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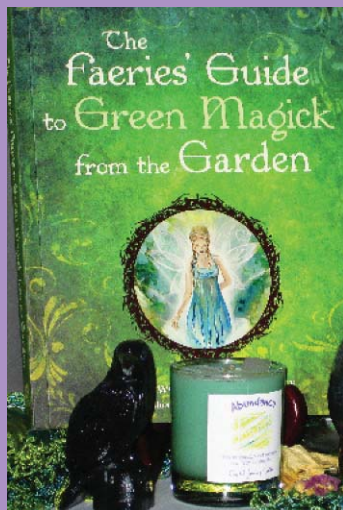
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April 8 Easter with egg hunt, games, snacks, and prizes for children
April 15 Holy Humor Day – Guest Speaker Rev Marcia McCartney
April 22 "Dare to Dream" Guest Speaker Felicia Searcy
April 29 "Clearing Out Hell So That Heaven Can Reign"

GOOD FRIDAY SERVICE

All You Need Is Love

Friday, April 6th 7:00pm

Prepare for Easter renewal and awakening as we look at the love that supported Jesus' Easter experiences Jesus' true power came in his words that we can own as our own..

The D. N. A. of Play

Sunday April 15th 12:30-2:30PM

Join Rev. Marciah McCartney, Unity Minister, Agent for Conscious Evolution and Most Holy Fool in an experience that will heal your Heart and Soul! You are invited to enter deeply into the rediscovery of your expanded sense of Oneness, Belonging and Connection through creativity and play! *Why is this important?* Before we put on the masks of forgetting that separated us in consciousness we played deeply in our Divine Oneness. Planetary Play cuts through the illusion of the ego and moves us into the mystery of Divine Play! Everyone is waiting for permission to play!!! During this play shop we will channel the JOY of our amazing spirit self through rediscovering the fun of being a child again and opening up our 7th sense, our divine sense of humor. Suggested love offering \$20.



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**Friday, Sat
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Family Fun Day Saturday, April 21 from 2-5pm

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Rev. Felicia Searcy April 22nd Sunday 10am Sunday Service "Dare to Dream"

1:00-3:30pm Workshop "Dream Big, Dream Bold: Living Life Full Spectrum"

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and coach. For the past 15 years, Felicia's passion has been to assist people just like you to live their dreams. She is a national speaker/presenter, life coach, writer and author of *Do Greater Things: Following in Jesus' Footsteps* published by Unity House. She has been a devout student of New Thought principles and enjoys a rich, abundant, joyous life with her husband in Murfreesboro, TN. www.feliciasearcy.com

New Class ~ Art and Practice of Nothing and No One Against You with Lloyd Reiser

Friday 4/27/2012 7-9pm & Sat 4/28/2012 9-5:00pm



and 3 follow-up sessions (dates & times to be determined by class). This will be offered again Friday 5/25 and Sat 5/26 with 3 follow up meetings to be determined. This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. This qualifies as a Communications class for Partner Membership. Our goal is to have 50% of our congregation complete this class by 12/31/2012 to help us realize our vision of a world that works for all. Workbook available in bookstore \$29.

DURING THE WEEK

Sunday, 11:15 to noon. Adult Sunday school – Join us as we have a metaphysical discussion. Childcare available.

Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.

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

1st Sunday of the month (April 1 and May 8) 4:00pm Reiki Healing Service with Lloyd Reiser

2nd Sunday of the month (April 8 and May 13) at 4:00pm Chanting with Lloyd Reiser

3rd Sunday of the month (Apr 15 and May 20) at 2:30pm Unity's Licensed Teachers conduct a mini Sunday Service at Carnegie Gardens

2nd and 3rd Wednesdays of the month (April 11&18 and May 9 & 16) Rev. Beth conducts a mini service at Trinity Towers East

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

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

**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head
Brandon Moordian
Jeremy Bonner
Morgana Starr

On the Cover (see page 26)

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Karen Williams
Caroline Myss
Barbara Lee
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, 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

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.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.



YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE



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 2012 edition of Horizons Magazine. It's also my birthday month and I've never felt stronger and healthier and been more fit.

Eighty percent of what I eat are all the right foods, mostly unprocessed with the occasional pasta, pita or mayo. After 2006 I changed my eating habits. I created the website www.goddessgrub.com (*Healthy and luscious low fat meals for the goddess on the go*) primarily to keep track of my new recipes when I was traveling. I've done yoga every day for years but I began working out on a regular basis the day before Thanksgiving. The gym is an excellent place to relieve stress. I write about my fitness journey in my blog www.horizonsmagazine.com/blog/ if you'd like to keep up. I've also set up a space in my home so I can work out in front of a large mirror, where it's easy and motivating to step into the space and do it. Working out has become fun at this stage of my life. All of this adds up to me not worrying about aging or weight or things like that. When I stay active and conscious, I'm led to the behaviors that benefit me the most.

A friend recently told me the last few months she's felt very low energy and on the verge of maybe catching a cold; tired, sniffly. She wants to go to bed after being up 2-3 hours, yet sleep does not refresh her. She's not overweight but eats a typical bread and meat diet and drinks sodas, coffee and tea. She says feels better when she eats better, but her life is too busy to eat right all the time. I suggested one remedy if you're not going to change your action is to change your perception of it. If you know eating bread and chips slow your body down, when you feel tired 2 hours into your day, remind yourself that this is how it feels on this type of fuel. Remind yourself that sleeping doesn't make it better, so you may as well keep on working even if you feel sluggish. That way, at the end of the day you haven't lain around all day waiting to feel better before you got anything done. *There but for the grace of God go I.*

I was talking to a fave sister last night and we share a nephew in common. She's got a new rescue puppy and she's been trying to keep it calm. Nephew is getting ready to move back in with them and she said he'd better not resume his pacing from room to room, going out the back door, back inside, out the front door, back inside that he does constantly when he's there. I thought that was funny since when he's here, he's quietly looking at my library books, or off in the corner writing, or he'll join me in yoga or meditation, or we'll sit and have long discussions or just silently walk the grounds together. I know a completely different person than she knows. It could be that her husband keeps the tv on CNN and here there is either silence so we can hear the nature sounds, or I might have ambient music playing in another room. Caroline Myss says " *Silence nourishes you because in the stillness you become reflective. You learn to discern your distractions and to respond to your distractions in nondestructive ways. Through silence, you enter into the realm of your imagination, expanding your creativity beyond well beyond the width and breadth of the familiar and ordinary.*" That's what I hope my space provides for anyone who enters it. If so, then my job is done.

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STEALING MOMENTS OF SANITY: When the Corporate Grind Kidnaps Your Mind!

