilitator: Lloyd Reiser Sunday April 4th, 4:30pm, Sunday May 2nd, 4:30pm  
BREVARD BUDDHIST FELLOWSHIP Friday, April 23rd 7pm,  
BePEACE PRACTICE GROUP Monday, April 19th 6:30pm

Sunday, April 18th  
9:00 and 11:00 AM  
"Listen without Ceasing"  
with Valleri Crabtree



Think, Believe, LISTEN, Act, Acknowledge. The Universe Responding Spiritual Model For Life depends on our ability to listen. Listening provides a connection between our thoughts and our actions. Listening allows us to have the two-way communication with the Universe that is absolutely necessary in order to co-create the lives that we've always imagined! Thus, the more we listen, the more we'll co-create!

During the morning service, Valleri introduces the elements of the Universe Responding Spiritual Model For Life, with special emphasis on the "LISTEN." She describes what it means to "listen without ceasing" and why it is so important to the co-creative process.



Sunday, April 18th 2:00-4:00PM Valleri Crabtree  
"Listening- the Key to a Co-Created Life"

The workshop continues the theme introduced in the morning lesson. During the workshop, we'll discuss the nature of the Universe's messages, our role as a recipient of these messages, and the importance of looking beyond a message's packaging to discover its guidance. We will learn how to evaluate whether something we've heard or sensed is a message from the Universe by determining if it makes sense intellectually and feels right intuitively.

Then our focus will shift to how each of us can "listen without ceasing" for these messages. We'll discuss how to adopt an open and receptive mind and heart, consciously removing any barrier, boundary, or blockage that might deflect or hinder the messages directed toward us. We'll introduce the idea of "meditating with our eyes open," using the technique of flowing meditation, in order to ensure that our channels of listening-our intellect and our intuition- are always focused on the Universe and its messages of guidance. In addition, we'll explore several other methods to raise our "listening awareness," including silent structured meditation, reminders, affirmations, and journaling. Participants will complete this workshop ready to apply these concepts in the co-creation of every aspect of their lives!

### Movie Beyond Belief

Saturday, April 17th 3:00pm

Wednesday, April 21st 6:30pm

Beyond Belief is a compelling documentary film that will expand your awareness and possibly change your life. This innovative film reveals how role beliefs and the sub-conscious mind play a part in creating your experience. Uncover the source of limiting beliefs that stop you from having what you want. Beyond Belief provides tools to release limiting beliefs and remove obstacles that are blocking you. Discover the powerful resources you have buried deep inside. Unleash the potential of your creative mind.

Wake up...to your dream life. Beyond Belief features some of the top authors, researchers, scientists, teachers, psychologists, personal transformation experts, healers, and spiritual leaders in the world.

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

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

## THE GREATEST OPTICAL ILLUSION IS SEPARATION

### Publisher/Editor/Layout:

Andrea de Michaelis

### Thanks for help this month

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Mike Dooley  
Alan Cohen  
Tom Sannar



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

Anais Nin

*Horizons thanks  
everyone willing  
to take the risk*

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





**Andrea de Michaelis**  
Publisher

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

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

**H**ello and welcome to the April 2010 edition of Horizons Magazine. I love April. An Aries, I was born April 10th, the 100th day of the year. This year I turn 58 \*yay\* and I couldn't be happier. In the past few years, I've lost a few pounds, started eating a lot healthier, let my hair grow, and have been renewing my enthusiasm for outdoor activities. I feel good, I know I look good and it's all due to me just being a little more mindful each year about what I choose to put in my body - both as far as food for body fuel, as well as food for thought. Every year it gets a little easier. I have girlfriends who are 20 years older than I am, and they look and act my age. They are my role models that I can still be high kicking well into my 80's and 90's.

One big blessing that comes with the elder years is that I've had enough practice under my belt to know that I do create my own reality and to the extent I work to do it consciously, to that extent I live the life of my dreams. A big wisdom is knowing that when the Universe interrupts my plans, it does so with synchronicity and a big boon, so I have learned to go with it.

I was really busy one day last month well into final layout of this April Horizons Magazine, with phones ringing like crazy, when I got a call from my friend Maria. "Are you busy?" she asked. Hmm four days after deadline with just 5 days to get the April mag done - am I busy? *Aaaugh!*

Final layout week I usually stay glued to the computer and don't drive out unless I have to. I schedule myself tightly and, we all know what happens when we do that. So Maria is about a half mile from my office and needs a ride into Melbourne.

*Well, that's different. I am always glad to help a friend.*

It turned out to be a good thing, since I really needed to take a break but was up to my ears in emails and phone calls, so I didn't want to chance it. I was at that burned out stage where I thought throwing more effort into it was the answer, rather than stepping away from it. I was considering taking a nap when she called, so I figured I could just drive her in the time I was planning to nap and still be on schedule. It turned out to be just as refreshing and invigorating, plus I got some work done that I would not gotten done otherwise. Synchronistically, the timing couldn't have been better.

I needed to buy some cases of cat food and PetSmart in Melbourne had them on sale. No way I could drive to Melbourne until next week, I thought. But I had to pass right by it after dropping Maria off, so it was perfect timing. I asked her if there was anywhere else she needed to go on the way home, and she needed to stop by work, and stop by 2 banks, so we did that. It gave me a chance to check voice mail and also make a call to Becky to suss out a document that wasn't converting properly after Fred changed the name of the document which also changed the .doc extension. Men!

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

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*Yes! I want to receive Horizons Magazine at my own front door*

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# ABRAHAM-HICKS




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

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

## *Good Feels Good And Bad Feels Bad*

**B**ecause you do not understand the Law of Attraction, you have picked up utterly illogical beliefs. And then you try to make those illogical beliefs fit into the framework of where you stand, moment by moment.

We want to assist you in releasing those illogical beliefs by looking to the logic of *Law of Attraction* and letting it prove out in your own life experience. When you look out into the experiences of others, and try to make sense of what they're living, from your framework, you are extraordinarily handicapped, because you do not have access to their vibrational meter. You can't feel whether they are in alignment or not. As you try to figure out how it's working for others, by the handful of flimsy beliefs that have been given to you by parents or by churches or by government -- or by anyone who seeks to control you in order to help their experience be better -- you come out of that confused about how it works.



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 Spiritweaver at [www.spiritweavershaman.org](http://www.spiritweavershaman.org)

We are here to tell you, simply and purely, how it works: *Law of Attraction* is the order of this day. It always has been and it always will be. *What Law of Attraction says is, "This is a vibrationally based Universe. Everything vibrates, and Law of Attraction sorts it all out."* In the same way that when you turn on your radio, you're going to receive the signal that your radio is tuned to,

The thing that is confusing is that you are tuned into lots of different things. And most of you are not aware of what you're tuned in to until it manifests, and then you want to give somebody else the credit for it coming to you, when it is only about your tuning. It's only about where you've got your dial set. And the easiest way to understand where you've got your dial set is by paying attention to the way you feel -- because the way you feel lets you know everything about your vibrational frequency. We are going to give it to you in the most precise way that you will ever need to know: Good means good. Bad means bad.

If it feels good to you, you're in alignment with something you desire. If it feels bad to you, you are not. If it feels good to you, you're in alignment with something you desire. If it feels bad to you, you are not. Don't let anybody else's determination of what is good or bad, mess up your ability to know what's good and bad.

If your house is on fire and the firemen come, and take their hoses and spray the water into your house and extinguish the fire, everyone says, "Good job, firemen. Let it be known that the firemen who came and broke out your windows and sprayed the water into your house are forevermore known as heroes." But if they come on a day when there is no fire and break out your windows and spray water into your house, you say, "It must still be good, because it is written that that action is good."

Well, that one was easy, because it's easy for you to say, "Fire. Firemen. Good. No fire. Firemen. Not good." And yet you dig up histories of long ago, where major pieces of the information have been left out, and you still come to the conclusion, "Firemen, good under all conditions."

We are appealing to your logic. We're wanting you to use the guidance that comes forth from within you to determine the appropriateness or inappropriateness of any thought, word or deed -- in your now. Not because there is some outside arbitrator who's getting his feelings hurt if you go astray, but because, in this moment, you may be pinching yourself off from the Life Force that is so natural unto you, so much what you want, and so much what you deserve.

If you think in terms of your connection to Source, first, your life will align. If you will let the thing that is most important to you be your alignment to who you are -- your alignment to Source -- then every desire that is born out of this magnificent contrasting experience will flow easily unto you.

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



# METABOLISM & the Throat CHAKRA



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

**M**etabolism—necessary for all life—is the unceasing transformation of matter into energy (catabolism, a yin process) and energy into matter (anabolism, a yang process). Ideally there is a harmony between catabolic and anabolic processes, a yin-yang balance.

While metabolism takes place at all levels of the body, down to events in the cells, metabolism is governed by the throat chakra.

Beyond metabolism as we usually think of it—involving physical matter such as food—information carried by a more subtle form of energy is also metabolized. This is the job of the throat chakra. Information from the other six chakras passes through the throat chakra.

Seven different truths, different kinds of information, are represented in the seven chakras. Here is how information from each chakra is metabolized at the throat chakra. It is both broken down (catabolism) so it can be assimilated, and assimilated information is built up into new syntheses (anabolism).



