

**FREE**  
**JUNE 2009**

Andrea de Michaelis presents

# HORIZONS

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



**JUNE 2009**  
**FREE**

**17TH ANNIVERSARY ISSUE**

M HARRIS



Great **New** Location

# Radiant Spirit



LORI:  
Tarot  
and  
Angel  
Readings



Rev. Sally Doran:  
Thursday  
Guided  
Meditation,  
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Intuitive  
Touch



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**Hours:**  
**10am-4pm**  
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**Melbourne**  
**Drum Healers**  
**June 19th**  
**7:00 pm**  
**\$10 love offering**

Smiles grew wide, and the hugs flowed as each person left the Reiki class that night, held here each month at Radiant Spirit. They were complete strangers gathered in an intimate circle. Some already Reiki attuned and experienced in energy work, others not even knowing what energy was, or how it can be felt in a tangible way. They were told to hold a stone, while thinking upon a thought, and pass it to the left of them. As they watched a young lady who was unsure of herself blurt out the first word, and was correct, they felt the strength of their own intuitive voice grow large. So large that the love and connection from this experience lasted for the entire duration of the class. As they conversed with one another about topics having nothing to do with Reiki, I knew I had lost control in my instruction and did not care. Because as they left almost floating out the door, I knew they had experienced more than just classroom instruction. They left not learning what energy was, but feeling it from a place deeper than words or symbols, from the heart. And for me it was the most successful and beautiful class ever.

Radiant Spirit is a retail and service center that helps in facilitating the natural state of Healing. We offer services in Massage, Reiki, Chakra Balancing, Pain Management, Intuitive Tarot Readings, Astrology, Spiritual Growth Classes, Polarity, Sound Healing, Guided Meditation, Radiant Yoga, and Homeopathic Remedies. As well as a variety of Healing stones, Wands, Sage Blends, Reiki Tools, Incense, Essential oils, Salts, and Creams. We here at Radiant Spirit believe, that everyone is a radiant being. And through guidance, healing, and the ability to trust, all of us only need the empowerment of love within, to see their own Radiant Spirit.

Much love to everyone  
Misty Dawn. L.M.T. Reiki Master, Intuitive Reader, and Healer  
Owner and Operator of Radiant Spirit

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**BEST MADE**  
The Science of Homeopathy, the ART of Health

# Rev. Albert J. Bowes

386-228-3209 • Cassadaga



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

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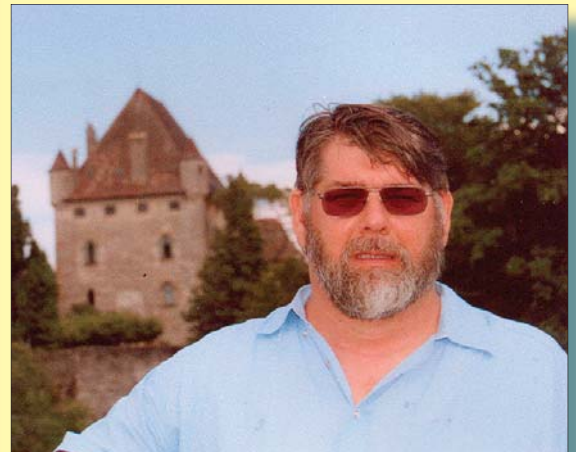
### Complete Personal Readings

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

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

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

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## CREDENTIALS:

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

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

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

**Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies. Visit him online at [www.psychicconsultant.org](http://www.psychicconsultant.org)**



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Join us in PRACTICING THE PRESENCE TOGETHER as we explore the book Point Of Power: Practical Metaphysics To Help You transform Your Life And Realize Your Magnificence by Paul Hasselbeck. We will also be using his funny and eye opening romp through Unity concepts Get Over It! The Truth About What You Know That just Ain't So. These are slim and "easy" reads that will give your summer self a metaphysical boost. Come connect, share, pray and grow with like-minded people.

**Beginning June 1st Mondays 7-830pm The Purpose Of Your Life with Fred Goodnight, based on a book by Carol Adrienne.** A six week course, \$10 per week.

The primary goal is to inspire you to become aware of and appreciate the fullness of who you are. Create an interaction among you and the universal field of intelligence that will further create a momentum of energy to enable more recognition of your purpose, to feed your life and help open to the unfolding purpose inherent in you. Uncover untapped power of synchronicity and intuition that will bring about a strong sense of the work you are put here to accomplish.

**Call Fred at 330-232-1827 (after 1:00pm) or the church office 321-254-0313**



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

repository of hidden wisdom, derived from the wilderness experiences of a long vanished Judean sect. Deeply applicable to our daily life and experience, the Scrolls present a high level of insight, which we moderns would all do well to heed. These written records, of a highly disciplined society of great antiquity, beckon us today to learn of their ways.

**Sunday, June 7th Dr. Ken Hanson  
"Hidden Wisdom from the Kabbalah:  
Ten Spheres for Life" 2:00 – 4:00pm**

How can I find personal peace and contentment? How can I appropriate peace of mind? How can I cope with adversity? These are some of questions probed by the great masters of Jewish mystical tradition – called Kabbalah. It is a discipline that is at once deeply esoteric and utterly practical – steeped in ancient tradition, yet thoroughly contemporary.

*Dr. Hanson, from UCF and Rollins College will be back again. "Jerusalem Jones" will capture our attention and our imagination as he teaches us ancient wisdom that speaks to us through the ages.*

**BePeace Friday evening June 19th and Saturday June 20th Join us as we learn to use Heartmath and NonViolent Communications to create a better life.** Call to preregister.

Class is limited to 40 participants. Cost is \$125. In a ten-year search for the best social and emotional methodology for acquiring these skills, Rev. Rita Marie Johnson found that the most effective were HeartMath, for "feeling peace" and Nonviolent Communication (NVC), for "speaking peace." In practicing these methods together, she discovered a profound synergy between them. Eventually she named this combination BePeace and started the Academy for Peace In Costa Rica as a way to teach it to others. Briefly, HeartMath teaches us how to achieve physiological coherence between the heart and the brain which leads to a feeling of peace and enhances our intelligence. NVC teaches us how to connect more consciously with our feelings and needs and those of other individuals so that life can be enriched and conflicts more easily resolved. The Academy for Peace has developed curriculum for teachers and students that integrates these two methods and emphasizes using BePeace mediation to settle as conflicts at school.

Two skills are essential for achieving nonviolence as a way of life:

- Feeling peace, defined as the ability to remain peaceful under stress (emotional skill).
- Speaking peace, or the ability to communicate empathically and honestly (social skill).

**Monday Mornings 9:30 to 10:30am with Biddy Lamb [www.yogawithbiddy.com](http://www.yogawithbiddy.com) 321-725-9616.**

**A Course In Miracles – Tuesdays 7:30pm**

**Lambda AA – Wednesday and Saturdays 7:30pm**

**Buddhist Fellowship - Friday 6/5 and 6/26 7:00pm**

**Coming on Sundays beginning July 12 The Four Agreements**

**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

## Publisher/Editor/Layout:

Andrea de Michaelis

## Thanks for help this month

Gerald & Rev. Beth Head  
Cha Cha La Belle  
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Sally Carmany  
Julie Mallis

## Cover Artist (see page 34):

Mending the Web  
by Melissa Harris

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Barbara Lee  
Sharon Janis  
Alan Cohen  
Mike Dooley  
Tom Sannar



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

Anais Nin

Horizons thanks  
everyone willing  
to take the risk

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email oneheart@roadrunner.com

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







**Andrea de Michaelis**  
Publisher

## THIS MONTH'S THOUGHTS ABOUT THINGS...

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

it's ok to read \*smile\* I'm sure Dr. Link told him I called; I didn't say not to tell him. I'm sure his wife, Dottie, was banned from speaking to me or, if not, she knew to lay low and say nothing or his wrath would be directed at her. He began writing a series of suicide notes, listing all the things he blamed me for, not the least of which was sentencing him to a lifetime of pain. Now I knew I was not to blame. Not in the way he thought I was, and not at all. I knew he was troubled. I learned growing up that people say untrue things when they are in pain, words meant only to wound, so that somehow their own pain will be eased. I was 35 years old. I knew his words had to do with him, not with me.

**Hi Andrea: LOVE your blog - I read it every morning right after I pray and meditate. As always, it's very uplifting. Keep up the good work - I adore and am constantly inspired by your work. BN**



ello and welcome to the June 2009 edition of Horizons Magazine. This is our 17th anniversary in print!

