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*Blessings to all of our Mothers
whose unconditional love
continues throughout
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Happy Mother's Day!*

SYMBOLISM OF TAROT CLASS

With Kathryn Flanagan



The class will run from **Wednesday, May 21, 2014** through **Wednesday, June 25, 2014**, **6 to 8 pm** at The Book and Bead Outlet in Merritt Island, FL

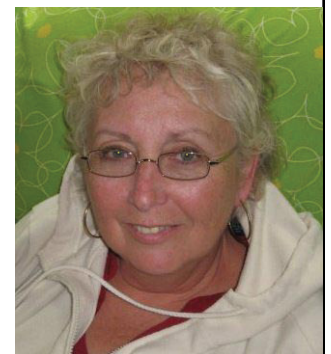
This class is for the serious student of metaphysics. It is designed to engage your interest in the universal symbolism contained in the Tarot cards. As the symbols on the **Rider-Waite** deck are the most popular ones used, this deck will be used as the base for our study. If you use another deck, please bring it.

This will be a six (6) week class beginning with the symbology/meaning of the **Major Arcana** for the first three (3) weeks, moving onto the **Court** cards and suits, and, if time permits, layouts and spreads. **Ethics** will be sprinkled into all classes.

The class will be taught by Kathryn Flanagan, who has been doing readings for over 30 years. Kathryn has been a student of metaphysics all of her life. She has given talks and classes in the Twin City area of Minnesota; Boston, Mass.; Kilkenny, Ireland; Santa Fe, New Mexico; and in Brevard and Indian River counties of Florida.

The cost is \$20.00/class, or \$110, if paid in advance. A minimum of 5 students is required to hold the class.

Please call Chris at The Book and Bead Outlet (321-453-2665) to register.



Kathryn Flanagan is a reader at the **Book and Bead Outlet** on Wednesday afternoons and **Creative Energy, Melbourne** on Fridays and alternate Saturdays.



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MAY 3, 2014 -- SATURDAY (10am - 6pm) -- BELTANE FESTIVAL and PSYCHIC FAIR -- Ritual at 1pm.
Celebrate the May Day Rites of Purification and Fertility with Ritual, Healings, Readings, visits with talented Vendors. Readers, Healers are \$20 per 15 minutes.



MAY 17, 2014 -- Saturday (12:30pm - 5pm) -- REIKI II with REIKI MASTER WAYNE LEE -- Certification in Reiki I required to take this course. Learn more about connecting with and using Reiki for energy work and healing. Individual Attunements are given at the end of the class. Prepaid registration required. (\$125.00)

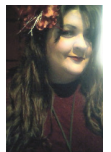
MAY 4, 2014 -- Sunday (3:30pm - 4:30pm) -- MEDITATION GROUP -- facilitated by Ann Moura. This month: a guided meditation CD. Refreshments provided for grounding afterward. (\$2.00)

MAY 24, 2014 -- Saturday (1pm - 4pm) -- CREATING MAGICAL LOTIONS, SALTS, and SCRUBS with MYSTIC HEATHER Z -- Hands-on learning to make lotions, salts, and scrubs for bath/shower with pure, safe, organic ingredients. Workshop incorporates Eastern and Western magical traditions including Kabbalah and the Craft. Handouts, recipes, and materials provided. Refreshments. PREPAID REGISTRATION REQUIRED. (\$35.00)



MAY 7 and 21, 2014 -- Wednesdays (3pm - 6pm) -- READINGS with TORRE' -- Psychic Medium of Cassadaga. By appointment at 321-439-3073 or 321-363-4883. (\$50 for 30 minute reading/\$75 for 1 hour reading).

May 25, 2014 -- Sunday (2pm - 5pm) -- PAST LIVES WORKSHOP -- with Torre', acclaimed Psychic Medium of Cassadaga. Learn how past lives events connect to our present lives, and how to heal and clear negative influences from the past. Prepaid Reservations required. (\$50.00)



MAY 10, 2014 -- Saturday (1pm - 3pm) -- THE HERBAL MEDICINE CHEST with SEGOMAROS -- Learn how 12 herbs and essential oils can be used for healing everything from cuts and scrapes to colds and flu. (\$25.00)

Come say hi in person to Andrea on Mother's day, bring a question for your mini reading

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Andrea de Michaelis: Psychic and Tarot for 30 years, Publisher of Horizons Magazine

Kathryn Flanagan: Psychic, Reiki Master, Shambala Master and 3rd MariEI practitioner

Daena Croghan: Rune Readings, Certified Medium, Melchizedek Method of Healing

April Rane: Psychic medium, channelling, author

Sherry Oliver: Tarot, Astrology, Psychic

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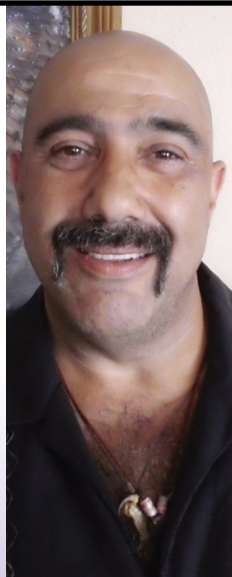
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**The greatest
optical illusion
is separation**

HORIZONS

**Publisher/Editor/Layout
Distribution/Billing**

Andrea de Michaelis

On the Cover (page 26)

Great Cosmic Mother
by Melissa Harris

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



**Horizons thanks
everyone willing
to take the risk**

HORIZONS MAGAZINE is distributed FREE each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

ARTICLE SUBMISSION: You may submit articles of 200-900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com, along with a 50 word bio telling who you are and how to contact you. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for as an ad.

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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



**YOU ARE LOVED AND
 GUIDED MORE THAN
 YOU CAN IMAGINE**



Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the May 2014 edition of Horizons Magazine. Happy Mother's Day and happy birthday Mommy! I applaud the women who chose to take on motherhood since it was never a job I'd have signed up for. I would have lived a much different life had I raised children. I am grateful to have lived the life of freedom, adventure and joy I've lived.

