

FREE
MAY 2009

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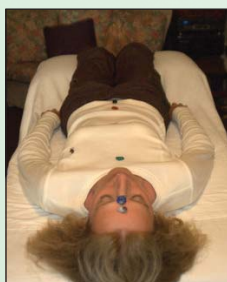
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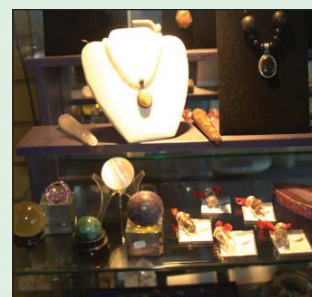


MELISSA HARRIS

MAY 2009
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Saturday

*Ask about weekly
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I remember my first account of knowing the *Radiant Spirit* within. I was 7 years old, and as an offering to God, I buried precious momentos in my front yard. A cat statue, paper dolls, and Cracker Jack tattoos, were lovingly placed in the earth. I did this, because I thought, if God is the creator of this world, then what better way to connect then through the body of his creation. That day, I heard the wind speak to me ever so softly. *For I was a Radiant Being, as is everyone connected with the source of my own radiance and love, that which is God, and as one.* The feeling of peace overwhelmed my 7 year old body to tears, and an understanding that would not only strike a series of events, leading me to the role of Intuitive Healer, but give me the tools to help others while healing myself.

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

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**PAMELA
RICHARDS**
Channeler



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

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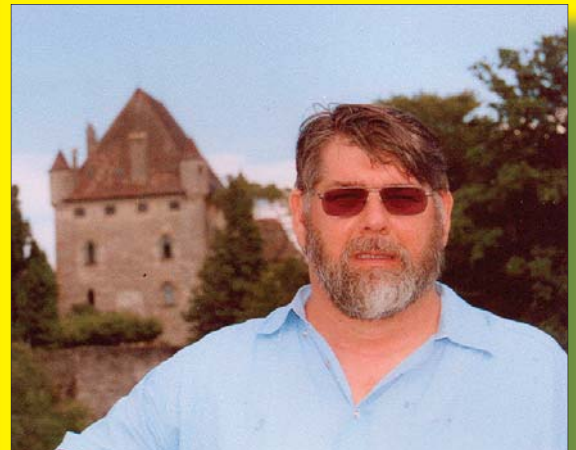
Complete Personal Readings

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

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

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

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CREDENTIALS:

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

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

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

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

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WHAT DID JESUS TEACH

Based on the book, Sermon on the Mount by Emmett Fox 5 weeks beginning Wednesday, May 6th 10:00am
Facilitator: Darlene Capinha

In his book, "Sermon on the Mount", Emmet Fox presents a practical approach to incorporating Jesus' principles into our daily life. Our six week course gives Students an opportunity to participate in the discovery of these teachings. Students are also offered an experiential opportunity to explore the Beatitudes and apply the metaphysical meanings to their personal journey.

EVERY DAY IS MOTHER'S DAY

Sunday, May 10th 9:00 and 11am

Tom Routzong and Steve Skelley

**Unity quote: Thank you God for
Mother and for all who care for
People in Loving ways.**

COTTAGE REHABILITATION PROJECT SAT. MAY 16TH

9:00 UNTIL ?? We want to find out if the cottage can be rehabilitated for our children. So out must come the ceiling, the plaster and the flooring. The more hands that help with this the faster and easier it will go. And the quicker we will be able to access what structural damage must be fixed before we go back in with new ceilings, walls and floors.

Association of Unity Churches Peacemaking Skills Institute

May 13-16 Rev. Stephanie Seigh

Director of Peacemaking and Transitional Consulting Training Fee: \$375

To register contact Cathy Christy at 813-434-6841 or admast@unity.org

Sunday May 17th Our guest speaker will be Rev. Stephanie Seigh Her topic: Living on Purpose 9:00 and 11:00am

**Sunday, June 7th Spiritual
Wisdom from the Dead Sea
Scrolls Dr. Ken Hanson
9:00 and 11:00am**

**Followed by Hidden Wisdom from the
Kabbalah 2:00 – 4:00pm** Dr. Hanson, from UCF and Rollins College will be back again. "Jerusalem Jones" will capture our attention and our imagination as he teaches us ancient wisdom that speaks to us through the ages.

BE PEACE Friday evening June 19th and Saturday

June 20th Join us as we learn to use Heartmath and NonViolent Communications to create a better life.

ONGOING CLASSES

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A Course In Miracles – Tuesdays 7:30pm
Lambda AA – Wednesday, Saturdays 7:30pm
Buddhist Fellowship - Friday 5/8 & 5/16 7:00pm

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**THE GREATEST
OPTICAL ILLUSION
IS SEPARATION**

Publisher/Editor/Layout:

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head

Cha Cha La Belle

Brothermine Jerry

Mel Moordian

Julie Mallis

Cover Artist (see page 34):

Collaboration by Melissa Harris

Contributing writers:

Michelle Whitedove

Esther & Jerry Hicks

Cecelia Aitable

Steven D. Farmer

Michael Mirdad

Roger Coleman

Karen Williams

Barbara Lee

Sharon Janis

Alan Cohen

Mike Dooley

Tom Sannar

A. Venefica

Horizons

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

Anais Nin

Horizons thanks
everyone willing
to take the risk

HORIZONS MAGAZINE is distributed FREE each month to 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

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





Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Hello and welcome to the **May 2009** edition of **Horizons Magazine**. **Happy Mother's Day** to all you moms out there. This year my mom's birthday falls on Mother's Day. She was the best mom anyone could ever have. She always encouraged me and supported me and inspired me to be all I could be and to go for whatever I wanted. I chose this cover art by Melissa Harris because it represents to me my mother and I, working together and making beautiful music together. She's the dark exotic one and I'm the beige one *smile*

Last month my birthday fell on **Good Friday**. I love it when it falls at **Easter** weekend. I could never figure in advance when Easter would be until I started following the moon phases. Then I realized it's always celebrated on the Sunday following the first full moon after the Vernal equinox. I love the whole idea of resurrection, rebirth, Spring renewal. I also like that my birthday falls on the 100th day of the year, except on leap years. It's not just that I like seeing zeroes at the end of a number, either. I just like the number. To me it means whole and complete, 100%, something I strive to be. 100% conscious, that is, 100% of the time. Ok, all my buddies are laughing themselves silly right now. I didn't say I was 100% conscious 100% of the time, but at this stage of the game, I can recognize pretty quickly when I start to drift. I can usually know as soon as I've made an unconscious remark, and keep myself from making the next one. But it wasn't always that easy. That's for sure.

It used to take someone bringing to my attention some lame something I said or did, before I reflected on it. Then I got to where I could realize it by the end of the day, as I did my nightly review at meditation time. Now it's often just before I say it, or shortly thereafter. That's a total blessing. That cuts down on the karmic backlash, for sure. It was not until I began spending some serious alone time that I started waking up and wising up to who I really was and what I was really doing.

"For my birthday," I wrote in my blog, "I have something exquisite planned. I'm going to get up early and meditate and do some yoga as the dawn breaks. I'm going to do a prayer session at the healing bench and have my morning tea outside and listen to the neighborhood wake up. I'm going to come into the office and answer some emails and do some work and go get the mail. I'm going to make a favorite soup or salad for lunch and take a walk around the yard and maybe do some gardening and watering. Then I'll probably end up back at the office again until the wee hours, when I'll crash out in my chair after having a totally blissful day."

"Oh? You ask, how is that different from any other day? Why would I want to do that for my birthday?"

That's another thing I learned as I plod the Path: to treat every day as a holiday. To celebrate every day as if it's my birthday. I've learned it's not all that hard to focus on what makes my heart sing and let Spirit guide me how to turn that into supply. I've learned it's not about what I do, it's how I feel about what I do.

Sometimes it barely matters what this body is doing, when my mind is so engaged elsewhere. Now I know how some people who have had serious injuries and disabilities can bear it. Their attitude places them outside the body, and the body is the only thing restricting them. Other than that, they know the sky is the limit.

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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 below is excerpted from Money, and the Law of Attraction, Learning to Attract Wealth, Health, and Happiness

MY THOUGHTS CREATE MY PHYSICAL EXPERIENCE

The idea of "success," for most people, revolves around money or the acquisition of property or other possessions—but we consider a state of joy as the greatest achievement of success. And while the attainment of money and wonderful possessions certainly can enhance your state of joy, the achievement of a good-feeling physical body is by far the greatest factor for maintaining a continuing state of joy and Well-Being.

Every part of your life is experienced through the perspective of your physical body, and when you feel good, everything you see looks better. Certainly it is possible to maintain a good attitude even when your physical body is diminished in some way, but a good-feeling body is a powerful basis for an ongoing good attitude. And so, it is not surprising that since the way you feel affects your thoughts and attitudes about things, and since your thoughts and attitudes equal your point of attraction, and since your point of attraction equals the way your life continues to play out—there are few things of greater value than the achievement of a good-feeling body.

It is quite interesting to note that not only does a good-feeling body promote positive thoughts, but that, also, positive thoughts promote a good-feeling body. That means

you do not have to be in a perfect state of health in order to find feelings of relief that eventually can lead to a wonderful mood or attitude, for if you are able to somehow find that relief even when your body is hurting or sick, you will find physical improvement, because your thoughts create your reality.

Complaining about Complaining Is Also Complaining

Many complain that it is easy to be optimistic when you are young and in good health, but that it is very difficult when you are older or sicker . . . but we never encourage using your age or a current state of failing health as a limiting thought that disallows improvement or recovery.

Most people have no idea of the power of their own thoughts. They do not realize that as they continue to find things to complain about, they disallow their own physical well-being. Many do not realize that before they were complaining about an aching body or a chronic disease, they were complaining about many other things first. It does not matter if the object of your complaint is about someone you are angry with, someone who has betrayed you, behavior in others that you believe is wrong, or something wrong with your own physical body—complaining is complaining, and it disallows recovery.