Happy Father's Day to all the dads out there. This month's cover art is by Melissa Harris, entitled Mending The Web. I thought it appropriate for Father's Day. My dad and I had some issues that were unresolved at the time of his passing in 1987. He was a troubled man who had a hard life. Dad was bipolar, and alcoholic. He had chronic back pain from a several-story fall working construction, and it partially disabled him when I was in my 20's. He took Tylenol with codeine for the pain and, after a few years, the codeine began taking him. Daddy was a big man, 6'6" and a slim, sturdy 240 in his prime. He reasoned that, being so big, he should take twice the prescribed dosage. Within a few years, he was taking up to a dozen pills every few hours and began going to different doctors to get them. His wife called me at one point and asked me to intervene. She told me the situation, she gave me the doctor's names and asked me to contact them. I called Dr. Link, who had been our childhood doctor all the while growing up, and who was Daddy's primary physician. I told him Dottie had called me and I told him the exact situation.

A couple of weeks later, I began getting hateful mail from my father, as he realized that, one by one, his supply of codeine was being cut off. Ok, sad part of the story coming up, but it's all fine now, so

So, after writing a series of increasingly blameful notes and mailing them, Daddy shot himself. 11 years, 1 month and 1 day after the date my younger brother, Bobby, did them same. Daddy didn't die however, he ended up in a coma at Baptist Hospital in Miami, after having been helicoptered from Key Largo where he lived. It's interesting to note that when Daddy mailed his notes to me, he mailed some directly to me, but several he sent to mailing services, who you pay to forward mail for you. You mail it to them, and they mail your envelope from their address? So for the two weeks that he was in the hospital, I continued to get notes from him.

Getting the notes from him was very helpful - not because of, but in spite of the words he wrote, which I knew were the ravings of a man tormented to craziness by his own life choices. I was given the opportunity to sit with him in the hospital, and sit in the silence with his notes and his body. During that time, I could feel him periodically squeeze my hand as he held it. Except he wasn't holding it. I was holding his hand, and his muscles were reacting involuntarily. He would also make sounds and sighs and once sat partway up, which somehow I just knew had nothing to do with "him", although his wife thought that meant he was alert and communicating. At that point, medical systems indicated that he was in a vegetative state. A lifetime of breath and

*...continued on page 43...*

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

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# ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of Ask & It Is Given, The Amazing Power of Deliberate Intent and the NY Times Best Seller, Money and the Law of Attraction and their dvd, The Secret Behind "The Secret"!

Visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

## A SIMPLE CHOICE: WHICH THOUGHT FEELS BEST?

### Vibrational Frequencies and Creations of Realities

**GUEST:** I've heard for many years that we create our own reality, and I have always wondered, more specifically, how do we create our own reality? Long before my Spirit took part in this flesh, I have been projecting thought into this reality.

**ABRAHAM:** When you say, "We create our own reality" or "I create my own reality," the first thing you have to do is accept that "I" didn't just start with this body that was born back in whenever it was born. I am a very old being that has been projecting thought into this time/space reality long before my Spirit took part in this flesh. And so, I and others like me, have projected all of this.

**GUEST:** Okay. So what I'm understanding from you is that there are lots of different vibrational frequencies and groupings of frequencies, and the platform that is my current agreement has an average vibrational frequency. And it is out of that average frequency that my contrast occurs, and my desires come out of that. And all I need to do is use my Guidance System to sense the things that are basically

of a higher vibration -- things that make me feel better. And by controlling the focus of my attention on those things, then that pulls forth the Energy from my Inner Being that flows toward that and creates more of it...So, the main thing that I should be working on is my ability to focus and to maintain a focus?

### Does Your Desire Feel Good?

**ABRAHAM:** Here's the thing that we want you to hear: The contrast provides stuff to focus upon and gives you the variety that, naturally, without effort, gives birth to the desire within you. So that's just a natural consequence of coming into an environment that produces that.

So now, the desire is within you. It was born out of the lovely contrast, and now your work is, singularly, to align your Energy with this new-found desire, which means think about this subject that has been born within you -- and feel good at the same time. That's the modulation process: Think about your desire until it feels good. Think about it until it feels familiar. Think about it until feeling like this, feels like the most normal thing in the world to you. And when you and your new desire are in alignment -- then the manifestation occurs.

We often say to you: "Think about what you want and decide what you want; decide what you want." And the reason that you hear us hammering about that, so much, is because most people are running around making decisions about what they don't want. We are wanting you to let the contrast, of course, tell you what you don't want, but then always look for the nugget within it. We want you to feel the nugget, the prize, the wonderful uncovering. The fresh new desire that is born is the reason that the entire Universe exists -- and once the desire is born within you, then the Non-physical Energy will answer it.

The saddest thing that exists in the human experience is when a being allows the contrast to let a desire be born, and then keeps himself, through old habits of thought, vibrationally out of sync with the new desire. Almost all of the philosophies that you have inherited, and that you teach to one another, on this planet about why things work the way they work, come from that "not understanding how I could possibly be deprived of the things that I want?" And yet it's such a simple thing, once you begin to understand the vibrational nuances, and once you begin to understand: The reason that I have feelings, is because of two things: I'm summoning the Non-physical Energy by virtue of my desire. And I'm allowing it, or not allowing it -- by virtue of my thought or belief.

When we first began articulating through Esther, the words that we used were these: When your desire and your belief are the same -- it is. And, in those early days, the words that Esther found to express what we are offering here, with many more words, said: When there is something that you want -- you must believe it.

*...continued on page 19...*



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

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## PERSONAL DEVELOPMENT FOR SMART PEOPLE

The following is taken from StevePavlina.com, Personal Development for Smart People. Steve has also authored a book by the same name which is available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com). Visit online at [www.stevepavlina.com](http://www.stevepavlina.com)

### HOW TO MAKE LOTS OF MONEY DURING A RECESSION

**A** recession is possibly the best time to launch a new business or to expand an existing one. It's also a great time to get ahead in your career. I know this sounds counter-intuitive, so let me 'splain.

First, the media goes nuts during a recession. They turn a little bit of negativity into a mountain of pessimism. This makes a lot of people financially paranoid. People become socially conditioned to expect the worst. If you buy into this social hysteria, you become a victim too. But if you tune out such stupidity (not watching TV helps a lot) and maintain a grip on rational thought, you'll see some amazing opportunities popping up everywhere you look.

During such times people get scared and start cutting back on expenses. They cut some of the fluff from their lives. They stop buying so much stuff they don't need. This causes some businesses to do poorly, especially businesses that don't provide stuff we really need. We can live without new credit cards and gas-guzzling SUVs for a while. Those non-essentials can be put off.

We also become more sensitive to receiving genuine value. When we spend money, we want to make sure we're getting a fair deal. Consequently, businesses that provide genuine value can actually do better during a recession. More people will flock to those businesses in tough times, while the fluff businesses will become more and more paranoid.

In the USA, there are a lot of fluff businesses. Many are based on the moocher mindset, trying to extract money without providing fair value in exchange. A lot of the dead or dying financial companies are like that.

#### The Stupid Approach to Making Money

Lately I've seen a lot of people, some of them friends, do some really dumb things in an attempt to earn more money. They buy into lame money-making programs, join and promote useless MLM schemes, and fall prey to scammers. The common pattern is always the same — they're focused on trying to make more money. They make it their top priority. They think about it constantly. But they keep getting sucked into trying to make money without providing any real

*...continued on page 31...*



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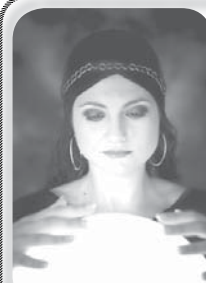
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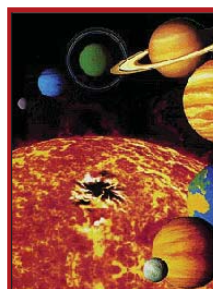
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**SEE PAGE 46**



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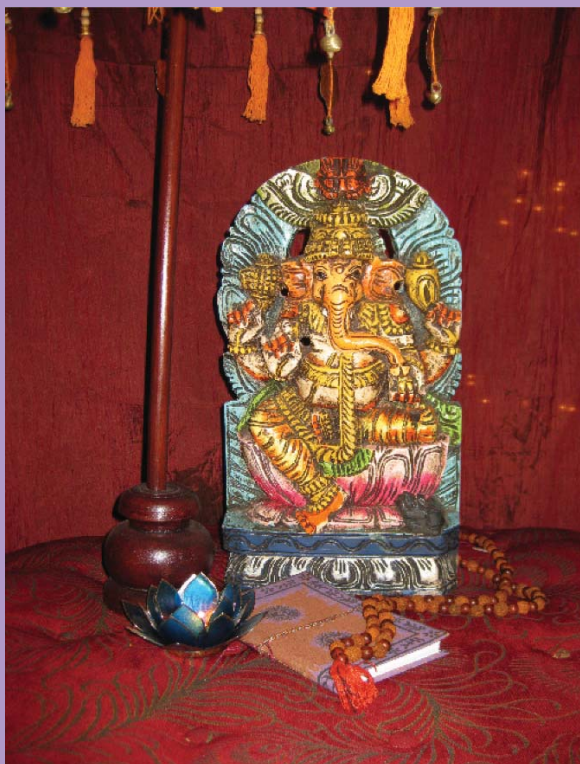
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Debra has recently returned from Peru. There she trained with Andean Shamans. Don Isidro Ccallo Huaman, a *Pampa Mesayok* accepted and initiated Debra as his primary apprentice on her second pilgrimage to the Sacred Mountain Ausengate, (Photo shows Debra and Don Isidro in ceremony). Weeks later, Debra's students from our Center arrived in Peru. Debra took her them on a 10 day trek of ceremony at various sacred sites to include Machu Picchu. *Slide show and discussion 7pm Friday, June 26th 2009.*