A friend and I were talking about having carved comfortable lives for ourselves, both being self employed from home. We enjoy what we do so much that it's easy to get into a rut without realizing it. I'm guilty of that. It's a fun and comfortable rut in which I'm completely content, but unless I do something different, there won't be much change. I like change. It excites me and motivates me into new thought and action. It catapults me into a new sense of reality.

I just rejoined **Planet Fitness**, and it was my first time back in awhile. There were new faces, new machines, new sights, sounds and smells. All my senses were fully engaged. I spent an hour out of my typical element, doing something I hadn't done in almost a year. In that hour, I felt all my stress drop

away and I felt new energy moving. Not just in my body due to the extra activity, I witnessed fresh thoughts and ideas moving in my mind. It was like I was on the mountaintop, looking down upon the bigger picture of my life. I saw that projects I'd been contemplating would not suit my purpose. I discovered opportunities that hadn't been apparent to me before. The path unfolded before me more clearly.

And all because I took myself for an hour out of my typical environment, and got myself among people I did not know, doing something that fully engaged my mind and body. I created the space for new energy to flow. After I returned home, I kept myself in silence for 3 hours integrating what I'd just experienced, and that is when the insights began to unfold.

Energy moving means past momentum catching up, so I arrived home later that night to find my account was hacked from FB - sorry if you got an email "Subject: RE: Fw: Re:" I may know how it happened. The day before, on **Facebook** I went to "Settings" and chose "Download a copy of your Facebook data." <- **Don't do that!** Anyone in my FB friends list who lists their email address in their **Facebook** info got spam emails from my **AOL** account. I know it's connected to Facebook because many of the names it went to are FB friends I don't know and don't have in my AOL address book. Several friends who do not list their email address on FB yet I have in my AOL address book did not get the spam email.

How did I attract that? Past momentum from previous actions surfacing to be healed, clearly. My experience is that's all it ever is, no matter what it is cloaked in. Past momentum brings an opportunity to resolve anything from the past that needs resolution. I heard from over a hundred who'd received the email, many I did not know. I heard from people I knew in high school. I heard from people I knew and worked with in the 70's and 80's that I didn't even realize were FB friends.

...continued on page 28...

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ABRAHAM-HICKS



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

the Law of Attraction and their dvd, The Secret Behind "The Secret." Visit www.abraham-hicks.com.

FOCUS ON THE WELL-BEING OF YOUR PLANET

GUEST: I'm a very, very powerful manifestor and I love playing in this life, um...

ABRAHAM: You believe her don't you?

AUDIENCE: Yes.

ABRAHAM: Because there's no split energy in her vibration when she makes that statement.

GUEST: Of course there's something because I'm here in this hotseat. Um...

ABRAHAM: It's alright to come to the hotseat and just gloat about your worthiness.

GUEST: [...laughing...] Okay, I love what I do, and I'm looking out in the morning, and the blue sky and fluffy clouds, and then by 4 o'clock I see... well, during the day I'm watching these strips of planes go by, and the aerosol spraying that's happening, and then suddenly - not suddenly - but by 4:30 PM or so it's a haze up in the sky and, um, I have a hard time not being affected by that. And it's not just that, but it's, you know, I feel like, um, we're being bombarded from so many angles. The water, fluoride in our water, um, the GMOs in our food, um...

ABRAHAM: Well, the most important thing that we want to give to you, and you may not hear it as clearly as you will later, but we're gonna give it to you with everything we've got anyway.

You are Leading-Edge creators which means you are adaptive beings. You are not fragile, you are not vulnerable, and you are not at risk. But when you play that STUPID game, you disallow the Well-Being that is there for you.

GUEST: I got it.

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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 visit www.yogashakti.org (321) 725-4024. 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. See page 31.



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I would like the whole world to unite

My spiritual mission is to unite people. Make friends. Learn to live together. Learn to enjoy together. Learn to share.

We are all living on this planet and I would say we should all expand our consciousness.

Everything that happens is like a warning. Pain is a warning from nature. Be careful. Any trouble that comes is to correct our steps.

We have a prime duty to learn to stand on our own feet.

Neither by listening to lectures nor by being intelligent can you reach the goal.

You have to keep your soul happy.

There is a saying "If you walk seven steps with someone he is your kith and kin. I changed it to "If I have three words with someone he is my kith and kin". Those who attend my Satsang are my family.

Spiritual teachings are to help you and are for your good if you respect them. You have to love, honor and respect the teachings and they will help you.

Reverence should be on top of your list.

A rolling stone gathers no moss. You have to be focused in life, not always changing. Right or wrong go ahead in one direction. Flirting is not your mission in life. Those who go on changing all the time have no anchor. Every ship needs an anchor so it is not swept away by the ocean.

If you have many talents but no purpose, then also you are drifting like a feather moving in the wind. You need to be anchored in life and find out what is your purpose in life.

Rev. Andy Conyer

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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

NOTES from the Universe

What if in "heaven," you also have to think of what you want before you get it? You have to start every windfall with your own little blowing? You have to do what you can, with what you've got, to make stuff happen?

Yeah, that's what I said! You're going to totally own the place.

Cowabunga - The Universe



Why Are Pain Bodies like Scared Animals?

Armand Della Volpe: I am a lover of humanity whose search for truth has led me to realize how little I loved myself. Correcting negative images of myself and using that knowledge to inspire the world to do the same through my music, message and mirth is my life's goal. I am blessed to have attracted my twin flame Angelina to share this journey with me. Visit Armand online at <http://www.armandandangelina.com>

Have you ever known someone that you absolutely adored, yet if you spent too much time or had too much intimate communication, there was volatile conflict? This is what has inevitably happened time and time again with my older sister **Skyy Michelle** for about 48 years. In **December of 2012**, we mutually agreed to keep our communications to a minimum and have had no conflict since and only very loving communications.

But what if you don't want to just be casual friends with someone whom you have this triggering pain body dynamic. This will require much finesse, self-care, courage and compassion. Volatile conflict is the result of unhealed or unidentified pain bodies. Imagine that these pain bodies are like scared animals. You and your friend absolutely adore each other and you each have one of these scared animals with you at all times. Sometimes the scared animal is locked up. Sometimes it is free to roam and other times it is on a leash. The trick is to make sure these scared animals don't get too close to each other because there will be a fight and most likely some emotional, mental or even physical bloodshed.