So whether you are feeling good and are looking for a way to maintain that good-feeling state of being or if your physical body is diminished in some way and you are looking for recovery, the process is the same: Learn to guide your thoughts in the direction of things that feel good, and discover the power that only comes from vibrational alignment with Source.

As you continue to read this book, things that you have known long before you were born will be remembered, and you will feel a resonance with these Laws and processes that will give you a feeling of empowerment. And then all that is required for the achievement and maintenance of a healthy, good-feeling body is some deliberate attention to thoughts and feelings and a sincere desire to feel good.

I Can Feel Good in My Body

If you are not feeling good or looking the way you want to look, it has a way of reflecting out into all other aspects of your life experience, and it is for that reason that we want to emphasize the value in bringing your physical body into balance and comfort and well-being. There is nothing in the Universe that responds faster to your thoughts than your own physical body, and so aligned thoughts bring a quick response and obvious results.

Your physical well-being is really the easiest of subjects over which you have absolute control—for it is what you are doing about you. However, because you are translating everything in this world through the lens of how your physical body feels, if you do get out of balance, it can negatively affect a much larger part of your life than only your physical body.

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Rev. Dr. Janet Claire Moore

Spiritual Reader, Channel and Counselor
ADL Minister, Licensed Mental Health Counselor
ACHE, Certified Clinical Hypnotherapist

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TRUST HEALS

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

This month's topic addresses "**Several Reasons Why People Don't Heal.**" After all, if you don't heal, how can you expect a better life-here or in the hereafter? The reason for choosing this topic is due to a number of recent synchronistic phone calls from clients, students, and friends with one particular concern: DOUBT-the opposite to TRUST and one of the primary obstacles to healing.

Most of us who walk the spiritual path will inevitably find ourselves plagued by "doubt." Where does the thought or voice of doubt come from? Is it God or is it the ego? Obviously, more often than not, doubt comes from the ego. It is the ego's every intention to keep you from trusting and moving forward in your life, as this would eventually lead you home to Heaven, where the ego no longer exists. There are exceptions however. For example, if you have a situation wherein you gained an inspiration to change directions on a course you were on, this might look like you had a doubt and changed course. But in fact, the doubt came not from fear and uncertainty, but instead from an uplifting and loving insight to change course. This is probably **God** speaking.

There are, of course, other core issues or patterns that prevent people from healing including: Fear, Anger, Denial, Control, Believing you've already healed enough, and Lack of Forgiveness. Doubt, however, is one of the most common and most sneaky. Doubt can creep in and undermine the progress we are making in our life in many ways, which can vary. For example, doubt can be about your sense of worthiness. Or, it might be about doubting the technique used in a healing, such as when we think it's impossible for an untraditional method to accomplish that which previous, perhaps more traditional methods could not.

Then, there is the issue of having doubts about your healer, such as when you experience a healing but then "others" plant a doubt in your head regarding that particular healer's abilities or even his/her character. The general rule is that when we experience something new and wonderful in our life, the ego will do all that it can to make us doubt this change. This of course, leads us back to where we started and even worse off than before, as now, we have added the conscious anger of whomever failed to heal us or the

...continued on page 31...



Charles Lightwalker

*Channeler, Shaman,
Medical Intuitive, Healer*

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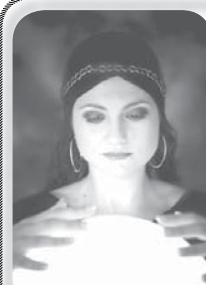
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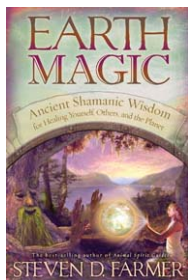
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Dr. Steven Farmer has authored best-sellers including *Earth Magic*, *Animal Spirit Guides*, *Power Animal Oracle Cards*, *Messages from Your Animal Spirit Guides Oracle Cards*, *Power Animals*, *Sacred Ceremony*. See www.DrStevenFarmer.com. **He will be at The Crystal Garden in Boynton Beach, FL from May 21 - 24** offering private sessions, a class and a workshop. www.thecrystalgarden.com 561-369-2836 1-877-444-5099



Several years ago I was involved in a two-week intensive course in shamanic training at Esalen, a beautiful retreat center located along the Big Sur coastline in California. It comprises 27 acres of natural beauty, set on cliffs overlooking the vast expanse of the Pacific Ocean. Trees are all around, and mountains rise up as if they were swept up from the depths of the sea. The dynamic juxtaposition of the mountains and the ocean creates the kind of interaction that makes the Earth breathe with life, and you can feel the power generated by these contrasting elements.



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For the shamanic training, there were three and sometimes four classes each day, with a 90-minute lunch break. On some of the evenings when we had free time, several of us would gather in the main classroom, put on some music, and dance. The music and physical movement helped relieve much of the accumulated stress and tension from the day's work.

It was several days into the course when my roommate and I discovered a smaller room near the place we were staying. There was a stereo and a few CDs. So before breakfast, those of us in the nearby cabins gathered and danced that morning, which really got the juices flowing. Better than coffee! There wasn't a lot of physical activity for the classes that day and nothing was scheduled for the evening, so we set up a group dance.

Although I'd gotten a lot of dance exercise that morning, it had been so much fun that I knew I wouldn't miss doing it again in the evening. As soon as I walked into the room, my body started moving to the rhythm of the music, which would change from song to song, varying from slower and deliberate to rock and roll. After several dances I paused, sweating profusely, and sat on one of the many cushions. I noticed a bit of tightness in my lower back but didn't think much of it. That is, not until the next morning.

When I woke up, my lower back was so stiff I could barely get out of bed! I rolled sideways, moving very slowly and awkwardly, trying to remember to breathe as I stood up. No dancing this morning! After going through my morning rituals, I lumbered along to class. Sitting on the cushions, every time I moved I did my best to suppress a grimace. I know I missed some of the lecture even though I tried to focus my attention on what the teacher was saying. At times the pain was just too distracting.

Lunchtime came, and with it my relief. Instead of eating right away, I walked outside to sit against a tree that was near the edge of the cliffs and looked out over the ocean. I'd made a deal earlier in the day with my spirit guides that for five days in a row during lunch, I'd sit with this particular tree, offering up some tobacco as a sacra-

...continued on page 42..

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NO MORE ACHING HEAD

I've had numerous headaches, some of them quite severe. I've had sinus headaches with pain at my forehead and cheekbones, tension headaches with band-like throbbing pressure and tension at the base of my head, cluster headaches on one-side of my head. But by far the worst headache for me is a migraine. Usually they begin with what I call a lightening bolt in my field of vision causing visual problems and a strong sensitivity to light and noise when they are real bad I've vomited. Thankfully they don't happen often anymore.

When I was younger a neurologist prescribed a medication that I later found out had some very serious side-effects so I did some research. I kept a migraine journal and found that my migraines were cyclical; I got my hormones in balance using **Wild Yam, Dong-Quai, Black Cohosh, Vitex, Ginger, Sage, Dandelion and Licorice**. Now that I am a bit older I've noticed that the few migraines I get are triggered by certain lighting conditions. When I feel one coming on, I get out my **headache oil** made with 1oz. Jojoba oil, 10drops of Peppermint and Lavender essential oils and 5drops of Camphor oil rubbing this mixture on my temples. I also take out my **smelling salts made with Sea Salt, Peppermint and Lavender essential oils** I sit quietly deeply inhaling this for a few minutes it seems the earlier I do this the less likely I am to develop a migraine.

Before you start using herbs for your headaches, try to find the cause; there are many. Headaches can be from food allergies, environmental toxins, nutritional deficiencies, kidney imbalances, stress, fatigue, constipation or weather changes. If your headaches are due to stress and tension, **Antispasmodic herbs** can relieve tension and relax the muscles in your neck Black Cohosh, Crampbark, Peony and Skullcap may be of help.

Alterative or Blood Purifiers like Red Clover, Milk Thistle, Burdock, Dandelion will help with headaches due to environmental toxins and because they are highly nutritive, they will help with headaches due to nutritional deficiencies.

Bitter herbs help headaches due to constipation or other digestive problems they also benefit the liver removing environmental toxins Dandelion, Yarrow, Wood Betony, Black Cohosh are a few that can be effective for this.

To help relieve sinus inflammation, congestion and pain try Elder, Goldenrod, Yarrow, Rosemary and Ginger.

For pain reduction White Willow and Meadow Sweet contain salicylic acid the compound found in aspirin. Other pain reducing herbs are Jamacian Dogwood, California Poppy, Cayenne and Passion Flower.

A simple tea blend may just be Peppermint and Chamomile. Another blend I like is 1part Chrysanthemum, 1/10Lavender, 1part Oatstraw, 1part Passion Flower, 1/10 Roses, 1/4part California poppy and 1/4part Jamacian Dogwood.

If your headaches are chronic please see your physician to find out the exact cause and do your own research to get to the root cause then your healing can begin.

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Dear Whitedove: What is the attraction and repulsion that pulls us strongly to some people and away from others? Does Karma play a part in our emotionally charged reaction to a so-called stranger? Rekindled in Memphis

Dear Rekindled: Almost always the sort of attraction or repulsion between two people will stem from past life memories. When you meet a person that you instantly love and trust, chances are that they're from your soul clan, maybe a kindred spirit or even a soul mate (as we have more than one)!

On the flip side when you meet someone that you instantly distrust or even dislike with absolutely no rational reason; usually this is a karmic bond from a past life. Perhaps that person had done you a disservice in a previous incarnation and your subconscious recognizes that soul's energy. The imprint is still with you. This is often what makes it so difficult for souls to repay karma owed.

Remember that ALL Karma positive or negative must be repaid and reciprocated before the souls involved can move on from each other. In other words, if you do something wrong to a person in this life that you can not repay, then you will continue to meet them and work it out in future lives until you're able to pay the debt.

