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April 2011 Living From a Resurrected Consciousness. We culminate this month with Easter Sunday and, each week prior, we set the stage with ideas for raising our consciousness to new, heightened levels of God awareness. A wonderful byproduct of this resurrected consciousness is a life rich in meaning, joy, abundance and love.

**"PRACTICES FOR PERFECTING MY PERCEPTION
OF THE PRESENCE"** Sunday, April 3rd 10am
In today's service, we will explore powerful practices positioned to exponentially expand our perception of God's perfect and plentiful presence in our lives.

"THE DOUBLE THREAD" Sunday, April 10th 10am
The French priest and philosopher, Pierre Teilhard de Chardin once wrote this simple yet profound prayer: Lay hold on me fully both by the within and the without of myself. Grant that I may never break this Double Thread. This beautiful prayer speaks to the spiritual depth and power we gain when we can simultaneously see both the physical and metaphysical nature of our world. In this service, you will learn how to do just that.

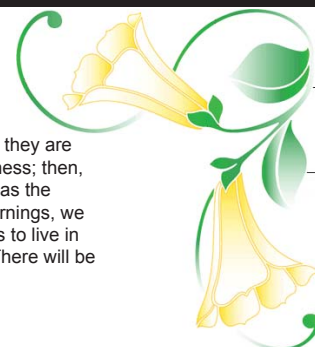
"IMA BUTTERFLY" Sunday, April 17th 10am
Our Youth Education Department will be participating in our Palm Sunday Service with a play. It will fill you with joy as well as inspire you. Bring a dish for our potluck and join our afternoon celebration.

GOOD FRIDAY PRAYER RETREAT Friday, April 22
10am-2pm Join us for a day of meditation and contemplation. Bring a bag lunch and we share a meal in silence.

GOOD FRIDAY SERVICE – LET THIS CUP PASS
Friday, April 22nd 7:00pm Prepare for Easter renewal and awakening as we look to Jesus' experience in the Garden of Gethsemane as a guide for our lives. Because he knew what was soon to happen to him, he went there to pray that the cup pass from him. We have probably all prayed that prayer in one form or another. Jesus' true power came in his words that followed. So can ours.

**Sunday, April 24th 10:00am
"EASTER: THE DARKNESS,
THE DAWN AND THE DAY"**

Rev. Beth Head. The events that happened on Easter morning are only part of the story; in fact, they are the last part. First, there was the depth of the darkness; then, there was the hope of the dawn; and finally, there was the resurrection of the day. Today, on this holiest of mornings, we explore each aspect of the Easter story to enable us to live in the daylight of a truly resurrected consciousness. There will be a Waffle Breakfast after the service.



**RE-IMAGINING & RE-COMMITTING: THE TRANSFORMATION
EXPERIENCE** Rev. Beth Head Sunday, April 17th 12:30-2:30pm
(following potluck) Join us for a Re-Imagining & Re-Committing experience for The Transformation Experience. We are approximately half way through the three year pilot project and we will share progress as well as upcoming opportunities for engagement. We will:

- Hear stories of people who have been deeply involved in The Transformation Experience
- Share key insights emerging from Down Home Conversations and Mapping What Is
- Review how we are doing on the hoped for developmental shifts in The Transformation Experience

Engaging in this meeting will help you hold in higher consciousness the importance of The Transformation Experience for our spiritual community. We hope you will find points of information and inspiration that will challenge you to engage for the next year and a half in this unfolding transformational journey. It has the potential of transforming you.

Transformation Experience Leadership Group – April 3rd noon

Healing Prayer Service - Tuesdays & Thursdays at Noon - Open to all

Tuesdays 7:30pm A Course In Miracles with Darlene Capinha

Revolutionary Agreement Groups

1st Wednesday of the month (April 6th) at 7:00pm

One Saturday of the month (call for April date) at 1:00pm

Reiki Healing Service - Facilitator: Lloyd Reiser
Sunday April 3rd, 4:30pm • Sunday May 1st, 4:30pm

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

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

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optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head
Rev. Kathryn Flanagan
Morgana Starr

Cover Art (see page 29)

Wisdom of the Moon
by Melissa Harris

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

Anais Nin

*Horizons thanks
everyone willing
to take the risk*

HORIZONS MAGAZINE is distributed FREE each month to 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, along with a 50 word bio telling who you are and how to contact you. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for as an ad.

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

- 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.
- 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.
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- 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.
- Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 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.
- Persistence.** I persist through faith. I maintain focus and discipline.
- Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the **April 2011** edition of **Horizons Magazine**. A friend wrote on **Facebook**: Yes, *Japan is happening and yes, social collapse is under way. It is THIS we, the teachers of God, came and were sent by God for – not to get sucked into the news and horror as bystanders watching an event as if it's happening "out there" but to be truly helpful – for the salvation of the world. What can you do? You can stop being sad and confused, for one. Lesson 98, 99 and 100.*

Last week on **Facebook** I posted a link to the continuing saga of my eyebrow debacle (see <http://horizonsmagazine.com/blog/>) and lively discussion followed. About 30 comments in, one **Facebook** friend wrote, "Earthquakes, tsunamis and eyebrows? one of these things is not like the other!" I replied, "Excuse us, were we not focusing on the horrors of the world enuff for you?" I know stuff like that is going to happen. That's life. Life happens. There's a story **Tsunami Victim Rescued From Sea** A 60-year-old was found clinging to his house's roof, two days after it was swept away. This is law of attraction at work. He and his neighbors stood feet apart when a disaster happened, and they had different experiences. I believe if a tragedy occurs, I'll be a survivor. Why is that?

Tsunami survivor **Satako Yusawa** scanned the landscape of debris and destruction, looking at the patch of earth where **Japan's** massive tsunami erased her son's newly built house. Despite destruction and loss, the 69-year-old widow said she was thankful: ..."This," she said, "is life."

For the activists, and bless them all, that are called to focus on relief efforts in the wake of natural disasters, I say a prayer for their strength and endurance, I pray their faith remains strong to carry them through to success. There are those, like me, who are not so called. As soon as I determine that I will leave the important work of relief efforts to those with far greater resources than I, I know the way I can help is to focus on something that brings me pleasure.

How can that help? How can me having a good time help disaster victims? Because whatever state of mind I am habitually in, that determines what I am adding to the global mental plane. What's the global mental plane? That's the big bank of thoughtforms that we all draw upon each day. There's so much anger and hatred and confusion in the world. Those thoughts get added as filters to our collective unconscious. And if we are not thinking on purpose, we are very much influenced by this bank of thoughts.

Once I learned that, I knew that I could do my part by purposely choosing to think thoughts that were constructive and pleasurable. I learned that daily meditation also helps to quiet many, many more minds than just my own. There were studies done about the power of **TM – Transcendental Meditation** where **The Maharishi Effect** was noted: that when 1% of the population of any town or country practices **Transcendental Meditation**, there are dramatic positive improvements in the entire society, less crime, measurable statistics. So I am well aware that my daily meditation benefits more than just me.

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Page 7

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Testimonial

Hi Nellie: I had a reading with you last Sunday afternoon. You told me that my gr gr mo Gaetano Salito came from the Bari area and that you wanted to see photos of the family. Well, guess what.... I have found a young relative named Roberta Salito from the Salerno area and she will be contacting me about the family. There are many relatives from Bari area and the Salerno province. In Bari are the names of my family members: Grimaldi, Salito, Amodeo, and guess what the Fama family into whom my son Charlie, married! Pictures of family are attached. Hope to meet with you again in the future. Best Regards, Eileen Deer

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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. The following was excerpted from book, "The Vortex, Where Law of Attraction Assembles All Cooperative Relationships"

Life Is about Our Relationships

You will never find yourself in a point in time when the subject of relationships is not an active part of your now experience, for everything you perceive or notice or know is because of your relationship with something else. Without a comparative experience, you would be unable to perceive or focus any kind of understanding within yourself. Therefore, it is accurate to say that without relationships you could not exist at all.

It is our desire that an even greater awareness of who-you-are will awaken within you by reading this book, as you begin to explore the variety of relationships that you are already living.

