

FREE
MAY 2012

Andrea de Michaelis presents

HORIZONS

Spiritual Solutions for Florida Since 1992 • Applying The Law of Attraction



FPO

Gary Green has cover art

Our 20th Year

MAY 2012
FREE

MATRIX **ENERGETICS®**

The Science & Art of Transformation



FEATURED SEMINAR

FORT LAUDERDALE, FL LEVELS 1, 2, & 3
APRIL 20TH - 26TH



Check our website for our seminar schedule, early registration discounts, and information about Dr. Bartlett's books.

TRANSFORM YOUR LIFE

Matrix Energetics is a powerful consciousness technology that provides for instantaneous and lifelong transformation at the physical, mental, emotional, and spiritual levels. Committed to transforming the planet one person at a time, Matrix Energetics offers easy-to-learn techniques and strategies for enhancing all areas of life—such as health, family, career, relationships, and finances. Based upon widely-known principles of Quantum Physics, Matrix Energetics taps into the morphic field of infinite potential and provides easy access to infinite possibilities for all who choose to participate.



Attend one of our **LIFE-CHANGING** seminars in a city near you

NEWARK, NJ

APRIL 14 - 16

LEVEL 4

FORT LAUDERDALE, FL

APRIL 20 - 26

LEVELS 1, 2, & 3

PARSIPPANY, NJ

JULY 20 - 23

LEVELS 1 & 2

DENVER, CO

AUGUST 3 - 6

LEVELS 1 & 2

PHILADELPHIA, PA

AUGUST 17 - 20

LEVELS 1 & 2

SAN DIEGO, CA

AUGUST 24 - 30

LEVELS 1, 2, & 3

Friday night demonstration free and open to the public, space permitting for Levels 1 & 2 only.

1.800.269.9513
WWW.MATRIXENERGETICS.COM



Enchanted Gifts for the Mind, Body and Soul

Creative Energy



*And if love were to be found,
it would be in her,
Mother,
the only being on earth in whom
without an ounce of faith we feel
the touch of God*

-Matthew Briand



Our Enchanted Gifts

include: Crystals,
gemstones, jewelry,
salt lamps, drums,
didgeridoos, singing
bowls, books, tarot, CDs,
candles, incense, oils,
herbs, sage, divination
tools, statuary & altar
items, men & women's
world clothing, belly
dance accessories, henna,
tapestries, peace-
promoting items,
faeries & much more!



*Beltain is a celebration of the fertility and rampant
potency of the life-force. All of nature is growing &
manifesting now in a wild whirl of Creative Energy*

Don't Forget!

"Friday Fest"

Family Street Party

Friday, May 11th

6 pm - 10 pm

Drum Circle

"Down on the Corner"

**Come see our new
clothing and tapestry
line from India**

Mini Readings

Alternating Saturdays

11 am - 5 pm

with Yvette

& Introducing

Morgana Starr

Call for dates

835 East New Haven Avenue

in Historic Downtown Melbourne

(Think Purple)

Monday thru Saturday 10 am - 6 pm

Sunday, Noon - 5 pm

321-952-6789

"Where Old Melbourne meets the New Age"





**Stop in and
see if what
we offer
nourishes
your soul...**



1745 Trimble Road
321.254.0313

**A POSITIVE PATH
FOR SPIRITUAL
LIVING...**

Rev. Beth Head welcomes you

Unity offers practical, spiritual teachings that
empower abundant and meaningful living

SUNDAYS at 10:00am **Share the Love – Share the Light – Bring a Friend**

- May 6 "Marrying Yourself to Yourself"
- May 13 Mother's Day – "Never Forgive Again"
- May 20 "The Mindfulness Practices of Unity"
- Guest Speaker Rev Judi Elia
- May 27 "The Gift of Heaven is Already Made"
- Guest Speaker Paulette Mason



Radical Amazement: Contemplative Lessons from Black Holes, Super- novas, and other Wonders of the Universe with Maggie Rosche. Six Mondays May 14- June 18 10am to noon.

We will use the insights in Judy Canato's book, *Radical Amazement*, to illumine the cohesiveness between modern cosmology and the theological reflection. We will look at the intersection of the mystery of the reality of the physical universe with the Reality that permeates and mo-

tivates all. More importantly we will reflect on these natural and supernatural wonders to derive personal meaning for our own radical amazement and transformation.



Join Unity of Melbourne and the Unitarian Universalist Fellowship of West Melbourne for a day of Mindfulness with The Reverend Judith Elia Saturday, May 19th 10 am – 4 pm

Think Good Thoughts. Challenge negative or irrational ones. Expand Your Brain Cells. Experience Peace and Joy. Help to build the Mindful Community. By learning to focus, concen-

trate, observe, notice and describe without judgment – what is happening in your Life – you will begin to see changes in your body, mind and emotions. You may even surprise yourself by remaining calm when you used to become anxious.

Mindfulness Meditation can alter patterns of brain activity. Happiness is something we can cultivate deliberately through mental training that affects the brain, body, and emotions. The capacity to make wise and compassionate choices is a higher order of intelligence that can be taught and practiced by exercising your mind, brain, body, and emotions intentionally.

This is essential work and really important to your health and well-being. Suggested love offering is \$25. Please bring something to share for a Potluck Lunch. To register e-mail: unitymelbourne@cfl.rr.com or call: 321-254-0313



Art and Practice of Living with Nothing and No One Against You with Lloyd Reiser Friday 5/25/2012 7-9pm and Saturday 5/26/2012 9-5:00pm

and 3 fol-
low-up sessions (dates & times to be determined
by class). This will be offered again Friday 6/22

and Sat 6/23 with 3 follow up meetings to be determined. This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. This qualifies as a Communications class for Partner Membership. Our goal is to have 50% of our congregation complete this class by 12/31/2012 to help us realize our vision of a world that works for all. Workbook available in bookstore \$29.



Family Day Picnic Potluck at Ballard Park on Saturday May 26th from 10am-2pm. Drinks, paper/plastic ware will be provided. Bring a dish to share. Ballard Park is at 924 Thomas Barbour Drive, Melbourne.

DURING THE WEEK

- **Sunday, 11:15 to noon. Adult Sunday school**
Join us as we have a metaphysical discussion. Childcare available.
- **Tuesdays and Thursdays at Noon – Healing Prayer Service** open to all.
- **Tuesdays 7:30pm A Course In Miracles** with Darlene Capinha
- **1st Sunday of the month (May 6 and June 3) 4:00pm**
Reiki Healing Service with Lloyd Reiser
- **2nd Sunday of the month (May 13 and June 10) at 4:00pm**
Chanting with Lloyd Reiser
- **3rd Sunday of the month (May 20 and June 17) at 2:30pm** Unity's
Licensed Teachers conduct a mini Sunday Service at Carnegie Gardens
- **2nd and 3rd Wednesdays of the month (May 9 & 16 and June 13 & 20)**
Rev. Beth conducts a mini service at Trinity Towers East

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

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

**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Jeremy Bonner

Morgana Starr

On the Cover (see page 26)

Sea Friends

by Jane Delaford Taylor

Contributing writers:

Graham Ledgerwood

Michelle Whitedove

Esther & Jerry Hicks

Freeman Michaels

Cecelia Avitable

Ma Yoga Shakti

Karen Williams

Barbara Lee

Mike Dooley

Alan Cohen

Tom Sannar

Our Advertising Rates ... Low because we're in it for the outcome, not the income	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
The Teachings of Abraham by Esther and Jerry Hicks	9
Notes From The Universe by Mike Dooley	10
Cutting Edge Consciousness by Freeman Michaels	10
Herb Corner with Cecelia Avitable	11
Dark Night of the Soul by Graham Ledgerwood	12
Ask Whitedove with Michelle Whitedove	15
From The Heart by Alan Cohen	16
Our Classified Ads	17
Our Calendar of Events	18
Abraham Fun with Karen Williams	21
Our Phone Directory *Horizons may be picked up at most of these locations*	22
About the Cover Art	26
Yoga: Natural Pathway to Godhood by Ma Yoga Shakti	27
Suggested Reading, Watching, Listening	27
Monthly Horoscopes by Barbara Lee	30
Our Mission Statement	31

**"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.

The views expressed in Horizons Magazine are those of the authors and not necessarily those of its publisher or advertisers. We do not necessarily endorse the ideas or products of our advertisers, but we honor their right to offer them. We reserve the right to edit material for space and content. Horizons Magazine © 1997 Andrea de Michaelis

HORIZONS MAGAZINE 321.722.2100
575 Escarole Street SE • Palm Bay, FL 32909-4802

We accept all credit cards and Paypal
Visit www.horizonsmagazine.com
Email HorizonsMagazine@aol.com

Classifieds \$1.50 per word page 17
 Calendar \$.30 per word. page 18
 Phone Directory \$5 per line page 22

DISPLAY ADVERTISING RATES

Ad size	1 month	3 months*	6 months*
Small Strip Ad	\$ 50	\$ 40	\$ 30
Business card	\$ 60 per month since 2010		
1/4 page	\$180	\$150	\$125
1/3 page	\$200	\$175	\$150
1/2 page	\$300	\$250	\$220
1/2 on pg 31	\$350	\$300	\$250*horoscopes
Full page	\$400	\$350	\$300
Back page color	\$625	\$565	\$475
Inside back color	\$525	\$465	\$400 color
Inside front color	\$550	\$485	\$425 color
Page 3 color	\$550	\$485	\$425 color
Page 4	\$450	\$400	\$350
Front cover	\$900 (Restrictions apply)		

COLOR ADD 25% *You must prepay to get discount

Example: Small strip ad for 6 months is \$180 prepaid

Full page ad for 6 months is \$1,800 prepaid

Broken contracts receive full advertising credit

BEST AD RATES & WIDEST DISTRIBUTION

of any spiritual growth magazine in Florida.

We're distributed monthly to 200+ bookstores and health food stores all over Florida, as well as by private subscription. See pages 20-25 to see where HORIZONS MAGAZINE is distributed

For good advertising results, studies show it takes a reader 3-4 times seeing a new ad before it is noticed and acted on. By the 4th ad, readers begin to call.

Payment is due by the 10th with your ad

DISPLAY AD SIZES

Full page ad is 7.25" wide by 9.5" tall

1/2 page 4.25" tall by 7.25" wide or 9" tall by 3.5" wide

1/3 page 2.8" tall by 7.25" wide or 9" tall by 2.3" wide

1/4 page 4.25" tall by 3.5" wide or 2" tall by 7.25 wide

Business card ad is 2" by 3.5"

Small strip ad is 1" x 3.5"

WE ACCEPT ALL CREDIT CARDS AND PAYPAL ONLINE

Email HorizonsMagazine@aol.com

321-722-2100

Mail ad with payment to
HORIZONS MAGAZINE
 575 Escarole Street SE
 Palm Bay, FL 32909-4802

12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

1. Recognition - God Is First. I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.

2. Unification. I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.

3. Willingness To Change. I am willing to assess my life, to honestly look at and face all my fears.

4. Dominion. I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

5. I Live On Principle. I know that I am a Spiritual Being. I live my life with honesty and integrity.

6. I Live On Purpose. I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

7. Forgiveness. I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

8. Positively Present. I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

9. Persistence. I persist through faith. I maintain focus and discipline.

10. Service. I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

11. Gratitude. I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.

12. Tithing. I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE



Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the May 2012 edition of Horizons Magazine. I mused this morning that everything we do touches someone. I bought an iPad2 and have been getting used to the touch screen. I went through the tutorial and spent the afternoon customizing settings and navigating through pages, giving it some muscle memory so my mind didn't have so much to remember. Often I'd accidentally touch the wrong icon on the screen. The only place this seemed to be a problem was on Facebook. I'd not yet learned the iPad version of Facebook and not yet installed Social Fixer, so I didn't have all the features shown on my main computer. Like deleting stupid mistakes I'd made in typing. A couple of times I frantically ran into the office and turned on the main computer so I could correct the error before too many people saw it. It made me think of errors I'd made in the past that often unknowingly affected other people's lives. It reminded me that everything I do touches someone's life in some way. It also reminded me I should always be mindful who I am touching and how. And sometimes why.