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

A PERSONAL SHARING ABOUT SHIFTING PRIORITIES

In 1989, I left a decade of monastic life and moved to not-so-monastic **Hollywood**. For this transition, I had to shift my priorities from austere ones - such as silence, spiritual study, and selfless service - to the kinds of thoughts, actions, and speech that would be conducive to living a successful life in Hollywood. After all, I wanted to be in harmony with my environment, and Hollywood is what was being presented before me at that time. I had just spent a decade living in a monastic ashram, where one of the main teachings was to see the play of **God** in and as everything. I thought, "Okay, God. You want me to play Hollywood? Fine, I'll play Hollywood!"

I was quickly hired as an editor and producer for a number of popular television shows and media companies. Within the first year or so, I'd edited a **Candid Camera** episode with **Alan Funt**, edited the brand new tabloid show, **Hard Copy**, put together an interview with **Charlie Rose** and **Bob Hope**, and was hired as a full-time editor for **Disney's "Prime Nine News"** show. Life was certainly looking different from how it looked during my monastic days.

Within a few years, most of my friends were actors, casting directors, or producers. Three years after leaving the monastery, I was spending **Thanksgiving** evening chatting

and drinking peppermint schnapps with **Arnold Schwarzenegger**, as he puffed on his cigar and told me all about how he'd made different scenes for his various movies. It was actually a little embarrassing, because I hadn't seen any of his movies, having spent so much time in a monastic life! I also enjoyed meeting and chatting with other celebrities, although the "equal vision" practice of seeing **God** in everyone did tend to keep me from getting too star-struck.

In Hollywood mentality, the goal is generally to move up and make bigger projects with bigger paychecks. Instead of being fully focused on where they were, most of my Hollywood friends were always looking for the next step up, either by moving to a better position in their current show, or by moving to another. This was part of the dance of Hollywood, land of dreams. I became somewhat swept up by the expectations of that society, as a whole new set of priorities arose in my life. I tend to be fairly flexible in fitting into any environment - which can be either a blessing or a detriment, depending on the outer circumstances. I did manage to fit fairly well into this new realm of Hollywood mentality, and also got to learn first-hand how easily we can be affected by our environments. My priorities shifted from wanting to be as spiritual and selfless as possible, to being more focused on outer works and accomplishments.

Of course, every experience has its blessings, and I believe that this "Hollywood" shift of priorities was also a great blessing. My experiences in Hollywood gave me a personal confidence and worldly know-how that would allow me to eventually be able to share some of the deep spiritual wisdom that I'd learned in the monastery, in an entertaining and accessible way.

This is another point I'd like to make about arranging priorities. We don't have to get stuck in any one set of outer priorities and think that we have to stay with them forever. Sometimes we may have lessons that lead us into different scenarios with different priorities. However, without a conscious understanding of ourselves as the arrangers of our own priorities, we may find ourselves swept away into a life that never quite meets our deeper goals. We may lose sight of our soul's priorities, which remain constant beneath and throughout any outer shifts that we may experience.

During these years of Hollywood magic and excitement, I began to notice a deep and growing sense that my efforts toward greater achievement in the film and television business were not really moving me toward the areas of greatest soul priority in my life. When it is time for us to rearrange our priorities, the clue can often come as a subtle sense of dissatisfaction with what we are doing. Of course, obstacles and dissatisfactions can arise even when we are on the right path, so it is not as simple as saying that challenges mean that you should be giving up or changing your goals and priorities.

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FROM THE HEART

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THE TIDE ALWAYS COMES BACK IN

A coaching client told me about a friend of hers who was freaking out because "the economy is never going to recover." I suggested to her that her friend was suffering not from economic distress, but simple nearsightedness. Of course the economy is going to recover. Thinking that the economy will never return would be like standing on an ocean shore watching a wave break on the beach and anxiously exclaiming, "There will never be another wave!" There is always another wave, and the tide always comes back in.

Everything in the manifest universe functions in cycles. It's all about frequency and vibration, crests and troughs. Economics is no exception. The economy goes up and it goes down. The stock market goes up and it goes down. Real estate goes up and it goes down. For every up there is a down, and for every down there is an up. To believe that when it is up it will stay up and when it is down it will stay down is quite the short view.

People who recognize the wave nature of life are not disturbed when things change. Smart people do not resist or complain about change; they capitalize on it. In the 1970's during the "gas shortage," people were selling their big gas-guzzling cars and buying little economical ones. At that time I read a newspaper article about a fellow who was buying Cadillacs for ridiculously low prices because he expected that the time would come again when gas would be plentiful and there would be a demand for Cadillacs. Sure enough, the oil companies "found" more gas, the price of fuel plummeted, and the price of Cadillacs soared. The man was an entrepreneurial visionary.

In the wake of September 11, 2001, lots of people were afraid to fly and travel, and the tourist industry suffered badly. Many tour agents threw up their hands and found other careers. In the spring of 2002 I read an article in a Hawaii newspaper about several tour agencies that were thriving. In the midst of the doldrums following September 11, they were planning trips for the following spring. They realized that at some point people would feel more confident and want to travel again, and these tour agents would be waiting for them and have trips for them.

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



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some of your
thoughts haven't
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is because other
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ABRAHAM-HICKS

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You are never more clear about wanting to be healthy and to feel good than when you are sick and feeling bad, and so the experience of being sick is a powerful launching pad for the asking for wellness. So, if, in the moment that your sickness has caused you to ask for wellness you could turn your undivided attention to the idea of being well, it would occur immediately—but for most, now that you are feeling bad, that is what has your attention. Once you are sick, it is logical that you would now notice how you feel, and in doing so, you would prolong the sickness . . . but it was not your attention to the lack of wellness that made you sick. Instead, it was your attention to the lack of many things that you desire.

Chronic attention to unwanted things holds you in a place of disallowing your physical well-being, as well as disallowing the solutions to other subjects you are focused upon. If you could focus your attention upon the idea of experiencing physical well-being with as much passion as you focus upon the absence of it, not only would your recovery come quickly, but maintaining your physical well-being and balance would also be easy.

Words Do Not Teach, but Life Experience Does

Simply hearing words, even when they are perfect words that accurately explain truths, does not bring understanding, but the combination of careful words of explanation, coupled with life experience that is always consistent with the Laws of the Universe, does bring understanding. It is our expectation that as you read this book and live your life, you will achieve a complete understanding of how all things occur in your experience and you will accomplish complete control of all aspects of your own life, especially things that have to do with your own body.

Perhaps your physical condition is exactly as you want it to be. If that is the case, then continue to focus upon your body as it is, feeling appreciation for the aspects that are pleasing you—and you will maintain that condition. But if there are changes that you would like to make, whether it is in appearance or stamina or wellness, then it will be of great value for you to begin telling a different story—not only about your body, but about all subjects that have been troubling to you... As you begin to positively focus, getting to feel so good about so many subjects that you often feel passion rise within you, you will begin to feel the power of the Universe—the power that creates worlds—flowing through you.

You are the only one who creates in your experience—no one else. Everything that comes to you comes by the power of your thought.

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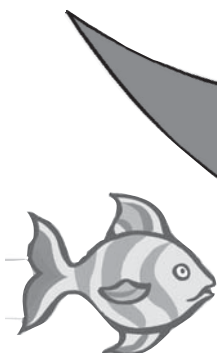
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**CAN'T MEDITATE?
BET YOU CAN.**

SEE PAGE 46

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



ABRAHAM-HICKS

...continued from page 19...

When you focus long enough that you feel passion, you harness more power and you achieve greater results. The other thoughts, while they are important and have creative potential, usually are only maintaining what you have already created. And so, many people continue to maintain unwanted physical experiences simply by offering consistent—not powerful, and not accompanied by strong emotion—thoughts. In other words, they merely continue telling the same stories about things that seem unfair, or unwanted things that they disagree with, and in doing so, they maintain unwanted conditions. The simple intention of telling better-feeling stories about all subjects that you focus upon will have a great effect on your physical body. But since words do not teach, it is our suggestion that you try telling a different story for a while and observe for yourself what happens.

The Law of Attraction Expands My Every Thought

The Law of Attraction says that that which is like unto itself, is drawn. In other words, that which you think, in any moment, attracts unto itself other thoughts that are like it. That is why whenever you are thinking about a subject that is not pleasant, more unpleasant thoughts regarding that subject are quickly drawn. You find yourself, in very short order, not only experiencing what you are experiencing in this moment, but reaching into your past for more data that matches that vibration—and now, by the Law of Attraction, as your negative thought expands proportionately, so does your negative emotion.

Soon you find yourself discussing the unpleasant subject with others, and now they add to it, often reaching into their past . . . until, in a very short period of time, most of you, upon any subject that you ponder very long, attract enough supporting data that it does bring forth the essence of the subject of the thought into your experience.

It is natural that by knowing what you do not want, you are able to clarify what you do want; and there is nothing wrong with identifying a problem before beginning to look for a solution. But many people, over time, become problem oriented rather than solution oriented, and in their examination and explanation of the problem, they continue the perpetuation of the problem.

Again, a telling of a different story is of great value: Tell a solution-oriented story instead of a problem-oriented story. If you wait until you are sick before you begin to try to focus more positively, it is much harder than if you begin to tell the story of Well-Being from your place of feeling good

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ABRAHAM-HICKS

...continued from page 20...

... but, in any case, your new story will, in time, bring you different results. That which is like unto itself, is drawn—so tell the story you want to live and you will eventually live it.

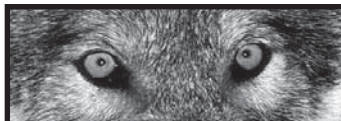
Some people worry that since they are already sick, they cannot now be well because their sickness now has their attention, and therefore their attention to sickness is perpetuating more sickness. We agree. That would be correct if they only have the ability to focus upon what-is at this time. But since it is possible to think about things other than what is happening right now, it is possible for things to change. However, you cannot focus only upon current problems and get change. You have to focus upon the positive results you are seeking in order to get something different. The Law of Attraction is responding to your thought, not to your current reality. When you change the thought, your reality must follow suit. If things are going very well for you right now, then focusing upon what is happening now will cause the well-being to continue, but if there are things that are happening now that are not pleasing, you must find a way of taking your attention away from those unwanted things.