If either party had a healed pain body, the other scared animal would have nothing to fight with. Some people's scared animal is free to roam and unidentified, and will bark and bite anyone at anytime. Unfortunately, unless we are fully healed of our pain bodies, other people's scared animal is gonna find ours and pick a fight. For most of us, our scared animals are either locked away/unidentified or leashed/identified. As long as everyone involved has identified their pain bodies and are conscious of how to keep them on a short leash while healing them, they will be able to have intimate conscious loving relationship.

This is serious relationship yoga and I am only just beginning to learn to navigate these waters. Fortunately with Angelina, our pain bodies rarely fight with each other. This is what I call complementary pain bodies vs. triggering pain bodies. Most of my friends are complementary with me and I have often avoided or run away from those people which were too triggering. I realize that I did this to protect myself, which in many cases prevented me from becoming more conscious and healed. I now choose to practice scared animal taming with those with triggering pain bodies as long as the other parties involved are also equally committed to this practice. I will keep you posted as to how this new awareness develops. Thank you Thank you to all my triggers for they continue to inspire me to heal my scared animal.



*To Promote the Religion,
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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

SEASONAL ALLERGIES

Allergic Hay fever is caused by the improper reaction or the over re-action of the immune system, where the immune system thinks its protecting itself from an outside allergen. Causing inflammation, excessive mucous, sneezing, watery eyes and runny nose depending on the person's response system. Signs of allergies can be circles under the eyes, watery eyes, itch eyes, sneezing, wheezing, constant headaches, rashes, hyperactivity and irritability.

With seasonal allergies it's important to tone and strengthen the adrenal glands, kidneys, liver, digestive system and the respiratory system. Supporting these areas helps to filter out waste products from the body and helps the body cope with the stress of coping with the allergens.

Prior to allergy season rolling around it's important to pay attention to the foods that are being eaten. Getting more yogurt, fresh fruits and vegetables, grains and nuts may help because these foods are high in Vitamins A, E, B, C, magnesium, potassium, zinc and calcium, which can help prevent allergy attacks. Cutting back on alcohol and smoking helps because these can cause a depletion of vitamin C in the body. Other foods that would be helpful to cut back on are caffeine, chocolate, dairy products and processed foods.

The tincture I would suggest prior to allergy season would contain: 1part Astragalus, 1part Elder, 1part Plantain, 1part Nettle, ½part Ginko biloba, 1/2part Anise, using ¼ tsp of the tincture 3 times per day.

The herbs in this formula contain flavanoids, which have anti-inflammatory properties helping reduce runny nose, watery eyes and ear congestion. They also help build up the body's immune and respiratory system. They are high in the vitamins and minerals that are needed to build up the body preventing attacks during allergy season. They have astringent, demulcent, expectorant and antioxidant properties helping clear up congestion by stimulating the secretions of fluids thinning out and removing mucous buildup. They also help coat mucous membranes so allergens don't irritate them.

Finally a Neti Pot can be an allergy sufferer's best friend. This should be done at least one time daily, it helps clear out the nasal passages. All you need to use with this is a pinch of sea salt and some baking soda to take the sting out. If the problem is really bad then you can do a snuff of Golden Seal afterwards this will burn like crazy but it gets the Golden Seal right up to the area where it is needed.



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Visit www.herbcorner.net for articles, recipes, newsletter

ABRAHAM *FUN*



Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. You can join Karen's "Abraham Fun" group on FB and like her FB page, "Soulsongs." karen@karenmoneywilliams.com.

The Nature of Things

This planet was not set up to be a place of perfect peace and harmony. It was set up as a place of immense variety - teeming with situations I would love to experience, situations I would love not to experience, and everything in between.

Despite this wide contrast, I came into physical expression feeling eager for the adventure of it all. For I knew something way-back-then that I'm in the process of remembering now: The contrast serves to stimulate my desires and preferences, all of which can be manifested when I get the hang of it.

And my every desire and preference (get this!) actually pulls life-force into my body and contributes to the expansion of the Universe. (The mind boggles.)

I have total control over my experience in this varied place because I have total control over my mental focus.

And I can usher in the life of my dreams by repeatedly directing my attention away from that which I don't like and want and toward that which I do like and want.

This is a world of both health and disease, abundance and poverty, connection and loneliness, triumph and tragedy.

It serves no purpose to lament the nature of things. But it serves every purpose to direct my focus so that I move towards the health-abundance-connection-triumph category and then model that life for all who want to know.

SOLAR AND LUNAR CELEBRATIONS



Debra Strasser's blog can be found at <http://the5thingsineed.wordpress.com/>
Email her at dstrasse500@gmail.com

The first day of May is celebrated as a national holiday in many parts of Europe, bringing with it old traditions of May Poles, dancing, music and flowers. Also known as Beltane, it celebrates the themes of fertility and beauty. Have you heard of the lore of rising at dawn on May Day to wash in the morning dew? The man who washed his hands in the dew of May Day gained skill in opening knots and locks, in mending nets and disentangling ropes. The woman who did like-wise could unravel tangled threads with ease. The plainest girl will be beautiful if she rises early on May Day and bathes her face in morning dew at sunrise. May Day is a beautiful day to surprise someone you love with a bouquet of flowers.

Mother's Day will be celebrated on Sunday May 11th. While Mother's Day is a 20th century creation, the honoring of motherhood and creation can be traced to ancient Roman festivals celebrating Cybele, Demeter and Lucina. Motherhood has meaning beyond giving birth. Anyone who nurtures, protects and creates embodies the spirit of the mother.

May's full moon is called the Full Flower Moon and will occur on Wednesday, May 14 in the sign of Scorpio. This can be an emotionally intense combination. We can decide how our emotions will flow in this watery sign. Will we burst like a dam or gently water the things we have planted? Examine how your emotions control your decisions.