It is our desire that you experience an enhanced appreciation of your planet; your body; your family; your friends; your enemies; your government; your systems; your food; your finances; your animals; your work; your play; your purpose; your Source; your Soul; your past, your future, and your present. . . .

EVERY RELATIONSHIP IS ETERNAL


It is our desire that you come to remember that every relationship is Eternal and that once it has been established, it is a part of your Vibrational makeup forevermore, and that, in your powerful now— where all that you have become converges with all that you are now becoming—you hold the power to create. A joyful life is not about gaining control of the factors that surround you.

A joyful life is about coming into alignment with who-you-are. Joy is not about controlling other people or circumstances. Joy is about controlling your own Vibrational relationship between the physical you and the Non- Physical You. It is alignment with Source that is joy or love or success or satisfaction.


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THE IMPORTANCE OF DAILY PRACTICE

This excerpt has been taken from *The Power of Your Spirit* by Sonia Choquette (Hay House, May 2011) Author of the New York Times bestsellers *The Answer Is Simple*, *Ask Your Guides*, *Trust Your Vibes*, *Soul Lessons* and *Soul Purpose*. Sonia was educated at the University of Denver and the Sorbonne in Paris, and holds a Ph.D. in metaphysics from the American Institute of Holistic Theology. She resides with her family in Chicago. Visit www.soniachoquette.com



Unless we maintain a daily practice of connecting with our Spirit, we won't feel its presence and support in our lives. My grace in life was learning early on how to connect with the Holy Spirit within on a daily basis. In fact, I was shown how to make it the foundation of my existence through many practices that have been so reinforced by repetition that they are now woven into the very fabric of who I am.

One of my favorite daily traditions, for example, was first introduced to me when I was a child in Catholic school and reinforced years later while I was a student working with my spiritual mentor **Charlie Goodman**. The practice was to recite the **Lord's Prayer**—the **Our Father**—out loud every morning. I started doing this in the first grade, and it's still part of my regular morning routine. This ritual immediately connects me to my Divine Source, my Creator, and leaves me feeling grounded, balanced, and confident as I begin a new day. Another daily practice is one my mother introduced to me when I was no more than six or seven years old: before I go to sleep each night, I thank my unseen spiritual guides, ancestors, guardian angels, and all Divine helpers for the assistance, support, and blessings they bestowed upon me throughout the day.

These are just two of many practices used for connecting to Spirit that have been handed down to me by my mother; my spiritual teachers and mentors; my wise elders; and at times, by life itself. All have become a cherished part of my being. Some practices I've kept the same, doing them exactly as I was taught to, and others have evolved over the years. The constant, however, is that not a day goes by without my taking the time to anchor my awareness in Spirit, with gratitude and wonder, and ask the great Creator—the Giver of all life—to lead me in this day.

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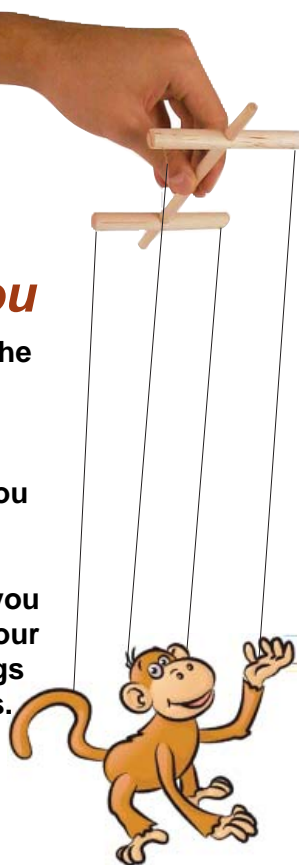
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Many of you have voiced your desire to take my herbal classes. The economy downturn, job and insurance losses have made budgeting for the tuition cost somewhat difficult for you... we do understand your situation. To assist you over this financial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

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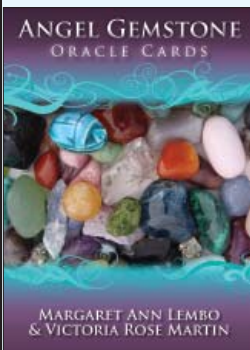
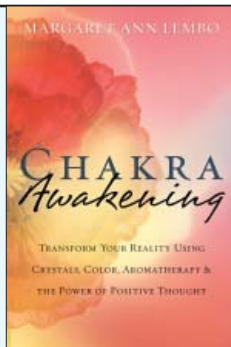
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Cecelia Avitable of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners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

HERBS FOR ALLERGIES

Allergy triggers are all around us especially at this time of year. Allergens are all around us ragweed, grasses, tree pollens or molds if it blooms it's a possible allergen. Allergies can leave us with watery itchy eyes, nasal congestion, a runny nose, postnasal drip, facial pain, headaches and fatigue.

When the immune system encounters an allergen it goes into over-drive thinking the allergen is an invader. This causes your white blood cells to produce immunoglobulin E (IgE), which binds to specialized mast cells causing you to secrete histamines and other inflammatory chemicals that make you sneeze.

Some people with seasonal allergies also have food allergies, if you know that you have food allergies this might be the time of year to avoid or cut back on these foods so you don't over burden your system with so many allergens.

One thing you can do to help yourself is desensitize yourself to allergens before the season begins with **local bee pollen or honey**. They contain the pollens that you may be allergic to. With bee pollen begin about 6-8 weeks before the season begins taking 2-3 granules increasing 2-3 granules per day; this slowly immunizes you to the local allergens. 2-3 tablespoons of Honey per day can also be of benefit just go slowly some people with severe allergies can have a problem with these.

If your allergies are really bothering you stay indoors on windy days and use your air conditioner to filter out allergens, if you must go outside wait until after lunch; pollen counts tend to be higher from 5-10 am.

There are herbs that can block an allergic response with antihistamine properties. Starting these as early as possible can provide great relief. **Herbs with antihistamine properties are Nettles, Rosehips, Green tea, Pine tree bark and Chamomile** you can also get this effect from **Quercetin, Co Q 10** and from **bioflavonoids** found in **Vitamin C** or from **Vitamin B5**.

You can also thin out or dry up secretions of the sinuses, nose or eyes and reduce inflammations using herbs like **Eyebright, Elder, Goldenrod, Turmeric, Peppermint, Thyme and Garlic** or by supplementing with **Omega 3 Fatty Acids**.

Allergies can stress your immune system leaving you open to infections this is a good time to support both the immune system and your adrenal glands with herbs like **Astragalus, Ginseng, Garlic, Nettles, Licorice, Echinacea and Shitake**.

Supporting the liver, lymphatic system and the colon help your body efficiently rid itself of allergens and inflammations, **Cleavers, Red Clover, Burdock, Dandelion, Echinacea and Senna** are some herbs that can help.

RECIPE: Why not try mixing 1 part Nettles, 1 part Rosehips, ½ part Astragalus and ¼ part Licorice early in the season to lessen some of the effects of allergy season.

To help with the stuffy head, itchy watery eyes, postnasal drip, facial pain and cough that goes along with seasonal allergies try using a formula with **Eyebright, Elder, Goldenrod, Astragalus, Echinacea, Yerba Santa and Yarrow**.

Start early this year and you may not have such severe symptoms this year.



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INVISIBLE GOOD



Taking a quiet sideways glance at life, Marlene Buffa offers insight through her words from experiences. A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships. Sometimes playful, sometimes poignant, always thought-provoking, her writing inspires readers in meaningful ways. www.wordsofmind.com.

Lucky charms. Crystals, fetishes, amulets, gris-gris and more held magical appeal for spiritually hungry and mystically captivated believers for thousands of years. The transference of power to an inanimate object always puzzled me. While I fail to understand how anything man-made or even organic or herbal holds power beyond that of a human, I remain curious as to why people choose to relinquish their power to something outside of themselves.

In my early twenties, while still at University, I dated a Psychologist. His confidence (read "ego") intrigued me and he thought everything about himself was perfect. One day, after recounting his attributes out loud, he said, "I'm so smart that my brain is filled up. If I absorb one more fact, my head is going to explode!" In context and given comedic timing, I thought this was hilarious. He went on to say that since everything about him exuded perfection, the fact that he was prematurely balding must represent some evolutionary advantage or genetic superiority.