You have the ability to focus your thoughts—about yourself, about your body, and about the things that matter to you—in a different direction from only what is happening right now. You have the ability to imagine things that are coming or to remember things that have happened before, and when you do so with the deliberate intent of finding good-feeling things to think and speak about, you can quickly change your patterns of thought, and therefore your vibration, and eventually . . . your life experience.

15 Minutes to My Intentional Well-Being

It is not easy to imagine a healthy foot when your toe is painfully throbbing, but it is of great value for you to do everything you can do to distract yourself from your throbbing toe. However, a time of acute physical discomfort is not an effective time to try to visualize well-being. The best time to do that is when you are feeling the best you usually feel. In other words, if you usually feel physically better during the first part of the day, choose that time for the visualization of your new story. If you usually feel best after taking a long, warm bath, choose that time for visualization.

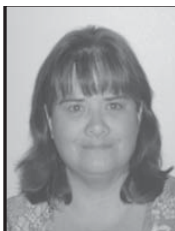
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SEE PAGE 46

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and they are very good. They are
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and I wanted to say thank you.
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Ask
Whitedove

...continued from page 15...

FEEL ICKY FOR NO REASON? SEE PAGE 46

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



Dear Whitedove: I recently went to a local psychic for a reading; I was disturbed by the fact that it was seemed too general. Could you tell me what to watch for to avoid future frauds? Sincerely Duped in Denver

Dear Duped: There are many wonderful psychics but remember there are frauds in every profession. Often a fraudulent psychic will appear to be accurate, when in fact they are performing what is referred to as a "Cold Reading." This is when they watch your body movement, your facial emotion and allow you to guide them to the correct answer. To avoid falling victim to a psychic fraud, first do your homework make sure the psychic has a good reputation. Other warning signs are: If they ask you a lot of questions when you sit down with them or if the person asks for large sums of money to clear up a problem. Hope this helps good luck to you.

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Dear Whitedove: I've been having these very unusual experiences and there doesn't seem to be any logical explanation. Among other things I will smell roses where there are none; I hear noises in my home when no one is around, or no one else seems to hear it. I need to know what is going on with me. Sincerely Crazy in Little Rock

Dear Crazy in little Rock: What you're experiencing is psychic sensing called Clair audio / Clair visual. You are tuning into energies psychically and the information is coming to you in a variety of ways. When I experience my intuitive gifts, it's a knowing from Spirit, but I also see, smell, hear and taste which helps me obtain the information with more detail. As your intuitive gifts increase, so does your awareness of energies around you that others can't always sense. Mother Mary will often make her presence known through the scent of fresh roses, even when there are no flowers. People who have Native American guides will often smell a hint of tobacco or sage. These scents come to them psychically as a confirmation that the spirit is around. Try to pay attention to these signs and journal them, not just what you are seeing or hearing psychically but also what you were doing and thinking at the time. While sometimes these occurrences are simply meant to be a confirmation or reassurance that our angels and guides are with us, they can also be warnings of impending danger so remember to honor your gift and use it in a positive way to help yourself as well as others.

Send your questions to www.MichelleWhitedove.com/contact.php and be sure to check Michelle's local appearances

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Many cultures, including the Native Americans, believe that if we put our ear to the ground, we can hear Mother Earth's heartbeat. Land animal totems are keenly aware of this heartbeat - and in fact, are said to walk in time with the beat of the Earth's heart.

Consequently these land animal symbol meanings relate to intuition, awareness, and cognizance. Additionally, this animal group represents being grounded, and stable both mentally and physically.

THE SQUIRREL

Common summary of animal symbolism of the squirrels:

Energy
Play
Prudence
Balance
Socializing
Preparation
Resourcefulness



When the squirrel comes into our lives it is often a message for us to have more fun, and take life a little less seriously. We can see this in the squirrel's daily antics in our yards and surroundings.

Other animal symbolism of squirrels deal with practicality. As the squirrel is commonly known to hide and save its

food and return to it in the winter months - we take this as a sign in our own lives; a sign that it might be time to look into our own provisions.

For example: Is it time to consider a retirement plan? Are we adequately insured? Or even as simple as doing simple and preventative repairs around the house.

It's not commonly known that the squirrel only actually finds 10% of the nuts he hides for safekeeping. This is another message from the squirrel that we can also foolishly over-prepare. Here there is a lesson of balance to be considered.

However, there is a higher significance in this message of finding our 10%. All those nuts our squirrels do not recover are all primed and ready to seed themselves. This means, that thanks to our furry friends, we are gifted with new generations of trees and plants sprouting from all the seeds and nuts burrowed in the soil by squirrels.

This symbolically coincides with the old adage "what we sow is what we reap." What may seem like absent-mindedness is actually a strong message to us to be mindful of the metaphorical seeds we plant in our own lives as they we will surely reap the consequences.

Squirrels are quite sociable, and are often seen in pairs or groups. Any amount of observation of the squirrel will reveal that it is a vocal creature as well, and using extensive communications - particularly when in play or when it feels threatened.

In this manner, the animal symbolism of squirrels addresses our ability to express ourselves in social settings.

The squirrel reminds us to communicate effectively with others, and to honor those around us with our presence (rather than dishonor them with inappropriate or rude behavior).

The animal symbolism of this animal is also tied in with the fact that squirrels are solar creatures, and as such, they carry solar animal symbolism such as:

Passion
Energy
Expression
Vitality

As I often tell people asking me about animal totems, they are just as willing to communicate with us as we are with them. I would encourage you to meditate upon the squirrel, and ask it to reveal its message to you. Odds are it will share its own special messages with you.

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SECRETS

Excerpts from
Secrets of Spiritual Happiness

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One way to check whether you are living in accordance with your deeper priorities is to imagine yourself reaching the pinnacle of your present goals, and to contemplate if that accomplishment would bring you a deep sense of satisfaction. How would it feel to reach the best outcome of wherever you are headed? Would it bring true fulfillment and happiness? For me, this contemplation happened during that **Thanksgiving** evening with **Arnold Schwarzenegger**. I thought, "This must be what it is like at the end of the Hollywood journey - hanging out with other super-famous folks and discussing all of your movies, television shows, and other projects."

Let's say that I moved forward with all my heart and soul and became as creative and successful as someone like Arnold, or **Steven Spielberg**. Would that give me a sense of fulfilling my deepest ambitions and goals? The answer was, no. I realized that even if I made it to the so-called top of this profession, I would not feel deeply satisfied from that accomplishment. Something was missing in my life, and I could feel it knocking on my heart's door.

I had been swept up by the mentality and priorities of this new social system called Hollywood, and that sweep had kept me too busy to stop and reconsider what was most important in my life. I'm sure this must happen to many people in various fields of life and career. We get too busy and absorbed in the necessities of each day to stop and contemplate why we're even doing all that we are doing.

By 1994, I bounced back and forth from editing and associate producing the television show **X-Men**, to editing the **Mighty Morphin' Power Rangers** - working however many hours were required to make sure both shows were done well. The work was creative and fun, and the friends I worked with were amusing. As time went on, I began to feel more and more world-weary. I kept thinking, "I wish I had more time; I just wish I had more time." My schedule was so busy that I needed some time alone, some time to rest. I needed some time to contemplate and digest all the blessings I had received and generated during so many years of dedicated spiritual practice, study, and service. I needed to stop and rearrange my priorities, however, I was just too busy to do so.

I was working up to 80-100 hours a week, putting all my precious time into projects that were somewhat fulfilling in a creative sense, but not truly where my heart's desire was leaning. I'm sure that many have felt what I was feeling - a certain satisfaction with success, but also a deep inner

questioning of whether this was all I was meant to do with my grand gift of life.

Eventually, my wish for more time came, although in a slightly unexpected way. I became physically ill, and could barely do anything for nearly seven years. I had to quit both of my jobs, and would just sit and sit and sit. I had no idea that the challenge would go on for so long, or that my life would become so simplified by the physical limitations, along with the resultant financial limitations.

Around the same time, an even more challenging scenario emerged. Someone who I'd considered the dearest of friends, and who I'd helped to clarify and achieve her greatest dreams and goals, began to spread untrue rumors about me throughout our spiritual community. We had recently grown apart, and astonishingly, instead of offering the kindness and care that I would have certainly offered to her, my dear old friend was trying to harm my reputation and spirit during my time of illness and poverty. What a surprise that was.

As my friend's untrue rumor spread through our worldwide spiritual "village," it quickly ate away at decades of spiritual friendship and community. Nearly everyone who I had considered as a friend evaporated, like dust. There I was, after ten amazing years of monastic life and seven exciting years of Hollywood life - too physically ill to work, about to enter years of financial poverty, and completely alone in this world.

In the midst of all this, came an inner experience that helped me to approach this new shift with a refreshed sense of enthusiasm and gratitude.

While sitting quietly one day, I remembered my oft-repeated wish for more time. "If I could only have more time. I just need to have some time alone." Ahh, yes. That had been my ongoing wish during all those years in Hollywood.

"I just need to have some time alone." I had been longing for a solitude away from the vibrations of thought, greed, ambition, useless speech, empty relationships, and false facades of communication and miscommunications. And that's just what God had given to me. See? We have to be careful about how we word our wishes! Be specific!

Nevertheless, this realization helped me to see the unfolding events with a dual perspective. Along with plugging away through the day-to-day challenges, I also realized that I'd been given exactly what I'd asked for. I now had day after day of precious, peaceful, quiet time for relishing the blissful comfort of being completely alone.

The recognition of this new set of life circumstances as a gift from **God** shifted my approach. I wanted to make good

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FROM THE HEART

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That's exactly what happened. While the tide of tourism was out, they were preparing for its return. They were the only agencies thriving at that time.

One of my favorite models of vision in action is portrayed in the film, **Tucker, the Man and His Dream**, based on the true story of **Preston Tucker**. In 1947, Tucker developed an automobile many years ahead of its time, with a range of features that have since become standard equipment. Because his invention posed a threat to the auto manufacturers in power, Tucker was squashed and falsely accused of crimes. In the midst of his trial, Tucker doodled. When he was acquitted, Tucker showed his wife the sketches — schematic plans for a new kind of refrigerator with the potential to revolutionize the industry. Tucker wasted none of his precious time. Why bother with a trial when you can be creating things that will change the world?