**Charles Lightwalker**

*Channeler, Shaman,  
Medical Intuitive, Healer*

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

The value of having all this occur in one place is that the truths of all 7 chakras can be incorporated into the new synthesis.

Each of the 7 chambers of the throat chakra corresponds with one of the 7 chakras.

The 3 chambers on the left side correspond with the 2nd, 4th, and 6th chakras. These are a more receptive energy, more yin. These chakras are catabolic, more involved with breaking down and assimilating information, though this is not to say that any chakra is all yin or all catabolic.

Each has both yin and yang energy, but the balance of these three is more toward yin, toward catabolic action. These three chakras happen to contain more layers that spin counterclockwise (which breaks down, catabolic) than clockwise (which stabilizes, anabolic).

The 3 chambers on the right side correspond with the 1st, 3rd, and 5th chakras. These are a more active energy, more yang.

These chakras are anabolic, more involved with creating new information out of information that has already been assimilated.

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

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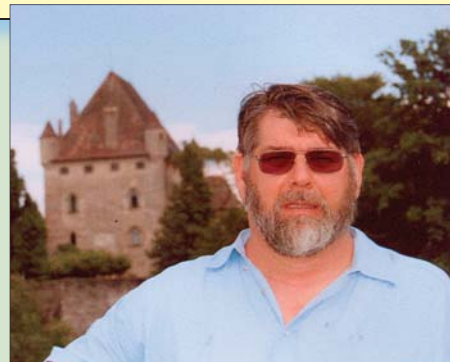
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### COMPLETE PERSONAL READINGS

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

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

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

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

### CREDENTIALS:

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

**Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies. Visit [www.psychicconsultant.org](http://www.psychicconsultant.org)**



# It's Time Again for Change

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



**I**s your life (health, finances, knowledge, inner peace, unconditional love, relationship, work, parenting, etc...) improving or not? If you can say "yes" to all of these, then great! It means you have little or no amount of change to make in your life. If, however, you said "no" to any of these, it might be telling you exactly where you need to do your homework for the next phase of your life. And, as you often hear me say, "You will make these changes either the easy way (as a conscious participant) or the hard way (with denial and resistance, thus causing crisis)."

So let's approach these changes from two sides:

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


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

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

## UPGRADE ALL LEVELS OF CONSCIOUSNESS:

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


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



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**Nellie**

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



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**TESTIMONIAL:** *The day I attended your first class, I was a little nervous. I'm basically shy in such situations. New people, new information and not knowing what to expect. I have to say that as soon as I walked in it was very comfortable. You made it so easy to feel a part of the class and in the first hour strangers were talking like old friends. It was remarkable! I can't say all my questions were answered but I can say that one lesson learned was patience is important :) The answers will come as I grow. Aside from that, the class itself was not what I expected, but something better. You gave us not only instruction from a learned psychic about the basics and the in's and out's of choosing such a path, but we learned from each other as well. I've never experienced teaching in quite this way. All in all, I would do it again. . .and again :) It was fun, it was informative, it was personal. I can't thank you enough for giving your time, your patience and yourself to this effort. Thank you for allowing me to be a part of it. I will attend again and I look forward to it! Thanks again, Ro*

For more info **386-228-0168**

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



# HERB CORNER

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

## Fibromyalgia

**T**he symptoms of **fibromyalgia** can be overwhelming. Aches and pains all over, constant headaches, muscles that twitch, sleep problems, weight gain, depression, menstrual irregularities and a weakened immune system. As of now there is no conclusive cause of fibromyalgia. What might have started as a simple injury or virus may have triggered a response in the muscular and nervous system causing the nerves to constantly over fire extending out to more nerves. Other possible causes could be heavy metal toxicity, parasites, candida or the disruption of pain receptors. Because there are so many possible causes it is best to find the root cause.

If you have **fibromyalgia**, avoiding citrus, processed foods, artificial sweeteners, margarine or fake butters, flavored coffees, creamers may ease some of the symptoms as they over stimulate an already overloaded nervous system. In their place foods, herbs or supplements that are rich in B vitamins can help to relax the muscles and support the nervous system. **Malic acid** taken with **magnesium** helps to fight fatigue if you are deficient in these necessary minerals there can be breakdown of the proteins in the muscles that is needed for energy. Over time this deficiency causes fatigue, muscle spasms and pain.

Herbs can be used to both alleviate the symptoms and help ease the cause. **St. John's Wort**, **Turmeric**, **Boswellia**, **Ginger** help to ease pain, reduce inflammation, ease muscle aches and support the digestive. **Passion Flower**, **Valerian**, **Chamomile** help to reduce anxiety that goes along with the constant pain. They can also help with sleep and depression. **Turmeric**, **Dandelion Licorice** or **Wild Yam** support the liver and aid digestion in the proper assimilation of nutrients and with detoxifying the body. These along with **Spirulina**, **Kelp**, **Cilantro**, **Bentonite Clay** will help to reduce heavy metal toxicity associated with the possible cause of fibromyalgia. **St. John's Wort**, **Pau d'Arco**, **Garlic**, **Oregon Grape Root**, **Astragalus** will help to support the immune system. These herbs have a greater effect on fighting viruses if there is a viral link to your fibromyalgia. **Eluthero**, **Rhodiola**, **Ashwaganda**, **Astragalus** support the adrenal glands. Because stress, lack of sleep, constant pain, insufficient absorption of nutrients, depression, poor bowel function and weight gain can all weaken the adrenal glands. One of the nicest things you can do for your body if you have fibromyalgia is to provide it with nutrient rich herbs like **Burdock**, **Dandelion**, **Red Clover**, **Nettles**, **Oat Straw** or **Slippery Elm** these will help with both the symptoms and the possible causes. Don't forget lifestyle modifications. Relaxation and meditation will help reduce stress and pain. Mild exercise can help ease muscle tension. Or a massage using a combination of essential oils like **Rosemary**, **Camphor**, **Peppermint**, **Lavender** and **Wintergreen** can be both relaxing and beneficial.

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April 3 - Herb Class - Immune System & Winter Health  
April 10 - Psychic Fair 10-3 p \* Gemstone Class @ 3:30pm  
April 17 - Herb Class - Herbs for Kids  
May 1 - Herb Class - Female Reproduction

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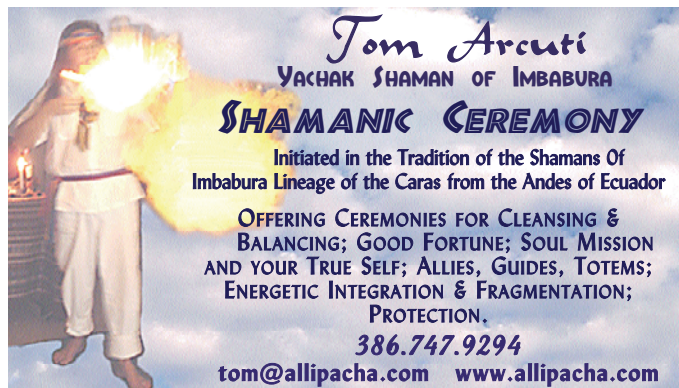
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showcasing her gifts on "America's Psychic Challenge". Ask your specific questions at [www.MichelleWhitedove.com/contact.php](http://www.MichelleWhitedove.com/contact.php) and be sure to check her local appearances

**Dear Whitedove:** Last year my husband and I became pregnant but unfortunately I was told three months in that the baby would be born with some major birth defects so we decided to abort and try again for a healthy fetus. Since then I've had feelings of guilt and grief that my child is gone; and now I wonder if what we did is a sin. Did we create negative Karma for ourselves by making that choice? **Not Perfect in Daytona**

**Dear Not Perfect:** Even the bible tells us that the baby does not breathe its first breath of life until it is born. Just as we have different death dates, we also have different arrival dates. Sometimes a soul will choose to wait rather than to be born into a body that is physically or mentally dysfunctional. This does not mean you will not have that soul at a later date whether through a different pregnancy or maybe that soul will even use another body as a birthing vehicle only to be adopted by you. I have given thousands of readings, "Spirit" addresses abortion as a choice, and does not carry negative karma with it unless used inappropriately like using abortion as a repeated form of birth control. Do not think of a miscarriage or an abortion as a death; instead remember that it simply a delay. That soul will be waiting in the heavens for a better opportunity to come into a physical life.

**Dear Whitedove:** My elderly aunt says that I have a Gremlin living in my house? This was her explanation for a bunch of unrelated electrical issues in my home. I'm starting to wonder because at times my appliances work, then they will go on the blink. **Mischief Maker, Boston**

**Dear Mischief:** There are many realms that co-exist on planet Earth. Some are visible, others are not. The Angel kingdom and the fairy realm are relatively unseen but they are a dimension that exists among us. Your aunt is a wise woman; please listen to her so that this knowledge is not lost. Gremlins are the playful little souls. But don't worry, everything will fine. These fun loving beings are meant to bring joy into your life. So just learn to laugh at the little inconveniences.

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

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# The Prosperity PROJECT



Valerie Saurer is the founder of The Attitude of Gratitude Project, an interactive gratitude journal on Facebook visited daily by thousands of grateful people from all over the world. She is the author of two blogs, <http://thenewbookofclues.blogspot.com> and <http://LivingGratitude.com>, <http://attitudeofgratitudeproject.com>. Email [sendoutgratitude@yahoo.com](mailto:sendoutgratitude@yahoo.com). See page 39 for event.

