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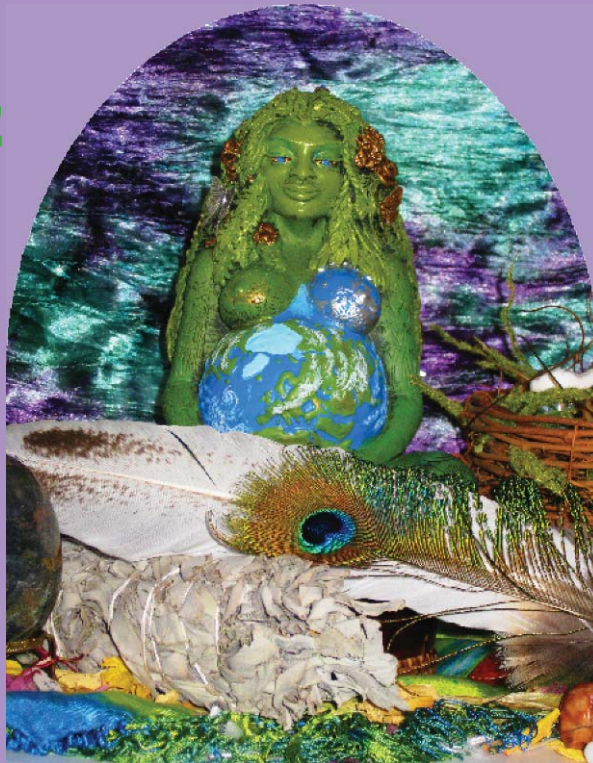




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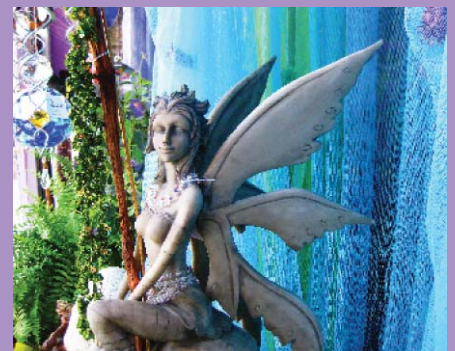
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**JOIN US SUNDAYS 10:00AM**

### Following in Jesus' Footsteps Sundays in May 10:00AM

We will discuss who Jesus was and what he taught and what prevents us from understanding his message and keeps us from identifying with him. *When we grasp that we are brothers and sisters of Jesus, our spiritual teacher and way shower, and understand that his message was that we don't need to be saved, we free ourselves to incorporate his teachings in order that we may "do greater things."*

**Sunday May 15th 10:00am** Welcome Janice Richer Werfue! Janice is a student at Unity Institute graduating in June. She is visiting our spiritual community as part of her studies. Her message will lift and inspire us.



### Tuesdays May 17, 24 & 31 7:00PM The Art & Practice of Living with Nothing and No One Against You

Facilitated by Lloyd Reiser & Rev Beth Head  
Love Offering will be taken. The book is available in the bookstore for \$29. This class is offered as part of the Transformation Experience. Our goal is to have a significant number of people complete this class to help us realize our vision of a world that works for all.

**Rev Beth's personal testimony:** "With the Art and Practice class I had a breakthrough about one of the myths that I grew up with. Somewhere as a child I learned that I was responsible for my alcoholic father's behavior – his tirades. How this has shown up as an adult is that whenever anything goes haywire (and stuff does happen!) I immediately feel guilt. No wonder I try to control my environment. This is a big ah ha for me."

This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. It helps us to be in integrity with who we have come here to be in every aspect of our lives. You can find out more about the Art & Practice program and its creators at: [www.theqeffect.com](http://www.theqeffect.com).



### Entering the Castle

### Exploring Your Mystical Experience of God 8 WEEKS beginning May 2nd, Mondays 7-9 pm

This class is based on the book *Entering The Castle*, by Caroline Myss. We will explore the inner path of the soul to the Divine, using the insights of the Christian mystic Theresa of Avila's spiritual classic, *The Interior Castle*. We will be exploring along with Theresa and Caroline the process and fruits of "going within" in order to consciously connect with our Christ self in order to allow the flow of the divine to inform the world we create for ourselves and humanity. This is an important step in our spiritual journey, "to be still and know," in preparation for "living the truth we know." Contact Maggie at [iamthat@cfl.rr.com](mailto:iamthat@cfl.rr.com) for information or to register.

**Thursday May 26 at 7:00 pm  
The Sun-Kirtan Experience  
see <http://www.jaishreeyoga.com>**

Healing Prayer Service - Tuesdays and Thursdays Noon - Open to all.

Transformation Experience Leadership Group – May 1st noon

Revolutionary Agreement Groups

1st Wednesday of the month (May 4th) at 7:00pm

2nd Saturday of the month (May 14th) at 1:00pm

A Course In Miracles - Facilitator: Darlene Capinha - Tuesdays 7:30pm

Reiki Healing Service - Facilitator: Lloyd Reiser  
Sunday May 1st, 4:30pm and Sunday June 5th, 4:30pm

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

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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  
Morgana Starr

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by Katherine Skaggs

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Mike Dooley  
Alan Cohen  
Tom Sannar

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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](mailto:HorizonsMagazine@aol.com), along with a 50 word bio telling who you are and how to contact you. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for as an ad.

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





**Andrea de Michaelis**  
Publisher

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

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

**H**ello and welcome to the **May 2011** edition of Horizons magazine. **Happy Mother's Day** to all the mothers out there. My mother was born in May and every so often her birthday would fall on Mother's Day. Two days before my birthday, my mom died on April 8, 1996 of her first heart attack. We didn't expect it, she'd not been sick, so there was no time to worry beforehand. My mom and I were very close and we spoke on the phone nearly every day. I always thought that when she passed I would freak right out, but surprisingly I didn't. In fact even now, 15 years later, it still feels as though she's just in the other room and that I can speak with her anytime I want to. I still feel connected to that greater part of her, that part that extends far beyond the physical body. I still hear her voice in my head. I know what she'd say in certain situations, and I see her in the mirror in alarming frequency. So there's been no missing. There's just been a deepening of the understanding that there is no separation.

In the two days between her heart attack and passing — which we did not know was going to happen — she was heavily medicated and could not speak, yet managed to open her eyes very wide once in order to look me in the eye and let me know she was still in there. I talked to her and I whisper-sang to her.

Her lips looked dry and I asked if she wanted **Chapstick**. She pursed her lips and I put the Chapstick on her. It was the most holy moment I ever spent with her.

She sent me a poem on my birthday April 10, 1995, that read:

### DAUGHTER, YOU'RE AN INSPIRATION TO ME

I wonder if you know just how much I admire you,  
For living every day exactly how you wanted to.  
For never limiting yourself to play one single part,  
But rather taking time to dream and listen to your heart.

I admire how you see things with such depth and clarity —  
you have so much direction at your age, compared to me.  
And though I may not always understand your point of view,  
I have so much respect and so much confidence in you.

For facing every challenge as a chance to learn and grow —  
your inner strength and wisdom run much deeper than you know.

But should you ever need a little extra faith or care,  
From someone who believes in you, just call and I'll be there.

For no matter what you think or do, or whom you choose to be,  
no one is a bigger fan or loves you more than me.