THE WAY INTO THE VORTEX

Abraham-Hicks says, "The fastest way to get somewhere other than where you are is to make peace with where you are. What are the positive aspects about where you are right now? Stop making excuses. Stop telling the old story. Stop giving any conversation to anything not in the vortex. Just get in there. No more excuses, no more conversation about what you see happening that you don't want. Tell the story that brings you the greater relief. Get hooked on alignment with Source energy. Complaining is out of the vortex, whether your complaint is valid or not. Think the better feeling thought. That's the way into the vortex."

Don't tell anyone else the story of what all has been going wrong, even if it's a good, juicy story. Telling the story would just make you vibe in a place you don't want to vibe at and it would keep you from moving on to other good stuff. Then don't beat yourself up for it. We all want to tell the juicy story; we all want to tell our side. We don't think we will be held back too long by just telling the story one more time. But we can nip it in the bud if we want. Stop telling the old story and start telling the story of everything there is to appreciate in the life you have right now.

THE WORLD IS NOT IN THE HANDS OF MADMEN, THE WORLD IS IN THE HANDS OF GOD

Cultivate a perspective that sees beyond the worries, ambitions, and ordinary issues of your life. This is not easy to do, but give up complaining. Give up being a pessimist. Give up thinking life owes you anything. Give up being lazy and wishing things were easier all the time. In short, give up wishing your life were other than the way it is and do something with the life you have. Reaching for your sacred other requires that you love or appreciate at least part of your life, that you are striving to make the most of your life, and that you recognize that life is a gift. The sacred other is not difficult to find. But your own worthiness and appreciation of your life may be difficult for you to find—and that's the raw truth. Prayer draws you into the energy field of the sacred and protects your soul, your sacred other. Hope is the Face of Grace, and it reminds us that ultimately the world is not in the hands of greedy politicians or terrorists or corporate moguls or fundamentalists praying for Armageddon. The world is in the hands of God.

...continued on page 28...

If you appreciate what Horizons has each month, show your support by subscribing, even if your local store carries us.

Subscribe Today

Postage went UP
but our prices went
DOWN for you

We'll give you 12 monthly issues of Horizons Magazine for just \$22 (\$42 overseas.) Charge it to any credit card or PayPal. FILL OUT THIS FORM OR CALL 321-722-2100, and the next issue of Horizons Magazine will be at your door early each month. You may email HorizonsMagazine@aol.com or mail to 575 Escarole St SE Palm Bay, FL 32909-4802.

Please send me ____ subscription(s) at \$22 each. I enclose my check or money order ____ OR

Charge \$ ____ to my credit card. The number is _____

The expiration date is : _____ Email address: _____

Mail my subscription to: Name _____ Phone _____

Address : _____ Apt No. _____

City _____ State _____ Zip Code _____

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



AWAKEN

May 20, 2012 or June 16, 2012

\$160

386-478-4688

Revealing the Divine Truth
in an enlightening and astonishing exposé
with Reverend Rosamaria Machado.

Learn to mobilize and direct more of what you want to flow into your
life - health, limitless strength, energy and abundance.

Fire up your innate ability to create the NOW
you've always wanted!

R & R Rejuvenation, LLC

Pain and Stress Management



Rosamaria Machado

R & R Rejuvenation, LLC is an alternative health
practice for Mind, Body and Spirit.

- o Trouble slowing down the mind?
- o Experience emotional overload?
- o Feel drained?
- o Stressed?
- o Insomnia?
- o Weight issues?



\$68

Crystal Light Bed session
if you mention this ad

Are you ready to **BALANCE** yourself?

- o Physically
- o Emotionally
- o Mentally
- o Spiritually

386-314-2663

Offering Crystal Light Bed Sessions for over ten years!

Honored to be one of the first of ten Crystal Light Bed authorized in the United States.

P.O. Box 1737 | New Smyrna Beach, FL | 32170

www.rrrejuvenation.com

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.

WHY BAD DREAMS?

Q: Something I don't understand. I've heard you mention that when we go to sleep that we go back in harmony with our Core vibration, that joyous purity... So why a bad dream?

ABRAHAM: Have you heard the scientists say that what feels to you like a dream that took place all night, actually takes place in seconds? As you are going out of consciousness or back into consciousness... But at different depths of your sleep state, you are translating through your physical conscious format. And so, that dream that you think you dreamed is just your interpretation of the Energy.

A dream scenario can be beneficial in helping you, as Deliberate Creators, to understand your vibrational output. Hold this thought: It's the formula for creating, and it says, "What I'm thinking and feeling, and what I'm getting — is always a vibrational match." So to break that down a little more clearly, "What I'm outputting vibrationally and what the Universe is delivering back to me in terms of a manifestation is always a vibrational match. Always. Without exception." A dreamscape or a dream scenario is a manifestation. It's not a manifestation that is big and bold and present in your experience as a real life manifestation — but it is a manifestation. So what you're dreaming is a vibrational match to what you're outputting.

Most physical beings are not aware of their vibration. You haven't been trained to pay attention to your vibration — but you have been trained to be objective, trained to give your attention to things. You have been trained to give your attention to people in authority and to listen when somebody says, "This is important." You have been trained to see something that is wrong and push against it. There's a war against drugs and a war against poverty and a war against crime and a war against all kinds of things. And in each of those scenarios, as you are looking at this thing that you do not want and pushing against it — you are not pushing it away, but instead you are holding it in your vibration.

...continued on page 29...

**Distinctive
Aromatherapy**
321-632-1221

1540 Highland Avenue Eau Gallie, Florida 32935
www.naturespirit.com doreende33@yahoo.com

Community Center for Healing Arts

Shamanic Healing
Acupuncture
Massage (MM8474)
Hypnosis

CranioSacral Therapy
Moon Ceremonies
Classes and Seminars
Visit our Store and Art Consignment

facebook

*Check out
our Events*

916 Columbus Ave., Melbourne, FL (321) 794-2242 (CCHA)

Readings By Michael
 Psychic, Scientific Palmist, Astrologer,
 Aura Photography, Spiritual Counselor

Rev. Michael Richardson
 660 Palm Springs Dr., Suite A
 Altamonte Springs, FL 32701
 800-670-0523
www.ReadingsByMichael.com

Cassadaga Spiritualist Camp

Experience This Peaceful Community Where Certified Mediums and Healers Are Available Daily

Ongoing Events

- Classes & Workshops
- Tuesday Night Bingo 7pm
- Historic Tours & Orb Tours
- Readings by Certified Mediums
- Healing by Certified Healers

Special Events

- Feb—Gala Day Festival
- May - Gala Day Festival
- Aug - Gala Day Festival
- Oct - Halloween / Fall Festival
- Dec - Candlelight Service

- Easter Sunrise Service
- Wednesday Message Service 7pm
- Sunday Church Service 10:30am
- Sunday Message Service 12:30—1:30pm

www.cassadaga.org Camp Office 386-228-3171

Cassadaga Spiritualist Camp Bookstore

• Largest Selection of Books on Spiritualism, Metaphysics & Meditation • CDs & DVDs • Crystals, Candles, Aromatherapy • Jewelry • Unique gifts • Native American Crafts • Special Orders and Nationwide Shipping Available

Welcome Center Lists Camp Events, Information, Camp Certified Mediums

1112 Stevens Street, Cassadaga, FL 32706 • 386-228-2880

Hours: 10 am—6 pm Monday—Saturday • 11:30 am—5pm Sunday

Horizons Magazine by subscription \$22/12 issues Visit www.horizonsmagazine.com Page 9



NOTES from the Universe

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

Be at peace, rest easy, relax, coast and luxuriate to any degree that you can allow yourself, for the day will inevitably arrive when you'll understand all the "reasons" that now elude you, bless the darkness that now seems to separate you, and celebrate the ancient choices that once made you. Just as we do.

Trust me,
The Universe

CUTTING EDGE CONSCIOUSNESS



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

Point of choice can be thought of as occurring in the "eye of the storm" - when the serene observer at the center of the chaos, holding a practiced awareness, can see the many threads of story shooting off in all directions. We feel the pull of each and every story - emotions arise to match each story (or often in reverse - we experience a feeling and immediately stories start popping up to attach it to). Each story represents a ride that we can "get on". BUT with a well formed conscious compassionate observer, we have created a space - our comfort with discomfort and conflicting perceptions allows us to "pause" - this is THE POINT OF CHOICE - where we **respond** versus **react** to the feedback system that is our universe.

Each available for immediate mp3 download for just \$10 (CD just \$22)

Connecting with Your Angels, Guides & Teachers

Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more psychic impressions from your guides.



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 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, you can experience a new and healthy vital energy flowing.

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

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



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

Andrea's cds Listen online



For download, go to
www.horizonsmagazine.com
Click on "Andrea's Audio CD MP3 Page"



Email andrea@horizonsmagazine.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

HERB CORNER

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

SPRING IS HERE AND BUGS ARE BACK

Beating the battle of household pests can be done in a non-toxic way using food grade organic Diatomaceous Earth (DE). DE effectively removes pests like cockroaches, ants, bedbugs, fleas, and lice, killing these bugs within 12 hours by simply dehydrating them. DE is safe for your garden, home, children, and pets but it must be food grade only.

In the house DE can be used in attics, closets, behind the refrigerator, in garbage pails, by windows and doors. Outside DE can be sprinkled around the foundation in the garden, garage or shed; anywhere there is an insect problem.

If fleas are a problem, lightly apply a uniform layer of DE wherever you think fleas may be residing. Let it sit 2-3 days then vacuum; putting 2 tablespoons into the vacuum bag to kill off any larvae. Remember this is safe for your children so life can go on as if the DE wasn't there. On your pet gently rub the DE powder down to the skin from the nose to the tail taking care to avoid creating dust getting into the lungs or eyes. As long as the powder remains it will keep killing.

For lice DE can be very effective. To use, gently sprinkle it into dry hair and comb it down to the scalp; just be careful not to get it into the eyes or inhale it because it can be very drying. Cover the head with a shower cap or wrap with plastic wrap leaving it on overnight. In the morning shampoo and condition well. This can be repeated as often as necessary if the lice are remaining.

In the home DE is very effective for eliminating roaches and bed bugs. For roaches DE can be sprinkled over any surface where they have been seen or like to hide. For bedbugs DE can be applied under and around the bed, to the frame; and the mattress getting into all the little cracks and folds. Leave it there for 2-3 days then vacuum.

I personally have used DE and found it to be very effective in killing bugs without any undesirable chemical effects that can occur with chemical pesticides.

THE HERB CORNER AND LEARNING CENTER

Hours: Wed-Fri. 10-5, Sat. 11-3

277 N. Babcock St., Melbourne * 321-757-7522

Herb Classes Going On Now! Call for Details!

TAKE CONTROL OF YOUR HEALTH!

Herbal Teas, Tinctures, Capsules, and Salves/Creams

Herbals Classes and/or Private Consultations to help you, all of your friends and family (including your pets) with:

- * Blood Pressure & Circulation
- * Cholesterol
- * Fatigue
- * Memory
- * Hormone Imbalances
- * Stress
- * Cancer & Cancer Treatments
- * Digestion & Metabolism
- * Immune System



Certified Master Herbalist & Holistic Healthcare Provider on Staff



Over Medicated?
We Have Natural Alternatives!
Hundreds of Organic Bulk Herbs
Custom Blended Herbal Remedies in
Tea, Capsule & Tincture Forms

We Are More Than Just An Herb Shop!

Gifts, Jewelry, Gemstones, & More!

- * Candles * Perfume Bottles * Tear Bottles
- * Unique Gifts * One of A Kind Jewelry
- * Crystals & Gemstones * Holistic Books
- * Crystal Spinners * Himalayan Salt Lamps
- * Angel Statues & Pins * Meditation CD's
- * Inspirational Divination Cards * Pendulums
- * Organic Skin Care Soaps & Cosmetics
- * Glass & Plastic Bottles, Herbal Supplies
- * Organic Essential Oils & Diffusers
- * Detox Foot Bath Sessions
- * FDA Approved BioMat/Energy Sessions



Maria Leach.
Spiritual Teacher/Medium/Energy Worker
Provides Channeled Spiritual Readings, Mediumship Sessions. Cross-over Readings and much more!

Her honest, down-to-earth approach accurately looks into your past and present, enabling her to provide guidance for the future. Maria's energy sessions will help to relax you and aid your body in healing itself.

Visit www.herbcorner.net for events, recipes, newsletter, etc.