Member: Florida State Massage Therapy Association, Lic. MM8474



# HERB CORNER

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

## ANTI-VIRAL HERBS TO THE RESCUE

**H**erbs play an important role in the prevention of viruses, boosting the body's own ability to produce the natural killer cells that destroy viruses, increasing the activity of the whole immune system including the cells that trigger an immune response in the thymus, tonsils, bone marrow, white blood cells, the lymphatic system, the spleen and your natural production of stem cells helping to block the replication of viruses so they cannot affect healthy cells; in effect out-smarting the virus.

In my opinion, herbs have the advantage here because they are so complex; containing upwards of 100 different compounds in a single herb, engaging all of the immune system. For instance **Echinacea** has had over 200 scientific studies done finding it to enhance the production of **interferon** plus it contains compounds that help to deactivate and destroy viruses making it an excellent herb for fighting the flu especially if you begin using it at the first sign of feeling ill.

For thousands of years **Garlic** has been known as one of the top herbs in the fight against many strains of viruses and bacteria. It activates the immune system, helping to prevent infections from taking hold, especially within the respiratory system. **Garlic** contains sulfur compounds that are active against many viruses especially the influenza virus. It was the herb of choice long before the discovery of penicillin. I use garlic on a daily basis.

For over 2500 years, **Elderberry** has been used for respiratory infections. Could it be our ancestors knew it contains compounds that prevent the spread of viruses from infected cells to healthy cells. Recent studies found it to be effective for all forms of the influenza virus I guess they were on to something 2500 years ago. **St. John's Wort** is typically thought of as an anti-depressant herb, however it also has strong anti-viral activities. **Glycyrrhizic acid** in Licorice helps the body to keep up its production of natural **interferon** which is a potent anti-viral found to inhibit the replication and growth of many viruses.

**Astragalus** contains **polysaccharides** that strengthen the immune system boosting the production of bone marrow, increasing the levels of alpha and gamma **interferon** - the strong anti-viral compounds. The anti-viral activities in **Green tea** are believed to come from **catechins** which inhibit the replication of influenza viruses. According to the PubMed publication (PMID16137775) it is believed to be equal to **Tamiflu**. **Pau d'Arco** contains some 20 active compounds including **lapacho**, **beta-carotene** and **beta-sitosterol** that are effective in fighting many viruses.

These are just a few of the many anti-viral herbs I encourage you to do some research on the effectiveness of **Honeysuckle**, **Lemon Balm**, **Cloves**, **Olive Leaf**, **Peppermint**, **Skullcap**, **Cats Claw**, **Ginger**, **Turmeric**, **Usnea** and **Eucalyptus** in their effectiveness in fighting viruses.

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I've put together a tea made with 1/2part licorice, 1part Boneset, 3parts Rosehips, 1part Astragalus, 1part Calendula and 1/2part Peppermint. It is tasty tea and it helps keep my immune system nice and strong.

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**D**ear WhiteDove: I am curious if you believe in palm reading or tea leaf readings. My friend and I went and had them done at a convention the readings were accurate, but how is that possible?

Sincerely Bewildered in Georgia

**Dear Bewildered:** Yes, there are many divination tools; however I personally do not use anything other than Prayer and Meditation when I do readings. If done correctly and with integrity tools such as the lines on one's hand or a deck of cards can be very helpful. True Psychics gain their knowledge from the Great Spirit; however many do use tools of interpretation to assist them. Psychics can use an array of different divination objects to help them understand the information coming through; tarot decks, runes, water, mirrors, coffee grounds, and tea leaves just to name a few.

I know a woman who reads "bones" the ancient way, she has a person pick out several small animal bones and toss them down, she then reads the messages the bones have given her; of course it isn't the bones that are actually leaving messages, it is Spirit. Really anything can be read because what the psychic is truly doing is picking up the energy around the person.

These tools are used as windows to help them decipher what spirit is trying to say. I know many very gifted psychics that utilize divination tools not because it is necessary, but it is their preference. Others like me, we just use our telepathic and clairvoyant connection and give the information as we see and hear it from The Source. Because the information that you received was accurate, then the palm reader that you went to was legit, just know that individual psychics usually have unique work styles.

...continued on page 22 ...

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# WE ARE ALL SUSAN BOYLE



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



**H**ow is it that this simple woman, this YouTube sensation from "Britain's Got Talent," has so deeply touched the soul of humanity?

Surely we are not shallow enough to think that only polished, good-looking, young, and fashionable folks have talents such as the ability to sing on tune with a pleasant timbre.

Yet, in the midst of pirate attacks, teabag revolutions, and a significant economic crisis, the world stood with tears in our eyes and warmth in our hearts while witnessing **Susan Boyle's** simple humility, fearless abandon, and a voice that comes not just from training, but from grace.


Susan's video clip helps us to remember the truth about ourselves: No matter what we look like or how much we have or haven't accomplished in life, and no matter how well or poorly we think of ourselves, our higher nature knows that we carry within ourselves a greatness that could - given the right inner and outer circumstances - make even **Simon Cowell's** face melt into a puddle of love and bring the world to its feet in joy and jubilation.

According to spiritual sages, every one of us is more beautiful and great than we could ever imagine. Susan's example helps us to remember and bring forth the beauty we all have inside.

## From Spirituality For Dummies:

"Spirituality says that even if you think you're limited and small, it simply isn't so. You're greater and more powerful than you have ever imagined. A great and divine light exists inside of you. This same light is also in everyone you know and in everyone you will ever know in the future. You may think that you're limited to just your physical body and state of affairs — including your gender, race, family, job, and status in life — but spirituality comes in and says, 'There is more to you than all these qualities and labels.'"

Watch the YouTube clip of Susan's audition/performance at <http://www.youtube.com/watch?v=9lp0IWv8QZY>



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# FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including *I Had it All the Time*. Alan has recently inaugurated *All About U.*, a university without wall for people without limits. For more information on *All About U.*, Alan's free inspirational quote program, or his daily *Wisdom for Today* lessons via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



## THE SIN THAT NEVER HAPPENED

**C**ountry musician **Butch Hancock** noted, "Life in **Lubbock, Texas**, taught me two things: One is that God loves you and you're going to burn in hell. The other is that sex is the most awful, filthy thing on earth and you should save it for someone you love."

We have all received confusing and contradictory messages from religion and other authority figures about sin and forgiveness. We have been told that we have sinned terribly and we need to do all kinds of things to avoid burning in hell or inheriting devastating karma. Yet there is another way to look at sin and forgiveness that leaves us empowered to heal.

**A Course in Miracles** tells us that we have not sinned as religions would have us believe. We have simply made lots of errors. A sin, the Course explains, requires punishment. An error requires but correction. The primary source of correction is not so much through action, but through a shift in perception. We need to see ourselves, our lives, and our supposed sins through the lens of higher consciousness in order to heal them.

My friend **Alden** was an avid student and practitioner of **A Course in Miracles**, which places a strong emphasis on forgiveness. The Course suggests that we forgive most powerfully by demonstrating to others that the "sin" for which they feel guilty has not caused the damage they perceive, and thus relieve them of suffering, along with ourselves. We show others that our happiness is subject to our own choice, not their behavior.

One day while I was visiting Alden's city I signed up to receive a massage. The massage therapist had agreed to drive me after the massage to a meeting point where Alden was to pick me up and take me to my next appointment. During the massage I fell asleep and did not awaken for a while after the massage was over. When the massage therapist drove me to the site where I was to meet Alden, he had given up waiting for me and gone home. I felt pretty bad about putting him out and not showing up.

When I saw Alden the next day I apologized profusely for inconveniencing him. His response surprised me: "That's all right . . . Do you need a ride anywhere today?" Alden was putting the **Course in Miracles** lesson into action by

...continued on page 30 ...