**T**his game I call **The Prosperity Project** was suggested by Abraham-Hicks in the book, *Money and the Law of Attraction*. The idea of the game is to get used to the idea of having, spending, and enjoying money. Start small, and every day increase your allowance by \$1000. Gradually, you will be able to easily picture yourself having larger and larger sums of money, and that idea won't seem entirely ridiculous to you, because your dream grows incrementally over time.

## Prosperity Project Day 5.

Today we get to deposit \$5000 into our imaginary checkbook and decide how we will spend it.

So far I've flown first class to San Francisco, bought some great walking shoes that I now wear every day, and an all-weather jacket that will go from the Pacific coast to the mountains of North Carolina. I love the cool weather. Flying first class was definitely the way to go!

I bought the latest iPhone so I could get the most functionality out of the tool I carry most. I got a nice point and shoot camera so I can take pictures of things I like as I'm learning to spend money on things. I fixed up my car and cleaned up my house. I upgraded my computer equipment and software to make my computer work easier and more efficient.

Each of us, I've noticed, has spent this early money bringing our current situation up to the standard of our imagination. We each look around us and see how our present situation could be made better. We've bought better tools and fixed up our homes. We've been building the strong foundation to our new lives. We've all been led to give money away to help those that we love also achieve a strong foundation of being totally supported by the universe. We've helped friends in need and are helping to bring music to the world by supporting a brand new orchestra.

This exercise has caused me to pay close attention to how I feel about money. I'm using Byron Katie's Work to explore those feelings, but for now I'm just noticing whenever a limiting belief rears its insistent head. So far I've discovered two:

First, I seem to believe that I should only have what I need, meaning it's wasteful to buy things just because I think they'd be fun to have.

Second, I feel overwhelmingly guilty whenever I "shamelessly" suggest to people that I have a product to sell. This, I think, is a big reason why I've never made a lot of money. As my brother always says, "They can't say yes unless you ask." I'll have to work on that one.

Come to think of it, my guilt at asking to be paid is probably why I was able to amass \$250,000 in debt. Somehow my ability to allow good things into my life grew just a bit faster than my ability to ask to be paid for my contributions. Yes, I'll definitely have to work on that one.


One of my friends told me that his first stab at prosperity ended up pretty much the same way. He visualized a certain amount of money, and at the end of the allotted time he had, indeed, attracted that very number. But he attracted that amount of debt, not that amount of wealth. Hmm. It happened to both of us in just the same way. Sounds like a principle is hidden in there somewhere. A clue, if you will.



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...continued on page 33 ...



# From the Heart

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



## Play The Mistake

Just before Christmas last year, Rob Anderson went into a convenience store to purchase three \$1 Powerball lottery tickets as stocking stuffers. The clerk misunderstood Anderson's request and erroneously printed one \$3 ticket. When Anderson called the mistake to the clerk's attention, the clerk offered to nullify the ticket. Anderson decided to just go with the current of events, he accepted the ticket, and purchased the three stocking stuffers in addition. Rob went home and tossed the mistaken ticket on his nightstand.

The day after Christmas the winning numbers were announced and Anderson figured he would check the mistaken ticket just in case. That was when he realized the mistake was no mistake. He had just won \$128 million, the largest Powerball jackpot ever paid in the Kentucky lottery.

Sometimes what seems to be going wrong is really going right. From a human perspective it may appear that things are working against you, when they are really working for you. That's why it's important to be vigilant for what errors might lead to.

When my friend Stephanie visits her parents every year at Thanksgiving, one of the highlights of the family's traditional meal is "Mistake Salad." "Many years ago mom was preparing a salad using a cookbook," Stephanie explained to me. "When mom finished, she realized that she had accidentally merged the recipes for two different salads — one portion of the ingredients for a salad described on the left open page of the cookbook, and another portion from a different salad described on the right open page. The salad turned out better than any other salad we had had, so now she replicates it every year as the famous 'Mistake Salad.'"

Speaking of salads, have you ever heard how the famous Caesar Salad began? Cesar Cardini was the working in a small restaurant near a tiny airport near Tijuana, Mexico. One night during a rush of customers, the kitchen ran out of salad ingredients. When the next salad order came in, Cardini

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

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## *Focusing on the Positive*

**I**n any given moment, there is ample evidence to prove that life is a bed of thorns or a garden of roses. How we feel about life depends on where we place our attention, that is, what we focus upon.

Did you ever notice that every time you are given a rose, the stem is covered with thorns? Do you say, "Why are you giving me this stick with thorns on it?" Of course not. You admire the beauty of the rose. Even if you prick yourself in your enthusiasm, it never seems to hurt--you are too engrossed in appreciating the rose and the person who gave it to you.

Right now, in this moment, without moving from where you are, you can find ample evidence to prove your life is a miserable, depressing, terrible burden, or you can find evidence to prove your life is an abundant, joyful, exciting adventure.

Let's start with the negative. Look at all the imperfections around you. No matter how good anything is, it could be better, couldn't it? Look for dirt, disorder, and dust. See all the things that need cleaning, repairing, and replacing? An endless array of clutter, chaos, and catastrophe assaulting your senses. And all those damn alliterations in this paragraph. Dis-gusting.

Now, explore the same environment with an attitude of gratitude and appreciation. Look around the same area you just surveyed and find the good. You can start with whatever you're sitting or lying on. Look at all the other objects you use but take for granted--glasses, tables, windows, the walls. the electric light. What around you do you find aesthetically pleasing? A painting you haven't really looked at in years? The detail work on the clothes you're wearing? A flower? A vase? Wallpaper? Carpet? When was the last time you took a moment to appreciate colors?

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



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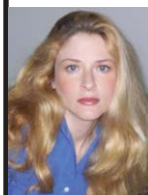
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*"Aimer tous, servir tous"*

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

*...continued from page 7..*



Also, while I waited for Maria while she was in the bank, I got a voice mail on my cell phone that I likely wouldn't have gotten for several days since I don't turn the phone on unless I'm in the car. If the phone is not on, my caller id does not record the number of the missed call. As I was checking the voice mail, they called again. If I hadn't been in the car right then, they would not have gotten me on the cell phone. More synchronicity!

On the way home I stopped at Circle K to buy my \$20 Fantasy 5 quick pick tickets and saw my friend Joy in the store and we got to chatting. I didn't notice until I was halfway home that the cashier had given me 20 Mega Money tickets instead. I can only assume that means the Universe had to distract me to give me a winning ticket. I'm cool wit dat. In fact, Alan Cohen's column this month is about just that. See page 17, Keep The Mistake.

So I can never complain when my plans get interrupted. I know it means the Universe has something better in mind for me. And I love how all my friends line up in the dance with me.

### **A CREATIVE VISUALIZATION TO ATTRACT DOLLARS**

One thing I really like about my life is that it is an ongoing research project. The study and research fulfills the 12th house Aries Sun, Jupiter, Mars, Venus in me. I talk with a lot of people during the course of a week and I love seeing patterns emerge in their topics of interest. One topic of universal interest is attracting more dollars, and the easiest way I know to do that is using creative visualization. Here's a creative visualization tip to practice for 2 minutes each five times a day:

*You're walking out to your mailbox, and you're excited because you know good things are in the works for you. You're opening your mailbox, and you see an unexpected big check payable to you. You're thrilled, you're excited, and you know there's more where this came from. Yes!*

I'll tell you, when I first began this visualization, I envisioned cash money waiting for me in every mailbox I passed on the road as I drove. Then my human brain made it feel weird to me to be taking cash from other people's mailboxes, even if was just in my imagination... So I changed it to checks in my name being in their mailboxes.

Do you want to know how I knew it was working? I never, never get paid in cash in my business, yet when doing the first visualization, clients began paying me in cash. When I changed my visualization to checks made out to me, suddenly clients who had for years made all checks payable to Horizons Magazine began writing them to me personally. I hadn't been specific enough. When I again changed the visualization, to have the checks payable to Horizons, then clients went back to writing checks to Horizons. Trippy, huh? No, it's just scientific proof that if you do A, B and C, then D is the natural result.

I even tell my advertisers to do their part in our co-creative venture of their ad in Horizons: "During the time your ad runs, make sure that at least twice daily you do a visualization session seeing people respond to your ad. Envision the calls coming in, envision new people walking in the door and being excited about what they find there. Envision opening your bank statement and seeing the balance double and triple. Envision opening your email and seeing the registrations and PayPal payments come in."

"Envision going out to your mailbox and opening it and seeing lots of checks with your name on them. Envision people you already know coming to class or current students taking extra classes. Envision them telling friends about it, and see them happy and excited about what you have to offer. Do these visualizations long enough and often enough that you yourself feel excited and hopeful while you are doing them. From that consciousness, people will be drawn to you and your ad and your business like never before."

Turning other people on to this technique gives them the tool to attract their own dollars, and when you help someone else, you help yourself as well. If you find it's not working for you, email me at [horizonsmagazine@aol.com](mailto:horizonsmagazine@aol.com) and we'll fine tune your script to make it work for you. If you meditate for at least 20 minutes a day, you'll find yourself being more successful in your visualizations.