The Dark Night Of The Soul



Graham Ledgerwood has been teaching Mysticism, Yoga, and Metaphysics since 1970. Do you know about your higher levels of consciousness and what they can do for you? Explore the mystical part of your life, nothing on earth is more rewarding. You too can enter many sublime realms of higher knowledge and remarkable functioning. See www.themystic.org

"Dark night of the soul" sounds like a threatening and much to be avoided experience. Yet perhaps a quarter of the seekers on the road to higher consciousness will pass through the dark night. In fact, they may pass through several until they experience the profound joy of their true nature.

Many seekers would encourage the dark night experience if they knew what it was. However, to one engaged in the dark night, suffering seems unending.

The dark night occurs after considerable advancement toward higher consciousness. Indeed, the dark night usually occurs like an initiation before one of these special seekers is admitted into regular relationship with higher consciousness. The dark night also occurs to those who do not seek relationship but immersion or unity in the higher consciousness. While the term dark night of the soul is used broadly, its general meaning — in the field of higher consciousness — is a lengthy and profound absence of light and hope. In the dark night you feel profoundly alone.

YOU CAN'T FIT IN

The dark night usually develops this way:

You, as a genuine seeker, have gone through many significant phases as you progress toward higher consciousness. Your faith is strong. You have kept loyal companionship with fellow seekers and perhaps you have already found a special teacher. You've experienced indications of the reality of higher consciousness and yearn to be more deeply in communion with it. You see the principles of a higher power at work in your life. Yet, all in all, you find yourself somehow painfully on the outside. You feel caught between your old way of living, your old tendencies and associations, and this nebulous, unreachable realm of higher consciousness.

You feel an exile in both places. You don't belong in the old pastimes. In the old empty or numbing way of life, yet you somehow can't fit in or feel at home in the fellowship of those who talk naturally of the higher consciousness and its reality. They are experienced, they are absorbed in it. They are loving, giving people. But you are unable to live, with full heart and mind, the way they do. They're able to apply the principles of higher consciousness easily, yet it's so hard for you. They have manifestations and proofs on a regular basis. You only stretch like a human mule after a receding corn cob while pulling the heavy weight of your old tendencies behind you.

You try to be good, and often you can't. You try to be loving and find at times your heart is hard like stone. Sometimes your projects fall down around your ears. You keep struggling and still you don't break through. You understand the path is one of joy and yet your life seems to have been barren for a month or two, perhaps longer. Where did that early joy and zest go?

HANGING ON

Up to this particular time there was joy, there was delight. But now there is only a hanging on, a dogged hanging on. You persist because you can't conceive of going back to your old way of life. That seems impossible now. That would be like going to prison, living as if with a transorbital lobotomy.

You deeply want to have joy and fulfillment, easily manifest prosperity, but something's not working. You don't know what it is but something's awry, and your meditations have lost their luster. Sometimes, during rare meditations, you do

...continued on page 13..

Luna Sol Esoterica, LLC

METAPHYSICAL AND NEW AGE SUPPLY STORE

Luna Sol

311 S. Park Ave in Sanford, FL 32771

321-363-4883

www.lunasolesoterica.com



Crystals, candles, oils, incense, herbs, books,
jewelry, divination & ritual tools, and classes.
Energy work and psychic readings by appointment.

Credit and Debit Cards accepted -- Knowledgeable and Experienced Staff
Open Wed - Sat 10 am - 6 pm; and Sundays 11 am - 6 pm

APRIL 29, 2012 -- SUNDAY (2pm - 4pm) -- PSYCHIC AND MEDIUMSHIP
DEVELOPMENT COURSE WITH TORRE' PART I -- of 6. Developing and using your
abilities. See website for details. (\$20)

MAY 5, 2012 -- Saturday (12:30pm - 5pm) -- REIKI II with REIKI MASTER WAYNE LEE
-- Certification in Reiki I required. Attunement and Certification class. (\$125)

MAY 6, 2012 -- Sunday (1pm - 3pm) -- CLASS ON CLEARING AND CLEANSING WITH
ANN MOURA -- Learn methods with practical hands-on work. (\$20)

MAY 12, 2012 -- Saturday (1pm - 3pm) -- READING THE TAROT WITH ANN MOURA --
Learn card meanings, reading methods, layouts, and more. (\$20)

MAY 13, 2012 -- SUNDAY (2pm - 4pm) -- PSYCHIC AND MEDIUMSHIP DEVELOPMENT
COURSE WITH TORRE' PART II -- of 6. (\$20)

MAY 20, 2012 -- Sunday (2pm - 4pm) -- PSYCHIC CONNECTION WITH NICOLE --
Opening psychic communication. (\$20)

MAY 27, 2012 -- SUNDAY (2pm - 4pm) -- PSYCHIC AND MEDIUMSHIP DEVELOPMENT
COURSE WITH TORRE' PART III -- of 6. (\$20)

For details and more information: 321-363-4883
<http://www.lunasolesoterica.com>

Dark Night of the Soul

...continued from page 12...

experience brief moments of peace. Your agonizing mind and heart rest from their turbulence and even these fleeting times of calm are so deeply appreciated. Your light dance of life, which had gone on for some time, is now a trudging in what seems a devastated and alien land.

Your fellow seekers look at you and show their concern. Their words of kindness are valued but you feel you're somehow incapable of responding well. Your heart is numb. At these times your friends try to cheer you up. They invite you to dinner. You seem to perform fairly well, despite the emptiness you feel inside. What else is there to do? You wonder if you have any right to be in their fellowship at all. You think of leaving town, but where would you go? What good would diversion be?

A number of your friends in the fellowship of this great path know what you are going through for they have been through it themselves. They feel the main thing to do is encourage you to go on. They know if you keep it up and do not quit you will succeed. They know if you quit you will be a self-reject and will return to the old life, forever a foreigner, being neither at home with it nor at home anywhere else. They recognize that your own higher self, out of love, is lifting you up into its embrace. They see you are being drawn into your dark night because:

1. your inner potential has great stature
2. your crusty, old ego requires you go through the dark night in order to be transformed.

YOU FEEL TOTALLY ALONE

Other seekers, for various reasons, do not have to pass through the dark night. However, the dark night is your way. Your night is a very difficult time. While others may one day envy you for the marvelous growth you experienced in such a short, intensified period, you will, because of the pain of your experience, always feel profound compassion for those whom you one day see going through a similar night.

Being caught between the old way of life and the new possibilities, your sense of alienation intensifies. Your sense of inadequacy and not knowing what to do next becomes gnawingly constant. You feel you would do anything to get out of this state, yet it is only your ego which is keeping you in it. However, this insight is impossible for you to grasp while going through your long night.

...continued on page 14..

The Cosmic
Church of Truth



1637 Hamilton Street
Jacksonville, FL 32210

Sunday Mornings
Lessons In Truth
Sunday Service 10:30am

Call for classes & meetings.
Private counseling &
healing sessions
available by appointment

(904) 384-7268

www.thecosmicchurchoftruth.net

Rev. Dawn Casseday

Psychic, Clairvoyant, Medium
Reiki /Energy Healing, Tarot
Past Life Regression Specialist

Phone
readings
available

386-478-0341

www.revdawncasseday.com

CASSADAGA



METAPHYSICIANS' CIRCLE

1st Sunday PSYCHIC FAIR

\$10 for 15 minute reading

2nd, 3rd, 4th, 5th Sundays

Guest Speakers on Metaphysical Topics

\$3 fee
7:00 - 8:45pm

321-474-7348

Always seeking new speakers, visit
www.metaphysicianscircle.com



NEW LOCATION:
307 E. Lincoln Avenue
downtown Melbourne



Serena LaSol
Healing Key Way
Reiki -Quantum Touch
Aromatherapy
Sacred Stone Healing
Sound Healing
509-389-0927

Charles Lightwalker
Intuitive Readings -Medical Intuition
Channeling -Sound Healing
Reiki - Author
509-389-7290

TheFamilyOfLight.net



Tom Arcuti YACHAK SHAMAN OF IMBABURA
*Initiated in the Tradition of the Shamans of Imbabura Lineage
 of the Caras from the Andes of Ecuador.*
Shamanic Cleansing and Balancing Ceremonies
 Crystals, Stones, Medicine Bags, Pendulums, Mineral Elixirs, Smudge Supplies
 Online <http://store.allipacha.com>
www.allipacha.com tom@allipacha.com 386-747-9294

The Cosmic Salamander, Inc.
 Janice Scott-Reeder, AA, BA, licensed Psychic & Astrologer
 From supplies to readings we have you covered!
954-698-6926 (Coconut Creek, FL)
www.cosmicsalamander.com

SPIRITUAL PATH FOUNDATION
*What you are to be,
 you are now becoming*
 Available for private sessions
 Reiki treatments • Regressions • Shamanic
 Healing • Counseling in person or by phone
 Shamanic Warrior Key of Life Classes
www.spiritualpathfound.org
 Email spiritweaver@bellsouth.net and
 Spiritweaver at www.spiritweavershaman.org
321-951-8774

**THE SPIRITUALIST CHAPEL
 OF MELBOURNE**
 with Rev. John Rogers
 1924 Melody Lane
MELBOURNE



SUNDAYS 10am-11:30am
Everyone Welcome!
321-733-1555

Check website (under special
 announcements) for dates for
MEDIUM'S DAY
Open to the public
\$15 for 15 minute reading

Visit www.spirit-chapel.org

Dark Night of the Soul

...continued from page 13...

And you feel so totally alone. Sure, you have friends and you appreciate them, but you are keenly aware they are not capable of feeling what you are feeling or knowing what you are going through. Sometimes they seem empty-headed, caught up in meaningless pursuits. They do not understand, you think, how much you are suffering or how you cry out and pray deep into each midnight. You try their advice but it doesn't seem to touch the heart of the matter.

You begin to enter the dark night in earnest when you feel completely stranded. In the fullness of the dark night, you don't know where you are spiritually. You feel separate from God and man. You do not know where to turn. Your friends wish you well but your condition does not improve. The dark night is a very private matter. The person in the dark night is generally able to function quite well despite inner suffering. Often your acquaintances never suspect that you are going through the dark night — they probably do not even know what it is. Only people close to you — especially friends along the path — can recognize your pain.

You feel like a hollow person doing the activities of life with no motivation except expediency. Your eyes seem deeper in your head. You are profoundly aware of the suffering of humanity and the cruelty of one person to another. You feel that cruelty and negativity far outweigh love and constructive action.

YOU ENTER MIDNIGHT

Alone, and not wishing to be, unable even to express yourself to others, you enter midnight and the greatest intensity of the dark night. Here you have finally come to the time of sovereign solitude. In this precious time, which has no apparent prospects of love or happiness, you clearly perceive that nothing in the outer world has proven adequate to heal your condition. Nobody, not even your dearest friends and loved ones, can make you whole. Even if they have tried, and love you enough, they can't give you peace.

You eye your books and consider all the benefit you have gained from them. Yet not one book, not one thought, goes deep enough inside you to where the affliction abides. You look at your possessions, your money. No material thing has been able to help you. No material means have worked. Nothing, no one, in the outer world has enabled you to come out of this dark night.

...continued on page 19...

Ask Whitedove



Got a burning question? Celebrity Psychic and Spiritual Teacher Michelle Whitedove is here to help give clarity on topics from Archangels to Zodiac, just ASK WHITEDOVE! Lifetime TV named her "America's #1 Psychic" after showcasing her gifts on "America's Psychic Challenge." Ask your specific questions at www.MichelleWhitedove.com.

Dear Michelle, I have lived such a privileged life but it all seems so superficial. I know that I need to get out of this rut but I feel stuck. Any words of advice? **Prosperous**

Dear Prosperous, You have been blessed in this life! To never be concerned about finances is something that many take for granted. It is important for your spiritual growth to come from a place of gratitude. Look around you and count your many blessings. Prayerful gratitude on a daily basis will help you to be more vibrant, creative and rejuvenate your soul. Listen to that inner voice, the promptings of your heart. You will be drawn to assist humanity and be of service. So take action, be joyful, be grateful and then you will discover your mission and purpose. You can use your circles of influence to make sweeping changes for the good of your community. From a karmic standpoint, those that have much are expected to do good deeds and help those less fortunate. Right now your humanity is being tested. At the end of this life you will return to your real home and you will participate in your Earthly evaluation. You will answer questions as you review your life, including: Who did you love? Who did you help? How did your deeds affect the souls that you came into contact with? Where you compassionate? Maybe you should do a little review of your life so far and check your answers.