### end of poem

Mom was the best inspiration a kid could have. She supported me in everything I did and encouraged me to dream. She told me anything was possible. She told me I was born under a lucky star and I've spent my whole life believing that and proving her right. Mom faked me into thinking everything was magical and blessed then voila it was!

Like our cover this month, **The Dream Weaver** by **Katherine Skaggs**, my mother was a real dream weaver for me. Because

*...continued on page 34...*

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Rev.

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**Testimonial** *I've been thinking about my reading on Sunday, and things just seem to be falling right into place. Thanks for shining some light on the world around me ! I now have an open mind to accept the changes that are about to take place.....Thank you :) Sonya Goff*

Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies.

NEW! See video at [www.psychicconsultant.org](http://www.psychicconsultant.org)

Albert, professional psychic over 35 years, is an Ordained Minister, Certified Psychic from Cassadaga, FL. He was a Project Manager and Lecturer with Edgar Cayce Foundation and Association for Research and Enlightenment. He hosted a TV show, and made many television guest appearances. He taught Parapsychology 1 & 2 at the University of Florida and was invited to Russia to study the Paranormal with Psychics and Scientists.



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### Testimonial

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

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# ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and the NY Times Best Seller, Money and the

Law of Attraction and their dvd, The Secret Behind "The Secret." Visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

## Death, As Compared to L.C.'s Cat Door

**Guest:** My brother-in-law passed away at 39 years old. And it was just a shock to everybody. My in-laws are really struggling. Is there anything that I can do to make a difference for them.

**Abraham:** There are so many things that we're wanting to give you around this subject because we think you're ready for it. The reason someone this young and this vital does something like that, is to assist all of you in understanding that there is no death.

Physical beings have treated the subject of death as something not wanted and something inappropriate for so long, and yet you have yourselves in an impossible thing: Death is something every single one of you are going to experience.


How do you stand pushing so hard against something that is so inevitable? Do you feel the absurdity of that? If this Universe has at its basis only Well-being, how could something as abhorrent as what you think death is, even exist in that Energy?

You are eternal beings. You walk into this room, you all come willingly, and yet you have not committed your life to being in this room. In a few hours you're going to get up and you're going to walk out of here. And everybody's going to say, that's just fine. And yet, when somebody makes their transition which is no different than that, they just withdraw their attention from one room and give their attention to another room -- you all act like it's the end of the room. You act like it's the end of the world.


Jerry and Esther have a new cat they kidnapped when they were in Louisiana. The cat really kidnapped them. And now this cat, Lovable Cat is her name, they call her LC, lives at the office. And Jerry wanted her to have freedom, and so, in the beautiful new office building, the carpenters cut a door for LC to come in and out. They put it in the wall and built a chute. At first L.C. did not like the idea of the door, Jerry said it was like trying to put the toothpaste back in the tube. And then he watched her first emergence. Here's she's standing in the break room, a very beautiful room inside. And then she leaps up onto her shelf and she pokes herself through the tube, and then out into the bright sunlight.




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Well, death is sort of like that. It's not a bigger transition than that. It is going from one perspective to another. There is no sense of having left behind something. Instead, there is the exhilaration about what is on the other side.

What we're wanting you to understand is that once L.C. goes outside, she is equally free to come back in. So she's in and out, and in and out... And that is the way it is from the Non-physical perspective.

*...continued on page 26...*

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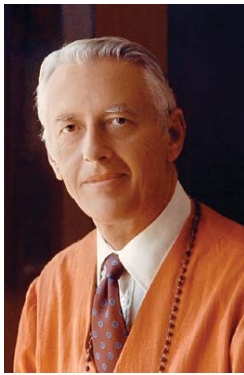
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# YOU ARE A SPIRITUAL BEING IN A SPIRITUAL UNIVERSE

Roy Eugene Davis is a direct disciple of Paramahansa Yogananda in the kriya yoga tradition. In December 1949, he traveled to California, to meet Yogananda, was accepted for monastic discipleship training, and was ordained by him in 1951. Davis moved to Georgia in 1972 to establish Center for Spiritual Awareness. He publishes Truth Journal magazine and writes monthly lessons for CSA members around the world. You may contact Center for Spiritual Awareness at P.O. Box 7, Lakemont, Georgia 30552-0001 (706) 782-4723, visit <http://csa-davis.org> or e-mail [csainc@csa-davis.org](mailto:csainc@csa-davis.org).

**spiritual** *Of, consisting of, or having the nature of Spirit: the expressive, animating aspect of ultimate Reality (God).*

**being** 1. The quality or state of existence. 2. Basic, essential nature. 3. Philosophical definition: Absolute existence in its perfect or unqualified state, the essence of existence.

**universe** *Latin universus, whole: unus, one. All existing things regarded as a whole.*

**T**o experience satisfying spiritual growth and live without limitations, having accurate knowledge of your true nature and the universe as a manifestation of cosmic forces is essential. People who think of themselves as mere human creatures, and the universe as being composed only of gross matter, are confined by their mistaken sense of self-identity and unable to know that natural laws of cause and effect determine their experiences and circumstances. Only what is observed and experienced through their five senses is considered real.

## Knowing the Truth About Your Self and the Universe Empowers You to Live Without Limitations

From the expressive field of ultimate Reality (God) to the material realm, Its essence manifests in a variety of ways to produce and maintain a universe, and animate living things. When you know this to be true, you can say, "Wherever I look, I see God (one Reality)" and "Wherever I am, God is present."

The one Reality is not only omnipresent; it is individualized as you. Because your essence is a unit of Its essence, knowledge of Its processes that is in It is within you. When that knowledge emerges into your conscious awareness, you will be omniscient:

*...continued on page 25 ...*

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

## OH... MY ACHING LEGS

In America between 8-12 million suffer from leg pain. **Restless Leg, Peripheral Artery Disease, Intermittent Claudication, Deep Vein Thrombosis and Poor Circulation** are some of the names given to leg pain. Any of these conditions can leave you with legs that twitch, cramp, feel cold, itch, sting or just plain ache when you are at rest or trying to sleep. Circulation and inactivity play a key role. The less you move around the slower your blood circulates increasing your chance for blood clots or clogged blood vessels. When there is restricted blood flow you end up with a build-up of metabolic wastes, lactic acid and a lack of oxygen in the muscles of the legs. (It can affect other muscles too.)

If your legs bother you in the evening or keep you up at night, see a physician for a proper diagnosis (you want to rule out blood clots.) It's always best to know what you are working with before you choose any type of Alternative Healing modality.

Herbs can be helpful if you have leg pain specifically ones that tone and strengthen the whole cardiovascular system **Hawthorn, Garlic, Prickly Ash** and **Linden** help to nourish the circulatory system so it can work at its full capacity. **Ginger, Prickly Ash, Rosemary, Cayenne** and **Ginkgo** are herbs with circulatory stimulating actions providing warmth to the extremities, carrying much needed oxygen and nutrients to the muscles of the legs.

To remove the metabolic waste and lactic acid, anti-inflammatory and diuretic herbs complement each other **Celery Seed, Ginkgo, Horse Chestnut, Hawthorn** and **Butchers Broom** are herbs that can do this within the circulatory system.