When I look at both of these viewpoints - one where a person rescinds power and one where a person claims his power over everything, including evolution - I wonder where the invisible good lies.

When we experience a struggle or tough situation, do we forfeit our power or do we distort our own importance and significance so much that we can no longer recognize the truth?

Challenges bring such opportunity for growth. We can choose to see the hidden or invisible blessings they hold which bring us to higher understanding, or we can choose to see them as insurmountable obstacles.

We cannot orchestrate all the events in our lives, no matter how much 'control' we believe we hold. For example, the chain of events that led me to Phoenix still mystifies me. If God told me that I'd have to go through this set of events and circumstances to meet people I know today, I wouldn't believe it.

Think of what you went through to get where you are right now. What little steps and coincidences did you experience that turned your life around? What had to happen to bring you to your greater good? At the time, you probably didn't see it as a blessing, yet as you delight in the present moment, the challenges proved necessary to get you here.

Step by step, we walk into our greater good through the onslaught of blessings subtly, subliminally haranguing us to give up the appearance of a challenge to see the beautiful geode of abundant good inside.

Surely, only good can come of this situation - remind yourself of this and even if you're prematurely balding, you'll recognize the advantages it holds for you!



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Dear Whitedove, I often see large pods of dolphins here on the Baja coast. Every time that I am outside they seem to come to greet me. I really love them but how could they know that? What is this connection that I feel? **Beloved in Baja**

Dear Beloved, Dolphins have a special affinity with humans; they are the Angels of the Oceans. Science has proven that these mammals have superior intelligence. Man has discovered that dolphins can be effective when used as therapy mammals for people with unique mental capacity such as autism, Down syndrome, slow learners and others that are labeled as intellectually challenged.

But there is so much that science has not discovered. Dolphins understand us, and even know our intent. These Angels have special healing gifts and psychic communication abilities since they are multi-dimensional beings.

As Angels of the oceans, they have come here to Earth to assist humankind in bodies that are a type of disguise. So yes, these dolphins know that you love and appreciate them. You can call on them through your prayers and in your meditations.

Right now it's important that we pray for them! I ask all people to pray for the Oceans, the sea life, the mammals, the living reefs and the Whales too. Our sea life is a vital key to the wellbeing of humankind.

Dear Whitedove, My ex-military friend professes to be a remote viewer. He wants to teach me to find some type of target. I'm a bit intuitive, but all this talk makes me a little uneasy. Can people really have this power? **An Observer in Alaska**

Dear Observer, There are trained remote viewers and two types: Shamanistic and Military. This is a learned skill that Shamans have used since the beginning of time. In the 1950's the Russian military developed a technique to train psychic spies for espionage. Then the US government got involved too. These military men sit in a room, and psychically look for a military target. It's a much more economical way for the Government to spy and it can give clearer insights into the subject. You are gifted, but I'd like to suggest that you learn the spiritual method to remote view. This is when you send out a piece of your soul to view a person, place or a thing with a pure intent. With practice you can master this useful psychic skill.



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Learning To Trust Your Gut

The world is so much more than we see with human eyes or comprehend with Earthly minds. But, we need not struggle to try to understand it all. Just remember this, in the silence, deep within us are the answers we seek; the instincts that issue warnings, and the premonitions and insights that seem to just come to us from out of the blue. The more we trust this deeper wisdom, the stronger it will be. And by learning to trust it and live from it — we can create a peaceful, safe and abundant life experience.

How? By learning to literally trust our gut. Many years ago while vacationing in the Georgia mountains, we happened upon a very small town gift store that turned out to be a delightful Metaphysical shoppe. It was full of candles, crystals and incense, but also contained information on the Essenes and other ancient knowledge. The proprietor was very happy to talk to us about something she was obviously quite passionate about.

Outside and behind the store, was a sweat lodge. Due to previous plans, we were unable to attend, but we were able to speak with some of the people who were gathering there for that night's ceremony.

I spoke with one woman in particular about intuition. We got into quite a discussion about it — where it is in the body and how we can rely on it. She pushed me in the solar plexus and said "It's right there. Every answer is there." She then told me to practice

a technique in which I would pay attention to my first reaction to anything — a decision, a remark, an idea — and see how it felt in my gut. She told me, "Learn to trust your gut. It's never wrong. We just have to learn how to pick up on its cues and trust it. The more you go with your gut reaction, the stronger it will be." I practiced it the rest of our vacation. It served me well. Then, as often happens, I let the matter drop.

Several years later, I was speaking with a friend, who is a psychologist, about how I was agonizing over a decision. He said, "Go with your first instinct. Trust your gut." There it was again. I again took heed of the advice and practiced mindful gut reaction observation. It takes practice to be tuned into how we feel, and can be challenging when faced with an emotionally charged situation.

It helps to learn your body's signals when not faced with a life and death decision. For example:

When you feel a restriction in your body, is it telling you to pull back or go forward?

If you feel a sense of peace about something - is that no-response, or a positive response?

With practice and refinement, we can come to depend and rely on this valuable tool.

By understanding our gut reactions, we can learn to discern and trust our intuition.



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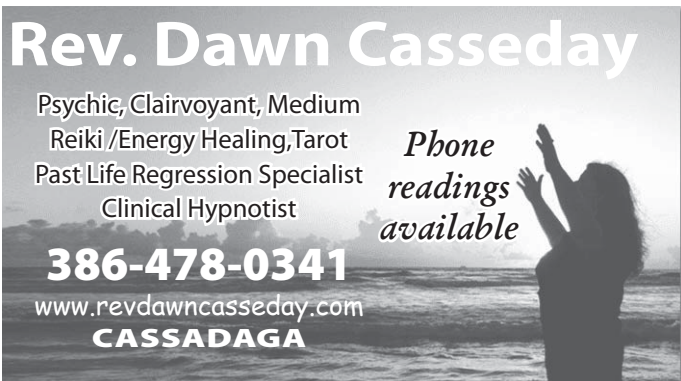
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Eternal Life through Facebook

I was surprised to receive a Facebook friend invitation from **Eric Butterworth**, a respected author and minister who introduced me to the new thought movement many years ago. The astounding element of **Dr. Butterworth's** invitation is that he is dead. He passed away eight years ago. How he found his way onto Facebook is a matter of great interest to me.

The Internet and Facebook bear huge metaphysical lessons. In truth no one ever dies and we are capable of communicating interdimensionally. In the movie *The Last Starfighter*, a young Jedi-like disciple grows sad when he learns that one of his heroes has been killed. His mentor tells him, "He is not dead. He is just battling evil on another dimension." On a more earthly plane, a friend of mine told me that his mother had just passed away. When I offered him my condolences, he explained, "She really just changed addresses."

Just as the essence of a person never dies, neither do relationships. All real relationships are eternal. You might break up, get divorced, move away from each other, or one of you might pass on. None of these logistical shifts diminishes the relationship. Only the love is real. Everything else is just story line. A Course in Miracles tells us, "Nothing real can be threatened. Nothing unreal exists."

One of my favorite **John Denver** songs is *Annie's Song*. When I attended one of John's concerts, he mentioned that *Annie's Song* is the most popular of all of his compositions. "When I went to India, people would stop me on the street and sing to me, 'You fill up my senses. . . .'" he recounted. When I read John's autobiography, *Take Me Home*, I learned that he wrote the song for his wife **Annie**, from whom he later got divorced. Initially I felt sad that such an exhilarating romantic song yielded to divorce. Then I realized that the love John expressed when he wrote the song was genuine. What happened after that is less important than the passion that flowed through him at that moment. Though the marriage ended, the passion that inspired the song is eternal and available to anyone choosing love at any time. Forms of relationship may change, but the energy that joins people in their finest moments cannot be destroyed.

I met **John Denver** when I was walking along a remote road on Maui. Driving a rental car, he pulled over and asked me if I wanted a ride. I was enjoying my walk, and much

as I would have liked to ride with him, I told him thanks but I would continue walking. I took John's hand and told him how much his music had inspired me over many years. He smiled, told me, "Thank you," and continued on his way. A few years later I learned that John had died in a small plane crash. Upon hearing that news I was so grateful I had that moment to touch him and say thank you. Like John's music, that moment is mine forever.