Dear Whitedove, Sometimes I have vivid dreams about people that I know and a few times they play out in my waking life. In other instances I dream of events still to come. My dreams are sometimes full of symbols rather than events. It's all very confusing information. I'm not sure what I'm dreaming or if I should try to interpret these crazy dreams? **Night Visions in Nevada**

Dear Night Visions: The dreamtime is the doorway to the spirit world. As the body rests and rejuvenates, the soul is released. We do many things during the dreamtime. Sometimes we work out solutions to Earthly problems and our fears. This is also the time when we meet up with departed loved ones and continue our relationships. Dreams are a way of self communication on a soul level. In the spirit world there is no linear time as on Earth; the past, present, and future are all one, including probable futures. Upon waking, we can remember witnessing events, but in Earth time these events have not played out as of yet. Premonitions or Prophetic dreams are valid, but you have to learn to interpret them for yourself. I suggest to all my students to keep a dream

NEW VISION 15th Annual Woman's Retreat
Black Mountain, NC October 11-15, 2012
 Breathwork, Meditation, Yoga, Silent Hikes, Ceremony, Drum & Dance
 321-549-2128 www.ElizabethStamper.com



SUNDAY MORNINGS
www.thenewway.us



Rev. Suzan Bailey

Held at The Aquarian Building 238 Peachtree St
Cocoa

info@thenewway.us

321-961-3615




Herbal Consults, Natural Healing School

DAWN'S ENCHANTED GARDEN

Email Dawnsenchantedgarden@yahoo.com

Live Oak School of Natural Healing

Currently offering Herbalist Certification Programs in class and online

352-669-1963 • 407-967-6042

Visit my websites: Dawnsenchantedgarden.com • Mistressoftea.com
Liveoakschoolofnaturalhealing.com • Auroraperfumes.com

journal. Train yourself to remember your dreams they're important. At bedtime start a little ritual. Place a glass carafe full of spring water on a night stand near your head, this is not for drinking. You're using this water as a superconductor to help bring clarity to your dreams. When you lay down, ask your subconscious mind to move over. It helps to make the request because your mind acts as a filter. Say to yourself, "I want to remember my dreams, and I will remember my dreams." This positive reinforcement will impress the desire upon your subconscious mind. Upon waking, don't jump right up. Think about where you were, lock the details of the dream into your short term memory so you can retrieve it later. Ask yourself; what was just happening? Then jot down all the details of your dreams before getting out of bed. The more that you practice, the clearer your dreams will become. You will enjoy rereading your dream journal and come to a better understanding of your soul's dream time escapades. Throughout scripture there are many instances of God and the Angels relaying special knowledge through dreams. This is an easy method for spirit communication. When God wants to give us an urgent warning or encourage us to take action a prophetic dream is an inspiring tool.

From the Heart

Alan Cohen is the author of many popular inspirational books, including the newly-released *Enough Already: The Power of Radical Contentment*. Join Alan for *Metaphysics and Miracles*, May 30 – June 3 at the Sunrise Ranch in Loveland, Colorado. For more information about this program and Alan's other books and free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-808-572-0001.



MECHANICS AND MIRACLES

I have long been fascinated by the phenomenon of crop circles. In 1994 I made a pilgrimage to England to study the mysterious formations, appearing consistently now for over 20 years. While the glyphs have been the subject of controversy and some have been fabricated by hoaxers, an intelligent study of them points sharply toward the expression of interdimensional intelligence. (For an illuminating overview of the state of the art in the crop circle phenomenon, watch the DVD *What on Earth?* www.whatonearththemovie.com)

Michael Glickman, author of *The Bones of God*, is a renowned architect who illuminates the sacred geometry behind the crop circles. Michael identifies two distinct camps of crop circle investigators: "One camp is founded in scientism, focused on the study of various chemical and electromagnetic forces associated with the circle formations. While that's interesting, a far more significant camp explores the meaning of the formations. Who is communicating to us? What are they trying to tell us? How will this extraordinary phenomenon affect the destiny of humanity and enrich the quality of life on earth?"

Whether or not you believe the crop circles are a paranormal communication, Glickman underscores a broader

lesson in the distinction between mechanics and meaning. To know how things work is important. Yet knowing how things work is useless unless you know why things work. If you are obsessed with the details of life, you may miss the experience of life. "To receive the gift of a Rembrandt painting, you must let the painting speak to you," Glickman suggests. "You feel it, absorb it, and live it. If you spend all your time analyzing the chemical composition of the paint, you miss the purpose of the painting." This lesson is brought home by the Sufi rascal-sage Nasrudin, who was traveling on a ferry boat when he was approached by a pompous intellectual.

"Have you ever studied astronomy?" asked the professor.

"I can't say that I have," answered the mystic.

"Then you have wasted much of your life. By reading the constellations, a skilled captain can navigate a ship around the entire globe."

A few minutes later the learned one asked, "Have you ever studied meteorology?"

"No, I haven't."

"Well, then, you have wasted most of your life," the academician chided. "Methodically capturing the wind can propel a sailing ship at astounding speeds."

After a while the fellow inquired, "Have you ever studied oceanography?"

"Not at all."

"Ah! What a waste of your time! Awareness of the currents helped many ancient peoples find food and shelter."

A few minutes later Nasrudin approached the scholar and asked, "Have you ever studied swimming?"

"Haven't had the time," the professor haughtily responded.

"Then you have wasted all of your life — the boat is sinking."

Considering the challenges facing humanity, one might wonder if it's time to put less emphasis on activity and more emphasis on awakening. Less what and more why. The form of life is the chalice through which we drink the essence of life.

In the classic film *To Sir with Love*, a high school student develops a crush on her English teacher. Eventually she gathers the courage to send him a love letter. A few days later she is thrilled to receive a response from him. When she opens the envelope, however, she finds that he has simply corrected the spelling and grammar of her letter, the paper filled with red marks. He made no response to her communication. He analyzed the form, but missed the message.

A Course in Miracles defines a miracle as "a shift in perception." Miracles don't always change the facts of life, but they do change the viewing point of life. It's possible to live in a miraculous universe, but not know it because you are looking elsewhere. C.S. Lewis declared, "Miracles are a retelling in small letters of the very same story which is written across the whole world in letters too large for some of us to see."

Our culture is saturated with mechanics while starving for meaning, filled with the mundane while famished for miracles. While the crop circles offer us signs in fields of wheat, the universe is offering us signs in the fields of our lives. One message on both fields might be to get our heads out from under the hood and catch a glimpse of the widening highway before us.



NEW VISION
15th Annual Woman's Retreat
Black Mountain, NC October 11-15, 2012

*Come to Nurture & Heal, Replenish
& Re-enter the Sacred Mystery of
Your Self*

321-549-2128 www.ElizabethStamper.com

OUR CLASSIFIED ADS

Your listing here for just \$1.50 per word. Mail your listing with payment by 10th of the month preceding publication or email to HorizonsMagazine@aol.com

COME FILL YOUR HEART WITH DOLPHIN JOY!

www.dolfunswims.com dolfunswims@comcast.net

INTUITIVE READINGS & ENERGY THERAPY: wise-spirit.blognet.com

MIRO POSAVEC, REGISTERED HOMEOPATH www.miropath.com
772-774-8529

CALL THE FLORIDA RE GURU for all your Florida Real Estate Needs
Terry V Schneider, New Millennium RE Brokers (C)321-557-3861

HEAL YOUR LIFE TRAINING Become a licensed HYL workshop leader in the philosophy of Louise Hay. www.healyourlifetraining.com

GANODERMA? HEALTHY COFFEE, TEA Improves health, go to <http://Investyourhealth.organogold.com> Free Samples Available
Call Diana 954-871-2812

PLEASE EMAIL FEEDBACK ABOUT PSYCHIC READERS to the editor at andrea@horizonsmagazine.com

OUBE OUT OF BODY EXPERIENCE - YOU ARE NOT THE BODY \$10 mp3 file at www.horizonsmagazine.com. See pg 10.

HIGHEST QUALITY HAND MADE LYE SOAP The No Sweat Soap Factory
POBox 882, Mountain View, AR 72560 870-269-9499 nosweatsoap@yahoo.com www.nosweatsoap.com

CONNECTING WITH YOUR ANGELS, GUIDES & TEACHERS \$10 mp3 file at www.horizonsmagazine.com. Designed to activate the third eye, expand awareness, develop psychic perception. See page 10.

CHANGE YOUR EATING HABITS \$10 mp3 file at www.horizonsmagazine.com. By the power of suggestion, your desire to overeat will be replaced; your craving for unhealthy foods will be replaced. See page 10.

SLEEPYTIME RECHARGE \$10 mp3 file at www.horizonsmagazine.com. Play this recording as you are falling asleep for restful rejuvenation. We can retrain our consciousness to create healthy beliefs. See page 10.

STOP SMOKING \$10 mp3 file at www.horizonsmagazine.com. Our newest program. See page 10.

WORK FROM HOME MAKING CALLS FOR HORIZONS MAGAZINE

Seeking a few people in different cities to contact stores and practitioners who could benefit from being listed in Horizons. It could be as easy as mentioning us to your favorite store or massage therapist, or we'd welcome full out sales calls - your choice. We've had no sales team since, well, ever. You must have email. For info, email andrea@horizonsmagazine.com



To Promote the Religion,
Science, and Philosophy
of Spiritualism



IFSK Director
Marilyn Jenquin

Private Readings
In Person
or by Phone
\$75 / 45 minutes

407-673-9776

6th Annual
Stansted-in-Florida
2012

Stansted-in-Florida
July 12th-15th

4 day Psychic-Medium Spiritual Development Course
Similar to courses taught at the
Arthur Findlay College,
Stansted, England

On-Going once per month
Psychic - Medium
Spiritual Development Class ~ \$25
Daytona Beach

**Check our other events for 2012
on our website www.ifsk.org**

Email dependablepc@earthlink.net



REV. TERRI MCNEELY
Spiritual Advisor
Medium
Reiki Master

Email OwlVisions@aol.com
<http://smile-village.com/OwlVisions/>

OWL VISIONS

501 Florida Ave
Cocoa Village
321-292-9292

Gifts, jewelry,
crystals, books, tarot,
divination decks and tools,
sage, altar items, music,
readings, aromatherapy

Classes

Spiritual Tarot
Mediumship Development
Crystals • Pendulums
Jewelry making

OPEN WED - SAT
From about 2-3pm
to about 7-8pm
Call first

CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 30c per word, due the 10th (of the month before) at 575 Escarole St SE Palm Bay FL 32909-4802. Email to HorizonsMagazine@aol.com - call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location. Just \$10 extra for color or a box around your listing

Every Tuesday WINTER SPRINGS Come and listen to Satsang which means gathering together to ask about our true nature and Truth. Then join us for a vegetarian meal. Everyone welcome. Free 7pm -9pm 4811 East Lake Drive Winter Springs, FL 32708. Call 407-264-7313 for more information

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

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

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

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

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

Sundays MELBOURNE Metaphysicians' Circle NEW 307 E. Lincoln Avenue downtown Melbourne 7:00-8:45pm \$3 321-474-7348

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair NEW LOCATION 307 E. Lincoln Avenue 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348

SATURDAY May 5, Cassadaga Spiritualist Camp
(1112 Stevens Street, Cassadaga, FL)
10am - 4pm, Celebrate the Sunflower Gala Day!
Free Admission! Mini-readings by Certified Mediums, \$20; Mini-Seminars \$5 Donation; Alternative Healing Modalities; Street Vendors and More. For more information visit www.cassadaga.org or call 386-228-2880

Fri May 18th ROCKLEDGE 5:30- 7:30 pm From the Eyes of the Seer: a Group Medium Session. Messages from Spirit, Loved Ones passed over, Spirit Guides and Angels around you will be given to each attendee \$25. Space limited. Registration is Recommended. Contact Robin. Mystic Encounters by RMF. 321 544-6738

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



Tools to Stop the Overwhelm,
Increase Your Income and
Confidently Create a
Business that Thrives!



Order your Toolkit today at
www.MarketingForHealers.com
Coaching | Training | Community

Dark Night of the Soul

...continued from page 14...