Beside these you may want to consider **Cramp bark, Ginger, and Rosemary** to help quiet the restlessness and cramps. A good herbal combination incorporating these actions might be: **2 parts Hawthorn, 1/2 part Ginkgo, 1/4 part Prickly Ash, 1/4 part Cramp Bark. 1/4 part Horse Chestnut and 1/4 part Butchers Broom.**

Because our diets are not always what they should be you may want to consider getting more **CO-Q-10, iron, folate, lecithin, L-carnitine, L-cystine, calcium and magnesium** either from foods, herbs or supplements; these help to improve over-all blood flow providing more oxygen to your muscles. Some other lifestyle modifications worth considering for leg pain are cutting back on stimulants like coffee, tea, colas and chocolate (that's going to be hard for some) along with sugar and refined flour. Instead include more whole grains, fish, chicken and other lean meats along with FRESH fruits and vegetables in your diet. Exercise can also help bring more oxygen to the muscles.

You don't have to run a marathon to do this walking, yoga, tai-chi, gardening or dancing are some that can be enjoyable. What about a massage? It not only feels good but it provides warmth and circulation to your tired and achy legs.

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**I**n the month of **May**, we traditionally honor the woman who gave us birth and/or the woman who nurtured and cared for us - our Mother. The second Sunday brings us crowded restaurants, over-worked florists and candy manufacturers working on overtime. It also allows us a day to reflect, with gratitude, on our Mother's love. In acknowledging the love showered upon us by Mother, our spiritual path calls us to take loving care of ourselves in ways that allow us to blossom and grow and bring us to a fulfilling life.

## MOTHER EARTH

Arguably the most powerful force we'll ever encounter, **Mother Earth** fiercely reminds us of her unending power and presence. From earthquakes to floods, hurricanes to landslides, the force of nature, slow and persistent as well as eruptive and volatile, provides us with the backdrop for our existence. The winding, meandering stream created by centuries of resistance and erosion, and the fields of smoldering volcanic rock makes fertile soil demonstrate correlations and similarities to our personal journey.

If we view the Earth as our external environment, our bodies serve as vehicles to move around the planet. We're born into circumstance with a body of certain height, coloring, abilities and more, to walk on the earth and experience the gift of life. Like Mother Earth, our physical existence goes

through personal evolutions of slow and persistent change as well as volatile reactions to the world around us. Slow growth of bone, muscle and tissue occur over time, and the quick responses to life experienced in the sneeze or the itch or the sting impact us. With the Earth as our macrocosm, the microcosm of our physical bodies undergoes transformation and sustains us for the duration of our lifetime.

## GIVE BIRTH TO YOUR NEW SELF

In a state of constant movement, Mother Earth both confers and terminates life. From the brief lifespan of a sparrow to the epic glacial drift, our planet evolves in the glorious cycles of ebb and flow and growth and decomposition. In a state of never ending birth, our attitudes towards death may change if we learn from our earthly examples. While the death of wildlife may appear finite, nature in turn gives birth to other creatures in the cycle. If an eagle swoops down to catch its prey, the prey gives its life as the nourishment for new life to come.

Similarly, we humans experience cycles of rebirth by way of our ideas and attitudes, our practices and behavior as we learn and grow. While change takes flight either as a reaction or lesson, we nonetheless leave the roost of the status quo to venture into higher levels of understanding. Leaving behind old ways of being, we give birth to possibilities and soar to new heights. Just as nature receives sustenance from the corpse of the no longer living, give birth to your ideas by feasting on what you learned before and enriching your life from the body of experiences you left behind!

## LOVE YOURSELF

Mother Earth provides us with all we need to sustain our physical bodies. From the loving lull of ocean waves that rock us to sleep, to the rustling leaves that remind us of our earthly community, we find water, food and air in abundance.

*...continued on page 35...*

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# Ask Whitedove



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**D**ear Whitedove, Something horrific happened to my wife when she was a child. After we married, she confided in me about this event, something that changed her forever. Since knowing this truth, I have this urge to seek revenge for the wrongdoing. Please help me to come to a spiritual understanding about why bad things happen to innocent people. Loving Her in WY

Dear Loving, God tells us that we are never given more than we can handle. Unchecked human emotions can lead one to spiral out of control and vengeance can fester and become so vile, that it is no better than the original horrific deed. I'd suggest that you place your focus on being productive and help your loved one to heal her wounds mentally, emotionally, and spiritually. You see, mankind has the unique attribute of miraculous inner strength to rise up and overcome. When bad things happen, these circumstances can be the catalyst for greatness. Out of immense suffering, we can turn stumbling blocks into building blocks. Out of suffering and tragedy, people have pushed through and profoundly reshaped the course of their lives, and in turn become advocates, lawmakers, and fresh voices to seek positive change for the betterment of humanity. We don't always know God's grand plan, however it's important to understand that every negative situation can produce something that's very positive.

Dear Whitedove,  
I take great pride in my career, my home, and my body. I'm a good person who's into self improvement. Recently I began studying metaphysics, but I just don't understand why some spiritual philosophies teach that "life is an illusion"? Seeking Knowledge in Idaho

Dear Seeking, Science has proven that every object in this world is a group of vibrating molecules much like a holographic image. So understand that even your physical body is not a solid mass. During the transition that we call death, you will drop this body. Metaphysics teaches that you are not your body; you are a consciousness made of wisdom and unconditional love. Only your soul consciousness will survive. Your current life, this physical existence is only a blink of an eye in all of eternity. So in this way, life is an illusion. The Earth-plane is a place where the soul incarnates for learning expeditions.



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**CASSADAGA**

Dear Whitedove, My brother was fired from his job for an offense that he did not commit. The injustices just continue and we have been unable to get him reinstated at work. Why are the Universal Laws not working for him? Broken-hearted Sister in Jersey

Dear Sister, The Universal Laws are God's Laws that are always in motion. When our loved ones are suffering, it's difficult to comprehend that adversity can be part of God's plan. Before your brother incarnated he planned some of these major hardships as lessons for his soul's growth. The Universal Laws are at work and they include Karma from this life and previous incarnations. His words, thoughts, and deeds are manifesting with his intent. Sister, we all will reap what we sow; whatever we do unto others, we do unto ourselves. God's Laws never fail.

# Soul Powered Life



Lynn Thomas is a nationally published author and intuitive writer who blends the practical with the mystical, bringing wisdom and insights to her readers to help inspire and overcome life's challenges. Receive your copy of "Unleash Your Intuition" at: [www.SoulPoweredLife.com](http://www.SoulPoweredLife.com)

## Do You Believe in Reincarnation?

**H**ow does your belief in reincarnation affect your life? If you believe in reincarnation, do you feel like what you can't get done this lifetime, you'll complete in your next lifetime?

Do you feel that if you can't get along with someone or if you can't forgive someone - that you'll do it later? Do you believe that you are building credits for a better life next time around?

While I am convinced that there is continuity of life - that our essence lives on after physical death; and while I believe that we are spiritual beings having an earthly experience - I am not convinced that there is reincarnation.

But in not believing in reincarnation how would I explain those times when a place feels familiar - a place in which I never traveled to before? What about those regression sessions where I saw myself living on a prairie or in a temple? What about that? What about those visions seen of past life connections - or peeking into the **Akashic Record**... how does one explain that? I'm not sure what all that means.

It could mean that we are picking up on a past life memory of someone else's incarnation - one of our guides, perhaps. It could be ancestral cellular memory from our DNA. It could be parallel lives.