I am also inspired by creative entertainers who see beyond appearances. **Mel Torme**, for example, wrote **The Christmas Song** ("Chestnuts roasting on an open fire. . .") in the month of June, when there was no Christmas, snow, fire, or chestnuts. **Oscar Hammerstein**, partner in the legendary musical team of Rogers and Hammerstein, composed his magnum opus, **The Sound of Music**, while he was dying. While his body was withering, his spirit was soaring. He was not distracted by the appearance of limitation. While one tide was going out, another was coming in.

An economic downturn, or recession, is an intrinsic piece of a greater progression. **Abraham-Hicks** notes that, "This economy is planting seeds of desire, intention, and invention that will make the economy stronger than it ever was." Likewise, Native Americans would purposely burn down certain forests because the area needed cleansing, and the forest that grew back would be healthier. There is a wisdom in apparent destruction, which paves the way for ultimate construction. I once saw a sign posted at a road construction zone, "The inconvenience is temporary. The improvement is permanent."

We are going through a period of temporary inconvenience. We can moan, complain, criticize, and blame, or we can take a breath and flow through it. Just keep watching the ocean, and you will find that the next wave is not far behind the last one.

SECRETS

Excerpts from
Secrets of Spiritual Happiness

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use of this gift. Instead of just wallowing in misery or self-pity, I used this time and these circumstances to reconnect with my deeper spiritual wisdom. From there, I began, once again, to arrange and rearrange my priorities.

First, I looked at my physical situation. With a growing list of troubling and painful ailments, I considered that this failing health might possibly be leading to my time of leaving this world.

I was feeling more or less at peace with that possibility, when, in the midst of this contemplation, I "heard" an inner command arising from the depths of my soul. The initial words of this inner guidance were, "First, you have to share what you've learned."

Along with this directive came a bird's eye view of all the varied experiences I'd had throughout my life, along with a glimpse of my deeper soul goals. Within this vision, all my different life scenarios and phases — from youth, to college, to a monastic life, to Hollywood, to this time of aloneness and infirmity — seemed to all fit together and make perfect sense.

That moment of seeing it all fit together and make sense was truly a great gift, which uplifted me into a whole new level of spiritual happiness. Right in the midst of those challenging times came this most precious gift — an ability to see my life from above and beyond my personal, individual self. With this vision, I entered a new level of trust in the perfect orchestration of life.

I'd also been given a clear directive from within. I now had a new guiding light for arranging my priorities into the next phase. I was to share what I learned, whenever and however I was guided to do it in each moment. I knew that if I could approach this undertaking with the right attitude and pure motivation, God, the universal Good, would also support and work together with me, protecting, empowering, and guiding my steps. I didn't feel a sense of burden in fulfilling this command to "share what you've learned." Instead, I experienced a sense of willingness, faith, and surrender — and with that, came a great flow of spiritual happiness.

While focusing on my deeper priorities to love, serve, and trust God, I also found that the right people, projects

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THE PURPOSE OF LIFE'S TESTS

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unconscious guilt we feel for allowing doubt to ruin our opportunity. The bottom line is that people already have a hard enough time excepting the good things and good people in the world, but when they end up doubting their healing experiences and then find a way to shoot them down, it becomes a very destructive outcome for them AND for whoever tempted them doubt.

From my own life's experiences, I can think of several examples where clients and students were possessed by the "demon of doubt." For example, there was a woman who once bad-mouthed me, thus trying to instill doubts into her friend. Her friend was surprised by her dislike of me and asked why she felt this way. The woman replied by saying that she was angry because after having a private session with me (which originally blew her mind), she was convinced I could not have known such specific things about her unless I had gone through her purse and peeked at her personal details, which means her doubts got the best of her, thus rejecting her miracle. This woman, who had the doubt, preferred to keep her mind in doubt instead of communicating with me about the issue at hand. This is a perfect example of how we sometimes prefer to live in the darkness of our ego rather than in the light of Spirit.

Many scholars and even some New Thought ministers have decided to believe that Jesus never rose from the dead nor walked on water. They have intellectualized away the "miracles" and have decided these are merely metaphors of common occurrences. In so doing, such people have allowed doubt to prevail over trusting the power of Spiritual Law. They say, for example, that Jesus didn't walk on water to help his troubled apostles who were caught in a storm; it was simply a low tide. Can you believe it? Gee . . . there was the answer all along! Jesus could see simply see that he was safe enough to walk on through due to low tide yet his apostles who were fishermen by trade couldn't tell the difference.

My point is that even when we like or love someone or something and/or are impressed by it or them, we somehow go out of our way to find fault with it or them. Now, I ask . . . Is this the God part of us? I think not! Then who or what is it? Quite simply, this is the part of us (our ego) that is so afraid of our healing that it convinces us to abandon (or find fault with) any good that comes to us. If we are so quick to find fault with our miracles and healers, how will we

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ever trust enough to grow closer to God? In other words, if you're pushing away your good, you are pushing away God-albeit in a smaller form for now. I suggest then, that when you create something that is better than what you had before-even if it's not perfect-try not to destroy that thing with doubt and judgment. You will certainly not be able to create something better with an attitude like that. If you do give in and buy into the gossip and doubt that tears down your miracles, you may end up waiting a very long time for another chance.

If such doubt befalls you, do your best to see it for what it is: an attempt to tear down what could very well be the chance for a miracle. Although others may be involved in raining on your parade and seemingly causing you to doubt yourself, your healing, or even your healer, you are ultimately responsible for both the doubts that you are attracting AND your response to these doubts. Next, you must make a determined decision to say NO to these doubts, as well as to forgive yourself for having created them and paying any attention to them. Then, move forward by making plans to get back on track, get back to your healing, and try, try again. Last, but never least, you must choose to trust and be humbled and surrender all doubts to Spirit-God-hopefully as soon as they arise.

When all else fails, if you have a healthy enough relationship with yourself and with Spirit, you will be able to fend off the doubts that arise in your mind, as well as the doubts that other people will inevitably throw your way. After all, these people project their doubts on you because they can sense your weakness of conviction and because of their own insecurities. Instead of caving in to them, show them your courage, as well as your refusal to gossip or express doubts. In so doing, you will be teaching them how to release the life of fear and insecurity that they have lived with for so long. You can show others (and yourself) how to return to trusting in God, love, and miracles. In so doing, you're allowing God to be your first priority, which is the best way to assure yourself of a smoother transition into LIGHT.



ABRAHAM-HICKS

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Set aside approximately 15 minutes where you can close your eyes and withdraw as much as possible from your awareness of what-is. Try to find a quiet place where you will not be distracted, and imagine yourself in a state of physical thriving. Imagine walking briskly and breathing deeply and enjoying the flavor of the air you are breathing. Imagine walking briskly up a gentle incline, and smile in appreciation of the stamina of your body. See yourself bending and stretching and enjoying the flexibility of your body. Take your time exploring pleasant scenarios with the sole intent of enjoying your body and appreciating its strength and stamina and flexibility and beauty. When you visualize for the joy of visualizing rather than with the intention of correcting some deficiency, your thoughts are more pure and therefore, more powerful. When you visualize to overcome something that is wrong, your thoughts are diluted with the lackful side of the equation.

Sometimes people explain that they have long-held desires that have not manifested, and they argue that the Law of Attraction is not working for them—but that is because they have been asking for improvement from a place of keen awareness of the lack of what they desire. It takes time to reorient your thoughts so that they are predominantly focused toward what you want, but in time it will feel perfectly natural to you to do so. In time, your new story will be the one that you tell most easily.

If you do take the time to positively imagine your body, those good-feeling thoughts will become dominant, and then your physical condition must acquiesce to those thoughts. If you only focus upon the conditions as they exist, nothing will change.

As you imagine and visualize and verbalize your new story, in time you will believe the new story, and when that happens, the evidence will flow swiftly into your experience. A belief is only a thought you continue to think, and when your beliefs match your desires, then your desires must become your reality.

Nothing stands between you and anything that you desire other than your own patterns of thought. There is no physical body, no matter what the state of decline, no matter what the conditions, that cannot achieve an improved condition. Nothing else in your experience responds as quickly as your own physical body to your patterns of thought.

With a little bit of effort focused in the right direction, you will achieve remarkable results, and in time, you will remember that you can be or do or have anything that you focus upon and achieve vibrational alignment with.

SECRETS

Excerpts from
Secrets of Spiritual Happiness

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and experiences started to naturally arrive in my life at just the right time - including this book, which came about during lunch at a café next to the sacred gardens and hermitage in **Encinitas, California**, where the Indian sage, **Paramahansa Yogananda**, wrote the spiritual classic "**Autobiography of a Yogi**" many decades ago.

On this day, I had been running some errands, and decided to stop and have lunch at a small outdoor restaurant, called "**Swami's Café**," which I hadn't been to in years. While enjoying my meal, I overheard a fellow at the table next to me asking the waitress about **Yogananda** and the gardens across the street. She responded that she didn't really know much about them.

Being the helpful type, I kindly piped in to tell the man what he wanted to know, and we ended up having a friendly and interesting discussion. It turns out that this fellow was **Avery Cardoza**, one of the publishers for **Cold Spring Press**, who was visiting **San Diego** for two days, and had somehow ended up at **Swami's Café**. Soon, I was writing "**Secrets of Spiritual Happiness**" for their new "Secrets of..." series, and here we are.

This is one example of how arranging and rearranging our priorities can help to bring us into "the flow." When our priorities are clear, the universe is better able to work with us in bringing them into form. We're not just walking recklessly through life, tossing out conflicting desires and resolutions with every step. Clearer priorities tend to bring clearer results.

When we enter that deep spiritual flow, the universe itself supports and guides our steps. For example, our inner intuition may give a thumb's up or a thumb's down regarding what we are doing in each moment. By listening to this inner guidance and approaching our lives with strength, wisdom, and surrender, we can assess what is right for us, and what is best left for someone else to do.