Go to [www.horizonsmagazine.com/blog/](http://www.horizonsmagazine.com/blog/) and in the SEARCH box, type in Meditation or "Creative visualization" and it will take you to those pages where I give detailed techniques (for free).

### **HOW CAN YOU EXPECT A \$\$ WINDFALL WHEN YOU ARE ON A FIXED INCOME?**

After reading the above, my friend Domino wrote me: *I know this might sound ridiculous, but I feel loads of resistance to visualizing checks payable to me in a mailbox coming from "out of the blue." I get paid the same amounts from the same sources and they're all direct deposited. I find my analytical mind getting in the way of my visualizing. And I can literally FEEL the resistance. How can I get past that? I would definitely appreciate any tips you might have toward getting past this. My mind gets in my way. HELP!*

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



# THE SOUL TRUTH

## A Guide to Inner Peace

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



## Q&A:

*Could you address the relationship between the doing and the allowing aspects of manifesting?*

Allowing is having a waiting, a period of time when there is a comfortableness in waiting for opportunity to present itself, and the doing then can be. As many have found in doing, doing, doing, it does not allow for receptivity. It is an expenditure of energy that has no allowance.

So it is more important to place intent and desire out, and to learn the patience and the awareness as opportunities present; to discern and then to act. It is better use of energy, is it not?

*Are there no limits to what we are capable of manifesting and are we able to manifest instantly that which we desire?*

Yes. And many are experiencing, as they move forward in the acceptance of one's totality and integration into the whole self, the ability to manifest in the immediate all their wishes and desires.

Meaning, that there are beings that have the ability and awareness, that place intent and act upon the energy as it is brought forward, and have the trust in the manifestational process. So it would then be perceived as instant manifestation, for there are no blockages.

There is the placing of the energy forward, the intent, the thought, and then the reflection in the immediate back to the outcome or the event. Do you understand? For then there is the collapse of time and space, and that is the immediate. So there would be the placed intention, and the receptivity, and the awareness of it. That is in the millennium to come. It is in the present.

*Will we be able to manifest, as some people on this planet are known to do, whatever it would be that they would desire at that time?*

This is what many people perceive as magic.



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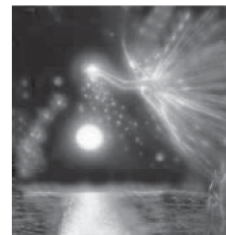
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*How do we do that? Is it a learned ability or remembered ability that we simply allow ourselves to be open to?*

It is allowance. The ability is there. It is a remembrance, it is an allowance, it is a recognition, it is a trust, it is a perception. All of those things come into play within that...and knowing.

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

*You come forth in clusters with intentions to enhance one another's experience;  
and when you meet up with your cluster, it's really fun. Abraham-Hicks*

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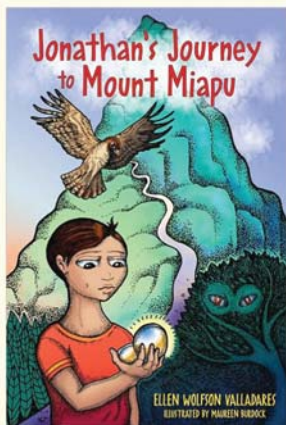
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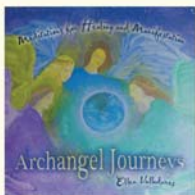
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## Red Robin

**A**nimal symbolism of the red robin deals with:

- \* Joy
- \* Hope
- \* Clarity
- \* Renewal
- \* Pleasure
- \* Simplicity
- \* Happiness
- \* Satisfaction
- \* Rejuvenation
- \* Contentment
- \* Bright future
- \* New beginning



There's a reason we "start singing that old sweet song when that red robin comes bob bob bobbing along."

Foremost, the red robin is a portent of spring. Robins are one of our first visual signs from the animal kingdom that the return of warmth is on its way after a long winter haul. This is a time for celebration! Bird song returns to the skies, little buds on trees are ready to burst open, and the spring flowers are poised for blooming. At long last we can put away our coats and mittens; the first red robin has been sighted!

Native American Plains' tribes attributed the return of the sun (inception of spring) with the red robin too. Indeed, many Native American beliefs attributed solar symbolic meaning to the red robin because its rosy red chest is symbolic of the dawning sun. Also, its bright yellow beak is symbolic of sun rays lighting the earth with hope. Omaha tribes believed the sun rose and set on the wings of the robin.

The robin's bright yellow beak is also symbolic of sun rays to the Native American. Native Americans attributed their beak color with being mindful of the spoken word. The robin was a sign to only present the highest truth when speaking.

Further, Iroquois and Shoshone tribe lore indicated the white ring around the red robin's eye was symbolic of prophetic vision, clarity, and great wisdom. The robin would be called upon during ceremonies when clear understanding was needed, and quality judgments needed to be made.

The robin brings a fresh new perspective to situations that are otherwise foggy and unclear. Try calling on robin energy for clarity when your judgement is clouded or when you need light shed on an issue.

The red robin reminds us it's time to shake the sleepiness out of our head (both figuratively and literally), get alert, get moving, and start enjoying life! Spring has sprung, tides have turned, and no matter how crummy or grey our world has been it is time for new beginnings! Enjoy the bright road ahead because it's only going to get brighter!

Not only is the robin a promise of new beginnings with the new cycle of spring in our midst, it carries symbolic meanings of cheer, joviality and light-heartedness. We can see this in the spring of the robin's step, and it reminds us of that wonderful song I quoted in the intro of this post. The song also hails the message: "Live, love, laugh and be happy" and that is precisely what the symbolic meaning of the red robin tells us too.

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# Abraham-Hicks



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

Many of you are standing in a place different than you really would like. Sometimes you have physical conditions that you'd like to release. Sometimes there are things not in your life that you'd like to draw into your life. Sometimes your life is feeling very good, but you want more of what feels good. And the Art of Allowing is your key to living happily ever after.

Now, when we say, "Happily ever after," we're only talking about "Happily ever after," here in this physical body, because happily really ever after is a sure thing. You cannot help but really live really happily, really ever, really after, because you are Eternal Beings. And you are destined to joyous experience.

Sometimes you are not living happily ever after, here and now. The only reason that any of you is not living happily ever after, in the here and now, is because you are holding incompatible vibrations within you -- that have been given to you by others, and by your own exposure to life conditions and experience, erroneous conclusions that do not measure up to *Law of Attraction* as we know it to be.

You know you're in alignment with Source Energy when you feel good. So let's say you're remembering something about your behavior from past experience. Maybe it happened yesterday. Maybe it happened when you were 16. And as you remember it, you feel uneasy. You feel guilty. You feel uncomfortable as you think about this.

Now many would say to you, "Well, that means you are guilty. That guilty feeling is because you did something really, really bad. And that guilty feeling is what it feels like when you've done something really, really bad." And we say, that guilty feeling doesn't mean you've done something really, really bad. It may mean you think you've done something that is really, really bad. But what it really means is, right here and now, you are choosing an approach to a thought that is not consistent with your Source Energy.

Your Source Energy adores you, and, in this moment, you are choosing not to. You are choosing to remember something that someone else said. You are concluding that you are inappropriate, while your Inner Being concludes that you are appropriate.

Some feel uneasy as they hear us express this, because they believe that the only way that society can ever be contained, to not be outrageous foolish victimizers, is by holding them down with restraints or laws, or worrisome things like prom-

ises of punishment after death. And we say, any individual or a society who is, in this moment, allowing Source Energy to flow is not something that you need fear -- but something that you would all revere.

You put yourselves in an impossible situation, because you live in an environment where there are lots of different approaches to life. And then you wrestle one another to the ground, eternally, as you are warring over whose beliefs are really the right ones. As if there could ever be one set of beliefs that is right in all cases.

Were the firemen right, or wrong, to put out that fire? Were the firemen right, or wrong, to break out those windows? And if they were right under that condition, then are they right under all conditions? Of course not. The condition has a lot to do with it, doesn't it? You must be allowed to make your determination, in the moment. You must be allowed. And you are.

You are Eternal Beings, eternally moving forward. You cannot get it done, and you cannot get it wrong because every place that you stand is a new place of conclusion. So let's say something happened when you were 16, or yesterday. And you are uncomfortable about it having happened. Your work, today, is to bring yourself to a place of comfort. So, we ask you, do you think that place of comfort will come to you by further condemnation? Do you think it would come to you by going back and reliving the event? Or is it even possible to go back and relive the fact over again? You can't go back and relive it. And it has nothing to do with your now.

The only thing that has anything to do with your now, is, are you letting it in? Are you letting in your Inner Being who adores you? Are you allowing God Force or Creative Life Force, or whatever it is you're wanting to call it, flow through you here and now? Or are you using some flimsy excuse of something that happened when you were 16, or something that happened last week, as your excuse to not let in who you really are?

Accept yourselves as the eternally evolving, blessed beings that you are, who have only one question to ask, and that is, "Here and now, am I lettin' it in? Never mind what happened back then. I can't go back there and let it in. I can remember not letting it in, or I can remember letting it in, but here and now, the question is, am I letting it in or not?"

When you let in who you really are, you feel so very good. When you look at yourself and say, "These are positive aspects of me," you feel wonderful, (when you mean it). When you look at your mother or your sister or your mate or a friend, or at an enemy, and you look for positive aspects, you feel good. Because when you choose a positive aspect, you choose a point of view consistent with the GOD within you.