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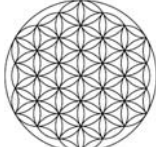
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**NIGHT SNACKERS LOSE THE URGE!**  
*"I'm down 15 pounds and I no longer have the urge to snack in front of the tv. Who knew it could be this easy? I don't know how it works, but it works. Thank you." See Page 46*



**NOTES from the Universe**



An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book **The Secret**, Mike Dooley has found his calling. Mike runs **TUT's Adventurers Club** and travels internationally, speaking to thousands on life, dreams, and happiness. Visit [www.tut.com](http://www.tut.com) to sign up for free daily Notes from the Universe!

**I know, I know! Send them a thought form! You know, a bundle of clearly formed ideas that will communicate, disarm, inform, instruct, guide, heal, or whatever else you choose.**

**Just be sure you're clear with yourself about the outcome you're really after before you send it, because, boy, it really works, especially when sent with love. It's almost creepy.**

**Yeah, you'll wonder why you haven't done it all of your life, until you realize, in one way or another, that you have.**

**Whoops, I did it again -**

**The Universe**





## ABRAHAM-HICKS

*...continued from page 8...*

That's a hard thing for people to grasp, because you've been carrying some of these uncomfortable beliefs around for a long time. And we would like to help all of you let yourselves off the hook, because you can't buck Law of Attraction (That which is like unto itself is drawn). If you've been thinking this thought and thinking this thought and thinking this thought, that's the thought that's active in you now. And Law of Attraction is going to bring you more stuff that matches that thought all the time. And then you beat up on yourself. You say, "I shouldn't be thinking those thoughts," when, in truth, you can't stop thinking those thoughts, because your "radio signal" is programmed to those, and so Law of Attraction is bringing you more. That's the trouble that most people have with this business of "You create your own reality." Try as you will, you can't buck that current, you see.

### **Dormant Beliefs Don't Affect You**

We don't want you to try to buck that current. We want you to start setting a Tone that is more in alignment with the current that is really already you. You can be chuck full up to the brim with beliefs that do not serve you well -- and not one of them will affect you unless it is activated. And when it is activated, you'll have a feeling response to it.

When a belief that is not in harmony with your Source Energy is activated, you'll get that funny feeling in your stomach. And as you get that funny feeling in your stomach, what it is telling you is: This thought in this moment does not match who you are and what you are wanting. And so, you have a simple choice. You can go with it, you can try to beat it to death, you can get people together, you can try to isolate it, you can add to it and get it bigger and bigger, or you can, as Jesus said, turn the other cheek, and allow that vibration to become inactive again, while you are tuning your vibration to that which feels better.

### **If It Feels Good, Choose It**

And so, you see, it's all about choices. Which feels better? Does it feel better to be connected to my Source, or not? Connected would feel better! Clarity or confusion, which feels better? Vitality or a tired body, which feels better? Abundance or poverty, which feels better? Connection or resistance...?

And so, it isn't complicated, but we have to do such a sales job to convince you dear beings that it is right for you to seek that which feels good. Somehow you've come to believe that if it feels good, you should be feeling guilty about it. If it feels good, there must be something wrong with

*...continued to page 20...*



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

**SEE PAGE 46**

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



# ABRAHAM-HICKS

*...continued from page 19...*

it. And we say, however did that become such a big part of your mass consciousness, when there is not a shred of evidence that supports that anywhere in the Universe?!

Everything's out there pulsing. So here's someone experiencing a terrible experience. And I see it. And I don't want it. I don't want it for them, and I don't want it for me. But as I address it, my "switch" is on. So I'm not only adding to it for them, I'm adding to it for me. Now most humans would say, "Well, Esther, do not turn away from this and put your head in the sand." And Abraham would say, Esther, turn away from this -- and achieve vibrational harmony with something else.

If Esther sees some horrible thing and she says, "No, no, I want not that, what I want is..." and out of this abhorrent thing a desire is born, and Esther is wise enough to turn her attention now only to the desire, and find vibrational harmony with the desire -- now that situation has benefited All-That-Is, because something very powerful and very good has come out of it.

But if Esther does like many people do, and gets stuck in what she sees here, so she suffers, in despair, and adds to the negative, or even if she takes the next step where she says, "Oh I don't want this, I don't want it to touch me," and looks away, but then feels guilty because she's not helping -- no good comes from any of that. Then she has just started one of those other vibrations, so all kinds of bad things start showing up in her experience. And then, on her tombstone, it says, "See, I told you this is how it was."

Esther is always reaching for the best possible feelings that she can find prior to one of these gatherings, because she wants to be as connected as she can to Source Energy before you begin summoning Abraham through her. And she said to Jerry, this morning, "What's one of the best feelings that you can ever remember from one of these gatherings?" She was reaching for a feeling. And Jerry said "Are you asking for a room or a face or a question?" Esther said, "I'm reaching for the feeling." And Jerry said, "Well, I always love the feeling at the end of the session, when everyone is feeling fulfilled and satisfied and connected and glad and empowered and secure, and knowing who they are." And Esther said, "Yeah, that's what I meant, that's what I meant." She's reaching for the feeling, the feeling of empowerment. There isn't anything in the world that feels better to a teacher than to empower another.

*...continued on page 21...*





## ABRAHAM-HICKS

...continued from page 20...

### In This Moment, Which Thought Feels Better?

Let's say that someone made you feel a little insecure. And out of that feeling of insecurity is born, in this moment, a stronger-than-usual desire to feel empowered and know who you are. Use whatever means you need to, but just reach for the best feeling. How did it feel? What's the best feeling? And so, here's this new desire pulsing, this fresh new nugget. Oh, it's alive and well, summoning Life Force through you, right here in the now. So here you're feeling it, right now. This fresh, new desire. And then, you just try to remember ever having felt like you now want to feel. And just by reaching for that, just by saying, "Have I ever felt like that?.." right away, those things will become be active again in your memory of when you felt like that. And you'll say, "I remember this, and I remember this, and I remember this... and you'll cross the 17-second mark and the 34-second mark and the 51-second mark focused on that which feels good, and you'll stand here in your powerful now, having activated every powerful moment that you've ever lived. And here it is, an apex, a vortex, right here and now. This is what you've achieved, all out of some little slight that someone offered you. Oh, what a gift that was!

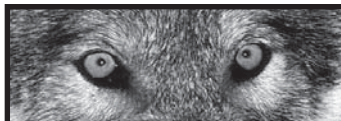
### The Eternal Evolution of Spirit

Just go through your day-to-day experience, let your exposure happen as it will, because Law of Attraction says that it must, and when and if you get an emotional response -- whether it is positive or negative -- stop in the middle of that feeling, and acknowledge whether it's connecting you to Source or not. If it is connecting you to Source, go with it. Milk it for all it's worth. If it isn't connecting you to Source, but doing the opposite, then take your pivot: "I know what I don't want. What is it that I do want?"

Let the desire be born, and then try to find the feeling place of that. Try to remember something else like that. Come back into your power. And then stand on that new platform where you will now have access to things in your environment that a moment ago, you didn't have access to. This is the eternal evolution of the spirit that is pulsing within you.

**Jerry and Esther** checked into a hotel, and the person at the front desk was in a terrible mood. And as Esther stood there, she couldn't help but take responsibility for her rendezvous point with it. And that even irritated her more. It's bad enough that somebody's being rude, but to accept your responsibility in meeting up with them...

...continued on page 32...



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SEE PAGE 46

*I really appreciate your Sleepytime  
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cds. They came at the right time  
and they are very good. They are  
making a major change in how I  
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thank you.  
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## FEEL ICKY FOR NO REASON?

SEE PAGE 46

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



...continued from page 15...

**Dear WhiteDove:** A friend of mine is Native American and told me to use Bear Root instead of Sage when I smudge my home, what do you recommend. And where do I find Bear Root? **Burning in Wyoming**

**Dear Burning:** Bear Root is a wonderful protective plant that I happen to burn on a daily basis in my home. Bear Root possesses a very strong connection to Spirit and will lighten and cleanse your homes energy and protect you very well. You can find it on the internet; make sure the source is selling the hard root and not a powder. I suggest burning a combination of White Sage, Cedar, and Bear Root; sometimes I even throw in some Sweet Grass for good measure.

**Dear WhiteDove:** As I look around my small hometown and even through out the rest of the world I see things becoming worse and I worry. I've been looking for ways to help humanity but I have little money and I'm a stay home mom with very little free time. What can I do to help to make a difference? **Helpful in Xenia**

**Dear Helpful:** Yes the world is in crisis and we are in a time of great change but there is always hope because we still create our own reality. But it has to start with each individual person. Worrying is like praying for the negative to happen.