And then what do you do with someone, like a **Mozart**, who just happens to be born with musical brilliance... I mean doesn't reincarnation explain child prodigies?

Not sure. It could be that **Mozart's** brilliance was brought in with him from other realms.


It could be that knowledge and ability and memories are energy patterns that we tap into - this might explain why so many claim to have been **Cleopatra**.

At this time, I can't say with absolute certainty that there is reincarnation. So where does that leave my life? Maybe in not knowing, I'll value this lifetime more. Maybe instead of saying, "I'll be a better mother, wife or person next time" I'll get to it now.

Maybe instead of thinking that I can live without forgiving others - I'll realize that I don't want to carry that emotional baggage forward - or leave its energy for others to get stuck into.

Maybe I'll cherish each sunset more, smell each flower deeper, and smile more. Maybe I'll tune more into who I am at the core, because this may be the only chance I'll get to express my individuality on this plane of existence.

Is there reincarnation? I'm not sure. If you believe in reincarnation, how would your life change if you contemplated no longer believing in it? There are perhaps as many believers as naysayers. But the issue is not really - do you believe in reincarnation - so much as ... do you value and appreciate the life you are living now? What do you think?



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# From the Heart

Alan Cohen is the author of many popular inspirational books, including his newest book of uplifting messages, *A Daily Dose of Sanity*. Listen to Alan's weekly radio show *Get Real* on Hay House Radio at [www.hayhouseradio.com](http://www.hayhouseradio.com), and join him for Life Coach Training beginning September 1, 2011. For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-808-572-0001. Atomic Contrast



I was invited to present a seminar in Hiroshima, Japan, the city devastated by the atomic bomb in 1945. As I approached the Hiroshima train station via the bullet train, I felt uneasy, wondering if the psychic shadow of the holocaust would linger unto this day. To my surprise, Hiroshima Station felt light and airy, passersby friendly and upbeat. At initial encounter the place actually felt more peaceful to me than the dozen other cities in Japan I have visited.

As my host drove me through Hiroshima's streets, I was impressed by the comeliness of the area. Rivers wended beneath many bridges, banks highlighted by cherry blossom trees in full bloom. Families picnicked by the riverside as children laughed and played. Was this the same city instantly burned to a crisp by the world's most dire single act of man-made destruction?

At the center of Hiroshima resides a lovely manicured park, dedicated to the intention that peace prevail on earth. Manicured green commons create a soft backdrop to fountains and a waterfall. At one end burns an eternal flame set atop a simple altar where people from all over the world pray and leave flowers as a symbol of their wish for peace.

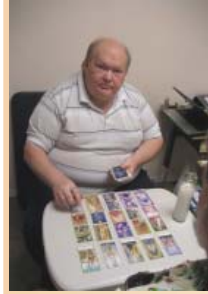
There my host told me that various seers at this site had explained that in the wake of such massive destruction through warfare, the desire for peace has magnified to an extraordinary degree. Hiroshima has become a nexus for many gatherings in the name of world harmony. Recently His Holiness the Dalai Lama was joined by Bishop Desmond Tutu and another Nobel peace laureate, Betty Williams, for a conference, ceremony, and prayer to further world peace.

As much as the name Hiroshima was once synonymous with decimation, the name is now being associated with healing. Abraham (of Abraham-Hicks) underscores the value of contrast. Negative events generate intense motivation for their opposite. When you get what you don't want, you are more highly motivated to create what you do want. A bad marriage moves you to have a better one. Physical illness amplifies your intention for wellness. A business failure induces you to generate more success. When you experience what is clearly Not It, the next question is "What is It?" and "How can I get It?"

A few blocks from the peace park stands a small monument indicating the exact spot where the atomic bomb fell. That spot now has a grocery store on one side of it and a parking lot on the other side. The street is busy and unless you notice the stone slab you might overlook it altogether.

That night as I lay in bed in my hotel room a few blocks from the monument, my mind was spinning. I had no box in which to file such an experience. I was about to go to sleep a few hundred yards from the hypercenter of where an atomic bomb had once exploded. When the bomb went off, it

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instantly reduced to ashes practically everything in a twenty-kilometer radius. Yet now there stood parks, hotels, stores, restaurants, apartments, and people in the midst of a vital, colorful life. What was the truth about that place on the globe? How did I fit into it? What could I learn from it?

I was slipping back and forth between parallel realities. In one, a huge mushroom eclipsed the sky, signaling the beginning of humanity's ability to wipe itself off the face of the earth with one careless press of a button. In another reality life was blooming in glorious, productive ways, love was clearly present, and the greatest respect for peace on Planet Earth prevailed.

On some level I was being prompted to choose which reality I would live in. The more I focused on the idea of an ominous megalithic cloud overtaking life with all its evil consequences, the more unsafe and depressed I felt. When I looked out the hotel window and saw Hiroshima's main promenade with people driving, walking, talking, laughing, and listening to iPods, I felt encouraged. Then I recognized that I serve far better to focus on life rather than death.

All things change. Nothing is always one thing or one way. Before I went to Hiroshima I spent a week in Tokyo. Considering the radioactive pollution from the Fukushima nuclear plant, I thought, "I'm looking forward to going to Hiroshima to get away from the radiation." While at first this felt like a bad joke, later I realized the profound lesson of juxtaposition. Life rushes to replace death and healing seeks to erase wounds. As the bumper sticker says, "Nature bats last." Human beings can do an act as heinous as dropping an atomic bomb on their brethren, and horrific as that act is, life will return. With the exception of one skeleton of a building now used as a tourist attraction, Hiroshima has been resurrected. Not just as a city, but as a city of determined peace.

You and I, too, have had our moments of pain, destruction, and perhaps even decimation. Yet those experiences always give way to life, and sometimes even greater life. May we all learn from the contrast in our lives, individually and collectively, so that we may build parks of beauty over the ashes of war. As *A Course in Miracles* tells us, "The holiest spot on earth is where an ancient hatred has become a present love."

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

## Hold Your No's

Soulsong #275

**I**f I'm attracting frustrating and aggravating people and situations, I can remind myself of a crucial truth: Even more than what I want to attract or briefly expect to attract, I attract what I vibrate. I attract people who, although on the surface may seem utterly different from me, have a distinct similarity to me in the way they process life.

If I could somehow count all my good-feeling, neutral, and bad-feeling thoughts for awhile, factor them together, and assign them a number, my number and the numbers of the people I encounter on a regular basis would fall in fairly close range.

Every aspect of creation is orchestrated by the silent but omnipresent Law of Attraction. Like attracts like in every seemingly chance encounter, in every turn of events.

As I make an effort to become increasingly optimistic, grateful, and mirthful - as I find excuses to feel increasingly good - I will attract much more of what I want, much less of what just plain stinks.


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# You Are A Spiritual Being

*...continued from page 11...*

all knowing. Then, also knowing the spiritual and mental laws of cause and effect which are superior to physical laws of cause and effect, you will be able to easily live without limitations in this material realm. Paramahansa Yogananda advised his students to "discard the false idea that spiritual and material realities are separate."