Consider how much time you spend on arranging your furniture, your office, your kitchen, garage, finances, and household work. Arranging your priorities deserves even more care and effort than these other tasks!

Taking time to arrange your priorities is truly a great step towards attaining spiritual happiness.

ABRAHAM *FUN*



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

DEATH, WHERE IS THY STING?

A friend was on her way to our Friday night **Abraham-Hicks** discussion group last week when she received a frantic phone call from her daughter-in-law. Our friend's son had suddenly become very ill and was having trouble getting his breath. So she rushed to his home over on the coast, and she was with him and his wife and two young children when he died the next day. He was 36 years old, and passed away from a blood clot.

At times like these, I feel drawn to review Abraham's teachings on death, or on "croaking," as they call it with humorous disrespect, for there is no such thing as death, other than that of the physical body.

Abraham said on 10/6/06: " 'What comes after death?' is like asking, 'What comes after lunch?' or 'What comes after sleep?' or 'What comes after now?'"

"The answer is, MORE!

"More opportunities to focus, more opportunities to compare, and, gloriously, more opportunities to decide.

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And how about San Francisco 2/24/07: "And oh, the party we have when you croak! And the laughter that abounds. As you say, again and again, 'All that grief over nothing! All that guilt over nothing! All that worry over nothing! And then what do you do? You say, 'Ready to go again! Ready to go again! Ready to go again! You don't say, 'Ah, didn't like that! Didn't like that one bit! From your place of connection, you see it all clearly, you know it, you are it, you see!'"

Abraham reminds us that life is always unfolding and that we cannot cease to be. We are part of the eternal expansion of All-That-Is, whether we're in non-physical or back here for the wondrous, leading edge adventure of physical expression.

When, in due time, our friend moves beyond her grief, she'll be closer to her son that she ever was when he was here. When she recovers happiness and can come near her son's high vibration, he will be only a thought away.

And they can interact, joyously, once again.



What a caterpillar calls death, we call a butterfly



COVER ART

Collaboration

by Melissa Harris

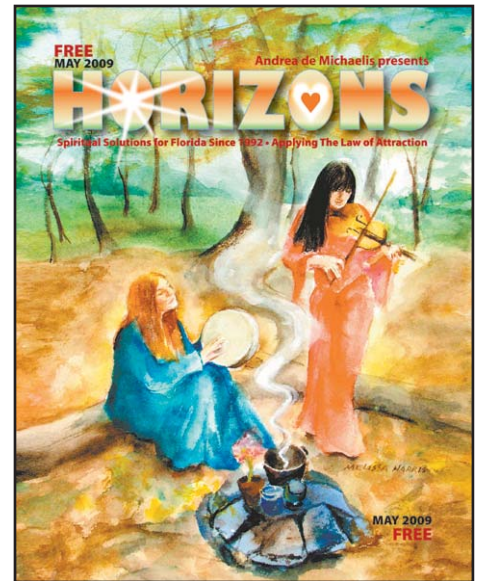
Melissa Harris is a Fulbright Scholar who studied in Paris for 2 years on her grant for painting. She received her BFA in painting from Syracuse University in NY, and her MFA in painting from Queens College, in Flushing, NY. Melissa also studied at the University of Virginia, the Brooklyn Museum Art School, and The New York Studio School.

She teaches private classes combining drawing, painting, and meditation, and has held workshops at the Omega Institute, The New York Open Center, the Foundation des Etats-Unis, and the Phoenicia Pathwork Center.

Melissa's work has appeared on numerous magazine and book covers, several cassette and CDs, and both "We Moon" and "Celebrating Women's Spirituality" calendars (through 1998). Quite prolific, she has shown at nearly two dozen solo exhibitions, and many dozen more group exhibitions, in both the US and France.

A desire to re-connect with nature after many years of life in New York and Paris prompted a move to the Woodstock, NY area in 1993. Melissa Harris lives on 9 acres with her partner Kent and their 4 cats, Timmy, Sashi, Monkey, and Lucy.

Visit her online at www.melissaharris.com



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-Shannon Burnett
Founder & CEO

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30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.

Email to HorizonsMagazine@aol.com and call 321-722-2100 with credit card info. If payment is not received with listing, your listing will not be placed and you will not be called for payment.

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

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

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

First Wednesday of each month CASSADAGA Silva "TUNE UP" 7- 9pm Free to Silva Graduates. Join other grads and discuss your projects. Get another viewpoint on how to find the solution you desire the Silva Method way! email: silvamind@aol.com or call Esther 386-228-4000 for more info

Thursdays COCOA VILLAGE Center for Spiritual Awareness Discussion Group Currently discussing A New Earth by Eckhart Tolle 10am-Noon at What You Love To Do 602 Brevard Ave 321/634-5188 www.cfsabrevard.org

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

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

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

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

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

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

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

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

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

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

Sundays MELBOURNE Metaphysicians' Circle meets at 1924 Melody Lane behind the Melbourne Auditorium. 7-8:30pm \$2 321-537-3843

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

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

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

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

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

Friday, May 1st: GAINESVILLE Community Acupuncture OPEN HOUSE. 4 -- 8 PM. Live Music, Free Mini-Treatments. (352) 371-0012 or www.gainesvillecommunityacupuncture.com.

May 2 & 3rd Saturday & Sunday CASSADAGA 10am-630pm he Silva Method Basic Lecture Series email: silvamind@aol.com or call Esther 386-228-4000 for more info

Saturday May 2, 2009 CASSADAGA World Fairy Festival workshop from 11 am to 2 pm by Robin Matutino, \$22 many activities though out the day, Dress like a Fairy, Choose your Fairy Name, learn about Fairy Gardens and much more, for info please call 386-228-2880

May 3, 5, 7, 8, 10, 12, 14 & 15, 2009 CASSADAGA at 7 pm, Temple Healings facilitated by Rev. Wendy Chojnowski & Rev. Michael L. Ulm, Colby Memorial Temple, Cassadaga, FL for more information please call 386-228-2880

Sunday May 3, 2009 CASSADAGA "Diverse Manifestations of Spiritual Healing" workshop presented by Rev. Wendy Chojnowski, 2 to 4 pm \$20, for more information please call 386-228-2880

Tuesday May 5, 2009 CASSADAGA "Spiritual Healing Tools of The Divine" workshop presented by Rev. Wendy Chojnowski, 1 to 4 pm \$30, for more information please call 386-228-2880

Thursday May 7, 2009 CASSADAGA "Obstacles to Spiritual Healing" workshop presented by Rev. Wendy Chojnowski, 1 to 4 pm \$30, for more information please call 386-228-2880

May 8th NEW SMYRNA BEACH 6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7 PM. Topic will be Doc Childre "De-Stress Kit for the Changing Times" Call Judson for more information 386-847-2367

May 9th ORANGE CITY the PURPLE DOOR'S first annual "GOOD EARTH DAY" including info on water usage, solar energy, container gardening "Green Crafting" for kids, they get to make a Mothers Day present, cats and dogs for adoption, great sales, and much more 386-774-9928

Saturday May 9, 2009 CASSADAGA "Spiritual Cleansing Protocols" workshop presented by Rev. Michael L. Ulm, 10 am to 5 pm \$60, for more information please call 386-228-2880

Saturday May 9 COCOA BEACH - Cocoa Beach Library 550 N Brevard Ave - 2:00 PM Know Thyself and Know True Security. Within each of us lies untapped potential that we go through our lives never developing. Learn to create true, lasting security regardless of your external circumstances. Based on an ancient, yet practical, little known system, as taught by Gurdjieff and Ouspensky. Free. (Lecture will also be offered Saturday May 30 in Melbourne, see below). Call for more information about our weekly meetings in the area also.. www.consciousregeneration.org or (877) 285.7142

Sunday May 10, 2009 CASSADAGA "Spirit Release and Deliverance Work" workshop presented by Rev. Wendy Chojnowski, 2 to 4 pm \$20 for more information please call 386-228-2880

Tuesday May 12, 2009 CASSADAGA "Ethics of a Spiritual Healer" workshop presented by Rev. Wendy Chojnowski, 1 to 4 pm \$30, for more information please call 386-228-2880

Thursday May 14, 2009 CASSADAGA "Advanced Topics in Spiritual Healing" workshop presented by Rev. Wendy Chojnowski, 1 to 4 pm \$30 for more information please call 386-228-2880

Saturday May 16, 2009 "CASSADAGA The Seven Spiritual Causes of Disease" workshop presented by Rev. Michael L. Ulm, 10 am to 5 pm \$60 for more information please call 386-228-2880

Saturday May 16, 2009 CASSADAGA Cassadaga Festival 10 to 6 pm Mini-Readings, Healing, Lectures, Vendors, Music and much more for information please call 386-228-2880

Sunday May 17, 2009 CASSADAGA Cassadaga Festival, 12 noon to 6 pm, Vendors, for information please call 386-228-2880 Cassadaga Your Destination, looking for classes, workshop, seminars to improve your life please visit www.cassadaga.org

May 22nd -EDGEWATER LANDING 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self- transformation. 7:00pm 758 Navigators Way, FL. For more information call Barbara at 917-509-0004

Saturday May 30 MELBOURNE - Melbourne Library 540 E Fee Ave -2:00 PM Know Thyself and Know True Security. See description above for same lecture on Saturday May 9 Cocoa Beach Library.

OUR CALENDAR OF EVENTS

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

June 13 & 14th Saturday & Sunday CASSADAGA 10am-630pm The Silva Method Basic Lecture Series email: silvamind@aol.com or call Esther 386-228-4000 for more info

Wednesday, July 1 OCALA Language Mastery. Mystic Realms 3315 Silver Springs Blvd, 6-7:30PM, series of 6. 352-732-5433 slimak3@comcast.net

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



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Fort Lauderdale Marriott North ~ Hotel Registration: 1-800-319-5705

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

A \$10 mp3 file by Andrea de Michaelis

SEE PAGE 46

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 what happened. You have the ability to become conscious and lucid when your astral body is out at night.