This month wraps up with a new moon in Gemini on Wednesday the 28th. This is a sign of communication and intellect. Find someone to share your ideas and ambitions with and create new partnerships using the energy of the Divine Twins.

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SEE PAGE 29

OPEN MIND ZEN



Al Rapaport is Director of Open Mind Zen Center in Melbourne, FL. He is an authorized Zen Teacher who continues to experiment with melding ancient eastern and modern western techniques for awakening. Email openmindzen@aol.com and visit www.OpenMindZen.com. The following is excerpted with permission from Open Mind Zen A Guide to Meditation by Al Rapaport .

Peace and Setting the Mind

The fact is that the search lasts for as long as we believe we are lacking something, something that a teacher or a teaching can supply us.

Everyone appears to be searching for peace of mind. Case 41 of the Gateless Barrier addresses this issue directly:

Bodhidharma sat in zazen facing the wall. The Second Patriarch, who had been standing in the snow, cut off his arm and said, "Your disciple's mind is not yet at peace. I beg you, my teacher, please give it peace." Bodhidharma said, "Bring the mind to me, and I will set it at rest." The Second Patriarch said, "I have searched for the mind, and it is finally unattainable." Bodhidharma said, "I have thoroughly set it at rest for you." - Mumonkan, Shibayama, page 285

In this koan we can see that no matter how serious of a search we are engaged in, no amount of exertion will bring us peace of mind. Even cutting off our arm to show how strong of a student we are just creates more suffering.

The problem is that the controlling ego is always looking for something outside itself to solve its problems and give it peace, when the very issue is the search itself, not the fact that something is missing. In fact, the ego is biologically programmed to continually seek more, better, bigger, faster or whatever. This very drive to continue to make things better or easier is an integral part of what it means to be alive, and yet at the same time this tendency can be our own worst enemy.

This is because if we allow ourselves to be constantly distracted from the present moment then we never totally experience any moment we are actually in. At the end of the day this results in a feeling that we are not satisfied with our life, which leads to wanting more of everything to fix it. A bigger house, new relationship, more money or more toys are seen as the pathway to happiness and satisfaction, and yet when we get what we want we just end up getting tired of it and wanting something else. This cycle never ends and never results in attaining peace of mind for any length of time.

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In his book, *Stumbling on Happiness*, Harvard Psychology Professor Daniel Gilbert cites the fact that Americans who earn \$50,000 per year are happier than those who make \$10,000 per year, but that Americans that make \$5 million per year are not much happier than those who make \$100,000 per year. (Gilbert, page 217)

...continued on page 27...



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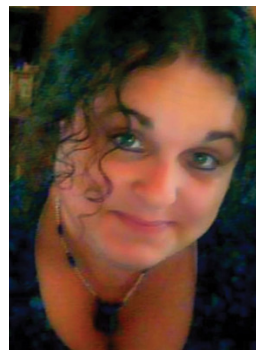
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Let Your Garden Grow

Donna Rinelli lives in Florida and works as a Respiratory Therapist and is the author of a self help book called Breath of a Child. It's when she is helping others that she feels her best. Her blog is Breath of a Child at <http://www.breathofachild.blog.com>

When we want something in life, we first must have patience. Because we live in a world that has instant gratification, we forget that things take time and we lose patience.

The journey will help you gather experience and events that prepare you for the future. This helps to give you the full effect of what you want in life.

At times we forget this and that is when we lose track of what we are working hard for, and this is what get us off track, turning us off of what we really want in the first place. When working for the future, we first must remember that with each experience comes a reward for the next event.

At times when things do not go quickly enough, we get off track and look at it as failing. When in reality it's just starting to grow from the seeds you planted.

We cannot force perfection and the future. We have to give it time to grow and flourish; giving us the fruit we want. Harvest time will come if we wait and allow each step to be enjoyable, not losing focus on our projects.

Each step connects us to things and people that will help us through the next step.

Allow these events to flow with the energy that is needed in your life, and allow the world to catch up with your needs.

That day will come when your garden harvests and will give you wonderful fruit.



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Dear Michelle,

I'm from a traditional religious background and want more details about Heaven. Everyone here on Earth has experienced some type of cruelty so once we go to Heaven will people understand the error of their ways? Is judgment day real? -A Baptist from Alabama

Dear Baptist, Every soul goes through a similar process during the transition that we call Death, you'll first drop the body much like unwanted clothing. The light of Heaven opens and you are drawn to the radiating and magnetic energy of God's unconditional love. This transition is actually your birth into the next stage of your eternal journey. A home welcoming party is waiting and you'll be greeted by loved ones and other souls that you had long forgotten. It seems as if a fog has been lifted and you are in a state of knowing... as you form a question, the answer has already been revealed.

Soon after you'll experience a Life Review with God and your Guardian Angels. We each review our Earthly journey. It's much like watching a movie and you are the star. You assess your life from beginning to end and come face to face with every person you've ever met. When you see someone that you've hurt, you'll change places with them and will feel, see and hear everything they were going through at the time you were cruel to them. Likewise you will feel and experience every smile and joy that you've given from the other person's perspective. You will re-live every pain that you've inflicted and every pleasure that you gave. Our Heavenly judgment is really a life evaluation. We are our worst critics. It is then, during this review that you will fall to your knees with sorrow from seeing, feeling and re-experiencing your life from the others perspective. This is our Judgment Day, there is no fire and brimstone; only self-inflicted agony. We are reaping what we sowed. Only then do we know how deeply our deeds impacted other souls and we see and know the ripple effect of our actions. Because when we hurt someone deeply - it spills over and touches other lives too. In Heaven we have eternity to heal from the emotional wounds of our earthly journey and eventually we to learn to forgive ourselves as we continue to learn, grow and spiritually evolve.

...continued on page 29...