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



## From The Heart

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

threw together whatever scant ingredients he had on hand. Behold the birth of one of the world's most popular salads! (Originally it was called "The Aviator.")

Robert Louis Stevenson noted, "Life is not a matter of holding good cards, but of playing a poor hand well." Yet what is a poor hand, but a good hand in the making? What is a minus, but half of a plus waiting for a stroke of vertical awareness? And what is an error, but something to parlay to create something far more valuable than what would have come had the error not occurred? As Ralph Waldo Emerson noted, "A weed is a plant whose virtues have not been discovered."

All of life is interpretation. It is not the events that occur that make or break a life, but your interpretation of them. You can make anything out of anything, so why not make it what you would choose?

Years ago I was looking for a new location for my office. I found a site that was suitable but not great. In expedience I decided to rent it, and I asked the realtor to get me a contract. The realtor kept delaying and delaying, unto just a few days before I had to move. When I asked him about the contract he confessed that the owner did not want to rent to me because he had seen one of my books and he did not agree with my philosophy. I grew angry and complained about discrimination. Yet when I consulted my inner guidance, it advised me to simply let it be.

That day as I was driving home I decided to take an alternate scenic route. Along the way I noticed a storefront for rent. When I inquired, I found the owner to be a lovely woman who had been using the space for tai chi classes. We liked each other immediately and I rented the space. The facility was in a beautiful area, close to my home, with more space and far less rent than the space from which I had been turned away. Ultimately I blessed the original landlord for denying me. He was the vehicle by which I received something greater.

Life is trying to love you, and apparent mistakes may ultimately serve you. It is said that "disappointments are the hooks upon which God hangs his victories." Nothing ever gets so bad that it cannot get good, and often the good that comes after the bad is greater than the good that came before it.

The next time you encounter a mistake, Rob Anderson would be a good guy to remember. As he deposits his annual checks for millions of dollars, he would probably suggest that we, too, do not resist errors, but let them work in our favor.



## Metabolism & the Throat Chakra

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

But again, every chakra carries out both processes- it is simply that the balance of these three is more toward yang, toward anabolic action.

These three chakras contain more layers that spin clockwise (anabolic) than counterclockwise.

The energy of the 7th chakra comes through the central chamber, at least during the times in our life when we are enjoying harmony among all our chakras.

When this harmony does not exist, however, because new information needs to be synthesized, or because of stress or other factors, the energy of the throat chakra comes through the central chamber.

It does this to give a boost to the metabolizing and harmonizing of all the chakra energies it is managing.

When the throat chakra energy comes through the central chamber, the energy of the 7th chakra will move through the far right chamber.

In case all of the above is too simple, some people are more yin and others more yang, which impacts the degree of anabolic or catabolic properties you will see on each side of the throat chakra.

There are also figure 8 forces and spiraling layers of energy that move and blend the energies of all the chambers together, which are the final influences on the way the throat chakra metabolizes information from the other six chakras.

### *Oobe You Are Not The Body*

**An astral flight out of the body**

*A \$10 mp3 file by Andrea de Michaelis*



**SEE PAGE 46**

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**SEE PAGE 46**





# The Soul Truth

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

*Is there any guidance outside of ourselves that influences this process?*

There is much guidance outside the self when requested.

*In the manifestation process, is that applicable?*

When asked, there is assistance. But it is within the self that the asking comes, does it not? So the answer is yes on both counts.

*How do past life experiences affect our ability to manifest in this life?*

Out of old patterns and beliefs of not being good enough. That is why it is a time of full soul integration. For there are those fragmented parts of the soul that do influence the patternings of beliefs within this incarnation. Soul integration. Do you see?

*Along those same lines, do we, in fact, create in our reality that which we fear the most?*

For is that not a thought? Yes.

*There is no differentiation, is there?*

There is not. And there is no judgment.

*So, if we are fearful of something and attach any energy to that fear, it is likely we will manifest that in our lives, isn't it?*

Yes. Energy does not define what is projected. The energy does not judge or define the projection of thought. It is an energy that is placed forward, whether it be a fear energy or that which one might term positive. Do you understand? There is only energy. And the universal experience is that it is then mirrored back unto the self. Do you understand? Whatever, it is that energy. So the universal energies do not define if one places a fear base for creation, or the desire for money as the creation, it does not discern or judge it. There is no capability of that, you see? Energy is energy. That is why we stated be judicious in your desires, be discerning in your desires, for surely they will manifest. And a desire can be fearfully based.

*Do we create traumatic events such as rape or horrible injuries or abuses through our thoughts and words? Do we draw these into our experience?*

Through a belief. Yes.

*The belief that they may happen?*

The fear. Again, that's energy. And it is a projection of thought. It is also that it is a bit more complex than that. It is simplistically stated as we have. But the questioning would be why would an infant be abused? But know that is a soul lesson and oftentimes for the adult or the parent, not only the child. The soul chooses perfectly what is important for its growth. The soul has a blueprint of experiences. Know that oftentimes, particularly in an infant or a young being, a young body, the soul is very old and wise and comes in as a teacher for that body or that environment - those personalities that it touches, whether it be individuals or society. It could have a broader teaching or a very singularly purposed teaching. There are many martyrs that have been in the work, have there not?

*So when we place a thought on a particular desire, and an opposing force, another human being or group of human beings, has an opposite intent, what determines the outcome of that?*

As to the question being, can another block the manifestation for another, ultimately no. Unless the personality that is placing the intent has a belief that they can do it. For it is the individual belief that is important here. It would be whoever would be most powerful in their intent, and their belief of its outcome. So if you have ten personalities and an equal ten on the other side, and all remain focused on the exact same outcome, each will create a different event, would they not? If it is a similar event, and one wants to usurp the will of the other, to be more powerful, then all things being equal, if there is one in the ten that has a belief that it could not happen, that weakens its structure, does it not?

So in a weakened structure, the outcome can be changed, yes.

*And the more people involved in a particular desire for a particular manifestation, the more likely that the event will happen as desired.*

Yes. Power in numbers.

*What else can you share with us about manifestation?*

It is God's desire that all beings have the abundance that they seek. It is important in the individual, within the environment of the earth, to understand that it is the ultimate love that allows beings to manifest all they desire. It is the ultimate love that allows beings not to manifest all that they desire, for therein lies the lessons. Love the self. Fully integrate the self, and all things are possible.

# 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: [soulsonkgaren@cfl.rr.com](mailto:soulsonkgaren@cfl.rr.com). Karen's blog: [www.abrahamfun.com](http://www.abrahamfun.com).

## Action or No Action?

**Q:** "I heard something today on an LOA (law of attraction) site that I've heard several times from various "The Secret" teachers and it just doesn't seem to fit with the Abraham perspective, but maybe I'm being too simplistic. It's that you can't just want something and feel good and have it happen. You **MUST** take action. Am I misinterpreting Abraham, do you think, when I conclude that what they say is that action is not necessary? I know they say that taking inspired action from a place of "this makes my heart sing" is an aligned thing to do, but my understanding is that it's not an action journey. I'd love to hear your take on this. Thanks."

**A:** I've noticed various teachers from "The Secret" movie have, since the movie's release a few years ago, tended to explain, qualify, and dial down this message: "It's all about mental focus."

It seems that I recall Bob Proctor, on one of the talk shows that featured these now-famous teachers from "The Secret," adding that a person can't make it **ONLY** about thoughts. One has to take into consideration one's eating habits and nutrition, too.

And "Thoughts Become Things" teacher Mike Dooley, who bases his worldwide outreach here in Orlando, went a similar route in his new book, *Infinite Possibilities*. I recall, as I listened to the (excellent) audio book version, that Mike bent over backward to emphasize that we cannot sit on our hands and do nothing after we've visualized. We must take action to bring our goal, our dream into manifestation.

(Mike's brother, Andy, is a friend of ours here in town, and Andy gives terrific Law of Attraction/humor presentations all over the country. He also creates wonderfully whimsical LOA artwork.)

Anyhow, I'm guessing that those folks from "The Secret" were reacting to one of the biggest criticisms leveled at the movie from people who were new to the ideas presented there: "The Secret" gave people a pie-in-the-sky, misguided notion that if they simply focus on what they want, it will come to them without any work on their part.

That was a common reaction that Mark and I noticed from people to whom we showed "The Secret" when it was first released. So, to make the message more palatable, various teachers have emphasized, in deference to the work ethic that runs hard and strong throughout the land, that we must put some shoe leather to our visualizing. Others, like Proctor, insist that it's all about mental focus **PLUS** their favorite ingredients du jour: nutrition, meditation, sweat lodges (OK, I'm hitting below the belt), you-name-it. (*Editor's comment: she's simply telling the truth*)

But what does Abraham-Hicks ([www.abraham-hicks.com](http://www.abraham-hicks.com)), the most quoted Law of Attraction teacher of our time, say? "It's all about mental focus."

*It's all about mental focus. Period. Paragraph.*

A person could conceivably sit in their living room in couch potato fashion, align themselves through their mental focus with their desires, and have the object of their attention delivered straight to their door. As Abraham says, every manifestation is 99.999999999999... (well, you get the picture) per cent completed before it ever appears in physical expression. Any amount of effort we exert in order to make something happen after we've lined up with it through our happy thoughts is, well, negligible at best.