In your loneliness, you next — in a seemingly random process — notice that none of your thoughts have proven adequate to your suffering. Not one — even repeated fifty thousand times — breaks the inner storm and lets in light. God and higher consciousness seem so far away that perhaps they are unreal. Neither one has, despite your protracted exposure of yourself, done anything to ease or remove your agony. Nothing appears efficacious. Nothing works.

There is nowhere to turn. There is nothing to be done. All actions you considered have been tried. There is nothing to think, nothing to feel, nothing to do, nowhere to go. It seems you have to accept this defeat — or, you can persist in struggling against it. For awhile longer, you go about thinking, feeling, and doing other options that occur to you. But you realize in the midnight of your soul that you have tried every option you know of.

THE PEACE COMES

Totally helpless, as well as ever so alone, you abide in this condition. And you accept your predicament. You accept that there is, except for a murmured prayer to a remote God and the remnant of a shredded faith, nothing else left. Suicide would be absurd. Suicide would be an act of arrogance and vanity. You have grown far beyond such primitive responses

to your private agony. No, nothing to do. Nothing remains in this lonely helplessness. There is, without question, nothing you can do. You abide. You accept your state. How have you gotten to this place? That's insignificant. Musings and feelings aside, you wait. You feel you may have to stay this way forever, doing the regular day-to-day things, but in this mood of emptiness. Nothing. Nothing.

Then, it happens. A holy presence comes into your room — sweetly, softly. You feel it filling you. Your mind is filled with mellow or bright light. Your heart, your still heart, is permeated with peace. This peace moves through your body like a cold spring of mountain water. It flows in your spine, your brain, and under your skin. Everywhere.

Also, this presence, this comforter, moves like a breeze across your arid mind and numb heart. Then, or a few days later, the fire of joy begins to smoulder. Here, abiding with nothing more to do, your ego drops away! Your ignorant, arrogant, fearful sense of self falls away from you. You stand in light — a new being, a free being — transformed.

YOUR EGO SENSE

Believe it or not, that's what the dark night is all about: transformation. Your ego, your limited sense of self, your inadequate complex of ideas about who you are had to be dissolved. Your ego was, you begin to see, eclipsing higher consciousness and your true nature. Your old sense of self was inadequate to your new hopes and proper state. Your

...continued on page 20...



Conference

"A Celebration of Love & Light"

Spend the weekend with your favorite bestselling authors & presenters enjoying life-changing inspirational lectures and workshops designed to empower your spirit and uplift your heart.

June 8-10, 2012 West Palm Beach, Florida

West Palm Beach Marriott ~ Official Hotel

Register Now: \$275 until March 30th, \$299 until May 25th, \$325 after May 25th

Price includes the Saturday evening banquet dinner and performance.

Post Conference Events: Sunday, June 10th & Monday, June 11th

www.UniversalLightworkers.com • 360-306-5675



DONNA EDEN
DAVID FEINSTEIN



MICHAEL
MIRDAD



"THEO"
SHEILA & MARCUS GILLETTE



JOHN
VAN AUKEN



NORMA
MILANOVICH



MARCUS
MASON



ASARA
LOVEJOY



NICKI
SCULLY



SUE
WEAVER



TITANYA MONIQUE
DAHLIN



JOHN
SERRIE



ARMAND &
ANGELINA







































Dark Night of the Soul

...continued from page 19...

suffering intensified because of a major misapprehension. You were too used to thinking of yourself based on inputs from your previous experiences in life. On and on through life, you gathered info and responses from the world which indicated to you what kind of person you were and are. These superficial units of related inputs became integrated in what is called the ego — your sense of self, your sense of who you are. As long as you allowed this inaccurate or only partial sense of who you are to dominate, you could not know or abide in your true nature.

Your ego sense is so powerful — you invest it with so much of your thought and feeling — that your attitudes of life become based on an egocentric perspective. The ego gains a progressively greater foothold on your entire life because your basic attitudes about your existence and essential nature are strongly linked with ego.

Then, your ego sense, due to your suffering or your limitations in life, wants to have more power over circumstances and a more pleasant life. The ego sense often becomes motivated to seek higher consciousness and, thus, greater ability to dominate in life. Not always, but often, it is the ego sense which most eagerly pursues higher consciousness. It wants to be in charge; it wants to manipulate events and make life come out more to its satisfaction. But, as long as your ego dominates, it is on a collision course with your true nature and your higher consciousness. There's going to be a showdown. There has to be a confrontation sometime if your higher consciousness is ever to emerge, if you are ever to know truly who you are and what your human capabilities are.

It is extremely important in understanding the dark night of the soul — that your ego, as it develops from childhood onward, has the conviction that it is the doer. Generally, your ego assumes that it chooses what your mind will think, and chooses what your heart will feel. It feels it selects the various actions and activities you are going to undertake. Your sense of self, being convinced it is the doer, feels it accomplishes anything and everything in your life. Do you see, then, how the dark night develops? A false sense of self has been ignorantly and manipulatively standing in the way of enlightenment.

Additionally, until you are consolidated in higher consciousness, your ego can return and reestablish control if you let it. Sometimes when you're fatigued or when you have special, new opportunities in life, you are vulnerable to the reestablishment of your ego and its opinion that it is in charge of doing everything. It will again eclipse the higher consciousness until you recognize what has happened.

Then you must courageously and consciously reaffirm your true nature, and deal with the upstart, old ego. Otherwise, another dark night phase will again develop.

ATTEMPTS OF THE EGO

A person seeking higher consciousness is, in effect, and with intensity, seeking the transformation of his own ego. He is seeking to end the tyranny of the ego and abide in his true nature, instead of a false nature concocted through experiences and emotional inputs during the process of life. While it is true these inputs have a value in subjecting you to new experiences and so offer unique learning situations, they often give you a delusory sense of self. You are not your mistake. Even a murderer can change and become a new being.

Still, as you progress toward higher consciousness, your ego may not be humbling and daily transforming itself. You may, instead, have a highly developed ego which is sure that it is causing the events of higher consciousness to unfold bit by bit. Your ego, after all, can be very interested in the attributes of higher consciousness, in meditation and association with enlightened beings. Your ego feels gratification and satisfaction in moving on down the road toward higher consciousness. Your ego may also have the opinion that, because of its grasp of matters, it will one day establish or — by its thought process and feelings — bring

...continued on page 29



10am to 7 pm Mon-Friday
11am to 5 pm Saturday
Closed Sundays

Leaves & Roots

9434 E. Colonial Drive
Orlando, FL 32817
www.leavesandroots.com



Over 300 herbs & spices IN STOCK
Over 100 Essential & Fragrance Oils
Herbal research center on premises
Aromatherapy Supplies
Tapestries

Email: leavesandroots@leavesandroots.com
(407) 823-8840



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

ARE YOU IN THE DARK NIGHT OF THE SOUL?

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

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

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



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

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

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

Andrea de Michaelis 321-722-2100
Email horizonsmagazine@aol.com

Andrea online at <http://horizonsmagazine.com/blog/>
CREDIT CARDS, PAYPAL

ABRAHAM *FUN*



Karen Williams is the author of *Soulsongs: Welcoming Your Deepest Desires* and distributes a bumper magnet, “Think Happy Thoughts & Good Things Will Happen.” Karen and her partner, Mark, also host Abraham-Hicks discussion groups in Winter Springs, FL. soulsongkaren@cfl.rr.com. Karen's blog: <http://www.karenmoneywilliams.com/>

Perturbing People

Is there a troublesome, irksome person in my life - boss, co-worker, neighbor, wayward child, controlling parent, or perhaps a spouse or “ex” who would make Attila-the-Hun look charming?
The principles for dealing with difficult people are the same as those for other quandaries:

- 1) Stay calm and happy. As I refuse to be seduced into anger or other negative reactions, I stay connected to my natural Source energy and can receive new ideas and insights about handling this relationship.
- 2) Stay calm and happy. As I do my best to focus on the positive aspects of people, I'll receive more of that from them. Whatever I appreciate appreciates (grows). If I currently can find no redeeming qualities in this person, I'd best turn my attention elsewhere for now.
- 3) Stay calm and happy. It is not my job to overhaul anyone. It is my job to keep my own frame-of-mind as upbeat as possible and thus model sanity for others and allow the universal Law of Attraction to work its magic in all my interactions.

As I make feeling good my priority, this and all of my relationships must shift in a positive direction.

It's really all about me.



Rev. Dr. Janet Claire Moore
Spiritual Reader, Channel and Counselor
ADL Minister, Licensed Mental Health Counselor
ACHE, Certified Clinical Hypnotherapist

“TO INSPIRE, ENCOURAGE AND HEAL”
Life path, future possibilities, Past lives, Grief issues, and Messages from Loved Ones in Spirit

GAINESVILLE, FL **352-373-8047**

JCmoore1@gmail.com
www.SeraphimCenter.org/reverend_drjanet.htm

ALPHABETICALLY BY COUNTY

Place your ad here for just \$5 per line. 20 characters per heading, 44 characters per line
Payment due 10th of the month before 321-722-2100 • Email and Paypal to HorizonsMagazine@aol.com

OUR PHONE DIRECTORY... 321-722-2100

ALACHUA COUNTY (352) GAINESVILLE (386) HIGH SPRINGS

A ROCK SHOP & MORE

HIGH SPRINGS EMPORIUM 386-454-8657
660 NW Santa Fe Blvd (441)
Gemstone Jewelry & More

BOOKS & GIFTS

WILD IRIS BOOKS 352- 375-7477
802 W University Ave www.wildirisbooks.com

CHURCHES

SERAPHIM CENTER & CHAPEL 352-339-5946
1234 NW 14th Ave Gainesville, FL
<http://www.seraphimcenter.org>

HEALTH FOODS

MOTHER EARTH MARKET 352-331-5224
MOTHER EARTH MARKET 352-372-1741

PSYCHIC READER

REV. DR. JANET CLAIRE MOORE 352-373-8047
Channeler, Medium, Ordained Minister,
Licensed Counselor

BREVARD (321)

ACUPUNCTURE

SUSAN HATHAWAY, Ph.D., AP 723-3017
2105 Palm Bay Rd NE Suite #2 in Palm Bay

DEBORAH A. LEE also Craniosacral, Reiki, Herbs
916 Columbus Ave. Melbourne 544-5496
3620 S Hopkins Ave. Titusville 385-1000

ATTORNEY

CARL A. MORGAN 308-1470
Bankruptcy, Criminal & Traffic Offenses, Civil
Litigation, Dependency, Estate Planning, Wills,
Bankruptcy, Trusts. www.carlmorganlaw.com

ASTROLOGY REPORTS

ANDREA DE MICHAELIS \$22
For birth, predictions and compatibility, geared
toward personal growth and intuitive revelation.
Can be mailed or emailed as a gift
Email horizonsmagazine@aol.com

BOOKS & GIFTS

AQUARIAN DREAMS 729-9495
414 N. Miramar Avenue (Hwy A1A)
www.aquariandreams.com

CREATIVE ENERGY 952-6789
Incense, Music, Jewelry, Books, More
See ad page 2 835 E. New Haven Ave Melb

ENCHANTED SPIRIT 784-2213
320 N. Atlantic Ave (A1A) Cocoa Beach

OWL VISIONS Rev. Terri McNeely 292-9292
501 Florida Ave Cocoa Village 2-6pm call 1st

WHAT YOU LOVE TO DO 504-0304
602 Brevard Ave in Downtown Cocoa Village
www.whatyoulovetodo.com

CHURCHES

CENTER FOR SPIRITUAL LIVING SPACE COAST
Rev. Ron Fox Rockledge 321-338-2990

CONNECTIONS 10:30am 321-360-9239
www.ConnectionsSLC.com Merritt Island

THE NEW WAY www.TheNewWay.us 961-3615

SPIRITUALIST CHAPEL OF MELBOURNE 733-1555

UU Church OF BREVARD www.uubrevard.org

UNITY OF MELBOURNE 10am Sundays 254-0313
1745 Trimble Rd www.unityofmelbourne.com

UNITY OF MERRITT ISLAND 452-2625

UNITY CHURCH ON THE SPACE COAST
2000 South St in Titusville 383-0195

HEALTH FOODS

APPLESEED 1007 Pathfinder Rckldge 631-1444
NATURE'S MARKET & CAFÉ 254-8688
PINETREE HEALTH 777-4677
SUNSEED CO*OP Cape Can AIA 784-0930
THE JUNGLE ORGANIC AIA 773.5678