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Safety is Not our Goal

While driving on a country road, I passed the parked truck of a tree trimming service. High above the vehicle a workman stood in a cherry picker, sawing overhanging branches. Beside the truck, facing the road, stood a large sign, bold black letters against a bright orange background: **SAFETY IS OUR GOAL.**

Something about the message bugged me. While I recognize the importance of safety on the job, there is much more to that job—and to life—than staying safe. If safety is your main goal, you won't get much done and you won't have any fun. In a way, the sign was a lie. If safety was the real goal, the workers could come back to their supervisor at the end of the work day, and he would ask them, "How'd you make out today?" They would answer, "We didn't get any trees trimmed, but we stayed safe." If that conversation truly took place, the company would soon be out of business.

I played in my mind with various scenarios of how the world would be different if safety were more important than progress:

Exploration: Columbus to Queen Isabella: "Are you crazy? I'm not going out on that ocean to look for a new world. If the earth is really flat, my ships will fall off the edge of the world."

Politics: Barack to Michelle Obama: "We've never had an African-American President. Do you realize how much money we could lose and how embarrassed I would be if I ran and lost?"

Sex: "I could get a disease, or have an unwanted baby, or God might punish me for having so much pleasure. Even worse, I could get intimate, involved, and committed."

Air flight: Captain to passengers: "Studies show that the chances of crashing are greater if we get into the air, so we are going to just sit on the runway."

Business: Steve Jobs' parents to Steve: "Why risk your career on the fantasy of a personal computer? Stick with a safe career in calligraphy."

Business, thirty years later, parents to child: "Why risk a career in calligraphy? Stick with a safe career in computers."

...continued on page 20...

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ABRAHAM-HICKS

...continued from page 8

ABRAHAM: It's like all that is Non-Physical and all that is good is all queued-up and flowing to you, and you've got yourself all walled-off as you use facts and truths as your reason to disallow the very solutions that you're looking for.

You can't have it both ways. You cannot keep problems active with in you and be part of the solution. You just can't do it. And the way you feel in the moment, that's your guidance saying, "This isn't getting you where you want to be, this isn't getting you where you want to be..."

GUEST: I watch cat videos, okay.

ABRAHAM: "...wanna take a different tact, wanna take a different tact, wanna take a different tact, wanna take a different tact? Wanna be a thriver? Wanna be one who excels? Wanna feel invincible?" You see?

GUEST: And I feel I'm healthy. I feel great.

ABRAHAM: Your planet is healthy, your planet is healthy. You just don't get back enough to take a broad enough view. And you listen to the voices of those who have something to gain if they can convince you that there's a condition that needs to be changed. And we're not saying that there are not conditions that you are not seeking improvement about, but we are saying that beating the drum of the problem condition does not bring you to the solution ever, ever, ever, ever, ever, ever, ever, ever, EVER! And there are enough of you, fortunately, there are enough of you who are not focused upon the problem.

That's why the flora and fauna is so important about your planet, and that's why in some ways that you're worried about it. But we promise you, they are not worried, they just migrate to the conditions that serve them best.

So then you say, "Oh, there's a problem... there's a problem... there's a problem with this part of the ecosystem," but the part of the ecosystem that lives there is adapting and moving and changing and thriving and in sync with Source Energy. And then you say, "But what about the parts of the ecosystem that are now extinct?" And we say, "How do you tell if they are extinct or if they are expanded? How do you know if they are extinct or if they are evolved? How do you know if they have not adapted and changed, you see?"

...continued on page 26

Alan Cohen



...continued from page 16...

THERE ARE TWO BASIC ATTITUDES TO LIFE: REPARATIVE AND CREATIVE. The reparative path is based on survival, self-protection, and fixing what is broken. Life is a problem and our role is to make the best of a bad situation. The creative path is founded on exploration, expansion, and celebration. Life is an adventure to enjoy. The sign on the reparative path reads, "Safety is our Goal." The sign on the creative path reads, "Plucking the Fruit of Life is our Goal."

Certainly there are moments when we need to fix stuff and deal with what is broken. But that is the lesser part of the game, just as safety is the secondary goal of tree-trimming. Fix what you need to fix when you need to fix it, but get back to creation as soon as possible. Even if you have to fix something, an attitudinal shift can make the process fun.

A lovely essay was going around the Internet, musing about how much fun we had as kids without needing all the protection prescribed today. We pedaled bikes without helmets, rode in cars without seat belts, and went trick-or-treating without parents shadowing us to keep us from getting molested. Somehow we survived childhood without elaborate defenses, and had fun in the process. I am not saying kids should abandon helmets, seatbelts, or parental supervision on Halloween. I am just suggesting that there is more to life than protection.

For a penetrating lesson in the contrast between trust and protection, watch a delightful documentary called Babies. The film follows the social training of babies in four different cultures: African, American, Japanese, and Mongolian. An opening scene shows the African baby, sitting naked on a dusty plain, playing with some bugs, having a grand time. Next we see an upwardly mobile San Francisco family bundling their child in Oshkosh designer wear, strapping him onto a complicated bike seat, protected to the hilt with all manner of safety devices. The African kid looked happier, and so did his parents. One has to wonder just how much protection our children need to be safe and happy? And us?

In 85-year-old Nadine Stair's famous essay, "If I Had my Life to Live Over," the author confesses, "I've been one of those persons who never goes anywhere without a thermom-eter, a hot water bottle, a raincoat and a parachute. If I had to do it again, I would travel lighter than I have."

It's never too late to travel light or to have a happy childhood. Perhaps it's time to post a new sign by the truck: SUCCESS IS OUR GOAL, AND WE'RE HAVING A GOOD TIME GETTING THERE. Trim the trees where you must, but enjoy them where you can.

SOUL SHAPING



A former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," "Ascending with Both Feet on the Ground," and "Love it forward." He is also the producer and key journeyer in the new spiritual documentary - Karmageddon- also starring Ram Dass, Bhagavan Das, Seane Corn,

David Life, Deva Premal and Miten. Visit www.soulshaping.com
An excerpt below from the 'Sacred Feminine Rising' Healing Course, visit <http://soulshaping.com/sacred-feminine-rising/>

WHEN YOU CAN'T CARRY THE BULLSHIT ANY LONGER, YOU'RE HAVING A BREAKTHROUGH, NOT A BREAKDOWN

So many breakdown because they cannot carry the weight of falsity any longer. They are breaking through to a more authentic consciousness. Sadly, this is often stigmatized as a 'breakdown,' as though they are machines that stopped working. We need to up-frame these experiences and see them for what they are: break-throughs for inner freedom. At some point, we just can't carry the bullshit anymore and long to be real.