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**Let us know when your group meets so we can
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- Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.
- Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,
- Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.



OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

MAY 2009

May is named for Maia, a Greek Goddess whose name means both "mother" and "great one". Maia was one of the seven daughters of Atlas and Pleione and the sister of Electra, goddess of electricity.

Well, maybe that's a bit of a stretch, but it's not too far off. Electra was the Greek goddess of the storm clouds from which one would see lightning, hence electricity. Not thunder bolts, mind you. Those were invented by the goddess Minerva, although they were thrown by Zeus. A spot hit by lightning was considered sacred by the early Greeks and temples were often built on that spot. Zeus says, "I want my temple there!" and zap, there the temple goes! As above, so below and that segues to the following poem and a special event this month:

Was he one or many, merging
Name and fame in one,
Like a stream, to which, converging,
Many streamlets run?
Hermes Trismegistus, Longfellow

This month has the Feast of Hermes Trismegistus, the patron saint, perhaps even god of the alchemists. Hermes Trismegistus means 'Hermes Thrice Greatest' and he was the combination of the Greek god Hermes and the Egyptian god Thoth. The name dates back two thousand years at least and perhaps even earlier. One of the most important writings held sacred by the alchemists was the Emerald Tablet. It was the inspirational writings that made true alchemy not a pursuit of making lead into gold but instead a spiritual path to the purification of the soul itself. So important was Hermes Trismegistus, that he was considered the man that became a god or the son of a god. One of the phrases used in Wicca and some other spiritual paths is "as above, so below". This came from the Emerald Tablet.

Trismegistus! Three times greatest!
How thy name sublime
Has descended to this latest
Progeny of time.
Ibid.



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MAY 2009

May 1st - Wiccan, Druidic: Beltane, Celebration of the Sacred Marriage of Goddess and God

May 3rd - Shinto: Day of Ta Ue, rice planting festival celebrating vitality of nature

May 9th - Full Grass Moon at 12:01 AM EDT

May 9th - Buddhism: Wesak Festival, day of reunion, pilgrimage and rejoicing

May 17th - Baha'i: Feast honoring Deity as 'Azamat (Grandeur)

May 24th - New Moon at 8:12 AM EDT

May 24th - Alchemy: Feast of Hermes Trismegistus, and as we say: Quod superius est sicut quod inferius.

May 27th - Roman feast of the Ambarvalia, Dea Dia, the Goddess of the Corn Field

May 30th - Egyptian: Start of festival of Ma'at, goddess of Truth.

A factoid with which to end the month:

Thunderbolts were also thrown by the Norse god Thor whose name became that of the fifth day of the week, Thor's-Day. Hermes and Thoth instead were associated with Norse Odin or Woden whose name was used for Wednesday.



TREE HEALING

...continued from page 10...

ment to her and the spirits of the land. I'd lean my back against the tree, gaze out to the ocean, and simply meditate, listening for any messages from Spirit that I might be able to discern.

I'd successfully done so for the first two days. On this third day with my back aching, knowing I had to fulfill my commitment, I decided that after placing some tobacco near the tree's base, I'd ask Tree Spirit to heal my back. I wasn't completely sure it would work, but since I'd had some powerful and illuminating teachings from Tree Spirit over the previous two days, I figured what the heck—I'd give it a try.

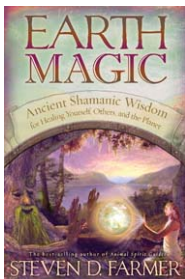
So I closed my eyes and clearly heard Tree Spirit saying, Place your spine in alignment with me. I did so and then took several slow, deep breaths and prayed. I said a prayer of thanks to the one I call Grandfather, Tree Spirit, the ancestors, and Spirits of the land. I visualized the energy that was binding the muscles in my back draining from me to the tree, down through the roots, and into the welcoming bosom of Mother Earth.

I sat like this for several minutes and then realized I had to leave. I still had some time to get a light meal before the cafeteria closed and class began.

I thanked all the spirit helpers and especially Tree Spirit, got up slowly, and felt the catch in my back still there, about the same as it had been. I was disappointed, as I'd hoped for a miraculous and instantaneous cure. Oh well. I grabbed a quick bite to eat and then went back to the classroom, still moving rather slowly and deliberately, listing slightly to compensate for the tightness in my back.

I made it through the two-hour class, sitting on one of the cushions that had a backing, and was actually quite fascinated with the lecture. When the class was over, I gathered my things, got up, and . . . there was no pain in my back! I moved around a bit and stretched to see if its absence was only temporary, but my movements were fluid and pain free, and remained so for the rest of the two weeks. I even danced again that night—a dance dedicated to Tree Spirit and the other spirit helpers who cured my backache.

That's Earth Magic!



SUGGESTED READING WATCHING LISTENING

The Law of Attraction: Teachings of Abraham
by Esther and Jerry Hicks www.abraham-hicks.com

The Four Agreements by don Miguel Ruiz

Crystal Therapy by Judith Lumoski

You're Not Going Crazy...You're Just Waking Up! and The Seven
Initiation of the Spiritual Path by Michael Mirdad

www.Powerlegacy.com

"Legacy: The Power Within" by Tony DeLiso

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

From www.hayhouse.com

The Biology of Belief by Bruce Lipton
Overcoming Fears by Louise L. Hay
The Answer is Simple by Sonia Choquette
Earth Magic by Dr. Steven D. Farmer

From www.scottblum.net

Summer's Path by new author Scott Blum,

From www.newworldlibrary.com

The Hidden Spirituality of Men by Matthew Fox
Trager for Self-Healing by Audrey Mairi
Angel Horses by Allan & Linda Anderson

From www.dragonslegacy.org

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

MUST SEE DVDs

The Secret Movie <http://thesecret.tv/>

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

THIS MONTH'S THOUGHTS ABOUT THINGS...

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



...continued from page 7

I remember years ago being in the hospital for the third time with pancreatitis (my past life - I'm all better now!) and recall being in the emergency room waiting for the pain shot. I knew that they had to process me and get the IV in before I could get the shot, and I was unable to control my body that kept contorting and moaning. It had a life of its own!

I remember alternating my thoughts between recalling the feeling of the pain shot the last time I got it (a year before), and recalling how it felt as the pain slipped away (because I wanted to vibe there and make it happen quicker). That thought alternated with the thought that I was sorry my friend Suzie (who took me to the ER), had to see and hear it all. I knew for myself it would pass quickly enough, and except for physical distress, I felt fine. I mean, I wasn't afraid or anxious. But I couldn't stop the writhing and moaning and felt sorry that she had to watch it.

It makes me think of when the cheetah catches the gazelle. In the documentaries, you see the gazelle yelp and flail, but I know that the consciousness of that gazelle, before it feels more than it can bear, will leave that body behind to writhe and yelp on its own. That's just the nervous system winding down at that point, although it looks horrible to watch if you don't realize that.

My dad was in a coma for the last week of his life and I'd sit on one side of him, and his wife on the other, holding his hand. Periodically he'd squeeze a hand and once even kind of sat up a little. But I knew those were automatic body responses. I knew he was no longer in there. I think at that point he was already blissed out and totally happy for the first time in many years, his mind far, far away, having - as they say - slipped the surly bonds of Earth and touched the face of God. I believe I touch God with every move I make and every breath I take. The more conscious I am of that, the more blissful my life is and the more magical, wonderful things happen in and around me.

My loquat and mulberry trees are now full of fruit, and full of birds and squirrels clamboring for them. I take a walk around at sundown to check everything out. This time of year, there is so much critter activity that I often take my dinner outside to the wrought iron table and chair I sit at when I dine al fresco. As I sat outside and watched the critter activity, it seemed everyone was enjoying the party. A fat young raccoon, who typically stays hidden until after dark, came ambling by and I watched his antics as he climbed into the mulberry tree. From where I sat, he was completely hidden by the heavy leaf coverage, and I could only tell where he was by the branches getting lower as he bumbled across. I could also tell where he was headed next, since I am the one who trims those branches, so I know which limbs crisscross onto others. I always make sure when I am trimming branches to be mindful of which ones are the major highways for the squirrels so I don't take their favorite routes away. After all, this is their yard, too.

I have 3 pairs of cardinals in the yard. Last month I'd noticed one visibly making her nest very low in the eleagnus bush right at my back porch door, where the cats come in and out all day long. I have

to be careful when trimming my hedges to look for cardinal nests, since they build them about chest high. This one was well hidden, so when I trimmed the hedge, I exposed more of it than I would have had I seen the nest there.

I initially wrote the mama cardinal a note asking her to please move her nest elsewhere. Wrote a note?? What are you talkin' about?? Years ago I learned a neat trick. I had some ants who decided to move onto the back porch. Then I saw one in the house. That would simply not do, so I wrote them a note. It basically said "Dear ants: I am happy to share space with you and you can have the entire outside and stay there, and I will have the entire inside. Thank you" Then I put a copy of the note on my healing bench. That's where I keep notes of who and what to pray for, then I pray the bench twice a day as part of my spiritual practice.

I'd written a note years before for some raccoons as well. They'd begun thinking they could just walk in the cat door and help themselves to the cats' food. That would simply not do, so they got a note asking them to stay outside. Both times, with the raccoons and with the ants, their invasion stopped that day.

So, seeing the cardinal nest so low and so near the cat door, I wrote the mama cardinal a note asking her to please move her nest elsewhere. The day after the note was the last time I saw her near the nest. I could hear the cardinals in the east woods but didn't see them at the birdbath for a couple of days after that. But there is a birdbath in the east yard also, which I cannot see from my office window. I got the feeling she just abandoned the nest, and I was lamenting the sole egg I saw she left in it. I was sorry to see her go, and I took the note down. Six hours later, Mama cardinal was once again happily perched on the nest, I am so glad I took down the note. As of this writing, she is on the nest and the first of her eggs is due to hatch this weekend. I'm keeping my Facebook friends updated.

If you share space with any creatures and have a message you'd like to get across, write them a note. Write them a note as if they will read it and understand it and obey it. Trust me. It works.