HEALING CENTER

COMMUNITY CENTER FOR HEALING ARTS
916 Columbus Ave., Melbourne, (321) 794-2242
communitycenterforhealingarts@gmail.com

HEALING -- SHAMANIC

EAGLES TALON (Tino) Rev. 848-5173
Shamanic Practitioner, Energy Medicine
Community Center for Healing Arts
916 Columbus Ave. Melbourne, FL

HERBS & GIFTS

HERB CORNER 277 N. Babcock Melb 757-7522

MAMA JO'S SUNSHINE HERBALS

1300 Pine Tree Dr. IHB 321- 779-4647

MASSAGE THERAPY

LOTUS HEART HOLISTIC CENTER 321-768-7575
529 E. New Haven Avenue downtown Melbourne
www.lotusheartmelbourne.com

MEDITATION CDS MP3S

ANDREA de MICHAELIS \$10 See ad page 10
Connecting With Your Angels, Guides, Teachers
Breath & Mantra Meditation since 1972
Breathe awake The One inside

METAPHYSICAL SERVICES

MYSTIC ENCOUNTERS BY RMF
Mystic Readings, Medium Sessions
Past Life Regressions, House Cleansings
Workshops/Classes/Events
Individual/Phone/Groups
Central FI Area (321) 544-6738

NATURAL PET FOODS, SUPPLIES, GROOMING

PET PROS www.mypetpros.com 321-639-4300
3695 Murrell Road in Rockledge, FL 32955

PSYCHIC READERS

JORIE EBERLE 321-638-0367
Spiritual Teacher, Reader, Advisor, Classes

KATHRYN FLANAGAN 321-591-5171
Advisor • Teacher • Tarot • Home Parties

REV APRIL RANE 321-639-8738
Private readings- Psychic/Medium - Channeling
Tarot, Aura and Palmistry www.aprilrane.com
Also last Friday of month at Aquarian Dreams

REV. ROBIN Psychic/Medium 321-544-6738
In Person/Phone/Groups/Parties

MORGANA STARR 321-506-1143
Psychic-Medium, Classes. Private or group

REV. TERRI MCNEELY 321-292-9292
Spiritual Advisor/Medium. Classes in Mediumship at Owl Visions Cocoa Village. Also crystals, jewelry, essential oils and blends.
www.smile-village.com/OwlVisions/

AAMichael Gabriel AM St. Germaine Reader
lilapsychic@yahoo.com 321-264-8930

Please email feedback about readers to andrea@horizonsmagazine.com

ROCKS, JEWELRY

CHRYSLIS SPIRIT 2137 N. Courtenay Pky #30

SPIRITUAL DEVELOPMENT

ANDREA de MICHAELIS 321-722-2100
What's it all about? What's happening to me?
Working thru spiritual emergence
andrea@horizonsmagazine.com

THERAPY

SPIRITUAL PATH FOUNDATION 321-951-8774
Reiki, Regressions, Shamanic Healings,
Counseling (in person or by phone)

KEITH FITCH, LMT 321-504-0304
Massage/Cranial Release Technique
Sound and Vibrational Therapy #MA53465
Your home, biz or our Cocoa Village Location

YOGA MEDITATION

CLASSES, RETREATS

YOGA SHAKTI MISSION 321-725-4024
Also books available by Ma Yoga Shakti
3895 Hield Rd in Palm Bay (see page 31)

BROWARD (954) FT. LAUDERDALE

BOOKS & GIFTS

ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CENTER FOR HUMAN DEVELOPMENT
5809 Hollywood Blvd. Hollywood, FL
954-989-6400 www.espcenter.com

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050
Hollywood, FL www.divineloveinstitute.org
Gifts, Free Reiki Circle, Life Coaching, Akashic
Record Certification, Angel Workshops, Magnified
Healing and IET Certification

NATURE'S EMPORIUM 755-2223
8041 West Sample Road Coral Springs

NEW AGE BOOKS & THINGS 771-0026
4401 N. Federal Hwy Fort Lauderdale

CHURCHES

RELIGIOUS SCIENCE FT LAUDERDALE
Center for Spiritual Living 954-566-2868

UNITY GATEWAY CHURCH 954-938-5222
3701 N. University in Coral Springs

UNITY CHURCH OF HOLLYWOOD 954-548-9320
2750 Van Buren Street www.unityoh.org
Services in Spanish 6pm Sunday in the sanctuary

HEALTH FOODS

HEALTH FOODS PLUS 989-3313
3341 Hollywood Blvd in Hollywood

WHOLE FOODS MARKET
810 University Drive Coral Springs 753-8000
7220 Peters Road in Plantation 236-0600
2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333
2501 East Sunrise Blvd in Ft. Laud

COLLIER COUNTY (239) NAPLES

BOOKS & GIFTS

SACRED SPACE 239-390-2522

CHURCHES

UNITY OF NAPLES Books, gifts 775-3009

HEALTH FOOD STORES

FOR GOODNESS' SAKE 353-7778
FOOD & THOUGHT MKT CAFE 213-2222
NATURE'S GARDEN 643-4959
SUN SPLASH Market & Cafe 434-7721
SUNSHINE Discount Vitamin 941-598-5393

DUVAL (904) JACKSONVILLE

BOOKS & GIFTS

BLACK SHEEP BOOKS 880-1895
9735 St. Augustine Road Jacksonville 32257

EARTH GIFTS www.earthgifts.com 389-3690

CHURCHES

COSMIC CHURCH OF TRUTH 904-384-7268
1637 Hamilton Street - in Jacksonville

UNITY CHURCH FOR CREATIVE LIVING
2777 Race Track Rd Jax 904-287-1505
www.unityinjax.com/

ESCAMBIA (850) PENSACOLA

UNITY OF PENSACOLA 850-438-2277
716 N. 9th Ave. www.unitypns.com

FLAGLER (386) PALM COAST

ART, GIFTS, GATHERINGS

THE SOURCE LIMITED 386-437-3230
4601 East Hwy 100, Unit F-3 Bunnell 32110

HILLSBOROUGH (813) TAMPA, LUTZ

BOOKS, GIFTS, READINGS

MYSTIKAL SCENTS 813-986-3212

GAIA SPIRITUAL DOORWAYS 813-943-3666
26300 Wesley Chapel Blvd, Lutz Florida 33559
<http://www.gaiaspiritualdoorways.com/>

INDIAN RIVER (772) VERO, SEBASTIAN

ACUPUNCTURE

COMPLEMENTARY MEDICINE 772-766-4418

CHURCHES

UNITY OF VERO BEACH 772- 562-1133

LEE COUNTY (239) FT. MYERS

BOOKS & GIFTS

THE LABYRINTH 239-939-2769
12995 S. Cleveland Avenue #108

CHURCHES

UNITY OF FT. MYERS 239-278-1511
11120 Ranchette Road Fort Myers, FL 33966
www.unityoffortmyers.org

LEON CTY (850) TALLAHASSEE

BOOKS & GIFTS

CRYSTAL CONNECTION 878-8500
1233 Apalachee Parkway in Tallahassee

STONE AGE Tallahassee Mall 383-0233

HEALTH FOOD STORES

HONEYTREE 1616 N. Monroe St 681-2000
NEW LEAF MARKET 942-2557

MARION COUNTY (352) OCALA

BOOKS & GIFTS

SOUL ESSENTIALS Ocala 352-236-7000
Crystals, rocks, gems, unique gifts, healing gifts
805 SE Ft. King St jensoul@embarqmail.com

CHURCHES

UNITY OF OCALA 101 Cedar Road 352-687-2113

HEALTH FOOD STORES

MOTHER EARTH MARKET 352-351-5224

OCALA GHOST WALKS

www.ocalaghostwalks.com 352-690-7933

MARTIN COUNTY (772) STUART

BOOKS & GIFTS

MYSTIC CHRONICLE Jensen 334-1899

CRYSTALS & GEMS

BELLA JEWELRY & GIFTS 219-8648
39 SW Osceola Street, Stuart 34994

DREAM CATCHER 692-6957
1306 NW Federal Highway in Stuart

HEALTH FOODS/CAFE

NATURE'S WAY CAFE Stuart 220-7306
PEGGY'S 5839 SE Federal Hwy 286-1401

BOOKS AND GIFTS

DREAMCATCHER 692-6957
Emerald Plaza 1306 NW Federal Hwy Stuart

SPIRITUAL CENTERS

UNITY OF FORT PIERCE 461-2272
3414 Sunrise oneness@unityoffortpierce.com

MIAMI-DADE (305)

BOOKS & GIFTS

CELESTIAL TREASURES 3444 Main Hwy 461-2341

9TH CHAKRA 1621 Alton Rd Miami Bch 538.0671

FAIRY'S RING 86 Miracle Mile 446-9315

HEALTH FOODS

WHOLE FOODS MARKET
21105 Biscayne Blvd in Aventura 933-1543
1020 Alton Road Miami Beach 938-2800

WILD OATS MARKETPLACE 532-1707
WILD OATS MARKETPLACE 971-0900

SPIRITUAL SERVICES

GEORGIANNA RIVERA 786-253-7250
www.theascendingsoul.com
Magnified Healing class/certification,
Ascension Ceremony Facilitator, Integrated
Energy Therapy, Akashic Record Consultation,
Ascension Study Group

MONROE (305) FLORIDA KEYS

HEALTHFOOD/JUICE BAR

GOOD FOOD CONSPIRACY 305-872-3945
US 1, Mile Marker 30 on Big Pine Key

MASSAGE & COLONICS

CAROL CHRISTINE 305-849-3263
Health is wealth, each one, teach one

NEW AGE BOOKS, GIFTS

BLUE MOON TRADER 872-8864
CRYSTAL LOFT 872-9390

OKALOOSA (850) FT. WALTON BCH

CHURCHES

UNITY CHURCH FWB 864-1232

HEALTH FOOD STORES

FEELIN' GOOD! Hwy 98 Destin 654-1005
GOLDEN ALMOND FWB 863-5811

YOGA, CLASSES, MORE

THE BAREFOOT YOGA STUDIO 850-678-8498
www.thebarefootyogastudio.net

ORANGE COUNTY (407) ORLANDO

BOOKS & GIFTS

AVALON Hillcrest St in Orlando 895-7439
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

CHURCHES

CENTER FOR MIND BODY SPIRIT CONNECTION A
Religious Science Church 407-671-2848
www.mindbodyspiritone.com

HERBAL CONSULTS,

Dawn's Enchanted Garden
Live Oak School of Natural Healing
352-669-1963 and 407-967-6042
Dawn @ Dawnsenchantedgarden.com

HERBS, GIFTS

LEAVES & ROOTS 407- 823-8840
9434 E. Colonial Drive in Orlando

MEDITATION GALLERY

SHIRDI SAI BABA CENTER 407-830-1276

METAPHYSICAL SERVICES

MYSTIC ENCOUNTERS BY RMF
Mystic Readings, Medium Sessions
Past Life Regressions, House Cleansings
Workshops/Classes/Events
Individual/Phone/Groups
Central FL Area (321) 544-6738

PALM BEACH (561)

BOOKS & GIFTS

EXPEDITO ENLIGHTENMENT CTR 561-682-0955
CHANGING TIMES 640-0496
CRYSTAL CREATIONS 649-9909
SECRET GARDEN 844-7556
SHINING THROUGH 276-8559
DREAM ANGELS 561-745-9355
SPIRITUAL AWAKENINGS Lk Worth 561-642-3255

CRYSTAL GARDEN 369-2836
2610 N. Federal Hwy Boynton Beach

COFFEE & GIFTS

MOTHER EARTH COFFEE & GIFTS 561-460-8647
410 2nd Avenue North in Lake Worth, FL 33460

CHURCH / CLASSES

UNITY OF THE PALM BEACHES 561-833-6483

HEALTH FOOD/CAFES

NUTRITION S'MART 561-694-0644
4155 Northlake Blvd Palm Bch Gardens
www.nutritionmart.com

SPIRITUAL DEVELOPMENT

ANDREA de MICHAELIS 321-722-2100
Phone Sessions • What's happening to me?
Working thru spiritual emergence
Email andrea@horizonsmagazine.com