If you have gone through a breakup or divorce; or parted ways with a friend; or experienced the death of a loved one, take heart. The precious elements of the relationship are yours always. People and circumstances come and go, but your connection in Spirit is inseparable.

That's why and how dead people can friend you on Facebook. They don't really go very far from you, just behind a curtain. You can't touch them with your fingers, but you can touch them with your mind and heart. That's why I'm establishing an alternative to Facebook. I'm calling it **Faithbook**. We're making a movie about it called *The Spiritual Network*. On Faithbook you are connected to everyone everywhere all the time and you don't need a computer to communicate. There are no annoying ads or silly games, and the organizers don't keep changing the rules. You make friends only by the **Law of Attraction**, and messages that you would have to block on Facebook never get to you on Faithbook because they don't match you. You can easily communicate with departed loved ones because on Faithbook no one ever dies.

All relationships offer us the opportunity to discern between reality and illusion. We make up all kinds of stories in relationships that cause us pain and sorrow. The relationship journey evolves from the stories we made up to stories that are true. Contrary to what soap operas, romance novels, and movies tell you about relationships, the only real purpose of relationships is to experience deeper love. That love does not depend on what our bodies are doing. It depends solely on what our heart and minds are doing.

When Facebook became popular I resisted joining because I did not want to spend any more time on the computer. Now I like it. Where else can you get messages from dead people you love? In the old days you would have to go to a medium to get messages from the departed. Now you go to social media. It's kind of cool when you think about it: No one ever dies. They just move to Facebook.

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

What Is Your Purpose?

Soulsong #295 - Sing It: Joy to the Fishes in the Deep Blue Sea

I didn't come into physical expression to struggle. I didn't come forth to learn painful lessons. I didn't come forth to burn off karma.

I came forth for joy - unadulterated joy. I came for fulfillment and adventure. I came into a mixed-bag world in order to observe what I don't want, continually define what I do want, and then find ways to make that happen, primarily by adjusting my mental focus.

I am, in my essence, pure joy. And the more I find ways to experience and express joy and other good feelings, the more I align with my highest purpose.

I use joy as my guide when I must choose between an activity that feels weighty and burdensome or something that I really want to do. I use joy as my guide when I choose what to eat, what to wear, who to spend time with, and my career path.

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DAILY PRACTICE

...continued from page 11...

After much reflection on how I've been so lucky to have such an intimate and powerful connection with Spirit, it became obvious that it was the result of my daily focus. Each day (sometimes several times a day), I pray to, invoke, or meditate on Spirit for guidance, direction, and leadership; and then I completely surrender to its force.

SHIFT IN CONSCIOUSNESS

Thankfully, these days more and more people are open to living a spiritually empowered, positive, and peaceful life. We're much more willing to entertain the notion that we create our own reality and aren't simply victims of circumstance, as evidenced by the wildly successful films *The Secret* and *What the Bleep Do We Know!?* We're more willing to explore and even speak with others about spiritual possibilities. And yet, in spite of these encouraging signs, we're still suffering with, and causing some of, the worst personal and worldwide violence and earthly destruction that humankind has ever known.

Incidents of suicide and drug addiction have spiraled out of control, for example. The environment is under siege. Our relationships with each other (and among nations) are blasting apart. So even though the idea of spiritual awakening and personal empowerment sounds appealing and even possible, the actual shift in consciousness we need to make in order to go from victim to Divine co-creator has yet to be made. We all must take a big step forward—if not a leap—to actually jump-start the transformation that everyone desires and the world so desperately needs.

So how do you remain in constant contact with your joyous, loving Spirit when life doesn't feel joyful at all? There is only one way to succeed in connecting with your Spirit, and that is to make it the most important thing in your life, because it's the endless source of supply for all your needs, on all levels. This practice should become as automatic as brushing your teeth or taking a shower. You must anchor Spirit in your life through daily, repetitive techniques such as breath awareness, meditation, setting your intention, expressing gratitude . . . and most of all, surrendering to the flow of life.

...continued to page 30...



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...continued from page 9...

Must "Family Harmony" Inhibit Personal Freedom?

A person who is consistently inside his own Vortex will find harmony with other people even when they are not finding harmony with him.

Everything that everyone desires— whether it is a material object, a physical condition, a financial situation, or a harmonious relationship—is wanted for only one reason: They believe they will feel better in having it. Once you show yourself—through practicing increasingly better-feeling thoughts, through making lists of positive aspects, by indulging in Ramps of Appreciation—that you can maintain your alignment with your own Inner Being and predominantly stay inside your Vortex of Creation, you will find harmony in the world around you, also. .

Appreciation, Your Key to the Vortex

People often have a difficult time conceptualizing a creator, or a force, or the process through which something as amazing as your planet, spinning in its orbit in perfect proximity to other planets, could have come to be. And yet, even though you do not understand it, and cannot begin to explain it, you are—every one of you—continuing to add to the expansion of all of that through your living of life and the launching of rockets into the Vibrational Reality that will someday be fully realized by physical inhabitants.

We are writing this because we want to call your attention to the Vibrational Reality that you are in the process of creating.

We want you to be aware of your Vortex of Creation; and most important of all, we want you to find a way, by the deliberate directing of your own conscious thought, to become a Vibrational Match to the contents of your swirling Vibrational Vortex of Creation, because every desire that has been born within you thus far exists there, just as you have dreamed it to be, waiting for your alignment.

Everything that you see that is now physical, tangible, visible, audible reality was previously swirling in a Vibrational Vortex of Creation; for first there is thought, then thought-form, then reality as you know it in your physical world.

The key to getting inside the Vortex is being in the state of appreciation

Your dreams and desires and ideas of improvement have been received by the Broader part of you; and as that older, larger, wiser part of you focuses purely upon your requests, holding no resistance whatsoever, the powerful Law of Attraction responds. And then, all cooperative components (all components with same Vibrational frequency) are drawn into this swirling Vibrational Reality, this precursor to the physical reality that is now available to you.

Only one thing is necessary for this Vibrational Reality to become real in a physical sense, manifested into things and experiences that you can see and hear and smell and taste and touch: You have to go into the Vortex!

The key to getting inside your Vibrational Vortex of Creation; of experiencing the absolute absence of resistance; of achieving complete alignment with all that you have become and all that you desire, and of bringing to your physical experience everything that you desire—is being in the state of appreciation.

And there is no more important object of attention to which you must flow your appreciation than that of self. The habit of thought, or belief, that holds most people outside of their Vortex of Creation, more than all other thoughts put together, is the lack of appreciation of self.

What If We're Fearing a Worldwide Financial Crisis?

Every emotion that you feel, good or bad, is about the relationship between your current thought and the understanding of the Source within you on the same topic.

Some people are feeling acute fear or anxiety because they are personally, right now, without work or income. But the fear that most people are feeling today is because of their

...continued on page 33 ...

Oobe You Are Not The Body

An astral flight out of the body

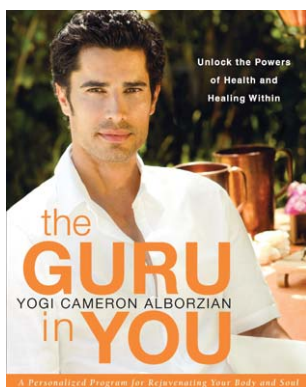
A \$10 mp3 file by Andrea de Michaelis



Being out of your body is a natural state that happens every night whether you recall it or not. With this recording, you will become aware of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely, and remember it.

SEE PAGE 33

SEE PAGE 33



SIT Before You Veg

Cameron Alborzian Is an Ayurveda and Yoga Therapist offering natural treatments

to help people live a healthier and happier life. Visit www.yogicameron.com Reprinted with Permission of Harper One from the new book: *The Guru in You: A Personalized Program for Rejuvenating Your Body and Soul*. © 2011 by Cameron Alborzian. All rights reserved.

If you're like almost everyone I know, your first impulse when you get home from a long day at work or a busy day running errands is to grab a bag of chips, a beer, or some kind of snack, sprawl out on the couch, and watch TV for four hours before going to bed. You may have had a conflict with a co-worker or felt overwhelmed by the long lines at the supermarket, and with so much drudgery and frustration, the last thing you want to do is something productive—like reading to your kids, paying your bills, or finishing certain chores.