Ultimate Reality does not create a universe ex nihilo (out of nothing); it emanates a universe out of Itself. From Its expressive field to Its emanated vibration (Om) in which time, space, and fine cosmic forces emerge, to causal (magnetic field) and astral (life force) realms, to a physical realm, a universe is one, unified manifestation of That which produced it.

*Note: Om, in which time, space, and fine cosmic forces emerge is the primordial (first produced) field of Nature from which all other aspects of Nature and its processes are produced.*

## Your Mental States and States of Consciousness Can Produce and Attract Your Circumstances and Experiences

Units (souls) of pure consciousness exist in an infinite field of supreme pure consciousness just as bubbles exist in the larger body of water in which they are produced by movements that occur in that larger body of water.

When souls become identified with the primordial field of Nature, their awareness is blurred by inertia and they become less aware of their essence as pure consciousness. When they become involved with cosmic forces which are emanated from the primordial field, they attract two magnetic fields which are used as: 1) the faculty of intellect or discernment; 2) the mental capacity to remember, think, and reason.

When a soul's awareness is blurred by inertia, its intellectual capacities are weak and its ability to reason is impaired. It is then inclined to be further involved with the processes of Nature and be oblivious of their pure conscious essence and their relationship with their Source.

Thus confused, souls wander aimlessly in space and time until their innate inclination to be again spiritually conscious is sufficiently compelling to arouse them from their deluded condition. When they begin to think about the possibility of having their consciousness restored to its original pure



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wholeness, they are fortunate if they discover sources of information which will enable them to learn how to do it.

Because your mind is a unit of a Cosmic Mind, your mental attitudes, thoughts, and desires can attract corresponding responses from Cosmic Mind. Observe the events that influence your circumstances and experiences and you will discover the relationships between them and your mental states. Observe your states of consciousness to discover how they influence your mental states. Observe your behaviors; discover how your states of consciousness and mental states influence them. You will then learn that you produce and attract many of your circumstances and experiences by the states of consciousness you adopt, your mental states, and your actions.

Not all of your circumstances and experiences are produced by your thoughts, states of consciousness, or behaviors. Some occur because your consciousness is part of the collective consciousness of everyone on our planet. Events caused by others and by the forces of Nature may also influence your life. Inherited genetic predispositions may cause physical ailments or psychological problems.

*...continued to page 30...*



# Abraham-Hicks

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

The question is, why have those of you who are still remaining in the break room limited yourself only to that experience? And that really is what this work is about. We want to help you to consciously reconnect with that Broader Self that you know you are. And once you gain that awareness of the wholeness of who you are, then you're like the cat that's back and forth and back and forth, not feeling any big deal about it, having a glorious experience -- no matter where your consciousness is focused.

Physical beings feel so earth bound. You think you only can stay in the break room. You don't know you have access to all of that other stuff. And we know that even as we speak about death, that the worry that you are feeling is for those that feel as if they've been left behind.

And we want you to understand that you are not left behind. But you have to accept the fullness of who you are, in order to understand that.

The death experience of someone like this is usually the catalyst that causes others to open and expand themselves to the awareness that you are not limited only to this brief physical experience.

But you see, there is really not much value if someone dies and you suffer deeply. And then as you move through time, and as you just get more distance between the tragedy of their death and where you now stand, you feel better. Because the next time you turn around, somebody else is going to die, and you have to go through the same horrible experience all over again. The only remedy to this is the acceptance that there is not death.

Every living thing, animal or human or tree, experiences that which is called death, with no exception. Now that's not a hard one to grasp, you've all accepted that one a long time ago. Spirit, which is who we really are, or Source, is Eternal.

So what death must be is a changing of the perspective of that Eternal Spirit.

If I am standing in my physical body and am consciously connected to that Eternal Spirit, then I'm Eternal in nature. And I need not ever again fear any endedness, because from that perspective, I understand that there is not any of that. Because there is no such thing as death.

If there is anything for you to fear, it would be the resistance which pinches that off. You take, as humans, this nonexistent subject of death and use it as your excuse to pinch off the Life Force. That is the true tragedy.

And so, you're trying to help these dear parents restore themselves to the vivacious, loving, happy, joyous beings that they are capable of being. We know it is not so easy when your son lies dead, but when you turn your attention to something else that lives, Life Force must return. It really is that simple.

So how do you make someone understand something that you understand? You can't. All you can do is understand it. So your greatest gift to them is just know what you know about death, know that it is nonexistent, know that this man, this being, exists eternally, know that he can come through the cat door either way, know that he is constantly, consistently focused here, know that he has awareness about what all of you are doing, know that his interest in what you are doing has not changed at all.

Know that you have the ability to interact with him. Know that he has the ability to interact with you. And make that a real experience for yourself.

And then talk about it as if it is a normal experience. Let it be the normal experience that it really is. And let's bring this subject of death out into the light where it belongs, and see it for what it really is.

*...continued on page 33 ...*

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"Positive Thinking" loves "Common Sense"... my opinion is that many people miss the efficacy of positive thinking by imagining that life will not have tests...Positive thinking should not be confused with naïveté... our attitude in handling those tests is the key and it begins with preparation... thus "Being Prepared" for a possible challenging situation is, in fact POSITIVE THINKING :) -Tod McNeal





## YOU BE THE JUDGE OR NOT

Reverend Ron Fox is an ordained minister in the Centers for Spiritual Living. He has led churches in Northern California and Arizona and has now relocated to central Florida. Reverend Fox is a frequent contributor to Science of Mind Magazine. He is an inspirational speaker who makes good use of his wonderful sense of humor. His wife, Becky, is an artist and graphic designer and a CSL Practitioner. Center for Spiritual Living - Space Coast. Email Rev. Ron at slyrgf@aol.com.

**M**y wife and I moved here recently from **Arizona**. While we were driving through Texas, my car began to act funny and we needed to pull over. I stopped at a repair shop and said to my wife, "This is going to be an expensive job. We are at their mercy." A young fellow spent about fifteen minutes fixing the car, and showing me how to fix it should the problem occur again. He told me I was lucky he could fix it, because in a small town like the one we were in there was no way anybody would have the parts we needed. When I asked him how much the bill was, he responded, "Enjoy your new life in **Florida**." I was stunned. What I expected to be a big bill turned into a gift.

For the rest of the trip I thought about how quick I am to slip into judgment. Rather than seeing a fellow spiritual being I saw someone ready to take advantage of me. Why? Perhaps it's conditioning. Perhaps it's prejudice. Perhaps it's something else. Whatever it is it didn't feel good. I felt ashamed that I had been willing to dismiss someone so quickly when I didn't have any notion of who they really were.

My experience as a minister tells me I am not alone. I hear stories about people judging and being judged all the time. One would think it's in our DNA. Perhaps the saddest result about our forming conclusions on very limited or even no knowledge is that rather than making a genuine connection we wind speaking past one another which reinforces our initial misconceptions.

In the Bible, Jesus tells the parable of the Good Samaritan. The Samaritans were a mixed race. There was great enmity between them and the Jews. Yet when a Jewish man is robbed and left bleeding on the side of the road, two of his own people walk by him and the Samaritan stops and helps and gets him to safety. At the end of the story asks, "Which of these three acts as a neighbor to the one who fell into the hands of bandits?" The response is. "The one who had compassion on him". Jesus responds, Go and do likewise."