My suggestion is to give money to the poor and important causes, if you have no money then volunteer your time to charity, but if you have no time or money...then offer your prayers.

Prayer is the single most powerful tool that we have. It's not just about asking Spirit for something, it's about concentrating our thoughts and words to help raise the vibration for yourself and those around you.

Then visualize the world as you want it to be, hold that vision. To you and anyone else that would ask me this question, I would say Prayer is free, so if you truly wish to make a difference then just Pray!

Dwell in the positive because you are a co-creator of this reality.



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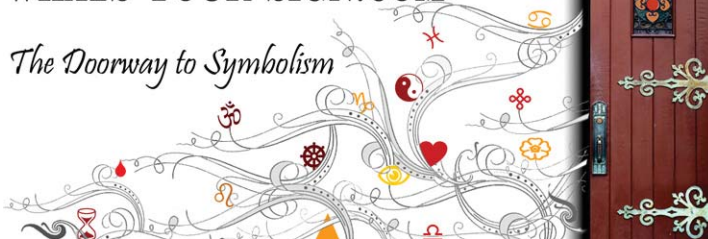
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Spike, my iguana

That's what iguanas do. They revel in the simple pleasures. Each moment in the warmth of the sun is a gift. Every Johnny Mathis tune is an unexpected pleasure (Spike loves Johnny Mathis), every mouthful of banana - an exquisite treat.

I've written more about Spike, and the amazing symbolic lessons she's shared with me over the years. You can read all about Spike and her wisdom online at <http://www.whats-your-sign.com/symbolic-meaning-of-iguana.html>

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# SOMEDAY WE'LL LAUGH ABOUT THIS



Taking a quiet sideways glance at life, Marlene Buffa offers insight through her words from experiences. A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships. Sometimes playful, sometimes poignant, always thought-provoking, her writing inspires in meaningful ways. [www.wordsofmind.com](http://www.wordsofmind.com).

**O**ur friends provide us with the most amazing reflections of ourselves through their patient understanding and perspective. Often when things seem difficult in our lives, we pout, whine, get angry and ultimately wonder how life will ever be the same again. One quiet, sensible friend, will inevitably take a moment to remind you, that no matter how rough the waters may appear at the moment, someday soon, you'll laugh about the situation in retrospect. The gentle reminder that everything in life is temporary no matter how dire the circumstances or insurmountable the odds, brings us back to the present moment.

## FINANCIAL

These days, a small majority of Americans find themselves unemployed. While some financial situations may appear desperate, they are a manifestation of our choices and a culmination of our attitudes towards prosperity, and should be recognized as a necessary lesson. For the most part, more money can always be earned, and there is enough for everyone. Your personal finances and the economy of our country, as history demonstrates repeatedly, is impermanent. It won't last forever and it will change. Hang in there - someday you'll refer to the tough times as "the good old days!"

## SITUATIONS

Whether family matter or work situations keep you up each night with worry and doubt, know that these, too, will eventually go out with the tide. Waves of fear and anger over personal injustice, or the rough waters of struggle and the unknown leave all of us longing for the shores of contentment.

Take a moment to step back and realize that all that worries you today, will be tomorrow's history. The anxiety wanes, the cold sweat and panic subsides and whatever the outcome, you'll emerge more resolute than you thought possible. Time drags change right along with it. Whatever you stress over today will dissipate with tomorrow's sunrise - or at

the very least, it will have changed enough for you to notice the illusion of the fear you held so closely.

## RELATIONSHIPS

**Louise Hay** says that all relationships are temporary. People come in and out of your life exactly when they should, and they stay as long as they need to. She astutely tells us to love but understand that separation of any kind is inevitable.

In life, we attend births and funerals. We celebrate marriage and console one another through divorce.

Friends and family move away, and new people come into our lives. A constant flow of love's energy moves through us, and if we embrace the person and the gifts they offer us by their presence in our lives, we accept the impermanence of the relationship. We bless others, and release them when its time to move on. We honor them by freely letting go, and acknowledge them by recognizing the mutual contributions made in one another's visit.

## LOVE

Throughout our lives, we see many types and degrees of love. Some say love fades away or even dies, and others believe love is eternal. If love can be created and in some ethereal sense, become "matter," then it cannot be destroyed. While our relationships are temporary, the capacity to give and receive love endures beyond our physical appearance on earth.

You may find yourself in or out of love, but love still endures in your heart. The object of your affection is temporary. The love lasts forever.

When we reflect on our day in our evening prayer or meditation, we thank our Creator for all the good in our life. Knowing everything exists only in the moment thereby making everything we experience temporary, we also give thanks for things which don't last forever!

May you learn to separate your spirit from the situation, the relationship, the hardship and the love, and realize the only permanence you experience in life is who you are. And you are temporary, too.

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SEE PAGE 46



## FROM THE HEART



...continued from page 17 ...

demonstrating to me that the sin that I believed hurt him had no effect. To say the least, I felt relieved and healed about the matter.

Another person in Alden's position might have chosen a more worldly response and, offended that I did not keep my appointment, not bothered to help me out again. But Alden chose the high road, and that brought me release that has inspired me to try to offer the same to others.

The real blessing of releasing someone for the "sin" you held against them is that you release yourself along with them. If you are a jailer keeping someone in prison, you have to sit at the door of their cell to make sure they do not escape. Meanwhile, you are in prison all the while they are. Practically speaking, if you hold a grudge against someone, you are in more pain than they are. They may be out playing tennis and having fun, while you are stewing. So who is suffering? Resentment is a far greater punishment to the one resenting than the object of the resentment. Forgive not for the other person's benefit, but your own.

**A Course in Miracles** further tells us that whenever you hold an emotional or physical pain, your underlying goal is to make someone else guilty. You are projecting the statement, "Behold me, at your hand I die." If the other person accepts the guilt you lay, that is up to them. Meanwhile, you suffer. The antidote to your pain and theirs is to make the statement, verbally or energetically, "Behold me, at your hand I live." Demonstrate through word and deed why the people in your life are empowering, life-giving blessings to you. When you do, you accomplish two supremely important goals: 1. You give them life. 2. You give yourself life.

The concept of sin has been terribly distorted and mangled from its original meaning, by people who did not understand it, felt guilty, and tried to relieve themselves of pain by projecting guilt onto others. Sin means simply a sense of separation from God, and the acts that result from such a sense. We are not really separate from God, but we believe we are, so we do things that hurt others and ourselves, as a result of our error in consciousness. The correction of sin has nothing to do with behavior, and everything to do with correcting the beliefs that lead to aberrant behavior. What you do that causes pain is less important than the pain that caused you to do it. If you can heal your sense of separateness from God by remembering that God lives within you, through you, and as you, and you are never outside of love's embrace, you would never do anything that could be interpreted as sinful.

So the sins you believe you have committed are simply errors which can be corrected by seeing yourself and others as sinless. Now that sure works out better for most of us than burning in hell forever.





## PERSONAL DEVELOPMENT FOR SMART PEOPLE

*...continued from page 9..*

value, and it's unsustainable. In the end this sort of thing eventually self-destructs. The only way to succeed with it in the long run is to find lots of suckers and basically rip them off in order to enrich yourself. Most people have a strong enough moral resistance to this sort of thing that they'll sabotage themselves from going too far with it. This isn't a path of long-term abundance. It's a path of scarcity. As a general rule, the people I know who are most focused on trying to make more money this year are doing worse, not better. In some cases they're doing much worse. A few have lost or are in the process of losing their homes. The exceptions are those that are able to sufficiently kill their conscience, so they can remove any incongruencies about ripping people off. But again, this is a pretty rare exception. Most people would rather deal with scarcity than knowingly rip people off to get ahead, so they just make the bare minimum to meet their needs and avoid getting ahead.

### The Smart Approach to Making Money

There is a smarter approach, however. Instead of focusing on trying to make more money, put your time and energy into CREATING and DELIVERING real value. Find a way to give people what they want and/or need. Take note that the keywords here are CREATE and DELIVER.

Creating value means expressing your unique talents and skills in a way that can potentially benefit others.

Delivering value means ensuring that other people are actually receiving and benefiting from the value you've created.

If you don't do both in some fashion, then it's going to be hard for you to generate sustainable income, especially during a recession. I'll explain why.

If you only create value but don't deliver it, then your value isn't being received by anyone. So how can you receive value (such as money) in return? I see this problem a lot with creative types such as would-be artists, musicians, and writers. They may spend lots of time honing their craft, but if they don't actually get that value into the hands of sufficient numbers of people, they struggle financially, and this hurts them creatively too. A goodly number of these people are currently seeing their homes in foreclosure now. The sad thing is that some of these people work very hard. But they spend too much time creating and not nearly enough time delivering. They watch people they consider hacks pull ahead of them. The hacks may not be as good on the creative side, but at least they're getting their value into people's hands, and on some level people are appreciating their work.