This makes perfect sense. When we feel overwhelmed by the dense energy that fills our hectic lives, we think we need to neutralize the bad heaviness with things that supposedly make us feel good: eating sweet and oily foods, watching aimless television programs, and finding the most horizontal position we can for our bodies to experience weightlessness.

While these may seem satisfying at the moment, they add heaviness to our material bodies, which burdens us and keeps us further entrenched in our own suffering.

This exercise calls upon you to create a short sitting practice for yourself when you feel you're ready to submit to your end-of-day impulses or even sleepiness at the office. It is designed to foster alertness, which will counter the inevitable lethargy of a taxing day.



When you're done with work or errands or have finished your dinner, find somewhere quiet in your home or office to sit in a basic cross-legged position. This can be in the middle of the floor, against a wall, or even on a chair with your feet on the ground if you find significant discomfort in sitting with crossed legs.

Close your eyes, and take long and slow breaths. Breathe in through your nose for a count of three, and then breathe out through your nose for a count of six. Repeat this thirty times or however many times you feel comfortable with. The breathing will deliver more oxygen to your entire body, which will stimulate cellular activity in the brain and calm the nerves. In later chapters you will learn more about breathing, sitting, and other elements of this exercise, but for now consider the following points:

- As this exercise is designed to foster alertness, it is important to have an erect spine. If sitting cross-legged makes your shoulders slump forward and your lower back sink, sit on a couple of folded blankets or a yoga block to raise your pelvis. This will help to properly align your spine.

- If breathing in and out through your nose is difficult for you, try breathing in through your nose and then out through your mouth.

Once you've completed the breathing, sit for a moment and observe how you feel about vegging out as opposed to doing something you've been putting off.

Do you want to spend the whole evening watching TV (the TV eventually watches you), or do you want to watch only one of the four shows?

Do you want to eat those chips (which eventually become you), or are you willing to try a piece of fruit, sip some herbal tea, or not consume anything at all?

A great first step in becoming more aware of your place in this material world is to challenge yourself to crave a lighter energy, and this awareness can begin with the heaviest hours of your day.

Tod
McNeal's

NATURE'S HAVEN **SPIRITUAL SPEAK**

"Grateful for awareness that our positive actions are reward in itself...the sunny reflection of our goodness tans us with bliss..." -Tod McNeal

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**What ~~you see~~ is there
depends on who's looking**



"If I were a dog, it would all be in black and white. If I were a mosquito, I would only see heat waves. If I were a snake, it would all be infrared. So I guess you can never really know what is there; it all depends on whose eyes are looking."

-- Devon Mortifee at age 8

NOTES from the Universe



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

**The main thing those
who've "passed" would like
to tell those who've not
"passed," is that once you
get over the shock of
having safely arrived
- completely intact, cool as
ever, and bathed in love -
what you'll miss most about
Earth, after ice cream, is
the beguiling romance of
uncertainty.**

Oh yes you will.

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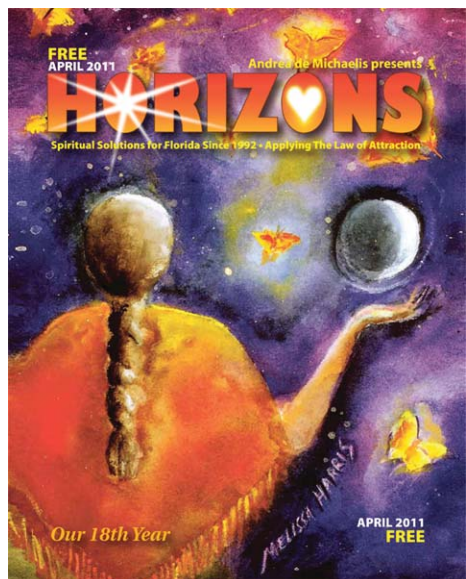
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COVER ART WISDOM OF THE MOON

by Melissa Harris



Melissa Harris is an internationally known and published artist, psychic, and author. She holds a BFA and MFA in Painting and was honored with a Fulbright grant to study painting in Paris. She has dedicated her life to the creation of imagery that celebrates life, love, beauty, nature and magic. Her colorful and emotionally evocative imagery can be found on prints, cards, and other gift items. Her series include themes such as **Women and Magic**, **Women and Nature**, **Women and Dreams**, **Cycles of the Moon**, and more.

Her images grace the covers of books, CDs, magazines, and calendars worldwide. You can also find her artwork in the **Goddess on the Go** affirmation deck as well as her own **CREATRIX "Anything is Possible"** activation card deck. Watch for her new 2011 calendar. Melissa teaches spiritually oriented art-making classes combining meditation, visualization and shamanic journeying with artistic technique, known as **"Painting Outside the Lines"**™. She has taught at the **Omega Institute**, the **Open Center**, and numerous other spiritual retreat centers.

Melissa travels throughout the US doing her **Spirit Essence Portraits**. In these unique sessions she joins her background as a clairvoyant with her artistic abilities to create your own portrait by tuning into you and painting a 7" x 10" watercolor of your unique essence as it appears to her in a semi-trance state. She combines the elements of what she finds into your painting in a way that will be helpful for you in your path of development. The session takes 60 - 70 minutes and you receive the double benefit of learning what she "sees" as well as owning a **Melissa Harris** original painting. These are not "aura" paintings, but much more realistic images.

Melissa lives in the Catskill Mountains on 9 beautiful acres and 4 cats where she has built her dream studio complete with skylights, French doors, and meadow views. To see more of her artwork visit www.melissaharris.com

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

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



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Science knows the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health.

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DAILY PRACTICE

...continued from page 25...

Just as plugging a computer into an electrical source gives it the power it needs to run, you must also "plug in" to Divine Source regularly so that your heart remains fully charged. Remember that even though you might be sophisticated and clever, and perhaps are full of ideas and creative expression, you don't generate your own power. No one does. You need to tap into a greater Power Source in order to function at optimal levels. Whether or not you believe or accept it, you depend on a greater source for your life force other than your limited "ego-mind." That power also doesn't come from other people (through seeking their approval), as you probably have been taught in the past.

It's no wonder that people distrust, feel threatened by, and fight with each other. Those who are disconnected from Spirit often tend to manipulate and control others to feed off of their energy in order to sustain themselves. This is achieved through intimidation, guilt, shame, flattery, bullying, and whatever else the ego resorts to. However, authentic power comes from the Divine Creator, who loves everyone unconditionally. When we realize this and begin to plug into this True Source of ceaseless power, we can heal all sense of unworthiness and separation.

With daily practices that reorient your attention away from the fear that arises from the ego, your sense of inner peace returns.

When you surrender your attention to this higher force and allow it to direct your life, magic begins. Synchronicity replaces struggle. Doors open instead of close. Your relationships improve instead of break down, and you'll notice that the people treat each other like friends instead of enemies. When you connect to Source, you realize there is enough for everyone, so the need to be ready to battle disappears.

This is a huge shift in perception for most people and takes more than a decision to fully accept and embody. Such transformation requires an entire reordering of your life. You must want to make this shift so intensely that you rearrange your priorities, examine and change your beliefs as needed, implement new habits and behaviors, and entertain different thoughts on a daily basis. You must create yourself anew.

The way is not complicated once the decision is made, however. It simply involves a new set of personal priorities and committing to a daily practice of surrendering yourself to the guidance of the Spirit within. Once you do so, your positive personal experiences will provide the motivation to continue. Each day surrendered to Spirit is a day lived as an authentic and holy being, rather than another day endured as an artificially controlled and fearful soul.

If you're ready to reconnect with your kefi—your beautiful, peaceful, holy Spirit—simply decide right now to leave the past behind and commit to the consciousness and daily practice that your transformation requires.



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A Folk Ways Calendar



April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 April Fools Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Palm Sunday	18	19	20	21	22 Good Friday	23
24 Easter	25	26	27	28	29	30

Ancient people saw the flow of time as circular, not linear, and the changes were understood as a great wheel. Woven together with the solar cycles are the monthly lunar cycles, which affect all life on Earth from the tides of the oceans, to the fluids within our bodies, to our emotions, to our unconscious. Many folk/ethnic/Indigenous religions and other traditions have been lost through time, destroyed by men who sought to establish a new God. Which is interesting since Christianity and most of its rituals is based on Egyptian mythology, whose source is pagan.