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While there are many lessons we can take from this parable, certainly one of them is to see the **Christ** in everyone we meet. Release labels and judge people for who they are not who we think they may be. Either the victim of the crime or his rescuer could have relied on old stereotypes and the story could have had a much different ending. One could not have stopped and the other seeing an enemy could have refused his help. However as we know neither of those scenarios played out and there was a more satisfactory ending, love and compassion carried the day.

So on the way to a new life, a young stranger taught me a wonderful lesson on not judging. While I can't thank him in person he will live on forever in my heart and mind. I hope his lesson lives on with each of you too.



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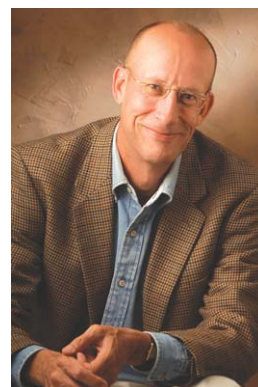
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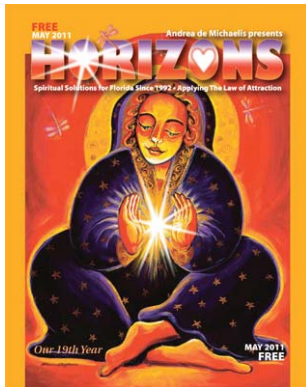
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# You Are A Spiritual Being

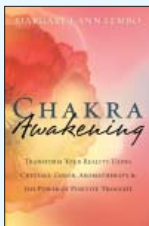
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The more spiritually conscious you are, the less you will be influenced by the mental attitudes and states of consciousness of others and the easier it will be to adapt to or avoid troublesome conditions produced by the forces of Nature. By nurturing your physical and psychological well-being, inherited genetic influences can be neutralized.

Choose your states of consciousness and mental attitudes. Have only life-enhancing desires. Be wisely purposeful and intentional. Be receptive to all of the good fortune that you can have by your right endeavors, and that can be provided for you by God's grace. Think constructively. Perform actions that produce the results you want to have. Be appropriately responsive to events that occur and situations that emerge rather than be emotionally reactive. Be responsible for everything you do rather than think or feel that you are a victim of circumstances that emerge. If you cannot control all of your circumstances, you can control how you think, feel, and act. Being proficient in controlling thoughts and actions will improve your abilities to live effectively and progressively enlarge your capacities to be cosmic conscious: aware of higher realities which govern the orderly processes of Nature and the trends of evolution.

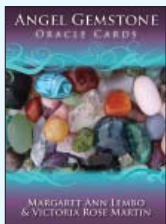


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## Pure Consciousness is the Source of Inspiration, Knowledge, and Impulses Which Produce Objective Effects and Conditions

Pure consciousness is "the field or realm of all possibilities" because everything emerges from it. When you are responsive to its inclinations, you can be constantly inspired, have revelations of Self-knowledge, and have life-enhancing desires easily fulfilled. Daily go to that source by meditating superconsciously and abide there in the deep silence until you are fully conscious of being one with It.

In that consciousness of oneness, you will not have to pray or ask for anything, for there will be no sense of limitation or lack. Whatever you are inspired to do, you will be able to easily do. What you want to know, you will be able to know. What you can imagine to be possible to accomplish, will be easily accomplished. You will know that, as a unit of ultimate Reality, you are Its agent through which It flawlessly expresses.

Until you are permanently, fully established in oneness, so long as you think about ultimate Reality as It and you rather than It as you, know that It can and will fulfill your wholesome desires and empower you to constantly have your highest good in all aspects of your life. Because the impulses that produce effects emerge effortlessly from the expressive field of supreme consciousness, the processes that produce the effects also occur effortlessly. Think in terms of living effortlessly rather than think that effective living has to be difficult.

Established in the consciousness of oneness, accept health, harmonious circumstances, prosperity, and all other conditions that enhance your life as being natural to have. If you sometimes forget your relationship with the Infinite, temporarily revert to former modes of thinking, or allow moods to blur your consciousness and mind, detach your attention from thoughts and emotions. Identify with, your essence of being until your realization of oneness with the Infinite is restored. Do it by meditating superconsciously for as long as may be necessary or simply by acknowledgment and recognition. With practice, you will always be able to be Self- and God-aware.

To meditate superconsciously, sit in the deep silence until thoughts and emotions are calm and your awareness is clear. If you use a meditation technique to focus your attention, when you no longer need it, contemplate your true nature as pure consciousness until you are established in it, then acknowledge your oneness with ultimate Reality.

For many sincere truth seekers, the most difficult obstacle to overcome is their acquired habit of thinking, feeling, and behaving in ordinary, egocentric ways. They mistakenly presume themselves to be human beings rather than spiritual beings expressing through a human body. When they realize that they are spiritual beings in a spiritual universe, they will easily rise above the conditioned states of mind and consciousness which confined their awareness, weakened their intellectual powers, and blurred their powers of perception. Emphatically Speak This Affirmation Several Times: I am a spiritual being in a spiritual universe!



# A Folk Ways Calendar



## May 2011

May 2011

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

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

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

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

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

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

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

-- Andrea de Michaelis, Editor

**1st May Day** While not an overly prominent holiday in [America](#), it has a long and notable history as one of the world's principal festivals. Maypole dancing is a form of folk dance from western Europe, especially [England](#), [Basque Country](#), [Sweden](#), [Galicia](#), [Portugal](#) and [Germany](#). Ancient ceremonies around the maypole were annual festivals to celebrate the excitement of the coming of spring.

**1st Beltane** [Wicca/Pagan Neopagan](#) major sabbat (holy day) Beltane is a time to celebrate fertility and the greening of the earth

**1st Yom HaSho'ah** \* [Holocaust Memorial Day](#) - Jewish

**3rd New Moon in Taurus.** The new moon is the birthing cycle of the moon's various phases. The new moon phase is an optimal time for planning and seeding your intentions. Seedlings need a period of gestation before they break through the soil and reach for the sunlight. This is also true for our ideas and our desires. The dark side of the moon, with its mysterious unseen forces, offers a nurturing environment where our intentions can establish roots before their miraculous manifestations begin to sprout and reach out to the stars.

**5th National Day of Prayer - Interfaith USA** National Day of Prayer calls on all people of different faiths in the [United States](#) to pray for the nation and its leaders. It is held on the first Thursday of May each year.

**8th Mother's Day**

**17th Wesak Full Moon in Scorpio** The full moon symbolizes the end chapter, shedding light on the things that we no longer need to hold on to. When the moon is full in the constellation of Scorpio and the sun is in [Taurus](#) (usually the full moon in May), a world-wide event takes place that is oftentimes referred to as [Wesak](#) (also known as [Vesak](#), [Sanskrit Vaishakha](#), [Pali Vesakha](#)). In the East, this date also marks a celebration of [Gautama Buddha](#). In some parts of [Asia](#), the Wesak Festival has been regarded as a public holiday for centuries. It is a day of reunion, of pilgrimage and of joyful expectancy. Devotees believe the most important things to practice are the good virtues of kindness and generosity to all living things. [The Wesak Full Moon](#) is the most powerful Full Moon of the year. It gives us the opportunity to bring down tremendous amounts of Divine Energy to purify ourselves, bless our projects, but most importantly, to be of service to our [Beloved Mother Earth](#) and all of Creation.