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I went down that road myself. In the late 90s, I went bankrupt, even though I was working very long hours and creating a lot of potential value in the form of a computer game my company was developing. My problem was that I didn't do a good job of getting that value delivered. I relied on publishers to do that, and for various reasons the game was never released. That resulted in years of wasted effort, aside from the valuable learning experience that is. So I know where this road leads because I traveled it.

On the other hand, if you only deliver value but don't create it, then you're delivering someone else's value. This isn't a terrible approach in the short run, but it's a short-sighted long-term strategy if this is all you do. There's nothing particularly special about delivering other people's value. Anyone can do it. Anyone can sign up for affiliate programs or join an MLM program or become a reseller. If this is your primary means of generating income, your long-term outlook is weak. The better this works for you, the more it will draw competitors into your field. Eventually everyone will be working harder and harder for scraps. This happens all the time. This strategy can be especially weak during a recession, as more people turn to less expensive sources for the same value you deliver, squeezing your profit margins thinner and thinner.

Bloggers fall into this trap when they rehash other people's content and don't really have anything unique or compelling to say. A year later their niche is flooded with competitors doing the same thing. And hardly anyone is earning decent income from it.

The most viable long-term strategy is to create AND deliver value. You can mix and match other strategies with it, but this should be your primary method of income generation. If you get good at creating and delivering value, you can basically write your own ticket and enjoy lots of abundance.

### A Choice of Mindset

I know a lot of people are dealing with financial challenges these days. Las Vegas is basically the foreclosure capital

*...continued on page 42..*



## ABRAHAM-HICKS

...continued from page 21...

And so, **Esther** thought about it and realized that it was sort of where she'd last left her vibration about that hotel, and so it was logical. And as she was talking to us about it, she was still wanting to say, "But **Abraham**, don't you think that maybe it would be beneficial for the hotel to know that they have a really rude person behind the desk?" And we said, well, but which feels better, to pursue that thought, or to choose another thought that feels better? And **Esther** said, "Well, yeah, yeah, yeah. But **Abraham**, don't you think that under these conditions, shouldn't somebody call somebody? Shouldn't something be done about this?"

The business person in **Esther**, says, "Well, if my employees are mistreating people, I would like to know about it." And we say, no, you wouldn't. You're better off not knowing about it. In other words, let **Law of Attraction** shake it all down. You don't have to be the monitor of that sort of thing.

You have one question: Which feels better? Which feels better, this thought or this thought? Sometimes that seems like such a big thing to choose from, because there are infinite thoughts, but there are not infinite thoughts in this moment. In this moment, your environment is so perfectly established. In this moment, there are only a certain number of thoughts for you to consider. Not too many for you to choose.



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As you start, on day one, deliberately choosing the thought that feels better -- on day two, you will have access to a whole different set of choices than you would have if you had not made those choices on day one. And on day three, there will be a whole different set of choices now available to you -- because each day you will have established your Vibrational Tone to your pure, positive Source Energy. Until in thirty days of playing with this, you can be a living, breathing, eating, light being.

#### Being Deliberate Does Take Practice

But it takes some practice to say, which feels better? Which feels better, this thought of my mother, or this thought of my mother? "But **Abraham**, you don't understand. This is who my mother is, mostly." That wasn't the question. Which feels better, this thought or this thought? "But **Abraham**, you don't understand..." That wasn't the question. Which feels better, is the only question--that's the only question that your Guidance System is asking. Which feels better, this thought or this thought?

Which feels better, to praise or to criticize? "Oh, but you don't understand, there's nothing to praise and there's lots to criticize." That's not our question. Which feels better? Which feels better? "But **Abraham**, you don't understand. You didn't see what happened." No, we didn't. We're not vibrating there with you. But our question to you is, which feels better, which feels better? "But, but, but, but **Abraham**, you need to be here where we are so that you understand what we're trying to tell you." Which feels better? -- is the only thing that your Guidance System is asking you.

So which feels better, to pronounce to the world or to myself, I'm not free? Or to pronounce to the world, I can make more decisions?

Nobody can get inside your head and make you think. Sometimes it feels like it, because they're clamoring in your face so loud with whatever they're saying. But you have the ability, if it is your desire, to feel good. You have the ability to withdraw from whatever thought is bothering you, get off to yourself, and reclaim your connection to Source Energy. And that is the freedom that you are looking for.

You have the ability to look here where there is not resistance. Jesus said, to turn the other cheek, and that's exactly what he was talking about. Resist not evil. Turn the other cheek -- and achieve vibrational harmony with that which feels better.

All of you have access to Source Energy! It is always within you, always radiating through you. Sometimes you are providing a shadow that doesn't let it shine, more than others, and sometimes you are letting it shine fully. But the more you are letting the fullness of who you are radiate through you, the better you feel about everything -- and the more you are contributing to the whole of things. However, in any case, you cannot get it wrong!



# ABRAHAM \*FUN\*



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

**Q**uestion: "Recently I have been going to downtown L.A. for business, and I have to drive through some of the roughest and most crime-ridden neighborhoods around. The homeless people on the sidewalks and the poverty and degradation are overwhelming at times.... I want to help these people, but it just seems all too much.... It seems to me that to just turn away and try and think happy thoughts is kind of cold and uncaring, but on the other hand, how does my feeling bad for these people help them in any way either?"

**A**I'd recommend to simply give it up. Give up focusing on others' problems and feeling bad, for it's not going to help them one iota and will only, in due time, bring into your experience something that you don't want.

Law of Attraction is the only game in town and is at work behind every occurrence and every circumstance: Like attracts like with regard to thoughts to the farthest reaches of the cosmos, and everyone receives exactly what they are vibrating — exactly what they are attracting by their thoughts, beliefs, and attitudes.

This is a planet of contrast containing that which we want and that which we do not want. Contrast evokes desires in us for that which we do want. Then we have the golden opportunity to line up with those desires by focusing on them. We also have the opportunity to line up with their opposite by focusing primarily on that. Of course, most people don't know that and believe it's possible to be victims of awful circumstance.

Actually, there are no victims, no accidents, no random occurrences. Everything is being orchestrated by the Law of Attraction's responses to people's patterns of thought. If we want to make a difference in humanity, we can begin sharing that insight with those who seek answers and explanations. Even more beneficial, we can live as examples of thriving by practicing the art of allowing — allowing our good to come to us by moving our attention away from what is unwanted. As we release the habit of trying to control our lives through action and begin to allow things to joyfully unfold in response to our joyful thoughts, we'll have countless opportunities to explain this process to others who have become exceedingly curious about our "good luck."



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It seems that the second question goes hand-in-hand with the first, and maybe you feel somewhat guilty to see other people struggling while you experience abundance. This comes from the common belief that this is a world based on scarcity and that if one person amasses too much prosperity, it will cause others to go without.

While most of us grew up with this erroneous belief, it will serve us well to kiss it (or kick it) goodbye. This is a world of unlimited abundance; in fact, every time we experience a desire, that desire is provided immediately by an alert and on-duty Universe. All we need to do to bring the desire into physical manifestation is to release feel-bad thoughts and replace them with thoughts that feel good when we think them. Hello, again, art of allowing.

We are all utterly worthy beings, and we serve an enormous purpose simply by coming into physical expression, whether we ever contribute diddly-squat to anyone or anything. Every time we experience a desire, Source Energy/All-That-Is/God rides the rocket of that desire. Source actually lives the delicious fulfillment of that desire, whether or not we get up-to-speed with it. And so, through our life events, Source has new experiences that it never had in quite that way ever before. As a result, Source/All-That-Is/God actually e-x-p-a-n-d-s.

That's humongous!!! God expands as a result of the life that we're living this moment!! Every person is making a huge contribution, no matter what they're living. And every person has the potential to live their goals and dreams by focusing their attention in the same way that our rocket-riding Source does: looking only at the delight and deliciousness of all that is going well.

*Prosperity is equally available to all who desire it and are willing to consistently turn their attention away from struggle and lack.*



# COVER ART

## Mending the Web

by Melissa Harris



*Like a spider's web that can be seen only at certain angles in the light, so sits parts of the soul's task. We may need to open up to new ways of looking at things in order to see where we need mending and how we might go about it. When we take on the task, we begin to heal.*

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

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

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

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

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

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

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

Thursdays STUART Power of Now and Breathing Meditation 7PM - Call 772-634-4011 for details

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

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

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

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

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

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

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

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

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

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

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

**CALENDAR CONTINUED ON NEXT PAGE...**

# OUR CALENDAR OF EVENTS

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

Tuesdays, June 2,9,16,23,29 BUNNELL Development Circle.... use different exercises to develop your own psychic skills and intuition.... N/C....7 PM....location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, Fl. 32110, 386-437-3230.