Excerpted from *A Guru in the Office: 50 Ways to Remember Your Spirit in the Corporate World*, by Dawn M. Staszak, available at Amazon.com and through most retail bookstores. Dawn can be contacted via her website www.guruintheoffice.com, through her publisher at 866-534-3366, or email publish@realityisbooks.com.

Working in a “high-speed, low-drag” environment (as best described by a coworker), it got to a point where the days blurred together and I forgot if I had eaten lunch or not ... When I looked at the clock and it was already 2:00 p.m. I knew I was in really bad shape when Friday would come and I wouldn’t feel excited about it - only relieved. With a schedule like that, I decided it was time to be especially creative and find ways to “sneak” some calm, positivity, and my various, beloved New Thought wisdom “bites” into my life, and not a moment too soon! Here are a few gems that put me back on track just in time.

- Showering in the morning, I would visualize the water cleansing all the stress of the previous day off of my aura in order to be sparkling and translucent for the new day ahead.
- As I am walking toward the building after I park my car in the lot in the morning, I say affirmations to myself about how great the day is going to be!
- I take the stairs versus the elevator, so I say a short mantra for each step. I do this in the morning, going to lunch, returning from lunch and leaving for the day.

- I make it a point to network with like-minded people. Having lunch with them or even walking outside in the fresh air while discussing topics and concepts that lift the spirit is a fantastic way to refresh the spirit and kick-start the afternoon with a boost!

- Every time I need to search for something on the internet, I use Goodsearch versus Google. It costs nothing, takes no extra time, and I am giving back to my chosen charity. There are literally hundreds to choose from!

- When I receive jokes from people, I don’t have time to read them, but I don’t want to hurt peoples’ feelings. So, I came up with the idea to simply filter jokes into a “joke” folder that I can look at when I do have the time - if ever. I see no reason to tell them to stop sending to me. Once in a great while I’ll take a glance and then delete it. Sometimes I could really use the laugh, anyway!

- I make up positive passwords, such as “im1moneymagnet” and “sograteful4” so I am forced to say an affirmation each time I log into my computer or system. Puts a little sparkle in my day at times when I’d least expect it.

- Be creative and look for small opportunities to infuse a little sunshine here and there in places that you wouldn’t think to look before, and most importantly, that don’t take up any extra time. This way, it is something that is welcome in your routine, rather than a deterrent from it. You will be pleasantly surprised to feel some weight lifted from your shoulders, your disposition lightening, and even perhaps, as Walt Disney instructed us, you might just find yourself in the mood to “whistle while you work!”

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DEATH: WHAT IS THE ACTUAL PROCESS?

Guest: I've heard you talk an a lot about death in the last year that... [We thought we were talking about life.] The thing that I'm still not complete with, is the actual process of the transition itself. I can think about after the transition and be very comfortable with that, but if I think about drowning or falling out of an airplane or some other horrible way of dying, I don't feel real comfortable with that.

Abraham: Do you ever have a bad dream? [Yes] And do you ever wake up right in the middle of it? [Yes] That's what death is like in those "horrible" situations you just described. In other words, right in the middle of something that you feel would be abhorrent or intolerable, you wake up into the reality of who you really are -- and it is like a distant dream that is not in your now.

Guest: So I wake up before it's so horrible that I can't stand it any more?

Abraham: Always, every single time, without exception. Anytime you try to superimpose how you would feel in a given situation, you are distorting. But it is our promise to you that when that time is there for you, that the transition is very quick. The problem with most people is that they worry about death. They're pushing very hard against it. Death is not seen by most of you as the natural thing, or as the glorious, good transitioning thing that it is. Instead, it is seen as a bad thing, something so bad that you give it to those people that you hate most. You give them the "death penalty." Think about it. You're not giving them the reward of death. You're not giving them the relief of death, or the release of death. You have figured that it's about the worst thing that could ever happen to any of you, and then you save it as punishment to wield in the worst possible way. It's no wonder that you worry about it, because all of you know that it's coming to you.

And so, we can understand how you would be a little confused about how you would feel about it. But we have to say to you, you live in this Universe that is always

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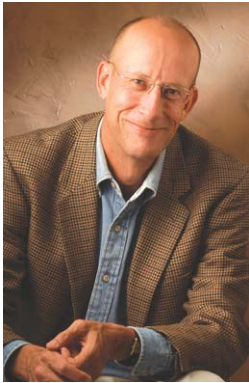
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NOTES from the Universe

An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the 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

Like most things in life, getting what you want, or doing something new, or being really honest with yourself, is typically very, very hard for first timers, but then... it becomes patently, ridiculously, absurdly and preposterously EASY for the rest of eternity.

I'd say do it right, nail it, whatever it takes, because "easy" is good, and eternity is long. Comprende?

The Universe

CUTTING EDGE CONSCIOUSNESS



Freeman Michaels has authored 2 books, and is a speaker, life coach and radio talk show host on KKZZ in Southern CA. He holds a Masters Degree in Spiritual Psychology from The University of Santa Monica. www.CuttingEdgeConsciousness.com and www.ServiceToSelf.com

Most people are reacting in their lives rather than responding. Reacting is "re"-acting (acting over and over again) - simply replaying parts of our past that have been locked in habituated patterns of thinking, feeling and behavior. We are unconsciously repeating our history again and again - projecting the same roles (such as betrayer, disappointer, perpetrator, etc.) onto new characters with the same storylines. Because our beliefs, interpretations and agreements are held in these REACTIVE PATTERNS, our past is projected forward and we are caught repeating cycles. The ability to respond (aka responsibility) is a level of compassionate observation and ownership that liberates us from habitualized reactions - with a sense of vision, guided by quality driven intention, expressed through carefully designed practices, we can begin to direct our experience and change our lives - FOREVER. We become the "creator" of our own destiny.

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HEART HEALTHY HIBISCUS

The vibrant red Hibiscus flower a relative of Okra is found all over the world and is widely recognized by those of us living in the South. In the herbal community Hibiscus is known for its wide range of benefits for health especially towards the health of the heart.

A six week study done in 2008 at Tufts University found that drinking three, eight ounce cups of Hibiscus tea made with one teaspoon of dried Hibiscus flowers worked much like an ACE inhibitor lowering the systolic blood pressure by seven points, and the diastolic blood pressure by 3 points.

From these findings it is believed that over time this drop may help to prevent a heart attack or stroke. Another study done in Taiwan found Hibiscus flowers to contain the same powerful antioxidants as red wine as well as flavanoids, polyphenols and anthocyanins. Together these compounds were found to help prevent the oxidation of LDL cholesterol, which contributes to the hardening of blood vessels and heart disease.