I recognize that much myth and tradition isn't about worshipping gods or goddesses, rather about recognizing and honoring archetypes in a way that can be useful in our daily lives. Much can be rediscovered through folk customs, legends and folktales. Our ancestors found comfort in the cycles of the seas and the stars. It gave them faith that when the sun left the sky, the moon would appear. It gave them faith that when a season of snow passed, a season of sunshine would follow. They learned by the phase of the moon and the cycle of the seasons the best times to plant and to harvest.

My experience is that being in tune with the natural rhythms of our Universe helps me find my place in it. It helps me feel connected and supported by the natural world around me, no matter what human chaos may be happening at the time.

When we feel ourselves to be separate from nature, we feel fragmented and frazzled by our daily lives. If we're to change this, it helps to begin seeing ourselves and our relationship to the Earth, the moon and the sun with new eyes. To look for the natural patterns and cycles, and see what relevance they might have in your life.

As a gardener and one who studies weather patterns, I find the cycles very relevant to my daily life. At new moon and full moon, I do a moon ceremony, to celebrate the last 14 days and welcome in the next 14. Observing the natural cycles teaches that every one and every thing is valuable and sacred.

You might want to Google the unfamiliar names you read here and see what some of the ancients believed, and how they celebrated the cycles.

-- Andrea de Michaelis, Editor

April 2011

1st Roman/Greek: Birthday of Venus and Aphrodite

3rd New Moon at 14:32 PM EDT

4-12 Hinduism: New Year Ramayana



5th Qingming - Chinese traditional The Qingming Festival is a traditional Chinese festival on the 104th day after the winter solstice. Its name denotes a time for people to go outside and enjoy the greenery of springtime and tend to the graves of departed ones

14th Baisakhi - Sikh is an ancient harvest festival in the Punjab region, which also marks beginning of a new solar year, and new harvest season

16th Lazarus Saturday - Orthodox Christian

17th Palm/Passion Sunday - Christian

17th Mahavir Jayanti ** - Jain



18th Full Pink or Seed Moon at 2:44 AM EDT.

18th Hinduism: Hanuman Jayanti starts at sunrise

18th Jehovah's Witness Christian: Lord's Evening Meal



19-26 Pesach (Passover) * - Jewish

21st First Day of Ridvan * - Baha'i

21st Maundy Thursday - Christian

22nd Good (Holy)

Friday - Christian

23rd Black Saturday - Christian

23rd St. George Day - Christian

24th Easter - All Christians

27th Orthodox Christian: Easter

29th Ninth Day of Ridvan * - Baha'i

30th St. James the Great Day
Orthodox Christian



Contact Dr. Wendy Nickerson to set up a time for an event with your organization.



To learn more, visit www.drwendynickerson.com



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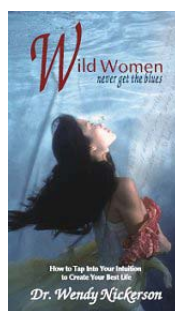


Dr. Nickerson works with all organizations, including those with minimal funds budgeted for personal growth events. In many cases, she offers seminars on a donation basis only.

Her events are educational, dynamic, uplifting, inspirational, and transformative. She has spoken at numerous metaphysical churches, universities, hospitals, and large organizations throughout the United States and Canada.

Dr. Nickerson is dedicated to helping raise consciousness and levels of joy, happiness, and health on Earth. She teaches health psychology courses using mind-body-spirit principles to upcoming psychologists at several universities in Western USA.

International Health Coaching Enterprises is a company dedicated to helping individuals and organizations achieve ultimate success. Dr. Wendy Nickerson, president and founder is committed to providing you with the health coaching, inspiration, strategies, support, and knowledge that you need to make your greatest dreams and passions become a reality.



Dr. Nickerson specializes in developing healthy lifestyles, behavioral nutrition, dealing with chronic pain and illness, psychoneuro-immunology, improving self-image, establishing a life's purpose, eliminating stress, depression and anxiety, and enhancing spiritual growth and nourishment. She is the author of **Wild Women Never Get the Blues! How to Tap into Your Intuition to Create Your Best Life.**

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POTENTIAL TOPICS FOR YOUR EVENT MIGHT INCLUDE

Your Family Legacy: The Buck Stops With You!
Rewiring Your Brain for Higher Consciousness
What if Nothing Was Really Wrong?
Moving Up the Emotional Scale
How to Cope with the Loss of a Relationship
Choose to be Happy
The Power of Humor and Laughter to Raise Your Vibration
Soul in the Workplace - Finding What's Right
Becoming an Empowered Woman
Wild Women Never Get the Blues
Learning to Listen to Your Divine Messages
Learn How Your Mind Creates Chronic Illness
Pain Management From the Inside Out
Spiritual Coping With Stress in the Workplace
Staying in Alignment With Your Spirit
Listening to Your Messages
Learning to Love Yourself. Why are you Worthy?
Past Life Dynamics in the Workplace
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Abraham-Hicks

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negative speculation about how bad conditions may yet become and the negative impact that those future, unwanted conditions may have on their personal lives.

As more people observe hardship and strike a tense, resistant pose—and therefore disallow their own Well-Being—others use them as their reason to do the same. And, in a very short time, a very negative pattern of resistance can sweep through your population. The good news in this scenario is that, in every moment that every person is feeling negative emotion about the economic state, Vibrational requests for more abundance are launched—and those requests are heard clearly, and responded to immediately, by Source. And a Non-Physical, Vibrational Vortex of Creation begins to swirl in powerful response to that powerful asking—and all compatible components are drawn into the Vortex for the discovery and relief of those who allow themselves to be drawn inside.

It is natural that you thrive, and the resources are there for all to thrive. But chronic thoughts of shortage, or chronic thoughts of pushing against those who are thriving, hold you in contradiction to your own desires and, more important, to what you have put into your Vortex of Creation for yourself.

If you seek financial well-being for yourself—you must praise it wherever you see it.

If you would like more abundance for yourself, personally, or for others you care about—you must not criticize those who are experiencing abundance. When you criticize or condemn or push against anything, you activate an opposing Vibration to what you seek. Every time. No exceptions.

Selfishness, And the Law of Attraction?

Some offer criticism because we place such emphasis on the value of your feeling good, accusing us of teaching selfishness. And we acknowledge that true selfishness is at the very core of our teaching because if you are not selfish enough, if you do not care how you feel, if you are not willing to continually redirect your thoughts in the direction of feeling good, you cannot come into alignment with the Source within you. And unless you are in alignment with the Source within you, you have nothing to give another. Alignment with Source—being inside your Vortex of Creation, becoming one with the true expanded version of you—is the ultimate selfishness.

And yes, in that state of alignment, all good things must come to you. Every rocket of desire that you have launched will be fulfilled. True success is not the attainment of things, or

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Abraham-Hicks

... from page 33...

the achievement of tasks, or the achievement of financial abundance. True success is the coming into alignment with You. Yes, selfishly aligning with your desires, your clarity, your confidence, your knowledge, your love—with Yourself!

Contrast Really Isn't about Something Going Wrong

We want you to reach the place where you are willing . . . not just willing, determined . . . not just determined, eager . . . to let go of the need of control of things that are uncontrollable—like what anybody else is doing—and give your undivided attention to the only thing you can control, which is how you feel in any given circumstance.

Nothing ever goes wrong, because every piece of contrast, no matter how wrong it seems to be, is always helping you to clarify what it is you do want. And that's the thing that we want you to remember most of all: The contrast, no matter how it looks in any moment, is contributing mightily to your expansion. And the thing that you call "things going wrong" in your life experience are actually only the distance between the things that are so right and your current perspective about it.

Life is supposed to be good for you. You live, whether you know it or not . . . you live as the full recipients of a hurricane of grace that is flowing toward you, at all times, in answer to all that you have been asking for, and the best way to get a whiff of it is to stand right where you are, right now, and do your best to find the best of the positive aspects that surround you. Look for things to appreciate, even if there aren't that many. Look for things to feel good about, even if there are more things to feel bad about. Give your attention, as best you can, to the best things that are going on in your experience, with the determination to train yourself into the best-feeling Vibration that you can find right here and now.