The last few days my brother and I have been working on getting some projects finished together, and I now have two new mp3 files online at the website. See the link at <http://horizonsmagazine.com> that says Andrea's CDs and MP3s. The new files are Stop Smoking and OOBIE - You Are Not The Body, which is an astral flight. It was interesting "proofing" the Out of Body Experience OOBIE file and having to listen to it several times through. I have some interesting experiences I will share with you later. I was reminded of the incident with my chair that happened in October 2006. I wrote about it at <http://www.horizonsmagazine.com/2006Archives/Oct2006.html> in The Haunted Chair, Journeys Out Of The Body. In keeping with my decision to not participate in a recession, these mp3 files are just \$10 each.

I've been having so much fun writing in my blog at <http://horizonsmagazine.com/blog> every day. It's my daily diary of what I do. As we are going to press, I just got an email with a real compliment... I think. In response to the pic of me with glasses on my blog site: "Why not be real and use a photo of who you are today, not 20 or 30 years ago?" I recognized the email address as someone I last saw in 2000, so I guess I now look 20-30 years younger than I did then - cool! I'm not getting older, I'm getting better.

Enjoy our offering this month.

Hari Om.

Andrea



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

Aries: March 20 to April "I Am". This Spring your aggressive nature is showing its not so pretty little head. Be careful of carelessness that could get you into trouble having to with impulsive judgments. By the 20th of May the swirling tornado energies around you will soften and you won't feel so impatient. A good therapy for you is to create a garden of flowers and vegetables.

Taurus: April 19 to May 20 "I Have". Happy Solar Return Taurus! This month is the gift of a new and prosperous beginning to a wonderful year. Now is the time to start planning for the success of your career and any new venture you wish to throw yourself into. Travel plans will also be an important aspect of this year's Solar Return. Where ever you go it will be a great write off having to do with business.

HOROSCOPES FOR

Gemini: May 20 to June 20/21 "I Think". Your mind is active and restless at all the wrong times this month. Sleepless nights and foggy morning meetings are only some of the problems that plague you this month. What ever has been eating at you lately needs to be resolved. You can only carry a grudge for so long before it starts to affect your health. This month get some exercise and do some forgiveness affirmations.

Cancer: June 20/21 to July 22 "I Feel". Your emotional antennae this month has you perceiving life through the window of a clairsentient nature. Your empathetic radar has you always being in the right place at the right time. Male or female, mother or not, you have a great ability to nurture others. By the 27th of May the focus of your life will shift towards nurturing your creativity.

Leo: July 22 to August 22 "I Will". By the 15th of May you will feel warmly generous with a child like simplicity that sends forth an energy of innocence to all whom you encounter. Your close friends will notice a surprising new change in you that borders on the mystical and the magical. You have become more centered in yourself as well as very content with your world.

Virgo: August 22 to September 22 "I Analyze". By the full moon in Scorpio on May 8th you will have a much deeper understanding of what you need in a relationship where by one that incorporates both mental and sensual communication. In your efforts to be happy you can have a tendency to be excessively critical of self and others. The lesson here has to do with letting go of control.

Libra: September 22 to October 22/23 "I Balance". By Cinco de Mayo, you will have a better sense of who you are in regards to relating to people. You always seek perfect balance in your ideal image of what you want in a relationship. You realize too, that you have a constant need for a close relationship and approval because of the attention getting and self validation you receive from the excitement of a new relationship. The lesson has to do with your ability to love for the long haul.



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

The full moon in Scorpio on May 8th certainly brings the fire within your belly to a blazing roar. You can go ahead and blame your impatience and nervousness on the full moon. Make sure that you run your dogs (your inner dog) so you don't haphazardly try to force your own way on others and piss off the wrong person. Get some exercise so you can learn to be more calm.

Sagittarius: November 21 to Dec 21 "I Perceive".

You have reached a plateau in your family life where you have finely arrived at a place of peace and tranquility. Your relationships with women have improved and will continue to be an emotional support for you. You are put on notice to stay positive by saying affirmations daily to open the doors of positive manifestation.

Capricorn: December 21 to January 19 "I Use".

This month you are feeling rather ambitious, the timing of your desires are appropriate with what you intend to accomplish. With your increased vitality you will do things you thought impossible, productivity is the key to your happiness this month. Be on the look out for an unexpected windfall of prosperity coming your way now.

Aquarius: January 19 to February 18 "I Know".

The best medicine for you this month is exercise like a dog chasing a cat. Being an air sign you need the physical exercise to stay grounded. This activity also helps you integrate whatever subjects that you are currently studying. Your intuition is also expanding beyond your present comprehension.

Pisces: February 18 to March 20 "I Believe".

With transiting Uranus still on your sign be careful of any tendencies to be impulsive which could cause you a lot of unnecessary problems. Just remember what is important today may not be important five years from now. Don't make choices out of fear, remember the bigger picture in all areas of your life. Something worth waiting for may take longer than what you expect.

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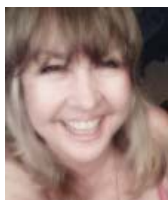
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Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic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

Healthy Eating Habits



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

Sleepytime Recharge

Science now knows that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear around us. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and thus 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. *I listen to Sleepytime Recharge every night as I fall asleep and sometimes let it repeat over and over. I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you. K. Crane, Cocoa*



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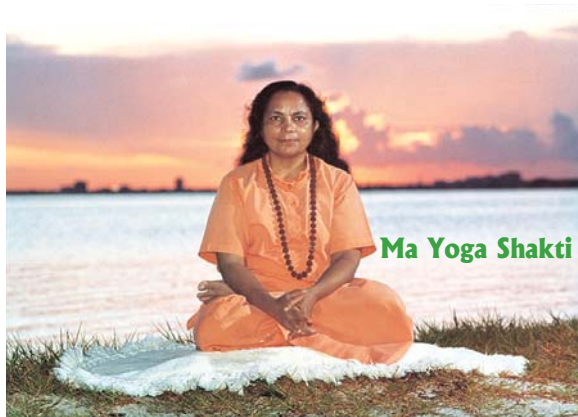
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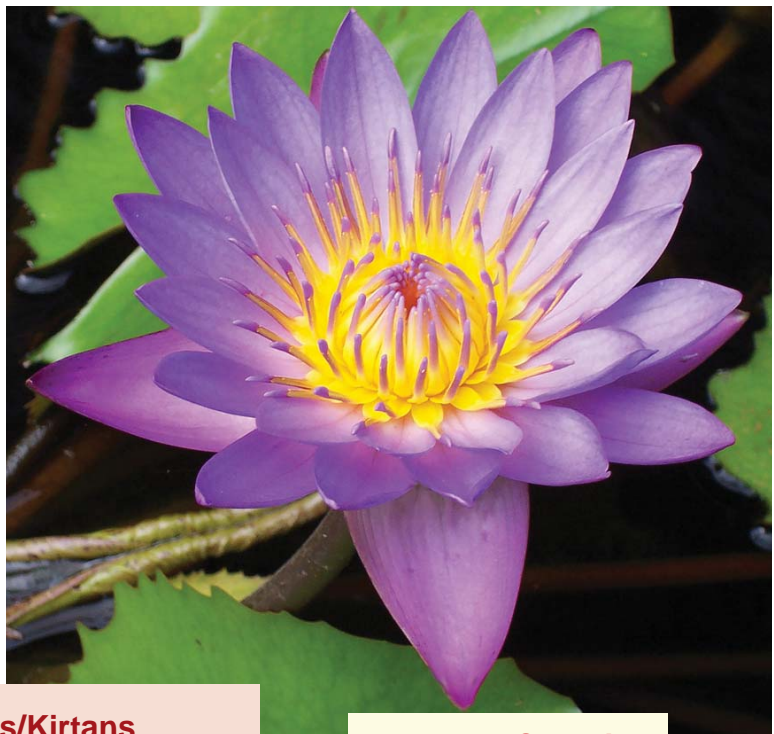
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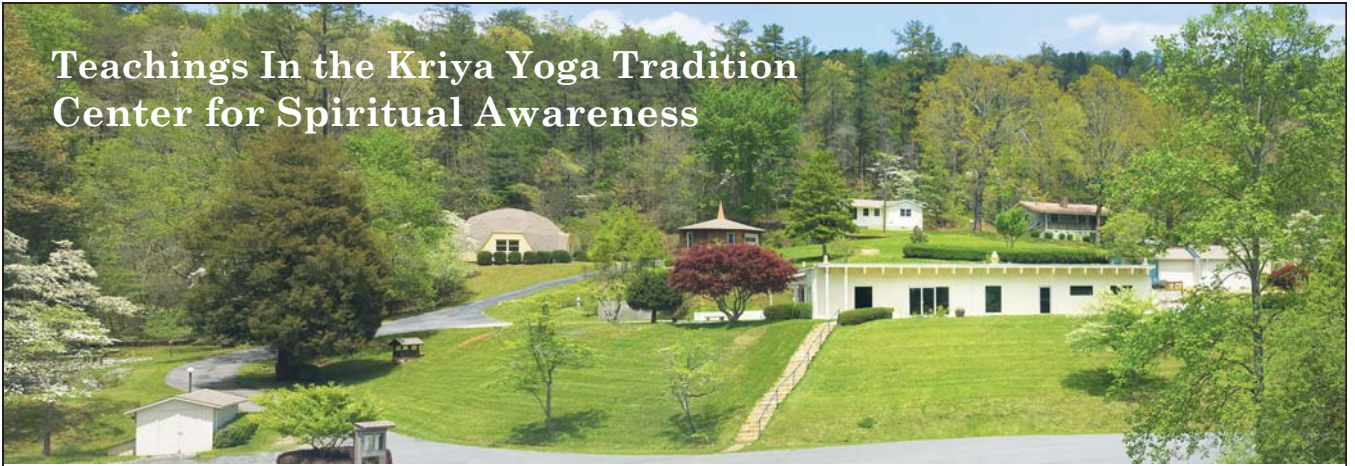


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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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