Thursdays, June 4,11,18,25 BUNNELL A Course In Miracles....facilitated by Doris Scarborough.... donation....10:30 Am....location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, Fl. 32110, 386-437-3230.

Sunday June 7th CASSADAGA "Past Life Regression" with Buffy Williams, Certified Hypnotist & Regressionits, 2-4:30pm \$30 Awaken memories, bring forth past skills, and improve the quality of this life through better understanding of previous one. Andrew Jackson Davis Bldg. 386-228-2880

June 9th - Melbourne - Psychic / Spiritual Development Classes - 12-2:30 PM and 7:-9:30 PM. Class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20. Marilyn Jenquin, International Foundation for Spiritual Knowledge. www.ifsk.org 407-673-9776

Thursday June 11th CASSADAGA Wendy Rule Concert, 7-9 pm \$15 Colby Temple 386-228-2880

Friday, Saturday, Sunday, June 12, 13, 14 BUNNELL Field Trip-Savannah....just for fun....call for details @ The Source, 386-437-3230.

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

Sunday June 14th CASSADAGA "The Tool of Touch" with Rev. Diane Davis 2-4 pm \$25 Experience psychometry, the age old ability to receive intuitive/psychic impressions and thoughts from touch. Andrew Jackson Davis Bldg. 386-228-2880

Saturday, June 20 BUNNELL Medium's Day....Several Mediums from Cassadaga and surrounding area will gather to give mini readings from 10:30 AM - 4 PM....\$25.00 per reading....location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, Fl. 32110, 386-437-3230.



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Monday June 22 DELAND 7:00 pm to 9:00 pm New Moon Shamanic Drumming Circle. Donations appreciated. Tom Arcuti - Yachaq Shaman of Imbabura 386-747-9294 or tom@allipacha.com

Sunday June 28th CASSADAGA "It's Never Too Late" with Esther Seymour-Vogenitz 2-4 pm \$25 A fun goal setting play-shop, to guide you toward your hearts desires "Treasure Map". Andrew Jackson Davis Bldg. 386-228-2880

Sunday, June 28 BUNNELL Message Service....our gratitude service will be held at 11AM.... covered dish social immediately following service.... workshop @1 PM....TBD.... location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, Fl. 32110, 386-437-3230

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

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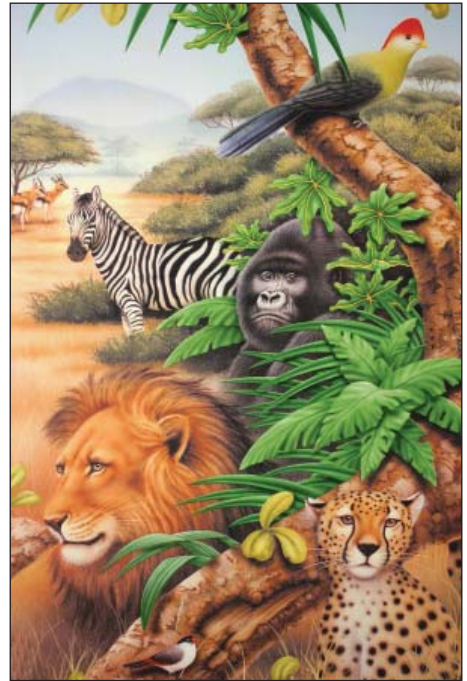
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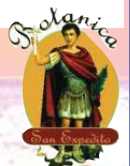
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*Sarah Spiritual*

Sarah Spiritual is a Medium, Empath, Clairvoyant, Clairaudient, Certified Reiki Practitioner, and Herbalist. Sarah firmly believes life is a spiritual journey and each situation has a spiritual solution. She has been guided to assist individuals with their quest for spiritual enlightenment, empowerment and tranquility. Sarah has brought hope through faith to people of all walks of life. By communicating with Spirit, her clients have deepened their spirituality with their God and the universe and connected to the light within.

Sarah is the driving force of **Botanica San Expedito**, "a multicultural spiritual center" where like-minded individuals can browse, shop, share ideas and learn. Sarah recently appeared on **WPTV Channel 5 news**, has been a featured radio show guest and was featured in articles in the **Palm Beach Post** and the **Town Crier of Wellington, Florida**. Sarah can be scheduled for personal readings, classes and workshops. Visit [www.SarahSpiritual.com](http://www.SarahSpiritual.com)



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**Let us know when your group meets so we can  
list it in the calendar for others to join you**

- Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.

- Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.

- Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,



## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*





## SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

### JUNE 2009

June, the month once called Junius...

...which in Latin, is Junius mensis - the month of Juno. Juno is the Roman goddess of marriage and is closely related to the Greek goddess Hera. She is the daughter of Saturn and the Queen of Heaven and is celebrated at the festival of Matronalia on the first of March. In Her depictions, Juno is shown majestically wearing a jeweled head-dress called a diadem on her head. She is the protector and guardian spirit of women. A good reason for women to want to be a June bride! This is also the month of the Summer Solstice, an event that occurs on June 21st.

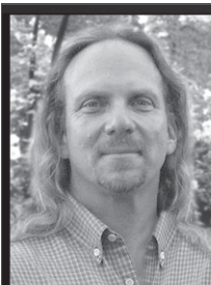
Oh ancient worlds of summer solstice,  
Ring them true with fields of Fern,  
Oak and Yarrow, the meadow glistens,  
Oak and Thyme, the sound of Herne!

The summer solstice, of course, is the time when the night is the shortest and the day is the longest. It is at this point that the sun is at its northernmost tip. It was believed that the night of the solstice was the time when the fairies and elves came out, as told by William Shakespeare. The night was also dedicated to the fairy goddess Aine. At this time, people would wave torches made of straw over cattle to bring luck and guard against illness and infertility.

So soon the meadow browns and fades,  
Soaken fields and then fall rains,  
Oak and Lily, soon to Holly,  
Last of brightness, darkness gains.

It is a time of feeling good and celebrating! Soon the harvest will be upon us when the spirits of the land are blessing us with food for the winter. June was also the month of Kupala or Kupalo, the Slavic god of joy and happiness! He was also a sacrificed god and his sacrifice was celebrated by passing an image of Him through a fire and then thrown into a river. He was associated with the dew gathered at night and of bathing. His name became the name for Summer Solstice in Slavonic-Russian cultures (Kupalo / Jarilo).

It is also the time when the days will start becoming shorter and the sun god will soon leave. So, make this a time to count your blessings as the harvest is soon to come! The work done in the spring is taking shape, so now comes the most important part: it is a time to celebrate life!



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### JUNE 2009

Jun 7th - Full Planting Moon at 2:12 PM EDT  
Jun 7th - Orthodox Christian: Pentecost

Jun 12th - Ancient Egyptian: Festival of Mut, mother goddess

Jun 15th - Shinto: Suijin Masuri (water-person festival) honoring the Kaimi, spirit of water

Jun 16th - Sikh: Guru Arjan Dev Martyrdom

Jun 21st - Summer Solstice, 1:45 PM EDT

Jun 21st - Wicca: Litha - Northern Hemisphere and Yule - Southern Hemisphere

Jun 22nd - New Moon at 3:36 PM EDT

Jun 29th - Santeria, Yoruba: Feast of Orisha Elegua, opener of the gate and protector

*A factoid with which to end the month:*

*June is the month of the Summer Solstice and was called Alban Hefin and Letha (Litha) by the Celts. Litha is the summer 'quarter day' of Wiccans who celebrate the height of the solar aspect of deity or the death or defeat of the Oak King by the Holly King.*



## PERSONAL DEVELOPMENT FOR SMART PEOPLE

*...continued from page 31..*

of the USA right now. I know people who've lost their homes. I see "bank owned" signs all over the place. If you're going through something like this right now, I totally empathize with you. However, I have to point out that the pattern of what causes this is so clear, it's getting a bit ridiculous to see it play out over and over again. Generally speaking, people who CREATE and DELIVER value are doing just fine. In fact, I'd say most are doing better, not worse. Many of these people are seeing their incomes go up during this time.

People who don't CREATE and DELIVER value are seeing their finances grow progressively worse. This leads many of them to panic, so they head even further away from creating and delivering value (such as by chasing lame money-making schemes), which only quickens the decline to insolvency. I know it seems logical that if you're seeing your finances decline, then you should focus single-mindedly on trying to make more money as quickly as possible. People fall into this trap all the time. I used to fall for it, too. This is absolutely the wrong strategy though. I know that must sound counter-intuitive.

The correct strategy is that when you see your finances decline and you want to increase your income, then you need to focus on CREATING and DELIVERING more value. If you do that, then you're doing the very thing that will generate a sustainable income increase.