**22nd Lag B'Omer** - Jewish The Omer period is a time of heightened spiritual sensitivity and growth

**29th Ascension of Baha'u'llah**, the founder of the [Baha'i](#) Faith

**30th Memorial Day USA** honors US soldiers who died in service

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



To learn more, visit [www.drwendynickerson.com](http://www.drwendynickerson.com)



## **International Health Coaching Enterprises**

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

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

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

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



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

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**- Jim Rose, COO, International Titanium Corporation**

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# Abraham-Hicks

...continued from page 26...

## Death: What is the Actual Process?

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

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

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

**Abraham:** Always, every single time, without exception. Anytime you try to superimpose how you would feel in a given situation, you are distorting. But it is our promise to you that when that time is there for you, that the transition is very quick.

The problem with most people is that they worry about death. They're pushing very hard against it. Death is not seen by most of you as the natural thing, or as the glorious, good transitioning thing that it is. Instead, it is seen as a bad thing, something so bad that you give it to those people that you hate most. You give them the "death penalty." Think about it. You're not giving them the reward of death. You're not giving them the relief of death, or the release of death. You have figured that it's about the worst thing that could ever happen to any of you, and then you save it as punishment to wield in the worst possible way. It's no wonder that you worry about it, because all of you know that it's coming to you.

And so, we can understand how you would be a little confused about how you would feel about it. But we have to say to you, you live in this Universe that is always yielding good things to you, and that the transition into Nonphysical is like, in one fell swoop, leaving behind all worry and fear. But what happens is, you see it as something not wanted, and so you push against it. Most people are pushing so hard against this death thing that they are not allowing themselves to truly live. So, there are few of you that are really living in the free, good

...continued on page 34...



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## Abraham-Hicks

... from page 33...

feeling, of this moment, that you could if you were releasing your fear of death.

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

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

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

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

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



## Thoughts about things...

... from page 7...

she was, I grew up believing anything was possible and that obstacles are there to be overcome; that anything I was presented with, I would be able in that moment to figure out how to handle it.

Did it turn out that way because I expected it and believed it? That's just how life is, isn't it? You live what you expect to live and what you believe you'll live. And you always know what you believe because it shows up in what you're living.

Mom could not have had an easy life. My dad was not easy to live with, but they loved each other so mom made it work. She became the mediator between Dad and us kids. He'd give us unfair restrictions and she'd cut us some slack when he wasn't around. She consoled us with reminders that as soon as we were 18, we could be on our own for the rest of our life. She'd paint fun scenarios to look forward to and I realize now she was easing my painful now with thoughts of a more pleasant and free future. She was helping me get past the pain of the moment by helping me pivot my thoughts to what I might prefer instead, and prepave a happier life just a few years down the road. Mom was great at helping us keep the vibration in a fun and happy place.

That is the thing I remember most about Mom -- her always lightening the mood wherever she went. She was pretty, with a giant genuine smile and bubbly personality. Everyone liked being around her, and she genuinely liked everyone. She was the best role model a kid could have.

I remember Mom getting ready for work in the morning sometimes when I'd be home from school. I'd lie on her bed and we'd talk while she dressed. It was the day of girdles with garter tops, and I'd watch fascinated as she put on her stockings. She always had the softest feet, and she shaved her legs every day so she seldom got snags. She was proud of how long her stockings would last without a run. She'd put on a dress and high heels and pull her hair back and be transformed in front of my very eyes.

Whereas I'm very blonde and fair, my mother was an exotic, dark haired beauty with olive skin. I remember once in the car with her as a teenager, we pulled up to a stoplight in **Hialeah, FL** and the car ahead of us has a bumper sticker that said "Honk if you love Jesus." Well, we love Jesus so Mom honks her horn. The woman in the car flips her the bird and shouts out the window: "F\*\*ing spics can't wait for the light to change." My poor mom was mortified. We laughed about it later.

...continued on page 38...



# GO MOTHER YOURSELF

*... from page 14...*

We enjoy the blessings of a sunny day to grow our food, as well as the gift of rain and cold to further the growth process. Our earth Mother is in a constant state of flux yet generous with her gifts and provisions for a healthy journey. We in turn must remember to provide ourselves with complementary gifts of love. We may choose healthy food, enjoy exercise, and take good care of our bodies.

In addition, we may also offer ourselves the "creature comforts" of a nap on a sunny (or rainy) day, the indulgence in sensual delights such as touching the cheek of a child or patting the head of our pets. Often we neglect our spiritual needs, however.

Remember to take time to listen to that still, small voice within who cries out for understanding and encouragement. Take the time to acknowledge your achievements and reflect on your goals. Accept yourself as you are, right now, just as Mother Earth accepts you.

## RELEASE IS LOVE

The greatest expression of love from both the planet and one another, is release. Just as mothers in wildlife love their progeny enough to prepare them with skills necessary to leave the nest or pack or pride, love yourself enough to set yourself free! Get free from the constraints of negativity, worry, doubt, fear. Terminate all notions of "I'm not good enough" and rise from the ashes of old thinking and bad habits.

Mother Earth has time on her side. Mountains, rivers and even the continental drift, all occurred without you and will continue to evolve long after your earthly experience is complete. While few of us remember the everyday lives of spiritual teachers passed before us, we recall with sentiment what they left behind in the scope of their ideas and essence.

Love yourself to enjoy the dichotomy between knowing your brief time on earth means nothing to the planet, and your self-actualized life can mean everything to those who succeed you!

To our chagrin, Mother Earth never stops evolving and no one gets off the planet alive! Your life is a gift - enrich others through your example of loving the highest expression of your spirit.

## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

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

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

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

This frees us to begin to live more fully, in every moment, now.

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

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

*From my heart to yours,  
Andrea de Michaelis*



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

# HOROSCOPES

**Aries: March 21 to April 19 "I Am".** What an Aries line up! Be careful that you don't burn yourself with all that fire in your chart. Your finances will go up in smoke if you don't put a handle on your spending. Transiting Saturn in Libra your opposite would be happy to sit you down and help you ground all this new creative energy into your life.

**Taurus: April 20 to May 20 "I Have".** With the new moon in your sign on May 2nd PST and May 3rd ET you have an amazing opportunity to change your mind about a lot of things, especially your belief system. You now understand how your attitude shapes your life as well as the people in it. You may feel like the very foundation beneath you is crumbling, but just remember that castles were not built on sand to last.

**Gemini: May 21 to June 20 "I Think".** To thine own self be true, and especially if the lines of communication have been tampered with. You wonder to yourself; what's next? You can only be yourself, you do your best and forget the rest. Just know that your creativity is ripe with ideas appropriate for what is happening in your life now. Remember that divine right action is in motion and the lesson is to accept what is : )

**Cancer: June 20/21 to July 22 "I Feel".** This May could bring a huge awakening when it comes to seeing things as they truly are. Within yourself there is a point of reference only you know what is true for you. The way you see yourself and your life will change according to what you are going through. Your lesson has to do with having the patience to listen to your higher guidance.

**Leo: July 23 to August 22 "I Will".** Spring has sprung on many levels in your life, and now it is time for you to tend to the garden of your heart. Remember to only surround yourself with positive people and the negativity will dissolve into nothingness as you are lifted out of the web of confusion. As the little seedlings make their way to the top of the earth so will you in your process of expanding your beliefs in a positive way.