In a 2009 study done by The Journal of Human Hypertension Hibiscus tea was found to be helpful in the lowering of blood pressure in type-2 diabetics. Here it was shown that Hibiscus significantly raised good cholesterol and lowered bad cholesterol in diabetics.

Besides being good for the heart, Hibiscus is loaded with Vitamin C, bioflavonoids and other key nutrients making it useful for boosting the immune system helping to prevent colds and the flu. In weight loss Hibiscus acts as a mild diuretic and in blocking the absorption of carbohydrates.

I personally like to add Hibiscus flowers to my beverage teas for its cooling effects. When added to Oat Straw, Alfalfa, Peppermint and Lemongrass its sweet-tart taste enlivens the flavor. I especially like this refreshing tea during the summer when I am working out in the yard.



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Caroline Myss

What Is A Soul With Stamina?

<http://www.myss.com>

The subject of soul stamina is vitally important to all of us. First of all, what exactly is "stamina" from a soul's perspective? And how exactly are you supposed to build stamina?? In order for me to even begin to answer just those two questions, we need to widen our lens a bit. I want you to think deeply and seriously about the following items of info, all of which affect you, but none of us know how much. And even if we did, there is absolutely nothing any of us can do about anything anyway. Let's begin with recognizing that we now live in the age of energy. From the Internet to all forms of communication to energy medicine to who knows what goes on in space

to whatever - the fact is we are now living in a world where at least half of what is influencing and controlling us is in energy form. What has this got to do with the subject matter of understanding the nature of a soul with stamina and why you should consider the subject worthy of your time and thought?

Well, combine the fact that we live in the "era of energy" with the reality that we are also the first "psychic culture" to exist in such a physical atmosphere. We are psychically active by choice; we are psychically active unconsciously as the result of drugs (legal and otherwise); we are psychically active as the result of therapies of all kinds; we are psychically active as the result of access to spiritual ritual and literature; and we are psychically active because it is the time in our evolution for advancement in our perceptual skills.

Here's what's true: we have yet to realize or find a way to recognize the impact - or energetic contamination - of the techno-world on the individual's psychic system, much less the influence of one person's negativity upon another. And every one of you has had who knows how many experiences of energetic contamination. But what's all this have to do with the soul?

Let's use a visual just to get a point across. Often times in leading meditations, the group instructor will direct people to "open their crown chakra and let light flow into the top of their head". Picture that as you're reading this - light is flowing through the crown of your head, through your body, filling your energy system. I prefer now to think of this light as transferring grace into my system and not "energy"; I can get energy from a candy bar. Now then, imagine that this beam of light - this beam of grace - does not just shut itself off, just like that, poof - because you're not thinking about it anymore. Instead, let's reverse the rule of thumb here and consider that maybe - just maybe - once you connect yourself to light, you stay connected. (I mean, it is SO like us to think we control things like that ... you know, I'll decide when and if I'm connected to light. I'll open my crown chakra and then I'll close it and then I'll open it again and so on. I don't think invoking divine light is like stopping at a gas station and hitting a fuel pump with a "fill me up" attitude ... but isn't that just like us?)

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SOUL STAMINA

What's soul stamina? In a word - congruency. Soul stamina is developed through acknowledging the content of your inner theology and becoming congruent with your theology down to the level of your conscience - which is the difficult and more challenging level of practice. The definition doesn't require more than this brief description; it's the work that is difficult. Stamina is a scaffolding effort, a work in progress in which one small accomplishment per day converts to an enormous act of soul empowerment.

The congruent psyche/soul generates an impenetrable energy field. You simply are not vulnerable - or as vulnerable - to psychic free radicals or "psychic junk mail" or energetic negativity as someone who is psychically and spiritually ungrounded or out of communication with their theology and conscience.

...continued on page 13..



What Is A Soul With Stamina?

...continued from page 12...

Homework: Write down your theology - what exactly do you believe? Refer to the list of beliefs that I dropped in earlier for examples. This is a very challenging exercise, oddly enough, although you would think that it would be otherwise.

First: acknowledge what you believe;

Second: hold yourself accountable for slip ups; in other words, keep a watchful eye on your own actions - stay "conscious" of yourself;

Three: take ONE weak link at a time with the intention of building a congruent psychic-soul bridge. This is an exercise to develop stamina in your soul as well as psychic clarity. It requires that you become mindful of when you are acting in opposition to a belief you have; how you rationalize your behavior; and making your next move in a congruent pattern.

Example: One woman told me that she was bitter for years because she felt so betrayed by her mother, sister, and a couple of friends. This betrayal consumed her. Then one day this woman whom she refused to forgive for betraying her came over to see her. She was expecting an apology, of course, but instead this other woman said, "I am going to do you a favor and share my feelings with you." That, of course, took this woman completely by surprise as she had been living under the impression that between the two of these women, she was the only one who had any feelings. Anyway, this woman continued, saying, "You have hurt my feelings so many times and I've finally decided to let you know that. I used to confide in you and share my thoughts and feelings. I would always ask you to keep them in confidence and you always promised me that you would. I learned otherwise from two people who told me that you would tell them about every one of our conversations. You have betrayed our friendship for years. Why would you do that to me when you gave me your word that you would honor my confidence? Was your need for attention and entertainment so great that you would violate my confidence as conversation over lunch with your friends?"

Well, as you can imagine, this first woman who had spent years in bitterness believing that everyone had betrayed her was now being told that she was a betrayer herself. And she was - guilty as charged. She had no excuse to offer - what excuse was there? What could she say? She finally had to recognize that she did not honor her word, even though she gave her word as often as she pulled out a charge card. Out of this painful situation, however, came great insight about why her psychic state was always so toxic. She made a commitment to herself to keep her word, to become congruent in her thoughts and actions.

As simple an exercise as choosing an area of your theology that is incongruent with your

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psychic/ego behavior and working to bring that into congruency ... there is nothing simple about it - absolutely nothing. The practice of becoming congruent is about as rigorous a spiritual practice as can be entered into. It requires every ounce of psychic, soul muscle that you have working for you, but that is precisely why and how you develop a strong energy field. I always recommend the practice of prayer and contemplation; but without action, without application in your life, prayer and contemplation becomes congestion. Let me add that this is a practice that has a beginning, but no end.



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Michael Mirdad is a keynote presenter at the June 2012 Spiritual Awakening Conference, June 8th-11th at the West Palm Beach Marriott. For more information and to register, go to www.UniversalLightworkers.com.

One of the best ways to diffuse energy about something is to talk about it. You've noticed that when you are hurting inside about something and you talk about it, it tends to lessen the pain. It also is true that sometimes when you are making plans based on an idea or inspiration, talking about it can lessen the momentum, because you have allowed the creative energy of the thought to leak out through your words. This is why so many masters taught the world to keep their ideas to themselves until the time for manifesting the fruits of your inspiration was ripe for harvest. This is also why the word, "secret" is so closely rooted to the word "sacred." We should learn to have healthy, sacred thoughts or ideas that should not be discussed openly, as it would deplete the energy and motivation behind the idea.