Today, no matter where I'm going, no matter what I'm doing, no matter who I'm doing it with, it is my dominant intent to look for and find things that feel good when I see them; when I hear them; when I smell them; when I taste them, when I touch them. It is my dominant intent to solicit, experience, and exaggerate and talk about and revel in, the best of what I see around me here and now. As that is your mantra, you will tune yourself to the best Vibration that you can reach for, and then the best, and then the best, and then the best— and then the best. And then, before you know it, you will be vibrating in the vicinity of what's going on in your Vibrational Escrow, in your Vibrational Reality.

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Thoughts about things...

... from page 7...

To that end, I do whatever it takes to keep myself in a happy and hopeful state of mind, so that I can think thoughts of a loving world and envision more happiness to come. Those are the thoughts I want to add to the global mental plane. So my job is to do whatever it takes to keep resistance out of my life, so I can maintain that state of consciousness. Yes, my daily attitude benefits more than just me. It's adding some balance, some levity, some serenity, and clarity to that cosmic bank.

So what if I'm talking about eyebrows when half a world away there are natural disasters going on? It's okay, I forgive you for judging me for failing to meet your expectations about what my contribution should be. I don't mind. I'm used to it.

My conscience is clear, and I invite you to clear yours. Because only with a clear conscience can I release enough resistance to be of value to anyone. That's when my thoughts are a most powerful addition to the global mental plane. That's when I'm making valuable deposits into that big bank of thoughtforms, and I'll be adding thoughts that I'd like to have access to later in my life.

I wouldn't want to withdraw thoughts of fear or insecurity, or lack and limitation. So I don't want to deposit those thoughts in there. I do want to add thoughts of hope and inspiration, of fun times and good memories, of joyful anticipation and rollicking new friendships. So those are the thoughts I focus on, because whatever I am habitually focused on is what I am adding to our giant thoughtform bank. And now that I know that, I can't act as though I don't know it. What are you adding to it?

I DON'T ALWAYS RECOGNIZE THE LESSON PLAYING OUT IN MY LIFE

I'm like everyone else. The Universe is sending me messages all the time but I'm not always in the receiving mode, so I don't always "get it." Only when it comes back around again and again and again in the form of different people do I finally drop my blinders and begin to see what's been playing out in front of me. I have to laugh at my own blindness because it reminds me to be more aware in each moment. That every moment contains so much more than I can quickly grasp, unless I'm paying attention. And, as it turns out, that's what it's all about. Paying attention in each moment.

...continued on page 38...

Abraham-Hicks



... from page 34...

Are You Ready To Meet Your Vortex?

This Vibrational Reality is spinning and becoming, and if you are in anger or fear or despair, you're nowhere near it. When you get in the vicinity of hope, when you start feeling hopeful, you're within range. When you feel hopeful, it's drawing you in; it's drawing you in. And once you begin to believe or expect good things to come—you're in the Vortex. And once you get in there, you're no longer the only uncooperative component. Now you are a cooperative component. Now you get to rendezvous with your money. You get to rendezvous with your vitality. You get to rendezvous with your clarity. You get to rendezvous with your lover, with your loving neighbor, with the things of your environment that you've been wishing for. You get to rendezvous with all of the good stuff that you've put there once you begin to get in the vicinity of what feels good. And you can train yourself there—you can do it in a day.

You have control of everything that rendezvous with you when you get control of the Vibration that you offer, and you get control of the Vibration that you offer when you care about how you feel.

It really is more irrelevant than you think what the other people in your life want, but what is relevant is what you think they want. So, if you could just eternally look toward what you want and disregard everything else, the Universe would have to give you what you want, and in so many more cases than you would believe, from where you currently stand.

Often, you can get exactly what you want from the components that are already present in your life. You don't have to go to a whole new place; you just have to chronically define a whole new Vibration.

The relationship between your expectation and what you're seeing is the only thing that you ever have the ability to feel around.

We all make too much of all of this. It is simpler than we all make it out to be. Be easy about it. Be kind to yourself. Do things that feel fun. Look for things that bring you relief, and just easily move into that place (your Vortex) where all things that you want have already been lined up for you.

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*



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

HOROSCOPES

Aries: March 21 to April 19 "I Am". April begins with a fiery new moon in Aries on April third. This is a time to get moving with any plans that have been on the back burner. It is now or never, get it done. Now that Spring has sprung, get your seeds out and organize your garden ideas in preparation to plant.

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

What you see is what you get, as it is time to smell the roses, and wake up and drink your coffee! Be on the alert and keep moving for it is time to be productive. Finally after all this time, everything is out in the open. Honesty is always the best policy. Now you know what to do, so trust yourself and go for what you want.

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

Friday April 8th is a day of balance, spend at least 30 minutes of quiet time to connect with your higher self in receptivity for insight and wisdom for you and the future of your family. You are being given a heads up to trust yourself as you find yourself at the right place at the right time.

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

Saturday April 9th Pluto in Capricorn goes Retrograde, being that the opposition between Cancer and Capricorn. These will be a very strong underground pull towards delving within yourself to uncover hidden information within your subconscious with all the energy that you sense to be productive.

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

April 12, 13 are perfect days to reevaluate long term goals. It is time to cut back or move forward with ideas that resonate with where you want to be in the next 5 years. You are at a crossroads and shortly you will have the answers that you have been seeking. Listen carefully for the signs.

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

Diligence and focus will be the key components of your success this year. In your efforts to express yourself, you will continue to stay strong and positive. Able to stay on track you are keeping up with the times, there will be no doubt of an amazing success story.

Libra: September 21 to October 22/23 "I Balance".

If you find yourself having trouble making up your mind lately it could be because of the full moon in Libra on April 17th. This moon may also help you with your clear headiness. Being that Saturn is still transiting Libra, you may also have bouts of real seriousness, just don't let yourself get depressed.

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

The anxiety that you have been expressing has to do with inner change on a very deep level. Think about what isn't working anymore in your life and look for clues on what to do next. You have a chance for a new beginning but before you go forward you must let go of what isn't working anymore.



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April 2011



SUGGESTED READING WATCHING LISTENING

Sagittarius: Nov 22 to December 21 "I Perceive".
Your best course of action this month is to get off your duff and get moving. Turn the television off. As you give credence to your intuition, you will begin to feel the creative juices within you rise. This month you have many skills to draw from, like intuitive thinking, as well as being the biggest networker. It is truly a gift at being able to put people's needs together.

Capricorn: December 22 to January 19 "I Use".
An unexpected change of direction is up for you. You should expect to have a lot more fun in more meaningful and deeper ways. Your one on one relationships will take on an intense and penetrating focus. You will be like a kid in a candy store this month with a free credit card. Be sure and enjoy yourself to the fullest.

Aquarius: January 20 to February 19 "I Know".
Sometimes it can be very difficult to trust your intuition, especially when your mind tries to control the outcome. But when your body is loud and clear with symptoms that point to dangerous levels of pain and discomfort, you can not deny the truth any longer. Do what you have to do with integrity and events will settle down in a more balanced way.

Pisces: February 19 to March 20 "I Believe".
Lately your emotions feel like the marshmallows in the fire without the chocolate. Emotional intimacy is what you want but at what price are you willing to pay for this and with whom. Core strength and values is what matters the most to you so stick to your guns and do what you say you are going to do and enjoy yourself along the way.