SOUL-MATE OR WOUND-MATE

It's often difficult to distinguish a soul-mate from a wound-mate because powerful connections excavate the unresolved emotional material that each of us holds. The stronger the connection, the stronger the light shining on those dark places. Some wound-mates truly do contain the seeds of our soulular expansion. But not all wound-mates are soul-mates.

Sometimes they are toxic connections masquerading as something more heightened. Sometimes they are destructive battle-grounds with very little possibility for expansion. It's an important distinction. We want to go where we grow.

Wound-mates: Those relationships that are sourced in unresolved emotional patterns, issues and holdings. Not to be confused with soul-mates, which will also trigger shadowy material to the surface, but which hold a greater deal of promise.

At the heart of soul-mate connections is an opportunity to work with the shadow in a growthful manner while wound-mates just flounder in the mud, trigger after trigger, downward spiral after downward spiral, attached at the waste. If they don't help you glow, then let them go.




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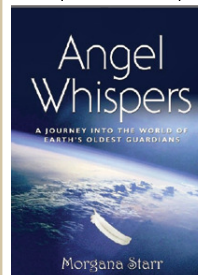
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COVER ART

Great Cosmic Mother

By Melissa Harris



Melissa Harris is an internationally known and published artist, psychic, and author. She holds an MFA in Painting and was honored with a Fulbright grant to study painting in Paris. She has dedicated her life to the creation of imagery that celebrates life, love, beauty, nature and magic. Her colorful and emotionally evocative imagery can be found on

prints, cards, and other gift items. Her series include themes such as Women and Magic, Women and Nature, Women and Dreams, Cycles of the Moon, and more. Her images grace the covers of books, CDs, and calendars worldwide. Also enjoy her art in the Goddess on the Go affirmation deck as well as her CREATRIX "Anything is Possible" activation card deck. Melissa teaches spiritually oriented art-making classes combining meditation with artistic technique, known as "Painting Outside the Lines"™. She has taught at the Omega Institute, the Open Center, and numerous other spiritual retreat centers.

Melissa travels throughout the US doing her popular Spirit Essence Portraits. In these sessions she joins her background as a clairvoyant with her artistic abilities to create your portrait by tuning into you and painting a fully developed watercolor of your unique essence as it appears to her in a semi-trance state. She combines elements of what she discovers into your painting in a way that will be helpful and inspirational for you. Receive the double benefit of learning what she "sees" as well as owning a Melissa Harris original painting. Sign up for her newsletter on her website to be informed of her frequent visits to Florida, though she does Skype sessions as well. She lives in the Catskill Mountains with her 3 cats where she has built her dream studio. To see more of her artwork visit www.melissaharris.com and Melissa Harris Art Enterprises on Facebook.



ABRAHAM-HICKS

...continued from page 20

And so, we know, and Esther will get letters [...laughter...] because there are those who are comfortable in their insisting on the destruction of the planet. But we're here to remind you because we have not forgotten that you are not devolving, you are evolving. You are not un-becoming, you are becoming. You are not disappearing, you are reappearing. You planet it well. Your planet is well. There is so much more evidence of the wellness.

Now if you say to us, "Abraham, the sun didn't come up this morning," then we would say, "we're wrong." [...laughter...] The sun did come up this morning, and it will come up tomorrow morning. And the evolution of ALL-THAT-IS upon your planet is improving. And the reason that we know that is because at a cellular level there is asking, and at the cellular level where there is asking, there is no resistance. Hear that. At the cellular level, which is the basis of all that you know as physical beingness, there is asking and no resistance.

So why are you, as humans, getting on these bandwagons, where you are looking at conditions and trumping them up, and putting dramatic music behind them, [...laughter...] and then using that condition that has been exaggerated and trumped up, and is way out of perspective with everything else, as your reason to not allow your cells, that are asking and non-resistant, to be the recipient of that Well-Being, you see?

And that's why we say, "If all of the humans banded together and watched videos that made you doubt your Well-Being, you still collectively would not be enough to cause destruction of this planet because you are not the major vibration of this planet. The major vibration of this planet is happening on a cellular level, on a microscopic level, on an animal level, on a vegetable level, on a plant level, on a Source Energy level, you see?"

No matter how bad you decide you're going to feel today, you cannot mess it up for the rest of us.

You got way more than you deserved there in the sense that we know that you are much more an appreciator of life and that things are going well for you. And we know that you have these issues, and that it's your appreciation of this planet that feels so precious to you that even makes you go to those places at all. But when something feels precious, accept just a little bit, you're assigning to it vulnerability, and you can't assign vulnerability to your planet and ever be in sync with the source within you.

Do you know how much has gone into this planet spinning it in its orbit in perfect proximity to other planets? Do you even have any understanding of the Well-Being that's happen around here? It's time to focus on that friends!



OPEN MIND ZEN

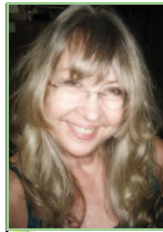
...continued from page 13

In other words, there are objective studies that indicate that past a certain point of basic comfort; we are wasting out time by devoting our life to accumulation of vast amounts of money or property. A substantial amount of our societal conditioning and certainly a lot of advertising leads us to believe that more accumulation equals more happiness, but when you look around at the rich and famous they don't appear to be in bliss. More houses, toys and money simply require more maintenance, and those who make lots of money normally spend a huge amount of their life dealing with possessions in one form or another.