In relation to Earth changes, one reason I write openly about this was to help diffuse the energy around it. In other words, if we allow people to openly recognize the possibility of such changes (or anything else we fear), it helps diffuse the power it might have had over us. It also helps diffuse the energy behind its creation. Speaking and writing about such things is feared to be a negative thing to do, this concern is harbored by students on the spiritual path who only understand one dimension of how creative thought works. Such people assume that if we think or say something, it will add to the possibility of its manifestation, which is indeed true, but only in the most basic sense.

Increasing the chances of manifesting our thoughts comes not from merely speaking or thinking a thing as much as from the core beliefs behind such statements. The more intensely you believe something, the more likely it is to manifest. This is why I find it sometimes important to warn people of problems upcoming. When we accurately pick up on future events, the best thing we can do with those insights is tell people about them so that they might have a chance to change the beliefs held by those people that are causing the potential issue.

Another important tool for changing present and future events is the use of "decrees." A decree is a lot like an affirmation in that it seems like a short prayer and uses positive terminology. But decrees are far more. A decree is not a mere thought or prayer but rather is more like a love-based, spiritual command, spoken from a place of power and authority-which comes only when a person is centered in their divinity and speaking the power of God into their creation. So although it is sometimes very good to discuss "negative" things, thus diffusing their energy, it is only a good idea to decree (speak with commanding power God) things of a "positive" nature.

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Dear WhiteDove,

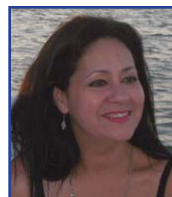
I'm reading a book that mentions the power of incantations. But I've always associated this power with witchcraft and a negative method of influencing another soul. Can you clarify: I don't want to create any negative karma. **Blessed** in Bethesda

Dear Blessed, The Creator of All that Is, has given humanity the gifts of co-creation and free-will. You have the power to influence your destiny and you can use your personal power in a positive way or in a negative way. Incantations are a series of words and phrases that use your intention to create a specific outcome. With the power of your Will and your Words you can invoke matter into reality. So both prayers and spells are incantations. When you use your incantations to heal, bless or create an outcome for the highest good then you create positive karma. If you choose to harm, influence a person in a negative way, or work to create an outcome from dark motives such as greed then you create negative Karma. Always remember to use your words with a positive intent to bless, heal, educate and give gratitude; in this way you never have to think about karma.

Dear WhiteDove,

In difficult times it's hard to stay on the right path without getting all freaked out! The world seems so out of balance with war, economic challenges, crimes, and crazy weather too. Do you have any advice for the light workers? **-Bright Light** in S.C.

My Dear, It's all too easy to become distracted with the negativity but freaking out with stress and worry won't help. These days that we are living in will be a time of great change and upheaval. Change makes us uncomfortable, but getting out of our comfort zone is just what we need to do. The negative aspects of our world need to be wiped away to make room for the rebirth of higher spirituality in 2012. In times of turmoil, focus your time and attention on helping those in need. Offer your prayers, give your love freely, be of service, and stay connected to the Divine Intelligence for guidance. Material goods will come and go, but your actions, thoughts, and deeds stay with you for eternity.



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Dear Michelle,

As a child my teacher always called me a daydreamer and I didn't do very well with traditional education. Today I consider my imagination to be my best asset. What do you think about someone who has made a living from their visions? **Envision That** in Evergreen, CO

Dear Envision, Imagination is so much more important than education: it is inspired communication through visions. And visualization is the first step of creation which has led to every invention. Education is learned information. Imagination helps to bring the unseen to fruition. In the past 125 years inventors have envisioned electricity to illuminate the Earth, Gas powered engines transformed our method of travel, computers and satellites altered communication and created information systems on a grand scale. Imagination and inspiration in action are keys for pioneers, inventors and artists. You can turn dreams into reality!

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GOOD ENOUGH TO BE TRUE

When I began to teach classes on spiritual principles, I devoted some time at the end of each class meeting to pray for students and their loved ones. One woman asked the group to pray for the continued health of her sister, who had had cancer, but the disease was now in remission. At that time I had not heard the term “in remission, so I asked her what it meant.

“It means that the disease went away for now, but it might come back,” she explained.

The explanation made no sense to me then, and it makes even less sense to me now. The idea is that the disease is here and real, a prevalent condition, but it has temporarily gone behind a curtain and may pop out again. The notion was jarring to me because my understanding is that health is our prevalent condition and our natural state. When a disease occurs, our health is temporarily in remission, and will return when the temporary condition of the disease has been alleviated.

Modern medicine, for all its wonders and benefits, subscribes to many beliefs that are upside down and inside out. Disease, for one thing, is not a thing. It does not have a life of its own. Disease, as illuminated by the ancient science of Chinese medicine, represents a blockage of the natural life flow, or chi, that moves through the body and keeps it alive and healthy. If the chi is blocked consistently at the same point, and reinforced with life-denying thoughts, emotions, attitudes, habits, and lifestyle, the organ will manifest what we call a disease. Yet the disease has no life or power in and of itself; it is simply a

sign of where life has momentarily not been allowed to flow. When you invite and allow the life force to flow once again, through methods such as acupuncture, massage, exercise, herbs, diet, attitude upgrade, or cessation of the thoughts, feelings, and habits that created the blockage, healing occurs naturally. There is no disease that has not been cured through restoring life force. Therefore no disease is incurable.

The word “disease” contains a clue as to how to heal it. “Dis-ease” indicates that ease, or well-being, is our natural state, and for the moment we have “dissed” ease with some form of stress or resistance. The answer to disease, then, is to return to our natural state of ease. No dis-ease can live in the presence of ease, so restoring ease is the optimal route to healing.

To heal our lives we need to do a radical figure-ground shift on our understanding of how life works. We need to recognize that health, prosperity, rewarding relationships, and the other conditions we value and seek are our natural state, and everything else is the exception. Just as a cloud passing before the sun does not mean the sun has gone away, a momentary condition of disease does not mean that health has gone away. The health is temporarily in remission. It can return as surely as the sun will return when the cloud has passed.

A seminar participant reported, “I have had a long string of failed relationships over many years. Now I have been dating a guy for six months and everything is going great. This seems too good to be true.”

I told her, “It’s not too good to be true. It’s good enough to be true.” If you have a history of pain or loss, you may come to believe that suffering is your natural state. I assure you it is not. Well-being is far closer to your nature and destiny than the dismal conditions you and I have been taught to accept.