My feller, Mark, and I've discussed this startling aspect of the Abraham teachings on various occasions. Mark reminds me that we're physical beings who like action, so maybe it's not **ALL** about thoughts. I remind him that Abraham says we came into physical expression to create through our thoughts and then to enjoy what we created through our pursuant action—action that we're inspired to take as a result of those thoughts.

Mark counters that if we didn't come forth to create through action at all, why would we come into physical expression? I respond in my typical little goody-two-shoes Abraham student way: We came here for the exaggerated contrast. that elicits more intense desires than we could generate and enjoy in non-physical.

We are all action-oriented beings, and it's truly challenging at times to "wrap our brains around" the concept that we create through mental focus. But I do believe that is the clear Abraham message. And I believe "those old dead guys," as they have sometimes jokingly referred to themselves, present the deepest truth about the nature of existence that is coming forth today.

Yep, it's all about focus. It's all about mental focus. It's all about that.

**Think happy thoughts & good things will happen**

Bumper magnet available at  
[www.karenwilliams.net/BuyBumperMagnet.html](http://www.karenwilliams.net/BuyBumperMagnet.html)





# Prosperity Project

*...continued from page 16...*

My friend Andrea of Horizons Magazine recently sent me imaginary checks written from someone else's imaginary checkbook. There were three of them, all written out to me. One was a contribution from some big important guy for \$876,537.73. The next was from a publisher, as first installment on my book: \$1,673,241.67. The last one was from the Florida Lottery for my first annual installment of \$16,847,642.53. I love that she made checks come from sources that are indeed within the realm of what is possible for me. I am writing a book, I can buy lottery tickets, and I have lots of projects that the big important guy might want to support.

To help me visualize this journey into prosperity, I bought a 3-ring binder where I'm going to put pictures of the stuff that I will be manifesting in my imaginary world. In the front of that binder I've put those three checks, along with the \$1,000,000 bill I got from Kandi Mundy Phillips of Awaken Your Space. I plan to fill the notebook with pictures and other visual representations of the things that I will be buying with my money. It will be like a vision board.

Visualization is a powerful tool. In order to be effective, we need to be able to actually feel ourselves enjoying the things that we're buying. We need to bring as much emotion into the exercise as possible. We need to imagine the experience using all of our senses: Touch it, feel it, smell it, taste it, see it. Love it. Imagine the people around us being happy. Imagine relationships becoming stronger as we and our loved ones no longer have to spend all our energy struggling just to meet basic needs. Who will you bring with you on this imaginary journey? I think as we do this daily exercise we will begin to find out what it is that we really value. Are you ready?

\$5000 Deposit

\$ 500 God's Money goes to the Space Coast Symphony Orchestra.

\$1000 Wealth Building Account (Total \$2400)

\$3500 To buy lumber so Keith can build me a studio on the front of the house.

How will you spend your \$5000?

## *CLUE: Visualize Earning Money*

In the Prosperity Project, we are imagining that we are earning \$1000 more every day and we are deciding how to spend that money. I've started to realize that I'm much better at pretending to spend money than I am at pretending to earn it. Today's clue, then, will be to pretend that you are actually earning the money we deposit every day.

Think about how you make money now. Do you manage a pool store? Sell insurance? Do you have a website? Are you a network marketer? Whatever your current job, imagine yourself doing that. No, really.

Only this time imagine yourself doing that and really loving it. Imagine that everyone who uses your service or buys your product gets a massive amount of value out of it. Imagine that you and your customers are so outrageously happy for the service or product you provide that they gladly pay you insane amounts of money. If you have a store, imagine it bigger, with more employees and way more customers. If you sell insurance, imagine dozens of agents in offices all over the country, all making money for YOU.

If you have a website, imagine that you are #1 on all the search engines and people are talking about it on Oprah and Twitter. Imagine your site going totally viral. Can you feel you exciting that is? Can you see the money rolling in? How much money? Put a dollar amount on it, and imagine it going into your bank account.

Now, I want you to think about something that you do just for fun. Do you like to write? Take pictures? Do some kind of art? Sing? Dance? Sculpt? Garden? What is your passion? What is the thing that, when you were young, the grownups told you, "That's nice dear, but it's not practical. You'll need to have a real job."

Go back to that thing, and now imagine yourself doing it and getting paid big money. Imagine yourself waking up excited and passionate about going through your day. Imagine that you get to do all of the things you like best, and all of the things that you don't like to do, imagine yourself paying someone to do them for you. How would you spend your days? What service or product would you supply that people would be lining up to pay you money for? Imagine yourself doing that. Imagine cashing really big checks.

So for the next few months, every time you deposit money into your imaginary checkbook, take a minute to imagine how you might have earned it. Feel good about being able to bring enough value to others that they are willing to pay you enough to make these large daily deposits.

As you imagine, I want you to imagine that although you're grateful for the generous cash flow, you're not really surprised by it. You are, after all, worth every penny.

So let's make some money!!

# COVER ART

## Heart Wings BY LORI HLAVSA



Residing in Florida with her husband, [Lori Hlavsa](#) is an accomplished artist. "I hope to take the viewer to a place where Imagination and Dreams really do exist". At a young age, Lori began to sketch and imagine freely. She began to work as a freelance artist in high school. In the 80's, Hlavsa's airbrushed murals on motorcycles, and vehicles were popular.

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

Through the 90's Lori worked with handmade papers, to escape the commercial art. The paper sculptures evolved into human-

like figures of clowns, fairies and dancers, sold in art shows, as the children grew up. After 2000, Lori returns to illustration and mixed-media painting. Much of Hlavsa's themes come from family, nature, and the inspiration that surrounds her.

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

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Email to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) and call 321-722-2100 with credit card info.  
No calendar listings taken by telephone. All listings must include time and physical location.

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

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

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

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

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

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

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

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

Sundays MELBOURNE Metaphysicians' Circle meets at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7-8:45pm \$3 321-537-3843

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7:00 to 9:00pm \$3 admission 321-537-3843 \$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](http://www.spirit-chapel.org)

Sat., April 10, FORT LAUDERDALE, 9-5 "Charisma - The Tantric Way to Personal Magnetism". With Master Sunyata & Amrita Saraswati. [www.shentaoinnergyarts.com](http://www.shentaoinnergyarts.com)

Sun., April 18, FORT LAUDERDALE, 10-6 "Strengthen Your Immune System". With movement, sound, and breath. Master Sunyata & Amrita Saraswati. [www.shentaoinnergyarts.com](http://www.shentaoinnergyarts.com)

Saturday-Sunday April 24 & 25 2010 PENSACOLA Circle of Life Expo • [www.circleoflifeexpo.com](http://www.circleoflifeexpo.com) • Ericka Boussarhane, International Psychic Medium, Host of CBS Radio - The Sky "Whispers From the Heart Radio" Talk Radio For Your Body, Mind, & Spirit [www.coldcasepsychic.com](http://www.coldcasepsychic.com) [psychicgift@aol.com](mailto:psychicgift@aol.com) 850- 941-4321 Heard on: CBS Radio - The Sky, WYCD HD3 99.5 Detroit, WBMX HD3 98.5 Boston, KJAQ HD3 96.5 Seattle, [www.psychiconair.com](http://www.psychiconair.com) Yahoo & AOL Radio. Facebook: [www.facebook.com/ericka.boussarhane](http://www.facebook.com/ericka.boussarhane) Twitter: [www.twitter.com/psychicmediums](http://www.twitter.com/psychicmediums) My Space: [www.MySpace.com/erickapsychic](http://www.MySpace.com/erickapsychic)

April 29 - May 2 West Palm Beach 3-1/2 day Contemplative Photography Course in the Miksang (Good Eye) Tradition by Michael Wood (Boulder, CO). Michael is a student of late meditation master, artist, scholar and founder of Shambhala, Chögyam Trungpa, Rinpoche and his Dharma Art Teachings. Will be held at Palm Beach Shambhala Center Visit [www.miksang.com](http://www.miksang.com) Call 720-250-6630 All levels of photography experience welcomed...you do not need be a professional photographer...you just need a camera. Please email for questions about Miksang or workshop [dconnor@zenlifephoto.com](mailto:dconnor@zenlifephoto.com). Will be held at Palm Beach Shambhala Visit <http://www.Miksang.com/Palm%20Beach/Palm%20Beach.html> Call 720-250-6630

Saturday, May 1st MELBOURNE 10am-5pm. 8th Annual Healthy Living Expo \$5 admission. Enjoy healthy chocolate, organic products, acupuncture, energy treatments, aromatherapy, feng shui, laser therapy, herbal teas, lotions and soaps, massage, yoga, meditation, holistic family and pet health, nutritional juices and energy bars and much more. Free eco-tote bag to first 500 attendees. Over 85 exhibitors, workshops, door prizes galore, free samples, free chiropractic screenings, and much more. Florida Tech Clemente Center, Melbourne. For more information call 321-777-6433 or visit [www.HealthyLivingExpos.com](http://www.HealthyLivingExpos.com). Advance tickets available online for fastpass entry.