PINELLAS (727) ST. PETE CLEARWATER

BOOKS & GIFTS

MYSTIC GODDESS Largo 530-9994
OTHER WORLDS St. Pete 345-2800

CHURCHES

UNITY OF CLEARWATER 531-5259
PEOPLE'S SPIRITUALIST CH 686-8362
TEMPLE OF LIGHT 538-9976

HIGHER LEARNING

COLLEGE OF METAPHYSICAL STUDIES 538-9976
Distance or on campus classes, www.cms.edu

HYPNOSIS

ST. PETERSBURG HYPNOSIS CENTER 452-5630
CLEARWATER HYPNOSIS 727-452-5630
FloridaHypnotherapy.com
Stop Smoking, Release Weight, Stress Reduction
Prosperity Thinking, Procrastination, Confidence
Free Consultation - Call Now

ST LUCIE (772)

SPIRITUAL CENTERS

CRYSTAL CENTER OF ILLUMINATION 465-9327
ACIM • TM • Yoga • Reiki • E-W Sunday Service

SARASOTA (941)

BOOKS & GIFTS

ELYSIAN FIELDS Midtown Plaza 941-361-3006

SEMINOLE (407) SANFORD

CHURCH, BOOKS, GIFTS

UNITY CHURCH OF CHRISTIANITY
4801 Clarcona Ocoee Rd ORL 407-294-7171

CRYSTALS AND GEMS

TIMELESS TREASURES 407-314-7478
Flea World - Sanford - A/C GOLD Bldg #18-20

GIFTS, CONSULTATIONS

LUNASOL ESOTERICA Sanford 321-363-4883

CLOTHING AND GIFTS

DIVINE MOTHER EARTH Sanford 321-363-4901

VOLUSIA (386) DAYTONA, NEW SMYRNA, DELAND

ACUPUNCTURE

Debra (Rusty) Gaffney AP, DOM. C.C.P.A., DCN
Acupuncture Physician, Oriental Medicine
339 E New York Ave DeLand FL 32724
386-734-4126 www.acudebra.com

BOOKS AND GIFTS

A LOTTA SCENTS 423-9190

CASSADAGA CAMP BOOKSTORE 228-2880
Certified Mediums Available Daily

ENCHANTED BOTANICALS 386-478-0341
120 South Woodland Blvd. Deland, FL 32720

MERLIN'S VISION in Deland 738-4056

THE PURPLE DOOR 31 S Hwy 17-92 753-9393

DAYTONA BOOKS & METAPHYSICS 236-9968

CHURCHES

CASSADAGA SPIRITUALIST CHURCH 386-228-3171
1250 Stevens Street, Cassadaga, FL

HERBS AND GIFTS

SPICE OF LIFE HERBS 734-0035
214 W. Beresford Ave Deland Open Thurs 11-6p
Wed, Fri, Sat 11-5pm www.spiceoflifeherbs.com

METAPHYSICAL CENTER

INT'L ASSN. OF METAPHYSICS (I.A.M.) 228-0910
140 E. Michigan Ave., Lake Helen, FL 32744
Classes, Seminars, Sun & Thu Light Services

PSYCHICS ROCKS & GEMS

PURPLE ROSE in Cassadaga 386-228-3315

GEORGIA

BOOKS & GIFTS

PHOENIX & DRAGON 404-255-5207
5531 Roswell Road • Atlanta, GA 30342
inside I-285 www.phoenixanddragon.com
Unique gifts, jewelry, psychic readings

Morgana Starr



**Author
Speaker
Psychic
Medium
Spiritual
Advisor**

**Personal Sessions with
Morgana can assist you at
gaining direction and finding
Divine peace in your life.**

PSYCHIC DEVELOPMENT CLASSES

Psychic/Mediumship
Readings &
Blueprint Readings
**Unveil your soul's
purpose**

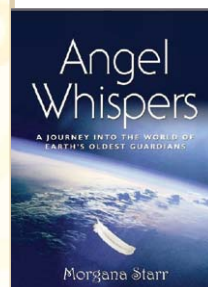


GRECIAN THEMED FUNDRAISER
PARTY FOR DOWNS SYNDROME
May 12 details on website

In Person (Cocoa & Melbourne
Areas) & PHONE sessions

*Readings at Creative
Energy some Saturdays*

GUIDED MEDITATION CD'S



Morgana's new-
est book, *Angel
Whispers, A
Journey Into
the World of the
Earth's Oldest
Guardians* is
now available on
her website,
Amazon and

Cassadaga Bookstore

321-506-1143

www.morganastarr.com

Gift certificates available

COVER ART



Seafriends: Magic & Miracle by Jane Delaforde Taylor

*'Which is more magical? This blue planet
or the Mind that can believe in mermaids and in miracles?...
Which more true - the wave's clear blue,
or eyes that see the glittering shoals of possibility?
The rushing ocean in the whispering shell
roars softly "treasure both as well!"
Magic and miracle are
Mind's loveliest daughters -
the dolphin children of her shimmering waters.'*

Jane Delaforde Taylor is an inspirational British artist whose work is now sold worldwide to collectors who love the depth of colour, movement and soul energy in her paintings. Already an established freelance illustrator, who has worked on over 200 books during the last two decades, she has recently returned to her first love - painting in oil on canvas.

"For me painting is one of the necessities of life, I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush! What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so much better than just plonking it in a gallery! I organise delivery myself, and get fantastic feedback and I know that the reason I painted a specific piece was because it was meant to be owned by just one special person - it closes the sacred circle of creativity in a very beautiful way.

I don't give lofty interpretations of my artwork, although I may have ideas of course - but the meaning in the painting is essentially the one that the viewer perceives, and that is how it should be. I just channel the image for them."

Jane's new work is available on her website:
<http://janetaylorart.weebly.com/>

Email Jane at chalicewell@hotmail.co.uk



SUGGESTED READING WATCHING LISTENING

CDS:

Relaxation Zone by Dean Evenson www.soundings.com
Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

Walking Behind the Moon by Elizabeth Owens
Paranormal, My Life in Pursuit of the Afterlife by Raymond Moody, MD
Emotional Equations, Simple Truths for Happiness by Chip Conley
Wabi Sabi Love by Arielle Ford

Spiritual Partnership by Gary Zukav
The Well That Never Runs Dry by Joann Davis
Be Love Now, The Path of the Heart by Ram Dass
The Seeker, the Search, The Sacred by Guy Finley
The Bushman Way of Tracking God by Bradford Keeney, Ph.D.
The Physics of Miracles by Richard Bartlett, DC. ND
The Wisdom of a Broken Heart by Susan Piver
The Now Effect by Elisha Goldstein, Ph.D.

Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles by Marianne Williamson
The Hidden Spirituality of Men by Matthew Fox
Do It Anyway by Kent M. Keith
365 Prescriptions for the Soul by Dr Bernie S. Siegel
How to Be Compassionate by His Holiness the Dalai Lama
The Secret Life of Water by Masaru Emoto
The Miracle of Water by Masaru Emoto

WWW.ABRAHAM-HICKS.COM

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

MUST SEE DVDs

Project Happiness

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

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

YOGA: A Natural Pathway to Godhood

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



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

Feel that your heart is full of love. Let your ego be surrendered and humility take its place. Love is the only way to live. We learn to love by loving God. Love God and you will love others also. Love God, love Guru, love your family, your brothers, your sisters, your children, your neighbors. Where there is love, there is no mistake. Where there is love, there is satisfaction. Where there is love, there is knowledge. Fill your heart with love. It is the basis of success, the basis of everything. It is meditation, devotion, beauty.

Pure love is called devotion, *bhakti*. Without bhakti, every sadhana is a waste of time. Without bhakti, every work is a waste of energy. Whatever you think, think with love. Whatever you do, do with love. Without love, life is a waste, energy is wasted, time is wasted. Where there is love, miracles happen. Where there is love, everything is complete. Where there is love, money, wisdom and prosperity will flow

Devotion is the basis of everything. Devotion is the highest form of yoga. True love is full of dynamic energy. Other types of energy run out. Where there is love, you can work like ten persons. You can work like giants and never get tired.

Where there is love, there are no shortcomings. All shortcomings become beauties of life or character. All mistakes become right, if there is love. If we do anything with love, it becomes a form of sadhana, spiritual practice, worship. Anything done without love is wasted. It is never accepted by the Lord.

YOGA SHAKTI MISSION

3895 Hield Rd NW Palm Bay 321-725-4024



Ma Yoga Shakti

Sundays 9-10am
Sunshine Lectures

First Saturday of month at noon
Vegetarian luncheon

See page 39

Email yogashaktipb@juno.com Visit www.yogashakti.org

Community Center for Healing Arts

Shamanic Healing
Acupuncture
Massage (MM8474)
Hypnosis
CranioSacral Therapy
Moon Ceremonies
Classes and Seminars
Visit our Store and Art Consignment



facebook

Check out our Events

Classroom
Space
Available

916 Columbus Ave., Melbourne, FL (321) 794-2242 (CCHA)

communitycenterforhealingarts@gmail.com



THE CRYSTAL GARDEN

BOOKS, GIFTS & SPIRITUAL CENTER

Angel Gemstone Oracle Cards

Includes 44 full-color, 2-sided cards



This beautiful and informative deck will familiarize you with gemstones, their powerful properties and how they can change one's reality.

Essential Oils

48 therapeutic, high quality essential oils and blends priced right.




info@thecrystalgarden.com 877-444-5099
www.TheCrystalGarden.com

Thoughts about things...

... from page 7...



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

Andrea de Michaelis, Editor

I don't write about luck and miracles to brag, but to let you know it's possible for you, too

A friend responded to a blog post saying I am always bragging about my good luck. I don't write about my experiences to brag, but to let you know it's possible for you, too. I write down my train of thought since it is that train of thought that keeps me in the flow and keeps good things coming my way. I'm no one special, but I know how special and powerful I can be when I can stay conscious of what I'm doing and hopeful about where I'm heading. In fact, when I can do that, then luck is a no brainer.

IS IT REAL? RED FLAGS AND BEING PLAYED

In transferring files from old diskettes to cd, I found a letter from 1995. A friend was concerned that I'd married someone I barely knew, who was now incarcerated. Being a 12th house Aries, I figured I was fulfilling my dharma. He was a law office client, we were dating, a DUI conviction sent him back to Texas as it violated an old lifetime parole condition not to drink alcohol. We wrote daily letters the four years he was gone and looked forward to our real life together. When I mentioned to a friend I was excited about Lee's release, they said all they could see were red flags.

In opening the old file, I see I'd written to my concerned friend, "I didn't want you to be concerned over obvious red flags, what is odd for some people is understood by me in a different way. Lee and I were already in discussion about how karma works, how energy works, how things come to us, how things leave us. We already did meditation and breathing together. We had already begun some projects together i.e. spending time on particular topics to show him evidence of how events and circumstances and people can come to us or change their behavior around us. And all we have to do is think along a particular line of thought with enough focus and the right focus. Without being attached to the outcome — the hard part.

We'd already begun a relationship, so when his court case came up, I told him to be prepared, it could be just the Universe playing with us, us thinking we're attracted to each other, but it gives us the opportunity to see where our beliefs and expectations were on (relationship) issues we were both personally working on.

His issues are that he knocked himself out for 20 years giving everything to a wife and son who didn't appreciate it or him and grew up with family who criticized him, so he thinks that's all he deserves and no one can love him for who he is. When the money stops, their attention stops.

My issue is I think personal relationships take me off my path and mission, but it's seldom an issue since there are very few who attract my attention. So when it's wrapped in a born again package, 20 years too young, replicating a lesson of several years earlier, I know the Universe is using me as a tool.

As soon as I realized it, Lee and I discussed it. I told him it didn't matter if it was real or not, that if we were to attract a good result out of this interaction, we had to throw ourselves into it and act as if it's real. That means never having the conversation, "is this real," or "will this last?" That means maybe the Universe designed this entire set up so that he could be a captive audience to work on his stuff, with the support of a loved one he could write to and depend on to help do what can be done.

We have our typical discussions but also talk about being in person with each other and are kind of navigating what that might look like. But my point is, do not be concerned about red flags. I am not doing something blind. Both Lee and I know that this could just be God's ploy, he says sometimes he thinks I'm playing him, pretending to care about him, when all I'm doing is helping him pass the time in there without losing his mind. He underestimates my selfishness.

I like talking with him, he has relevant thoughts and insights and is undergoing a transformation I'm familiar with. He's infatuated, as am I, so that's nice although I know likely it's just the kundalini moving as we do our work together. He enlivens my mind, and when my mind is enlivened, I attract happier circumstances and that always means more income, too. So, yes, bring it on, I will throw my whole heart into believing this is whatever I choose to think it is.