Around the same time I first heard about remission, my mother asked me to go to the supermarket to pick up some applesauce on sale. When I reached the applesauce aisle, I saw a big sign: “Applesauce — 89 cents — natural or regular.” I read the label on the “regular” jar. The contents included sugar, food coloring, and preservatives. The “natural” jar contained only apples and water.

What is regular is not always natural. We have become so accustomed to things that are regular that we have forgotten what is natural. Health and well-being are at the top of the list of the inherently natural contents of life. To define health as the temporary absence of disease is insane. That would be like defining light as the temporary absence of darkness. The opposite is true: Light has substance; darkness does not. Health has substance; disease is void of substance. Life is made of substance, not its absence.

Tom Stoppard declared, “It’s the best possible time to be alive, when almost everything you thought you knew is wrong!” If you are happy and healthy and your life is functioning beautifully, you are proceeding from your natural state. If you are ill, struggling, or unhappy, you have subscribed to or inherited beliefs that are out of alignment with how life actually works. If you want to get to the bottom of “remission,” remember your mission in life - to live happily and authentically, and re-store your mission. Then your life will be in permanent remission, and you will return to the ease in which you were born to live.

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Thursdays - MELBOURNE Meet us at the Community Center for Healing Arts, 916 Columbus Ave., Melbourne, FL 32901, for a 6 week discovery class, entitled This Thing Called You. Preregistration required for CD of class material. Required text [This Thing Called You](#) by Ernest Holmes. Contact Kathryn C. Flanagan for details and to register. Class will run from March 1, 2011 - April 5, 2011, 10:00am - 1:00 pm. Love donation.

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

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

Sundays MELBOURNE 10am Sunday Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (pg 4)

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melbourne Auditorium 321-733-1555

Sundays Rockledge 10AM Sunday Celebration, Wednesday Life Enrichment Series 7PM, visit www.cslspacecoast.org for more information. Center for Spiritual Living-Space Coast, 835 Executive Lane, #136, 321-338-2990

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April 14th 2-4 pm ROCKLEDGE Experience a past life Regression. Many of our present connections, like & dislikes, fears & traumas come from past lives & can be dealt with thru Past Life Regressions. Learn how to recognize in the present things from past lives & experience a past Life Regression in this Workshop. \$ 25

Sat April 14 ROCKLEDGE 5:30 - 7:30 pm From the Eyes of the Seer :a Group Medium Session. Messages from Spirit, Loved Ones passed over, Spirit Guides and Angels around you will be given to each attendee \$25. Space limited. Registration is recommended. Mystic Encounters by RMF, Rockledge, FL 321 544-6738

April 17th - 24th. BOYNTON BEACH Jess Steinman, owner of In Touch with Spirit from Agawam, Massachusetts, will be offering an "Open Up to the Other Side" series at The Crystal Garden, **The Chakras** - Learn what "chakras" are, how they help to access intuition and how to use them. **Meditation** - What is meditation? How can a regular meditation practice develop your intuitive senses? **The "Clairs"** - Learn about your psychic senses and how you receive information through them. **Opening Up to the Other Side** - Learn how to link with those on the Other Side, give evidentiary information when working with a client, and much more. Participants may take specific parts of the series, or all four classes. All will take place at The Crystal Garden - 2610 North Federal Highway, Boynton Beach, FL. For more information or to register, call 561-369-2836 or visit www.thecrystalgarden.com.

Read Andrea's daily blog at <http://horizonsmagazine.com/blog/>

To those who feel obliged to take religious metaphor as historical event: you don't have to.

Myths To Live By ~ Joseph Campbell

“The poet and the mystic regard the imagery of a revelation as a fiction through which an insight into the depths of being—one’s own being and being generally — is conveyed anagogically (based on an analogy.) Sectarian theologians, on the other hand, hold hard to the literal readings of their narratives, and these hold traditions apart. The lives of three incarnations, **Jesus, Krishna, and Uākyaṃuni Buddha**, will not be the same, yet as symbols pointing not to themselves, or to each other, but to the life beholding them, they are equivalent. To quote the monk **Thomas Merton** again: ‘One cannot apprehend a symbol unless one is able to awaken, in one’s own being, the spiritual resonances which respond to the symbol not only as sign but as ‘sacrament’ and ‘presence.’ The symbol is an object pointing to a subject. We are summoned to a deeper spiritual awareness, far beyond the level of subject and object.’



“Mythologies, in other words, mythologies and religions, are great poems and, when recognized as such, point infallibly through things and events to the ubiquity of a ‘presence’ or ‘eternity’ that is whole and entire in each. In this function all mythologies, all great poetries, and all mystic traditions are in accord; and where any such inspiring vision remains effective in a civilization, everything and every creature within its range is alive. The first condition, therefore, that any mythology must fulfill if it is to render life to modern lives is that of cleansing the doors of perception to the wonder, at once terrible and fascinating, of ourselves and of the universe of which we are the ears and eyes and the mind. Whereas theologians, reading their revelations counterclockwise, so to say, point to references in the past (in Merton’s words: ‘to another point on the circumference’) and Utopians offer revelations only promissory of some desired future, mythologies, having sprung from the psyche, point back to the psyche (‘the center’): and anyone seriously turning within will, in fact, rediscover their references in himself.” **Joseph Campbell** www.jcf.org

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FEELING LOVABLE: How I Cured My Depression

Armand Della Volpe - ordained musical minister, singer/songwriter/
pianist/Native American flautist and Angelina - classically trained
vocalist/classical guitarist travel across the country sharing "Our
Neverending Story" and the purpose is to remind of our oneness and
help the world to experience "Heaven on Earth." Visit www.armandangelina.com and <http://armandangelina.blogspot.com>

Could inner peace and happiness be as simple as feeling lovable? I believe that it may well be. I have been feeling lovable for about 6 weeks now and I am starting to realize how new it is for me. Oh sure, I've thought I was lovable many times in the past. It always wore off though. I will do my best to share my story in a succinct way as not to bore you. Yeah right!

Very early on due to my parents' divorce, etc., I was taught "you are unlovable." I believed it. In 4th grade I was diagnosed with "anxiety disorder." I spent the next 43 years doing my best to quiet any thoughts that would remind me of that belief that I was unlovable. It originally began with an obsessive need for Attention. Then it moved into an obsession with Females. Then an obsession with Spirituality; and finally My Music Career. Actually, I found a way to have a career that would get me my drugs of: Attention; Females; and Spirituality. Meet "Armand The Musical Minister": A man who wanted to make the world a better place so others wouldn't have to feel the pain and fear that he felt. Of course I was mostly unaware of this until recently.