Paradoxically, what brings someone to Zen practice in the first place is the very search that we are told is counterproductive! On an experiential level, we must search at first. The Second Patriarch had supposedly extensively studied Mahayana and Theravada techniques for many years, and was already middle aged when the incident cited in the koan happened. And yet, his searching had not ended - he still felt on some level that he needed something from outside of himself. It seems that we all go through this search, looking for peace this place or that, looking for satisfaction in Florida, Costa Rica, Europe or India. Or perhaps we take training after training and workshop after workshop, looking to add that little bit to our knowledge that will give our mind rest. We consult psychics, shamans, roshis, lamas, tulkus and saints hoping they will impart some "secret" method or knowledge to us that will give us what we think we need. We hungrily seek miraculous cures, healers with psychic powers and teachers with magical powers so that we feel special and good about what we are doing. Unfortunately, no matter how many certificates we earn and no matter how much money we spend, this is a recipe for constant wandering in the world of suffering.

The antidote to the suffering of the search can only come through our own practice and experience, and usually after years of the search itself. Although the guidance of a teacher or spiritual practice of some sort is usually an essential prerequisite to ending the search, in some cases they can actually prolong it. This prolonging often comes because when a student discovers that they are totally free of the need to search then they are truly independent. This is a threat to the power base and money stream that many teachers and religions enjoy, and so they continue to develop more and more hurdles a student needs to jump over to succeed. These hurdles give one a sense of accomplishment but at the same time can lead to more and more search, and hence more and more suffering.

...continued on page 29



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SOME KIND TESTIMONIALS:

I wanted you to know that you were on target more than probably either one of us could have guessed, and I'm sure that if I hadn't had your reading I wouldn't have had the push & the courage to risk a deeper level of contact. Thank you. DHJ

I had a reading with Andrea a while back and she told me to be patient... Today I saw evidence/confirmation of what she was telling me to believe and trust in... If you've ever wondered about having a reading with her, it was great! Melissa D.

I posted earlier that Andrea had indicated would come to pass and had made manifest. Recently, the next step happened, just as she said. If you're contemplating a session with her, run...don't walk...and sign up! Looking forward to seeing more things come to fruition! Melissa D.

Awakening to a new reality, a new perception of all your old beliefs can be a very lonely road. Until you awaken to the fact that others have been there too. Others that can point you inward toward the answers. They can help you to realize the scope of the incredible spiritual transformation you are undergoing. Call it a mid-life crisis, unhappiness, longing or discontent, whatever it is, it's calling you to make a change. Face the fear, make the change, live harmoniously, love life and move forward. Andrea de Michaelis was that light for me when I thought I was the only one. You ignite my mind with possibility, showing me errors in perceptions and helping me reshape things for a more fruitful outcome. If I was to write a "rags to riches" tale of success, it would begin here. Jeremy James Bonner

I want to thank you because ever since I decided to be the weirdo to you and talk about my Jerry Springer psychic life, I have not had anymore nightmares. Thank you for the reading... TSR

That was a fairly good reading considering you have never met me. How can you read someone's energy without them being present? Fascinating. Thanks! OJL

"Just a quick update from the reading you did a month or two back - You mentioned my brother needing surgery for something and there may be some complications, but all will bring the family together - got the call today artery blockage to his heart. Just another confirmation under your belt!" TPC

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 in myself. Thank you. Jeremy J. Bonner



This month's 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."

I got ads from two new businesses. I heard from several new friends who wanted to schedule a phone session. Had they not gotten the email, they said, they would not have contacted me and thought of scheduling an appointment.

So far, only good has come of the hacking. I could have pitched a fit because my account had gotten hacked, I could have complained long and loud and attracted even more chaos. But I know how things like that work and I know it passes quickly enough. I know most people know to simply delete without clicking the link and without replying to it. It didn't cause me any big concern. Sure, I had 50-100 spam notices to delete every time I signed onto my account, but that took about 20 seconds. I knew the more I talked about it, the longer it would go on.

This is why I resolve situations as they arise: then it also cuts down on the nature of the past momentum when it hits. I no longer dread karma catching up to me.

I spent most of the overnight hours attending to the emails and changing passwords. That gave fresh energy to all my accounts. As I watch the sun rise over the treeline this morning, the air feels alive with the newness of fresh energy. So not only did returning to the gym bring fresh movement within my body, it sparked thoughts and ideas that caused a manifestation in my physical world: the hacking.

I could have freaked out and moaned, "woe is me" and milked the situation for sympathy, dragging everyone into vibrational resonance with me.

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Or I could have asked myself, "what holy delight might come of this?" and then watched it unfold and share the results, dragging everyone into vibrational resonance with my delight.

What holy delight is waiting to be discovered by you? What can you do for an hour that is new and unknown to you and amidst people who engage your full attention in a pleasant way? Discover that. Do that, then do that again and again. Feel your resistance drop as you do it, that's the stagnant energy on the move.

Listen for new thoughts to come to you, that's your intuition kicking in. Then wait with delight as your good unfolds to you in ways you hadn't thought possible. Change is good and karma is your friend.

When I'm ready for anything to be over with, all I have to do is lift up off that thought and focus my attention elsewhere. The only reason my mind keeps going back to the past is when I haven't poured enough energy into finding a new focus.

Do you have an old pattern of thought you'd like to release? Find a new focus. Put yourself through the paces of a new pattern of thought and action and the old pattern will be gone before you can say, "I did WHAT for how long???"

When you're doing what you're supposed to be doing, it's easy to attract the people who want what you have to offer. You don't have to pound the pavement or try to push your product or service down someone's throat. They'll recognize the value, they'll see the talent and they'll want some of it. If you're doing what you love to do and not earning a living from it, there is simply another talent you're overlooking. You're not seeing the bigger picture. If you can do what you love to do, whether money is involved or not, the dollars follow.

If you notice the dollars haven't shown up yet and complain about how ungrateful and unsupportive people are, you are looking for the wrong people to support your vision. They are not your market. You are barking up the wrong target audience. You want the ones who want what you have to offer. The ones you want to be selling to and are not: clearly you are not a vibrational match right now.

When it's right, it's easy. There's no struggle. You can either find your other talent, or you can change your perception to vibrate in resonance with those who ARE grateful and DO support your vision and WANT what you have to offer. Then it'll begin to flow. Then it will be easy.

Accept all things. It's the only way to wake up...anything else perpetuates the dream.

Enjoy our offering this month.
Hari Om.