**Virgo: August 23 to September 22 "I Analyze".** How you greet the world is often how you feel about yourself, are you trustworthy? Do you trust others? Most importantly do you trust yourself? As you move forward into the future, don't allow fear to influence your decisions. Follow your heart and the rest will take care of itself. If you do not feel supported by others on a regular basis, then you might want to take a deeper look into yourself and ask "why do I attract these types of people into my life?"

**Libra: September 23 to October 22 "I Balance".** If you are not already living on a shoestring you may have to redefine your relationship with money and what is truly important to you. The best approach right now is to keep a close eye on the balance of your check book and take responsibility for everything you own. I guess the real issue is: what fulfills you?



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# May 2011



## SUGGESTED READING WATCHING LISTENING

**Scorpio: October 22/23 to Nov 21/22 "I Create".**  
Your tenacious patience has paid off in bigger and brighter ways. Changes for the better are right around the corner, be alert for new opportunities with productive outcomes resulting from positive connections, You are at a crossroads and the silence within you will put you where you are most needed.

**Sagittarius: Nov. 21/22 to Dec. 21 "I Perceive"**  
At this point in your life you are greatly thankful for how far you have come, and the fact that your sense of self is still intact. This does not mean that the lessons are over by any means, it truly is a new beginning with many opportunities to challenges your self towards continued growth. Be sure and drink more than your share of water because you have such a thirst for spiritual truth.

**Capricorn: December 22 to January 19 "I Use".**  
You are the culmination of all your past experiences, it is up to you whether or not to take that leap of faith, be brave and trust yourself. Being outside your comfort zone will motivate you to make the changes you have been longing for. Look for new opportunities to grow and keep the energy in your life moving.

**Aquarius: January 20 to February 19 "I Know".**  
A positive energy alignment has moved into place, this a time of grace and fulfillment. Don't get sidetracked by fear and doubts but remember that you are divinely protected. take time to look within yourself for reflection. What is it that you really want without any one else's' input? What are your true feelings? What would you really want to do if you could and not feel guilty?

**Pisces: February 19 to March 22 " I Believe".**  
Honesty is the best policy! This spring is a time for you to be completely honest with yourself about who you are and what you want. You do this with yourself as well as with others. What they see is what they get. Now is a time to take a step back from your life to get a larger view of the world around you. Listen with your inner ear to help you see clearly.

### CDS:

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

### BOOKS:

Be Love Now, The Path of the Heart by Ram Dass  
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### [MUST SEE DVDs](#)

The Secret Behind The Secret [www.abraham-hicks.com](http://www.abraham-hicks.com)

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



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

## Thoughts about things...

*... from page 34...*

I remember loving to sew when I was growing up, which was convenient since I was invariably restricted to my room. I'd make matching tops for mom and I, and we had several sets. Hers, however, fit on an hour glass shaped body and mine on a stick-thin kid's body. She'd often wear them going out on errands, as well, so they must have fit, and she must have liked them.

I remember Mom being excited about moving back to **Tampa, FL** and getting her own house for the first time. She found a really neat little cedar house in a quiet neighborhood just off I-4 and 41. It was close to where she'd be working at the **V.A. Hospital**, and close to her parents as well, now in their elder years.

Shortly after she moved to **Tampa**, she met **Rafael Perez**, 16 years her junior, who adored her completely. She and Felito married a couple of years later and had a great relationship. It was nice to see her so happy.

Mom died on April 8, 1996, of her first heart attack. It could not have come at a better time: no one was expecting it, so there was no stress or worry about it ahead of time. I was days away from leaving on a cross country trip to California. The trip turned out to be a real blessing, as it turned into an eight month stay, doing new and exciting things. It was a very healing time.

Here's a poem my mom faxed me a few weeks before she passed, author Unknown. She'd fax me goofy cartoons all the time, but this was the first and only time she sent something like this.

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**SEE PAGE 29**



If you could see where I have gone  
the beauty of this place,  
and how it feels to know you're home  
to see the Savior's face.  
To wake in peace and know no fear  
just joy beyond compare,  
while still on Earth you miss me yet,  
you wouldn't want me there.

If you could see where I have gone,  
had made the trip with me,  
you'd know I didn't go alone  
the Savior came with me.  
When I awoke, He was by my side  
and reached down His hand  
He said "Hurry now, you're going Home,  
to a grand and glorious land,  
don't worry over those you love,  
for I'm not just with you,  
and don't you know with you at Home  
they'll long to be here, too?"

If you could see where I have gone  
and see what I've been shown  
You'd never know another fear  
or ever feel alone.  
You'd marvel at the care of God  
His hand on every life.  
And realize that He really cares  
and bears with us each strife,  
and that He weeps when one is lost  
His heart is filled with pain;  
but oh, the joy when one comes Home  
A child is Home again.

If you could see where I have gone,  
could stay awhile with me;  
could share the things that God has made  
to grace eternity.  
But no, you couldn't ever leave  
once Heaven's joy you've known,  
you couldn't bear to walk Earth's paths  
once Heaven was your Home.

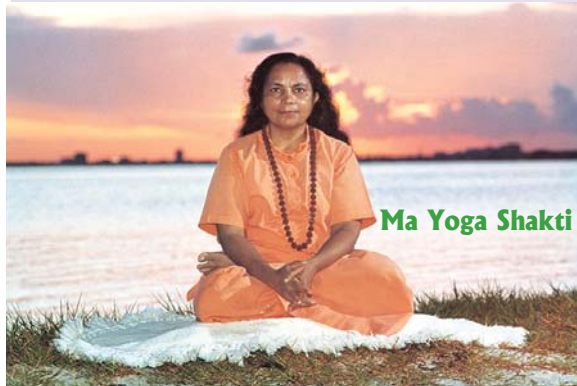
If you could see where I have gone  
you'd know we'll meet someday  
And though I'm parted from you now  
that I am just away.  
And now that I'm Home with Him,  
secure in every way,  
I'm waiting here at Heaven's door  
to greet you some sweet day.

Mom faxed that to me just a couple of weeks before she died. She knew it would comfort me immediately and for years to come. Happy birthday Mom, happy mother's day. I love you. You're just in the other room and we've got many more lifetimes to dance together.

Enjoy our offering this month. Hari Om.

*Andrea*

# YOGA SHAKTI MISSION



Ma Yoga Shakti

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 May 8th - Lifesongs for Mothers' Day - Renelle West  
 May 15th - The Beauty of Mother Earth - Ma Yogashakti  
 May 22nd - Planning Our Lives - Ma Yogashakti  
 May 29th - "Tapas" Spiritual Discipline - Ma Yogashakti



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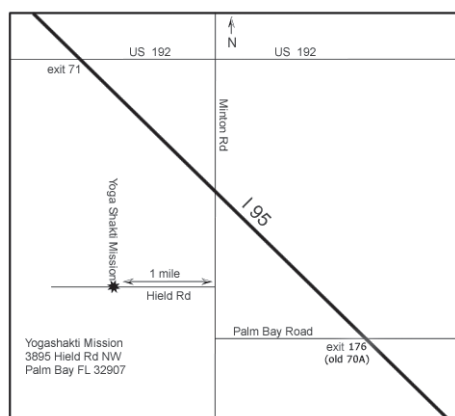
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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