As long as I was getting my drugs, life was good. However, when anything threatened to take away my drugs, I felt horrible withdrawal and the deep belief that I was unlovable came to the surface. The easiest way I found to avoid this pain, was to always be in a new exciting romance. Almost nothing else mattered when I was in love. Constantly traveling to new churches and events where I was able to inspire others, get attention and possibly meet new women was intoxicating also. There is a certain Power and Praise that comes from being on stage and I shot myself up with that drug as often as I could. One of the things that masked this behavior from me was the knowing that my ministry was actually helping people and was loaded with loving and empowering messages. How could such a Powerful Spiritual message be motivated by Fear and Sadness? Oh well, it was! I'm sure I'm not the only leader in the Spiritual Movement that was a "praise and power junkie," secretly miserable.

In 2007, Angelina demanded that I give up all other romance or she would leave me. I knew that she was the best thing that ever happened to me and I was attached to her even more than I was to romantic intrigue, so I agreed reluctantly, as long as I could still fantasize as much as I wanted, and spent the next 9 months in pain, fear and anger as I let go of my "drug of choice." I eventually realized how addicted to other women I had been and began to understand how much healthier monogamy was for me. Still, I became increasingly aware of how unlovable I felt and unconsciously went for a stronger dose of Career (ie, power, praise and safety) to compensate.

I was no longer satisfied with the church ministry, I wanted national success, recognition, more money, etc. We got a financial backer, hired a producer and set out to make a CD that would be more mainstream so we could pursue a record company and management. The CD gave us a few new opportunities but ultimately did not give us what we had hoped for. Then we had the brilliant (LOL) idea to audition for *America's Got Talent!* This had enormous potential for success or failure. The results were more horrifying than we could ever have imagined. This devastated me internally because I realized that I was not going to get my drugs ever again.

For the first time in my life, I decided to empty myself of as much as I could of anything that was numbing me from feeling what was really going on inside me. I stopped booking almost any work. I gave up any fantasies about women or career. I entered 3 long term recovery support groups to keep me sober from my drugs. I challenged all my Spiritual beliefs about positivity, law of attraction, free will, etc. to make sure I wasn't using God/Spirituality to avoid my pain. I started studying *Real Love* by Greg Baer and attending "Real Love Groups" as often as I could. I even tried periods of celibacy to keep me from "using Angelina for drugs."

I slipped into what felt like "depression." I now see it more as "a full recognition of how scared, angry, and unlovable I felt" or "deep expression." I could have taken the advice of many and gone the psychiatric/ pharmaceutical route. I could also have, at any time, numbed out again like I had done so many times before but I chose to just be with all of it. This was super hard on Angelina but she supported me fully and we had some savings to cover the bills for about 8 months, so we were OK. This lasted about 5 months until I was insane enough to register for a Course in *Vipassana Meditation*. This would be a 10 day silent instructional meditation course that involved 10 hours a day of meditation. I was truly alone. This rocked my world!

I slipped into what felt like depression. I now see it more as a full recognition of how scared, angry, and unlovable I felt or "deep expression." A 10 day silent meditation course rocked my world.

...continued on page 29

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

ARE YOU IN SPIRITUAL EMERGENCE-Y?

Are you in turmoil in relationships?
 Have you been fired or feel betrayed?
 Do you have a total sense of abandonment?
 Is your emotional life a roller coaster?
 Are you moving between feelings of numb blankness to darkness and despair? Are you:

Have you had a major life upheaval such as	hurt
paranormal or mystical experience	angry
near-death experience	irritable
death of loved one	fatigued
change of location	restless
job change	resentful
marriage	melancholy
disability	mentally foggy
divorce	over or under fed
illness	sleepless or overslept
	using addictive substances?

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



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

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

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

Andrea de Michaelis 321-722-2100
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Andrea online at <http://horizonsmagazine.com/blog/>
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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, FL. soulsongkaren@cfl.rr.com. Karen’s blog: <http://www.karenmoneywilliams.com/>

The Pity Party is Over

Sometimes it seems compelling to dwell a while with hurt feelings, indignation, disappointment, or guilt. Maybe anger and resentment seem the only logical responses to an outrageous situation. There is nothing inherently wrong or bad about any of these feelings - no need to compound the problem and chastise myself for being human.

On the other hand, I will do myself a favor by gradually moving beyond the thoughts that fuel these emotions.

That doesn’t mean I can go from downer feelings to “Ain’t life awesome!” in one fell swoop.

It does mean I can take baby steps towards thoughts that feel better – perhaps some grudging acceptance, a bit of shrugging-things-off, and some deliberate thinking about something other than what upsets me.

This isn’t easy work when life’s icky side is “in my face.” But I continue the work so that life’s wondrous side can start flowing to me in unprecedented ways. The happier I think and feel, the happier the circumstances that I’m ordering for tomorrow.



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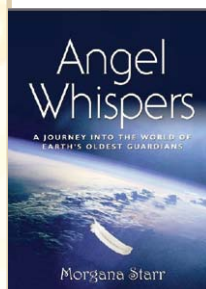


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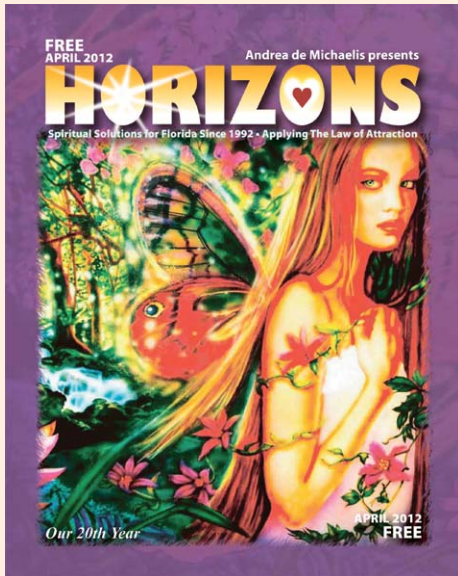
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MUST SEE DVDs

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

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

YOGA: A Natural Pathway to Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. She has been greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email yogashaktipb@yahoo.com visit www.yogashakti.org (321) 725-4024



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

WHAT IS THE PURPOSE OF LIFE?

Are we here just to eat, drink, sleep, marry and have children? On the spiritual plane, we are born to enrich our consciousness. On the material plane, we have to be the best wherever we are. We have to be excellent.

The soul wanted to manifest and that is why we are here. The soul is glorified by the body. The soul operates through the mind, action, emotions and body. Through your body you have to perform divine tasks. Life is not a cheap thing to be wasted away. Every moment is a golden opportunity. Value your time and talents.

Learn to appreciate what you have. Feel it is a blessing. Make use of what you have. Don't always be looking for what you don't have. What is best. God is good. God is gracious.