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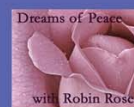
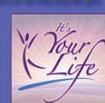
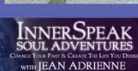
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# You Can't Afford The Luxury of a Negative Thought

...continued from page 19...



Did you notice that you tended to feel better when you focused on the positive things in your surroundings? The process of focusing on the positive to produce more positive feelings works the same with things even more intimate than your surroundings--your body, for example.

If you look for all the things wrong with the body, boy, are you going to find them. Pains here, bumps there, rough spots here, too much fat there--the list goes on. But take a look at all that's right with your body. Even if you have a pain in your left foot, you can be thankful there's not one in your right. How about all those processes we take for granted? Digestion, circulation, respiration, assimilation, thinking-- yes, we think without having to even think about it. And let's not forget the five senses. Some people take them so much for granted they can't name all five without thinking,

It's as though there were two attorneys in your mind, one gathering evidence for "Life is Awful" and the other gathering evidence for "Life is Wonderful." You're the judge and can rule out any evidence you choose. Your decision is final. Which judicial ruling do you suppose would lead to more joy, happiness, peace, ease, and health?

To focus on the positive is not to disregard certain warning signals of a negative nature that, if ignored, eventually lead to inconveniences at best and disaster at worst. (If we use these "negative" signals to avoid disaster, then they're not so negative after all. Some even call them guardian angels.) Let's say you're driving down the freeway and the little light goes on, telling you you're running out of gas. I do not suggest ignoring that bit of "negativity" and focusing on how wonderful it is that none of the other warning lights is on. I suggest you get some gas.

Here, by the way, is where negative thinking comes in. The negative reality is that you're low on gas. Negative thinking begins the litany, "I wonder if I'm going to run out of gas before I reach the next station. What will I do if that happens? I'm in the middle of nowhere. What if some highway robbers get me? If I do get to a gas station, will it be the kind I have credit cards for? I bet it will be more expensive than in town. I bet it will be self-service and the pump will be dirty and my hands will smell funny after. I knew I should have filled up in town. Why am I so lazy and stupid?"

What I suggest is this: take note of the negative information, decide what to do about it (whatever corrective action seems to be in order) and return to focusing on the positive (in this case the music, the scenery, the passengers) while working on eliminating the negative. With medical conditions, it's good to keep track of symptoms, but it does no good to dwell on them. The positive thinker might deny the early symptoms of a disease, making a cure more difficult. The negative thinker might turn every mosquito bite into a killer bee sting. Positive focusers take a middle road. They note symptoms accurately so they can be reported to their health-care provider. They make an appointment. Beyond that, there's no point in dwelling on the symptoms, so they turn their attention to things more positive.

While we're considering the idea that there is sufficient evidence in any given moment to prove that life is wonderful or that life is terrible, let's take a look at how this works even closer to home: in our memories of the past and our anticipation of the future. Here, too, we can muddle in the negative: "Tommy wouldn't play with me when I was six." "I have to go to the dentist next week, and I hate the dentist." Or, we can do positive thinking: "I'm winning the Oscar this year," when we've never been in a movie. "I'm going hiking and camping next week," when we've just had major surgery. "I have so many wonderful friends," when the phone hasn't rung in two weeks. Or, we could try focusing on the good memories that actually happened and on realistic plans we look forward to with pleasure. "That movie on TV last night was so good." "Helen's coming to visit tomorrow; that will be nice." "The book I ordered should be arriving any day."

Yes, it's good to "live in the moment," but who does that all the time? As long as you're living in memories of the past and projections of the future, you might as well make them happy memories and joyful projections. The clear distinction between positive thinking and focusing on the positive is a subtle but important difference. Positive thinking imagines any wonderful thing at all, no matter how unrelated it is to the actual events of one's life. Focusing on the positive starts with what's real, what's actually taking place, and moves from there in a joyful direction. If you spend all your time in a positive future, when will you appreciate the present? The present is the future you dreamed of long ago. Enjoy it.



**SEE PAGE 46**

*I really appreciate your  
Sleepytime Recharge and  
Connecting With Your  
Angels, Guides and Teachers  
cds. They came at the right  
time and they are very good.  
They are making a major  
change in how I view my life  
and I wanted to say thank  
you. LF, Titusville*



## Ask Whitedove

...continued from page 15...

**Dear Whitedove:** Like many before me I am asking the Big Question: Why am I here? Life is so hard. I feel all alone in this world. Why does God want us to suffer? **Lost in Las Vegas**

**Dear Lost:** We come here to Earth by our own Free Will. The Creator does not force us to do anything. You see this journey was custom tailored to your soul's needs. Each soul comes for many of the same reasons: to learn how to give love and how to receive love, to learn spiritual lessons, and grow spiritually. If we wanted it easy we would have stayed in the Heavens. But instead, souls chose to come to physically experience emotions and lessons. If you did not experience hardships, how would you know Joy? If you did not experience fear, how would you recognize love and acceptance? If you did not experience betrayal, how would you understand loyalty? Just know that the key to all things is unconditional love; this makes life more joyful and fulfilled.

### 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."*



## Time For Change

...continued from page 11...

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

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

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

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

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

Once you have developed most, or all, of these facets of your life to a fairly balanced level, you will find yourself reaching new heights of peace and fulfillment. With this newfound fulfillment, you will be ready to move forward to the next phase on the spiritual path—Mastery.





## COME AND MEET

### VALERIE SAURER

author of the **Prosperity Project** and founder of **The Attitude of Gratitude Project**  
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list it in the calendar for others to join you**

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

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

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



## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*





# Solar & Lunar Celebrations of the Ancients

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

## April 2010

**E**astremonath was the old Saxon word for this month because it was the celebration of the goddess Eostre. She was the highly beloved goddess of springtime and Her worshippers were not willing to let Her name slide into the muck of history. It was Her name that evolved into the holiday Easter. That, however, does not explain the chocolate Easter eggs and their association with rabbits. So, what's with that?

No more shall meads be deck'd with flowers,  
Nor sweetness dwell in rosy bowers,  
Nor greenest buds on branches spring,  
Nor warbling birds delight to sing,  
Nor April violets paint the grove,  
If I forsake my Celia's love.  
Thomas Carew. The Protestation : A Sonnet

April was a time for love in the ancient world. Many goddesses of love had their birthday in April, such as the Venus Verticordia, the 'Changer of Hearts'. This is the month that is sacred to Venus and those goddesses that are related to Her. These goddesses include the Babylonian Ishtar, the Sumerian Inanna, the Egyptian Hathor, the Norse Freya, the Greek Aphrodite and so many others, that one would think that love is important! Well, it must be, because this is the month of the Goddesses of Love and the Ways of the Heart.

Love shall no more inhabit earth,  
Nor lovers more shall love for worth,  
Nor joy above in heaven dwell,  
Nor pain torment poor souls in hell ;  
Grim death no more shall horrid prove,  
If e'er I leave bright Celia's love.  
Ibid.

So, we'll close with a quote from Julia Dorr and welcome "April's rare capricious loveliness."

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

Ahh yes, the Easter Bunny! What's with that? It seemed to originate in Alsace, France and southwestern Germany. It was mentioned in writings from the 1600's when edible Easter Bunnies were made of a sugary pastry, whereupon it entered into the US in the 1700's.



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- Apr 1st - Roman: Festival of Venus Verticordia,  
the goddess "Changer of Hearts"
- Apr 4th - Christian: Easter Sunday
- Apr 12th - Hinduism: Rama Navami, Birthday of  
Lord Rama, an incarnation of Vishnu
- Apr 14th - New Moon at 8:31AM EDT
- Apr 16th - Jain: Mahavir Jayanti, Birthday of  
Mahavira, founder of Jainism
- Apr 18th - Hinduism: Hanuman Jayanti, the Festival  
of Hanuman, the Monkey God
- Apr 28th - Full Awakening Moon at 8:18AM EDT
- Apr 30th - Wiccan: Beltane eve - Celebration of  
union of God and Goddess
- Apr 30th - Celtic: Oidhche Bhealtaine, Beltaine Eve.

# Abraham-Hicks



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



## SUGGESTED READING WATCHING LISTENING

When you say, “He makes me so angry, I could kill him!” you are choosing a point of view not consistent with who you really are. And it’s not ever going to serve you, no matter how much he deserves your wrath. He might really be a rascal, and he might really have disappointed you, and he might really have done something that by most standards is considered to be wrong, really wrong. He might have broken out the windows on a day that there was no fire, and sprayed water all over the house. He might have done that. He might be wrong by most standards. But our question to you is, why would you use him as your reason to not let something so important in, here and now?

You’re not ever going to get them all lined up. That’s the approach that so many physical beings take. They think, “If I can just get everybody behaving well, or being happy, then, once and for all, I can be. But as long as they’re not happy, or something’s not going well with them, then I cannot.” And we say, you can’t help them unless you stay Connected. If you’re not Connected, you don’t feel good and you have nothing to give them.

So who does it serve by joining the ranks of the condemning? It serves nothing. All it does is spread the disconnection. Disconnection and resistance are not letting it in; allowing, love, appreciation, and looking for positive aspects does. We’ve been talking about the power of bridging beliefs: Looking into my experience and finding something that allows the Energy to flow, now, relative to something that, maybe, I have not been allowing Energy to flow about.