And if he comes home **Monday** and by **Thursday** we're done, then my work is finished there, and if we're in the midst of God's will LOL how can we not rejoice? So no worries for me, my friend, truly. I am the first one to cut, tuck and roll the second that balance arm tips too far. And as far as I see it, either way, everyone wins. Hugs, my brother Andrea" ### end of letter

Lee died in prison awaiting a liver transplant, and release. Rest in peace, my love.

And what's real anyway?

Enjoy our offering this month. Hari Om.



Andrea

Dark Night of the Soul

...continued from page 20

about enlightenment and awakening. It is convinced that it will achieve higher consciousness. This is ironic because by the time of the dark night, the ego is the main obstacle; it is the obstruction of the light of consciousness. It stands between you and your fulfillment. In fact, the length of your dark night is based on the cunning of your ego. It can fight a lengthy battle if it fears it's going to be destroyed or will have to give in to something much greater than it knows itself to be. Your ego wants to be in on the act of enlightenment. Ego wants to bring about higher consciousness by its own dramatic means. Certainly, it doesn't want to be granted fulfillment by a power outside of itself. Convinced that it is the doer, your ego holds on for dear life — until that event called the dark night of the soul, when your ego awakens to the profound fact that it cannot cause or bring about higher consciousness.

Ego cannot, by its will or other skills, create the wholeness of heart which will end your deep suffering. In a sense your ego recognizes itself — in the dark night — to be the disease. It recognizes that its foothold on your mind and heart has, at an advanced stage on your path, proven a great numbing agent and a high stone wall against the light. Ego stands against the fulfillment of your faith and the realization of your most profound yearnings. Finally your ego has found something it cannot do and, in the dark night of the soul, it becomes totally convinced it is inadequate. It cannot deal with your suffering or the fulfillment of the heart's yearning. Nothing it can do, think, say, buy, or travel to, will in any way suffice.

DAWN OF A NEW LIFE

Here in this dark night, the lifelong ego sense dies: impotent. Having fulfilled its part, now weak and incompetent, it is dissolved — transmuted. From a higher sense now awakening within you, you slough off your false sense of self. You now know yourself to be a different person than you thought you were. Your ego was merely experiencing some of the attributes, some of the qualities, of your true nature, while at the same time obstructing others. You, in passing successfully through the dark night, enter the realms of higher consciousness. You've been cleansed of the most deep-rooted sickness: your ignorance of your true nature and your inadequate, often totally wrong opinion of who you are. You now cease your inner conflict and abide serenely in your true nature. The night is over. The dawn of a new life in higher consciousness transforms your bleak life of the past few months into one with a heavenly nature. You have been delivered of the intolerable bondage to ego. Henceforth, you will walk the earth seeing others afresh, living a new life, and abiding in your true nature. You have become a son or daughter of higher consciousness. Now your words and actions will be attuned with your true self. Now you express inspiration and comfort. The dark night has passed. It is over.



ABRAHAM-HICKS

...continued from page 9

So, as physical beings who have been trained to do just about everything other than be sensitive to your vibration, most of you are including all kinds of things in your vibration that you don't know you're including. But, you're here in this physical time/place reality because you are Creators. And the manifestation isn't only to delight you — the physical manifestation is to help you know how you're flowing your Energy. When something happens in your experience, instead of getting so worried about it, because it's temporary, anyway — there it went again, there it went again — you can't hold it in your now, anyway.

Why you get so upset over things that manifest in real life, or in dream state, is illogical. Those manifestations are only temporarily there to give you a reading on how you've been vibrating — and if you don't like it, change the way you've been vibrating.

But, because most of you are observers you don't look at it that way. You've been trained to face reality, haven't you? You've been trained to *tell it like it is*. And so, if you're giving a lot of attention to what-is, then you're giving a lot of vibrational output about what-is. And what is the Universe doing? It's matching your vibrational output. It always does.

There's no such thing as exclusion. There is only inclusion. More simply, there's no such thing as no. There is only yes. When you see something that you want, and you say "yes" to it, you're including something that you want in your vibration. But when you see something you don't want, and you say "no" to it, you're including something you don't want in your vibration. Whatever you're giving your attention to, you're including.

So, as you watch the television, you say, "No. No. Don't want that. Get it away. What if this happens?" You're including every bit of that in your vibration — and it might turn up in a dream. The dream is there to show you that what you're vibrating, often without meaning to, you are still including in your mix. And so, the dream is a manifestation that says to you, "Look, this is what you're vibrating. Keep it up, and it may be a bigger part of your experience." Not just in the dream. Or it may become a recurring dream, or not just a recurring dream, it may start showing up in the people around you or in the experiences around you — because, what you're vibrating and what you are living are always a vibrational match. You have an enormous amount of leeway, but once it starts turning up in your dreams it's a pretty good indicator that it's been pretty heavily a part of your vibration.



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

HOROSCOPES FOR MAY 2012

Aries: March 21 to April 19 "I Am" There is so much change on the planet right now, everything is shifting, even relationships. People are moving, beginning and ending major life journeys. Change will happen most likely unexpectedly. Top off your reserves. You will soon be on your way to a new life.

Taurus: April 20 to May 20 "I Have" Knowledge is the biggest comforter for you right now. You will be starting a new career soon that will prove to be very lucrative. Your new position will have many benefits including travel, paid vacation, insurance benefits and paid continuing education. Your employer will pay for classes that you need to do the job. Congratulations!

Gemini: May 21 to June 20 "I Think" Opportunities this month have you working deals from both sides of the fence. You may be in love with two people, living with one and can't have the other. You love both of your jobs because of the variety you get to experience. Duality is truly the name of the game you are playing. If anyone knows how to double dip it is you!

Cancer: June 21 to July 22 "I Feel" It is easy to see that this month you need family, friends and fellowship. If you are single or do not live near family and are lonely, go to meet up.com and possibly join one of many groups in your area or start your own of whatever you are interested in. But really, stay off the couch and lock the refrigerator.

Leo: July 23 to August 22 "I Will" The limelight is your most comfortable place in the world except for this month. You are being called upon to go within to rejuvenate yourself and find important answers to important questions. Once your retreat is

over, you will be energized and ready for what is next in your life.

Virgo: August 23 to September 22 "I Analyze" Get ready, set, go! Your life is on the verge of changing for the better in big ways. Your sense of self esteem and worthiness may fluctuate as well. Who you put yourself out as is different from who you were even one year ago. No worries, just keep in mind that your life is on the mend.

Libra: September 23 to October 22/23 "I Balance" You strive for balance in all areas of your life. It is natural to not live up to other people's expectations of who they think you should be. Most importantly, your search for balance in your financial arena is up for grabs this month. Your financial success is up to you and what will make you happy. Set the bar higher and higher so you can succeed at what you love.

Scorpio: October 23 to Nov 21/22 "I Transform" Your money situation is really good right now. Whatever you are doing, you can take it on the road and reap many rewards. Being a teacher seems to be natural for you. As long as you love what you do, then you will reap many rewards. As your heart heals, the rewards you will reap will be more than you can count.

Sagittarius: Nov 22 to Dec 21 "I Perceive" Focus, intention is the key ingredient in understanding emotional issues from the past. As you keep your mind open, so will your options be clearly defined. Yoga, meditation and affirmations are the keys to opening the flood gates to your intuition. Having clarity will help you make the appropriate choices in your life.

Capricorn: December 22 to January 19 "I Use" Your home is your haven and the best of life happens there. Your creations are very powerful these days, so be clear with your intentions. Make sure that whatever you do, that you put yourself first! If momma is not happy, no body is happy! Have fun and be passionate with your life, have no regrets and learn as much as you can from books, people and travel.

Aquarius: January 20 to February 19 "I Know" What ever you want can happen as long as you don't settle for less and stay out of fear. Follow your heart and the rest will take care of itself. Exercise will be the key to ridding yourself of stress and strife and the outcome will be a thinner and happier you. Food, yes, many healthy choices you will make to keep yourself healthy and happy.

Pisces: February 19 to March 22 "I Believe" Your sensitivity is very strong now. You are so sensitive to others and your own surroundings as well. You sometimes feel like you should be in a convent praying and meditating all the time. That is not the case, you have way to much to share to isolate yourself from the rest of the world. You have a light that is brighter than most so don't be afraid to shine.



Barbara Lee
208-773-7822

Psychic & Astrological
Phone Consultations
Astrological Chart Service

Visa / MC accepted
Email barbaralee21@roadrunner.com
www.IntuitiveReflections.com

Order a Natal Report
receive a one month
Transit Report FREE



Wildwood Botanicals
Premium Massage Lotion and Cream

Wildwood Botanicals Premium Massage Lotion & Cream
Visit website at www.wildwoodbotanicals.net
Email info@wildwoodbotanicals.net (208) 773-7822

HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*

YOGA SHAKTI MISSION



Ma Yoga Shakti

Sunshine
Lectures
Sundays
9 - 10am

*Talks on
Spiritual Topics*



First Saturday
at noon
VEGETARIAN
LUNCHEON
\$10 donation
(children free)

BOOKS BY MA YOGA SHAKTI

Techniques of Meditation to Enhance Mind Power \$10

The Seven Invisible Psychic Lotuses \$10

Yoga Syzygy Guide to Hatha Yoga \$15

Shri Satya Narayana Katha \$5

Chandogya Upanishad \$5

A Spiritual Message \$5

Hanumaan Chalisa \$5

Yoga Aasana Chart \$2

Newly

re-released:

Spiritual Message
just \$5. Tips on daily
spiritual practice,
silencing the mind

Ramayan
Chanting
Sundays

10:15-11:15 am

Bhajans/Kirtans
First Wednesday
6.45- 7 45 PM

YOGA CLASSES \$7 Per Class
or \$25/month unlimited

Monday 7-8pm
Gajendra Giles

Tuesday 7-8pm
Maryann & Jim Loafman

Thursday 7-8pm
Chip & Shyama Iacona

YOGA SHAKTI MISSION

3895 Hield Rd NW Palm Bay

321-725-4024

Email yogashaktipb@yahoo.com

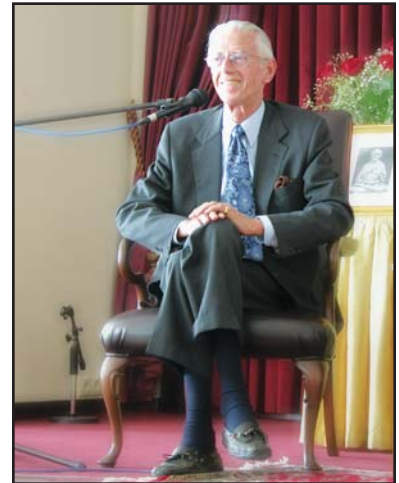
Visit www.yogashakti.org

HORIZONS MAGAZINE
575 Escarole Street S.E.
Palm Bay, FL 32909-4802



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

Center for Spiritual Awareness world headquarters and meditation retreat center is in the northeast Georgia mountains. Our spiritual director is Roy Eugene Davis, a disciple of Paramahansa Yogananda.



Frequently Visit Our Web Site: www.csa-davis.org

Free publications to read or download; articles in several languages; news and photos; Kriya Yoga meditation retreat schedules; order books, DVDs, and CDs. Request free literature online, email info@csa-davis.org or telephone 706-782-4723 weekdays.

Center for Spiritual Awareness Post Office Box 7 Lakemont, Georgia 30552-0001

Our Florida Meditation Teachers and Groups

**FORT PIERCE: Katherine Geddes geddeskatherine@aol.com Tel: 772-332-2052
www.meditation-csa-florida.com**

LIVE OAK: Sandra Faye Sundari2S@aol.com Tel: 863-529-4113

MIAMI: Clifford Rosen cdrosen@rosenassoc.com

PUNTA GORDA: Linda Weser wellspring7@verizon.net Tel: 941-423-0029

STUART: Hascia Marder hascia.mar@gmail.com Tel: 772-463-9239

ST. PETERSBURG / TAMPA: Don Glassey DGlassey@tampabay.rr.com Tel: 727-290-6353

TALLAHASSEE: Leslie Hanks leslie@leslieyoga.com Tel: 850-385-6904

Tim O'Brien Timobr@aol.com Tel: 850-668-0696