Your resourcefulness is your wealth. If you respect everything it is like gold. Everything is money. You must be very respectful and everything turns into 'dhanam' or gold. Money is only a medium of exchange but your talent, your resourcefulness is your wealth. Create something good and beautiful.

You have to do something noble to leave for the younger generation. There is plenty of work to be done. Learn to give. Use your money. Give it. Empty your bucket and it will fill up again. Milk left in the bottle will get rotten. The more you give, the more you will receive. Use your money for good things, charity, service.

Even if you have plenty, you do not have the right to laze or be self-indulgent. Sitting down doing nothing is not the ideal situation for life. You have to be alert and keep the body always agile. See to the upkeep of body, mind and brain. To avoid deterioration of the body you have to work. Mental and spiritual strength will come to you Keep on going. Keep on walking so that the younger generation sees you and gets inspired. We are not single. We are all connected. Everybody is responsible for the whole society.

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See page 39

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Thoughts about things...

... from page 7...



Andrea de Michaelis, Editor

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

You'll enjoy this. The contemporary Lord's Prayer is beautiful, however I like to see what the writer originally intended to convey:

The Lords Prayer

As translated from the original Aramaic language

**O Birther! Father – Mother of the Cosmos
Focus your light within us – make it useful.
Create your reign of unity now
through our fiery hearts and willing hands.**

**Help us love beyond our ideals
and sprout acts of compassion for all creatures.
Animate the earth within us: we then
feel the Wisdom underneath supporting all.**

**Untangle the knots within, so that we can
mend our hearts' simple ties to each other.
Don't let surface things delude us, but free us from
what holds us back from our true purpose.**

**Out of you, the astonishing fire,
Returning light and sound to the cosmos.**

Amen.

I got blessed by an angel last week. I was in WalMart when I encountered an angel in the checkout line ahead of me. She appeared my age and was in one of those electric shopping carts. I could tell by her size and body movements that she had a condition that limited her mobility. She was using WIC for her food items and also buying bleach, roach killer and insect bombs. She appeared tired and older than her age. As her grocery total grew, she had the cashier suddenly stop. She had several essential food items not yet paid for.

I quickly saw the dilemma, her WIC paid for food but she right now needed some serious pest control, paid for out of her own money. Which it was evident she did not have much of. I told her it would be my honor to pay the \$4.90 for her additional items. She was surprised and grateful and said a little prayer for me. She reached into her wallet to pay the cashier and she's \$5.75 short. *That's my house number, so I knew it was a signal.* "If I may," I said as I handed the cashier \$6. "Yay, I get an extra blessing today."

She reached out and took my hand and we closed eyes as she said a wonderful quick and long prayer of gratitude and blessing. She apologized to the people behind us in line for holding them up. I didn't even know they were there. When she left, the cashier told me I sure earned a big blessing today, that she had never seen someone do that for a stranger.

I told her I was the blessed one, to be given the opportunity right in front of me to help out someone, to not have to go looking for someone to help, to have it fall right in my lap, *how can I not respond with gratitude for that? I was the blessed one.* The Universe knows I want to be of service and also knows it was Saturday and I wanted to finish my work and have some fun, so He hurried it up for me. As I see it, for the cost of just \$10.65, I got a glimpse of "there but for the grace of God go I." We were about the same age. She was clearly overweight, she had health issues, low income and needed some serious pest control. I have so much. When I realize how much I have, it's crazy not to share. I am so blessed. I am so blessed.

Find the news disturbing?

Try watching for signs of miracles instead

A galpal posted on Facebook a link to news about prices rising, with the comment, "This is disturbing." Of course I couldn't let her get away with that. She knows better. But, like many of us, she forgets and gets caught up in the hype. I wrote: "Palamia, disturbing is only the thought that this would be a problem. Ok, shoot me, but I've cultivated and hold the belief that I will thrive despite prices, inflation, etc. That I will be inspired to ever increasing resources to pay what must be paid to live the life I live. Disturbing is to think anything other than your own habitual pattern of thought has anything to do with attracting your experience to you DESPITE outer circumstances <steps, down, ducking>

A belief is just a thought you keep on thinking

If there was only one thought you ever changed in your life, a helpful one would be, "*My life is getting better. Good things are on the way. Miracles happen all the time.*" Then look for evidence of it, everywhere. A belief is just a thought you keep on thinking.



Enjoy our offering this month. Hari Om.

Andrea



Feeling Lovable: How I Cured My Depression

...continued from page 20

This Vipassana Meditation course brought decades of fears, anxiety, pain, anger, vindictiveness and hopelessness to the surface. It also gave me awarenesses and insights as to my true innocent, lovable, worthy nature that I hadn't felt since early childhood. This intrinsic nature did not need attention, women, spirituality or career to be present. I felt my attachment to all of my drugs begin to diminish. I even felt a healthy non-attachment to Angelina. I wanted to just stay at the retreat center forever. I had never felt this good about myself and I was afraid to lose it. Still, I needed to go home and face my world and find a way to incorporate my new peace and loveliness into my relationship and life.

Vipassana is the first technique that I have found that works this way for me. It requires daily practice to continue to allow the darkness to be released and keeps me aware of my beautiful, lovable self.

Re-entry at home was extremely difficult. I wanted to be alone to process my new awareness's with little regard for how it would affect Angelina. After 2 weeks of disconnection, Angelina and I found a new groove and became even more connected and loving than ever before. She noticed that I was more at peace and began to feel even more loved, cherished, respected by me.

I have not felt depressed/unlovable/hopeless or anything like that for 6 weeks. I have a new enthusiasm for our simple church and event career. I don't crave power, praise, sex,

women, fantasy, pleasure, or external success anymore.

Vipassana is the first technique that I have found that works this way for me. It requires daily practice to continue to allow the darkness to be released and keeps me aware of my beautiful, lovable self. Every time I meditate, do yoga, exercise, eat healthy foods, practice loving-kindness, rest, spend time in nature, tell the truth about myself and reach out for loving support, I remind myself that I am lovable and worthy of peace and happiness. Then I have more loving-kindness to share with others.

I have a new "three-legged stool" of Vipassana, Real Love and Sobriety. Without all three, my support will fail. I feel that my emptying, awarenesses and new practices have cured me of my "deep expression" (anxiety and depression) and I plan to spend the rest of my life becoming more and more awake to what is real and true. I am honored to share this journey with you all. May we all find the peace, serenity and happiness that we all so deserve.



ABRAHAM-HICKS

...continued from page 9

yielding good things to you, and that the transition into Nonphysical is like, in one fell swoop, leaving behind all worry and fear. But what happens is, you see it as something not wanted, and so you push against it. Most people are pushing so hard against this death thing that they are not allowing themselves to truly live. So, there are few of you that are really living in the free, good feeling of this moment, that you could if you were releasing your fear of death.