As you move through your day-to-day experience, you cannot help but absorb philosophies and attitudes that surround you. And it’s a very confusing thing, because the greater your sphere of influence -- the more contradictory information comes to you.

Most of you have bounced around like corks on a raging sea trying to find your place. When all along, the place has been within you: good feels good, bad feels bad.

“Good for who?” Good for you.  
“Bad for who?” Bad for you.

In other words, when you allow Source energy to flow through you, you thrive. When you pinch it off, you thrive to lesser degrees.

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



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

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

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



*It also helped affirm that when I am finding things I like to do and doing them, the dollars will find some way to flow out of me just as the giant oak flows out of the tiny acorn. The oak tree is not in the water and the fertilizer and the ground it's put in. It's in the acorn. You are the acorn that dollars will find a way to flow out of. Pondering the acorn analogy is helpful.* I used to be real mental, real left brained and analytical, I didn't think I could change but I did.

### AN ACTIVE STORM SEASON IS PREDICTED

I replied: "This is a great question, since when I worked for the law offices, all I got as far as income was my paycheck and I had no investments or anything else to look forward to out of the blue. *That's the whole task in attracting what you want, is getting over the resistance.*

When I first began doing the mailbox visualization, I was just doing it for fun, not knowing or wondering too much about where it would actually come from. Then suddenly I begin to get calls to notarize papers at the law office and people wanting to pay me for doing it, and the attorney encouraging it. It was just a little bit here and there, and I did it for awhile before I realized it was extra income and some weeks it was a pretty penny.

Then I got the idea to do some legal forms preparation on evenings and weekends and put a two line listing in the Yellow Pages and also an ad in *The Little Paper* (a former advertising publication in town) to do uncontested divorces, property settlement agreements, powers of attorney and wills. It was the early 90's and I was working at a law office and doing collections for several attorneys, so I began a collection business of my own.

That's how I began doing legal work on the side. I'd done collections for several attorneys I'd worked with before, and I was good at that. It was when I was doing a lot of Wills for people that I began doing readings for money also, and fell into a job with the *Psychic Friends Network* which paid me well to work from home. By then we'd also begun the magazine. "

I went on to make suggestions for *Domino* to set up her own small business.

*Did I grow up thinking I want to have a collection agency or I want to have a legal forms preparation business or I wanted to create websites, or be a ghost writer or a psychic reader for a living?* No, but they are things I fell into as I kept reminding myself that dollars can come to me out of the blue, from somewhere I don't expect. Here's a perfect and true example:

A law office client in the 70's, whom I barely remembered, 15 years later left me a gift in his Will because of what he saw as my extreme kindness to his grandson whom we represented on a criminal charge. He left me \$7,500 and a piece of land I later sold for \$12,000. I barely remembered the client and certainly didn't treat him any differently than I'd treat anyone else. But that proved to me that dollars can come out of places I have no idea of expecting it. And years later.

Oh, those sweet talking weather folks on the news stations are at it again, already reporting that 2010 is expected to be an active hurricane season. Remember that "active" means a lot of storms forming out in the ocean, because that is how *Mother Earth* balances herself.

Active does not mean a lot of storms turning into hurricanes. Active does not mean any hurricanes will make landfall. Active does not mean they will come anywhere near you. Unless you focus on possible storms so much that you attract them.

Unless you stay so focused on the news and weather that you are fearful of every little warning they give. When you do that, when you watch the news and feel sad or upset or angry or vulnerable and fearful, and you keep watching despite feeling that way, you are asking the Universe to brew up a big pot of whoop ass to send your way. You're saying, *"I feel afraid and powerless but I chose to continue to watch shows that makes me feel like that. I am watching something, the thinking about which brings me a lot of resistant emotion. I choose to think these thoughts over and over again, and repeat the emotions with them. Please bring me more of the same."*

In repeating those thoughts, in repeating those feelings, which you do each time you choose to repeat the thought, that is your signal to the Universe, "I'd like some more of this please. More of what makes me feel this way, please."

So, instead, when the weatherman comes on with his predictions of how active a hurricane season it is shaping up to be, remember that "active" means a lot of storms forming out in the Atlantic Ocean. It doesn't mean any turn into hurricanes, and it doesn't mean any hurricanes make landfall. It doesn't have to mean any storms make landfall near you. Remember that. Drill that thought into your head and know that it's true.

You're the one chooses which thoughts to keep on thinking. You're the one who determines what you attract next by virtue of what thoughts you choose to keep running in a loop in your head. Do it on purpose. Make that noisy inner voice work for you.

My life gets better every day.

Good things come to me.

Enjoy our offering this month. Hari Om



Andrea



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

## HOROSCOPES FOR

### GEMINI: MAY 21 TO JUNE 21 "I THINK".

This Spring is where reality truly sets in as far as the eyes can see, the tongue can taste and the ears to hear; yes, you do feel like the twins this month. Inside your dual nature the wheels are a spinning at a fast pace. Your energy is speeded up now, busy busy, and you feel as if life is slipping away. Stand tall and take several deep breaths, all will be perfect.

### ARIES: MARCH 20 TO APRIL 20 "I AM".

You are the epitome of Spring, especially when it comes to being in love. Just because you want someone to love you, does not mean that they will love you back like you love them. Word to the wise is learn to take things a bit slower especially where other people are involved, your wonderful enthusiasm may scare them away.

### CANCER: JULY 21 TO JULY 22/23 "I FEEL".

There is more going on under the surface than you are aware of. Beware of so-called friends and their hidden agendas. Trust your gut instincts and act upon any and all guidance from your higher self. You will receive some very important information that will be come in handy at the right time.

### TAURUS: APRIL 20 TO MAY 21 "I HAVE".

Your main concern this month is to nourish your mind, and increase your awareness of the world around you. Your energetic self is strong and inviting. You have an ability to offer others your endurance, deliberation as well as the gift of security. You will soon learn that true connection to the Earth comes from an ability to trust your intuition.

### LEO: JULY 22/23 TO AUGUST 23 "I WILL".

Transiting Mars in Leo will be plastered on your behind to the beginning of June. Count your lucky stars because now you will have the needed push to get things done that have been haunting you. If is courage you need, help is on the way, healing is the biggest gift that you will receive this month.

### VIRGO: AUGUST 23 TO SEPTEMBER 23 "I ANALYZE".

Spring is a really good time of year for you to get clear with yourself and all your issues. It is time to say boo and goodbye to the toxic people in your life. They will eat you alive if you don't stand your ground. The lesson is to forgive and release the past so the present can be realized.

### LIBRA: SEPTEMBER 23 TO OCTOBER 23 "I BALANCE".

You continue to walk the tightrope of balance between two worlds, the world of self alone and self within a relationship. Who are you and who do you want to be. The wardrobe of the chameleon is getting old, just remember it is okay to be yourself no matter who you are around.



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# April 2010

## SCORPIO: OCTOBER 23 TO NOVEMBER 22 "I CREATE".

Your emotions are very intense this month being Aries solar return time. Mother Earth wants you to shed the darkness of your brooding power. The Fairies have invited you to come out in the light to play. It is time to move some stuck energy out of your life, and once you do, you will find that things are not as bad as they seem.

## SAGITTARIUS: NOV 22 TO DEC 21/22 "I PERCEIVE".

You have become a catalyst for people you barely know. You are carrying so much light lately that everywhere you go, shifts happen. Shoot for the stars and the moon will reflect your truest souls aspiration. If in your heart you are sincere, then life will meet you more than half way.

## CAPRICORN: DECEMBER 21 TO JANUARY 20 "I USE".

A word to the wise: don't get yourself stuck up a creek with out a paddle. Your intensity this month has you second guessing yourself in ways that seem quite uncommon and out of the ordinary. Focus is your hocus pocus, and what ever you do, just be sure that - who ever is watching - you that you are okay with what they see.

## AQUARIUS: JANUARY 20 TO FEBRUARY 18 "I KNOW".

Be leery of anyone new coming into your life that tries to sweep you off your feet, vulnerability is not such a good thing when it comes to strangers. Don't give your power away, they may not be as they present themselves to be, another lesson in trusting your instincts. If a situation feels contracted, run away far away.

## PISCES: FEBRUARY 18 TO MARCH 20 "I BELIEVE".

You have a very lucky vibration around you now; transiting Jupiter will be in your sign for one year. The search for a deeper spiritual reality will be your quest for truth, Find a direction and stick with it to fruition. Keep your sense of hope alive and you will bless many many people, including yourself.



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

## Healthy Eating Habits



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

## Sleepytime Recharge

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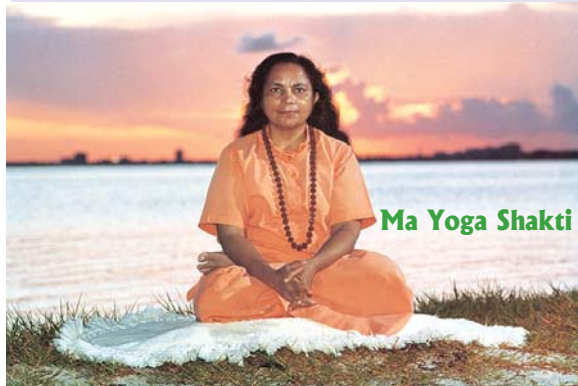
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Andrea de Michaelis is a Certified Hypnotherapist, ABH



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