Andrea



OPEN MIND ZEN

... continuee from page 27

Therefore, the search itself can become a trap, and there are a number of koans and other Zen teachings that point to this fact. At what point is the search productive for us, and at what point does it cease to be so? The fact is that the search lasts for as long as we believe we are lacking something, something that a teacher or a teaching can supply us. Even when the teaching itself is very specific about the fact that it does not provide us anything we don't already have, on some level we really don't believe it. In a way we could say that this is the mind state of the student seeker.

What turns a student into a teacher is when the student has exhausted the search - has pursued it to its depths and finally, without a doubt, can find nothing to add to the self to make it right. At that point, if total acceptance can finally be allowed to manifest, the realization dawns that "I am the Master," or, "I am the Buddha, or the Awakened One." This is true awakening - awakening to the fact that there is nothing to search for - never was and never will be. This is the most basic tenant of Zen - that there is nothing to seek and nothing to find at the end of our search.



Ask White dove

... continued from page 15

Dear Michelle,

My elderly father has been sick for some time and we expected him to pass. Mom was a wonderful caretaker until death did they part. But I need to know, can a broken heart kill you? Mom was healthy and yet she died six months after Dad. We miss them so much! -Love Hurts in Houston

A: Dear Love,

It's true a broken heart can lead to death. Yet in this case, your parents had made a soul agreement. When soul mates grow old together many times an elderly couple will die within months of each other. One cannot function without the other haft of their heart. And so the elder that was left behind will soon follow their beloved into the Heavens. Know that they are at peace and still in love!

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

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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 1-208-640-9524, visit on the web at www.IntuitiveReflections.com, or email barbaralellc@gmail.com

HOROSCOPES MAY 2014

Aries: May 20 to April 19 "I Am."

This month is perfect for tying up loose ends in regards to financial planing, estate sales and reviewing the household budget with your partner. You are open to receiving all that is for your highest and greatest good, you are about to benefit monetarily from some investments made a long time ago.

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

Considering this is your birthday month; you will be the lucky recipient of many happy surprises. You will enjoy unexpected short trips relative to your work as well as lots of quality family time. You will also be spending more time than usual with a small child enjoying your birthday surprise celebration.

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

Your feelings may seem out of control with memories of past lives and past loves coming up to the surface for review. You may travel more during your solar return May 20-June 21. The key to your happiness is your ability to balance your finances with the joy of having enough in your life to be satisfied.

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

You will be surrounded by friends and family this month and relatives will come out of the woodwork that you have not seen in years. This is a time to remember your loved ones and appreciate all you have and all you have become, because your future holds so much light and much harvest ahead!

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

This month your guides are encouraging you to go to the inner planes to access your intuition to revitalize, heal and liberate your life. Be prepared to listen to your higher self to ramble on about your life and what is to come. Take notes, because you will need the directions.

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

May always proves to be a great month for you, it being a harmonious earth sign. This month will be an opportunity for you to get out of your head. You analyze everything to death so much sometimes that it drives you crazy. Don't waste anymore time on judging yourself and others, just live and let live!

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

This is the month where you are certain of what you want and you will let nothing stand in your way of getting it. You are at somewhat of a cross roads of late in regards to what is truly important to you. Weeding out the clutter in your mind, heart and home will have a cleansing and rejuvenating affect on your life.

Scorpio: October 23 to November 22 "I Transform."

You will find yourself in the lime light this month in more ways than you ever thought possible. You may have the opportunity to teach many people what it means to be deeply connected to the inner reservoir of unquenchable knowledge and how to share it with others.

Sagittarius: November 22 to December 21 "I Perceive."

You are at the very threshold of the master's door and the choices you make in the next three months can have an amazing affect on the rest of your life. You are searching for the light outside of yourself when you need to be looking within. Being in the land of the sun will soothe your wounds.

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

This month is the tip of the iceberg for you, any of the under-currents that you have been dealing with for the past eight months will finally come to a head. Now or never, make up your mind. What do you want or what are you settling for. You have been working so hard so don't you think it is time to play a little?

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

This month you continue to be the ever ready energizer bunny achieving your goals one by one. Equanimity will be your stamp of courage this month. Be the reflector and don't take on other peoples bad vibes as you remain detached, non-judgmental and cool. Keep clear headed and grounded and everything will be just fine.

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

With Venus in your sign you are attracting much love and admiration into your life right now. Your intuition is opening up as you continue to trust yourself. This is your karmic payback, the people in your life that you have been good to are paying you back in marvelous ways beyond your wildest dreams. Enjoy your rewards!!



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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise.

So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them. Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

*From my heart to yours,
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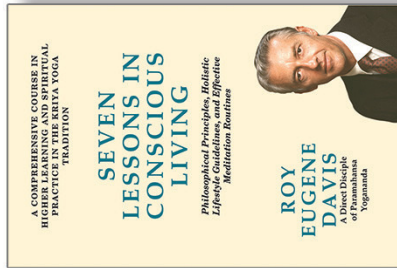
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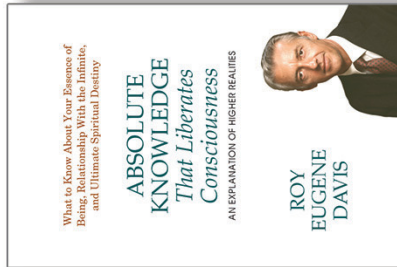
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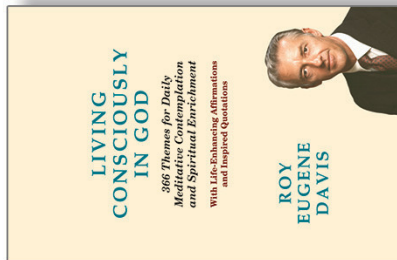
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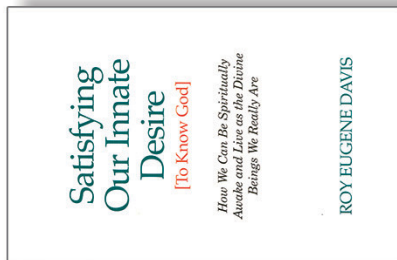
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