If we were standing in your physical shoes we would begin saying, on a regular basis, "I love this physical experience. And as long as there are things that are drawing my attention, and as long as I am able to allow the Energy to flow through me, I want to run rambunctiously in this physical body. I want a long, healthy, happy physical experience. And when there are no longer things that are calling me, I will make my transition quickly."

In this physical time/space reality, it's pretty easy for you to utilize the contrast. You are becoming a global consciousness. You have lots of experiences, early in life experience. There is always more for you, but often you find yourself not able to find something more that you are wanting. But your Inner Being is never in that position. And in the moment that you spend time saying, "Well, I'm really not interested in that, and I'm really not interested in that," and you are not able to muster something that is summoning life through you, your Inner Being always says, "Well, there's plenty going on here, come on with us." So there is a withdrawal of your consciousness from here -- just like getting up and walking out of a movie that's no longer pleasing you, or leaving a conversation that doesn't feel good any more. But your consciousness does not miss a beat.

And so, the only question that we really want to talk about, relative to the death process, is not about the moment of death, that's a piece of cake. What we want to talk to you about is how much you are willing to endure not being fully connected to Source Energy before you make that decision.

We would far rather that all of you walk out and get run over by a truck in the moment that you leave this building, than that you spend long lingering years worrying about one thing and another, and pinching the Life Force off, little by little. It is much more effective to just get it over with, reemerge into Nonphysical -- and then make another run at something that will summon more Energy through you.

That's what the beasts do. They come and go very easily because they're not worried about death. They know they're eternal beings. They are always fully focused in life. And they come to their full maturity faster and easier in life experience, and so they come in, they become mature, they experience the deliciousness of life, they make their transition -- and they come again, and again, and again and again. And you are the same.



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 FOR APRIL 2012

Aries: March 21 to April 19 "I Am." You have been and will continue to be preoccupied with genealogy and family secrets. The intuitive side of you has moved up to the first row, so to speak, in an auditorium. Trusting your dreams and your instincts is a must for all the days of your life to follow.

Taurus: April 20 to May 20 "I Have." Future opportunities for advancement in your chosen field of expertise will support any plans to expand your career knowledge. You have the power to do what needs to be accomplished, what are you waiting for? You have the ambition, and the initiative and drive to accomplish your goals.

Gemini: May 21 to June 20 "I Think." You may receive some unsettling news regarding your work environment this month; possibly budget cuts and an old time employee may be leaving the state for unknown reasons. Unfortunately the work load will stay the same with less people to do the job. Keep the faith and look to the temp agencies.

Cancer: June 21 to July 22 "I Feel." You are known for your sensitivity as well as your indirectness. Look at the crab; this animal walks around the issues. When you don't understand why you feel the way you do, it may be because the situation is related to a past life or your subconscious. Meditate to gain clarity on your life.

Leo: July 23 to August 22 "I Will." Your emotions are very strong and you refuse to allow others to prevent you from doing what you want to do. You may do more activities than

normal lately that are behind the scenes, like doing a sewing or construction project that helps support a family member. You feel incredibly supportive lately.

Virgo: August 23 to September 22 "I Analyze." You work hard to achieve your goals in life to the point of being a workaholic at times. Ambitious yes with a drive that will make or break you as long as whatever needs to happen happens. A wizard at being able to separate your emotions from your mind helps you stay on task.

Libra: September 23 to October 22/23 "I Balance." Your lesson as a Libra is to build long lasting relationships, learning trust and cooperation in the process. Having trust in others will also encourage you to communicate your true feelings. The three words I keep hearing for you are; practice practice and practice.

Scorpio: October 23 to November 21/22 "I Transform." Your lessons this time around are centered around being emotionally secure without the need to be financially supported by others. You are driven to be responsible for your own wellbeing and instill authority and individuality. Clear your debt on all levels.

Sagittarius: November 22 to December 21 "I Perceive." You are here in search of higher knowledge, truth and spiritual peace and you are unique in your approach for oneness. If you find that you are not getting the results you want in your life, take a pen and paper and keep a food diary. You may need to improve your diet, you are what you eat!

Capricorn: December 22 to January 19 "I Use." You have a special destiny to fulfill and fulfill you will. The hard work and focused intention that you pour into your work has many benefits. You have enormous creativity and passion for your visionary dreams and goals. Just remember not to isolate the people that love and support you. You don't have to do this all by yourself.

Aquarius: January 20 to February 19 "I Know." During the next phase of your growth the most important act of kindness that you can do for yourself is to rely on your inner inspiration and guidance. You have opened the door to the higher power so allow these universal energies to flow in your life.

Pisces: February 19 to March 22 "I Believe." In the seeking of your spiritual mate, do not be deceived by appearances. Look for the genuine overtones of caring and concern. Take a close look at common goals, dreams and visions coupled with an intuitive, responsive partner will bring many years of happiness.



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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions.

To remind you that you are far more powerful than you can imagine.

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*

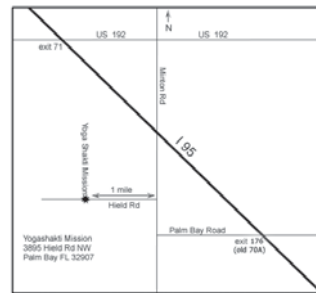
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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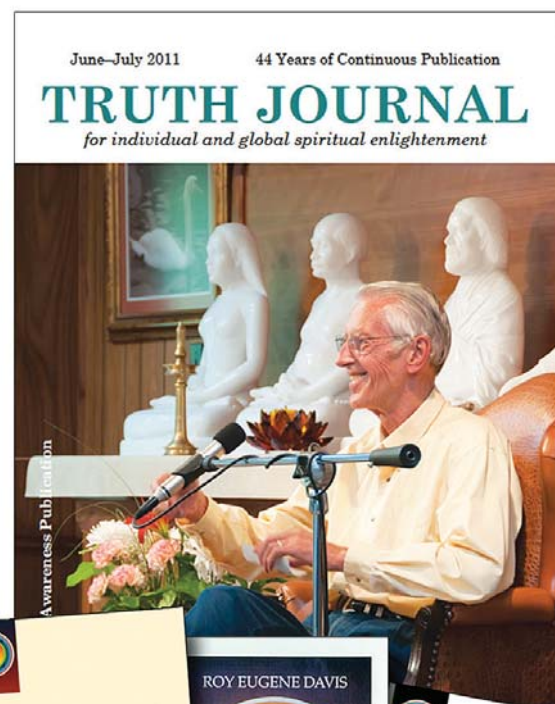
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Read a little. Meditate More.
Think of God all the time.
– Paramahansa Yogananda