CDS:

Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

Be Love Now, The Path of the Heart by Ram Dass
The Essence of Tantric Sexuality Mark A. Michaels, Patricia Johnson
Joel Goldsmith and I by Walter Starcke
It's All God by Walter Starcke
Ecoshamanism by James Enndredy
Change your Life, Change the World by Ryuho Okawa

FROM WWW.LLEWELLYN.COM

Chakra Awakening by Margaret Ann Lembo

WWW.HAYHOUSE.COM

Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles Marianne Williamson

WWW.NEWWORLDBIBLIOTHECA.COM

The Hidden Spirituality of Men by Matthew Fox
The Denim Diet by Kami Gray
Do It Anyway by Kent M. Keith
Saying goodbye to your Angel Animals by Allen & Linda Anderson
Why Walk when You Can Fly by Isha
365 Prescriptions for the Soul by Dr Bernie S. Siegel

FROM WWW.SIMONANDSCHUSTER.COM

How to Be Compassionate by His Holiness the Dalai Lama
The Secret Life of Water by Masaru Emoto
The Miracle of Water by Masaru Emoto

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The Astonishing Power of Emotions
The Law of Attraction: Teachings of Abraham
From Grief To Joy: Moving Up The Emotional Scale
Money and the Law of Attraction: Learning to Attract
The Vortex, Where Law of Attraction Assembles All Relationships
Getting into the Vortex Guided Meditations CD and User Guide

MUST SEE DVDs

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

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



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

Thoughts about things...

... from page 34...

In **Coconut Grove, FL** in the 70's, I had several friends who owned businesses and boutiques in the trendy part of town. Now and again, jealousies would flare and mutual friends would feel forced to side with one or the other. That caused more division. Pretty soon our happy little group was no more, the businesses no longer existed and that was the end of that.

When I worked at law offices in **One Biscayne Tower** in downtown **Miami** in the 70's and 80's, the same thing would happen. An attorney would leave to go with another firm or begin his own firm in the same building. The partnership would be dissolved, employees would be split and again we'd have to choose sides. Often times there was animosity between the former partners, or at least on the part of the one who felt injured by it. Often I'd be working for the one who became more successful and gloated about it and rubbed the other's nose in it every chance they could and I had to watch that. More division, more splitting.

After I'd moved to **Melbourne, FL**, in the late 80's and early 90's there were several weekly metaphysical discussion groups that a group of us all attended. Then it began to be all about electing officers and holding office and then there was infighting and again the taking of sides. But this time it began to dawn on me. It was like the whole karmic cluster*ck all over again, but this time I began to see it for what it was.

Just in the past ten years, I've had several friends open and close businesses due to partnership dispute. I've seen them move their store from location to location to location and alienate former landlords due to nonpayment. As a store owner/operator, **Domino** doesn't understand why she can't sell anything even when she's in a good location. She doesn't understand that you can't cheat your landlord and expect money to flow to you, it's all related.

You can't lie and gossip about a former partner and expect clients to come pouring in. You are not a vibrational match to it. It's like the radio station you can't quite get tuned to. You're close, but can't really get it.

The Universe throws us together face to face to work on ourselves and if we're smart, we see ourselves reflected in those around us. They are in our life because we vibrate in harmony with them. But so often we don't see that, we wonder what we're doing around all these stupid, thoughtless people. We think we have lessons to teach them when in fact we are the ones needing to get over ourselves and listen and learn. It is not about choosing sides and which one is really my friend here? It's about not taking on unnecessary karmic baggage that will impact other areas of your life and will keep you from attracting the very things you want to attract.

If you're speaking about someone else with the intent to alienate them from mutual friends, know that you're not a vibrational match to attracting anything but lack and limitation to yourself. If you're throwing up roadblocks for anyone else, you can expect them to come back to you many times over. And if you're praying for harm to come to someone or their business, you can expect that to come back to you many times over as well. Trust me, you don't want to be a vibrational match to what that will attract. Oh, too late, you already know? 'Nuff said!

When you badmouth anyone, it's always a jealousy issue on some level. It's always that you feel they are taking something away from you. It's usually that you think they are not entitled to the business or income or benefits they receive and their customers would be better served by you. These are simply signs of first and second chakra imbalances. These imbalances can be remedied by making amends to those you've injured in the past, and learning to appreciate without expectations. *Sound unrelated? It's not.*

The best thing for you to do, if you have a negative emotion when you think of ANY person or any business of theirs, is to say a prayer that the heaviness in your heart be dissipated as you send (this person) into the light where they will continue to grow and prosper. Wish for them what you wish for yourself. There but for the grace of God go I. Do the **Ho'oponopono** healing process on them.

Do it twice a day if you have to. It'll feel a little better each time. By the 10th time or so, you'll start to get some insights about the situation, and it's good food for thought. Just like me, this person has known sadness and loneliness and just like me they would like some happiness in their life. Just like me they are learning about life and if I can feel a moment's compassion for them, it helps me and it helps anyone who's ever felt this way or will ever feel this way again.

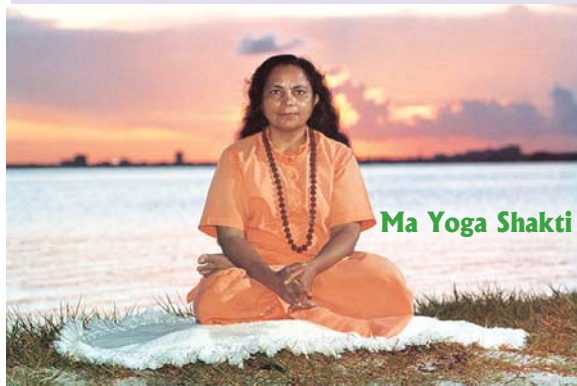
Doing this exercise always helps me transmute my feelings on a situation each time one arises. And when I transmute my feelings, I've transmuted my point of attraction. And when I've changed my point of attraction and released resistance, my phone will begin to ring, my business will begin to thrive, I will run into the most interesting, fun people and business opportunities will appear out of the thin air.

When I can think of any one and any thing and smile at the situation and bless them and let it go with no emotional resistance from me, that's my signpost that the floodgates of goodness and dollars are about to pour. And yes, it's also a sign of emotional maturity. Finally I'm growing up.

Enjoy our offering this month. Hari Om.

Andrea

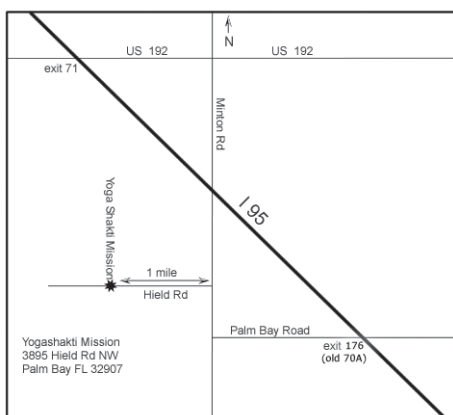
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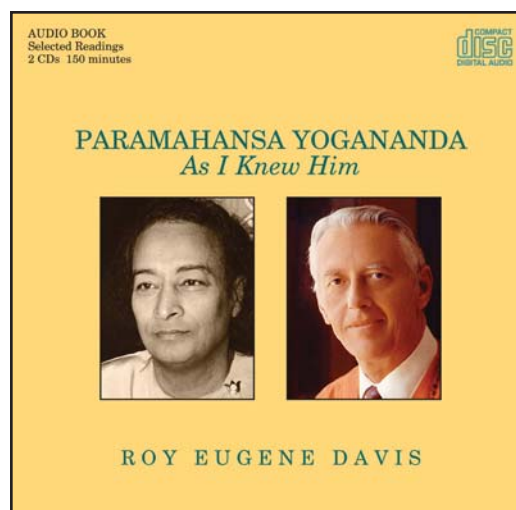
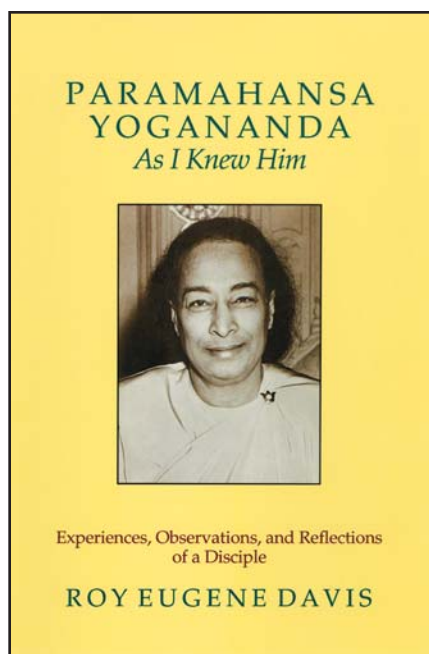
As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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