What is money? Money is simply a medium for exchanging value. Money is what you receive in exchange for the value you create and deliver. If you can increase your outflow of value creation and delivery, you can increase your inflow of money received.

If, however, you try to increase the inflow of money without increasing the outflow of value, you're trying to get something for nothing. This approach is untenable and will ultimately collapse. Please don't waste your time on it.

I actually figured this out right around the time I was declaring bankruptcy. I was totally broke, yet I found a way to focus my energy on creating and delivering value instead of on trying to scrape together more money. Within about six months, I was back on my feet financially, and year after year my financial situation just kept getting better. I started on this path about 9 years ago, and I've maintained a nice positive cash flow every year since then.



## SUGGESTED READING WATCHING LISTENING

The Law of Attraction: Teachings of Abraham  
by Esther and Jerry Hicks [www.abraham-hicks.com](http://www.abraham-hicks.com)

From <http://www.vibrantwomenswisdom.com/>  
Vibrant Women's Wisdom: Surviving & Thriving through  
Dark & Bright Hours by Kelly Palace, Dr. Wanda Bethea,  
Linda Wiggins and 20 other vibrant authors

From [www.hayhouse.com](http://www.hayhouse.com) by Esther & Jerry Hicks  
Manifest Your Desires:  
365 Ways to Make Your Dreams a Reality

Astonishing Power of Emotions

Money and the Law of Attraction

From [www.hayhouse.com](http://www.hayhouse.com)  
The Biology of Belief by Bruce Lipton

Overcoming Fears by Louise L. Hay

The Answer is Simple by Sonia Choquette

Earth Magic by Dr. Steven D. Farmer

From [www.newworldlibrary.com](http://www.newworldlibrary.com)  
The Hidden Spirituality of Men by Matthew Fox

Trager for Self-Healing by Audrey Mairi

Angel Horses by Allan & Linda Anderson

CD from [www.thecrystalgarden.com](http://www.thecrystalgarden.com)  
Think Good Thoughts by Margaret Ann Lembo

**MUST SEE DVDs**  
The Secret Movie <http://thesecret.tv/>  
e Secret Behind The Secret [www.abraham-hicks.com](http://www.abraham-hicks.com)



## THIS MONTH'S THOUGHTS ABOUT THINGS...

...continued 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."



yoga training has developed my nervous system to be aware of the subtleties of energy, so I knew my father was already gone from the physical body whose hand I held.

The day before Father's Day, we'd agreed to meet at the hospital to sign to have Daddy taken off life support. We went home to Key Largo to play the waiting game. The call came first thing the next morning. We'd already made all arrangements, so I began the 4 hour drive back home. I was lucky in that I was in time to catch Garrison Keillor's Prairie Home Companion as I drove north along highway A1A, the ocean drive, and caught the show on various public radio stations all along the way up. It was to be his last show ever and it was a Father's Day Tribute. It was a real teary journey home; very cleansing and renewing and healing. It was the end of an era, which meant the beginning of another.

Am I bitter about the circumstances? No. Do I hold pain about it, do I still carry it around in my energy field/ aura as a pain body? No. Sh\*t happens. That's life. You get over it and you get on with it. He was troubled. The moment he was gone, I knew he had found peace. I knew he'd mended the web and began the weaving of the next lifetime. Any issues we ever had were melted away in that moment and we were, at last, unspoken, in total agreement.

I'd been making regular posts on Facebook about the cardinal nest that had been built right outside my back porch door. I'd peek every few hours and every few hours report back with the update. On April 22, I wrote: "Mama is finally off the nest. Two of the eggs have hatched. We're all parents! Remember, it takes a village..."

Then 2 days later, I wrote: Drama! I heard the papa cardinal squawking and saw him hopping about in the bush near the nest, puffed up to twice his size. I couldn't see anything in there. He was clearly telling me there was a snake but I couldn't see one. So I went around to the other side and just reached in with my big pruners and got him. Sorry to see him go. We said a prayer for him. I'm glad I speak critter. I could see him floating up on his little angels wings saying, "thanks, I'm free again" and contemplating his next incarnation. Good grief, baby raccoon in my front yard eating sunflower seeds at the concrete table and bench in the middle of the day. Let me go follow him and make sure he stays away from the hatchlings also...

I started to see myself as a protector and rescuer, which naturally began attracting situations to me to showcase those talents. By the third snake, I realized I was attracting them by writing about them: I wasn't even going to write this, since I don't like bringing people's attention to anything less than happy or up. No matter that something is a fact of life. A couple of times this week I'd noticed yard snakes just a little too close to the cardinal nest. Living in a wooded area, there is lots of wildlife here and snakes are part of that. I'm used to it. They don't freak me out. They are harmless for the most part, in fact I've never seen a poisonous snake on my property, ever. I usually let the snakes go when the cats bring them in the house or corner them outside. But I killed 3 snakes this week. I wrote about two of them in Facebook. I think I was feeling a little too proud of myself, and vibrating there too long. Plus what's the difference between me killing the snakes and the snakes eating

the eggs? Except one is a natural act of survival and the other is not. When I got up yesterday, the cardinal nest had been disturbed, and the cardinal family was gone. The nest was not completely destroyed, but it was empty and in disarray. The hatchlings usually fly in 10 days, and they were only 6 days old but had most of their feathers. I later saw the mama and papa cardinal out at the bird bath, and could hear them in the east woods. My story is that they moved the nest. It's possible that is what happened. Either way, it's just the cycle of life.

A couple of people asked on Facebook about the nest, and I told them the story as I see it. Maybe they did not move the nest. Maybe that is not the truth. However there are 2 new sets of cardinal babies that newly appeared on the scene at the same time last week, so who's to say one set is not the Facebook cardinals? Telling that story is the story that makes me feel better. It's a story that lets others play over and over again in their minds a happy scene of a happy life.

And that's my story across the board. I have a happy life, and when things like this happen, they happen. It is what it is. But I don't have to recount every sad or violent thing that happens to me when I talk to others. The story I tell to others reflects just how I see my world.

I don't see the world as predatory and scary. I see the world as a welcoming and loving place, full of opportunity. As a well stocked kitchen, as **Abraham-Hicks** says, with everything in it that I need to create a beautiful and fulfilling life. Do scary things happen? Sure. Do predators exist? Sure. But that doesn't have to be my focus. I don't need to continue to talk about those things and lament them and grieve over them and draw everyone else into the chain of pain.

My story is that life is good and fun and full of opportunity. My story is that I live a happy life with great friends and family and fulfilling activities. My story is that I have all I need and am always receiving more and more. And it's not just a story. It's really my life. Do bumps happen? Sure. Are they the norm? Not by any means.

A few months ago I began sending out a newsletter, and got an email from a very critical friend about "what a nightmare" the format was. I asked him for a remedy and he said simply "you just plain have to learn how to do this." **Ken** does not understand **law of attraction**, and went on to say, "As long as you keep peddling new-age snake oil, the deities of rationality and common sense will continue to screw up your efforts." This from a man who likes to quote: "As soon as you recognize you are farther along the path than another, that immediately places you in service to them." His way of serving seems to entail making snarky, hurtful criticisms instead of offering help.

I guess I don't see a goofy looking newsletter as screwing up my efforts. That may be what he sees. I'm always into content over form, though. When I see someone's newsletter and it's obviously not professionally and technically perfect, I could really care less. I look to see what they are saying to me. I look to see what the message is they are trying to get across to me. I look for their story behind the appearance of it all, what did the Universe send them to me for? No matter how they say it, what do they really want?

Is my way better? No. Does my way make people feel at ease and let them know I understand them, or am trying to? Yes. And that's my point. I, too, used to be that cynical, smart ass, sarcastic person that took pride in one-upping anyone I imagined myself to be smarter than, better than, more (fill in the blank) than. And now? Now I realize what it's all about. Now I realize we're all in this together. Each moment is precious. Now I do my best to help make everyone's life a little easier, and skip to the fun parts.

That's my story and I'm sticking to it.

Enjoy our offering this month. Hari Om.

*Andrea*



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

## HOROSCOPES FOR

### **Aries: March 20 to April 19 "I Am".**

The energies that surround you this month have you craving your comfort zone. You may have just left a long time position at work or relationship. You are seeking familiarity in your daily routines. By the Summer Solstice June 20th at 10:46pm in Cancer, you will be focusing on your creative talents.

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

You desire a partner who takes the lead and gives some direction in the relationship; even though they are very resistant to taking your advice. This month you have the Summer honey do list bug. You will achieve more success than usual because you have decided to stop fighting with yourself and everyone else.

### **Gemini: May 20 to June 20/21 "I Think".**

This June is a time of great discipline and hard work. Now is not the time to be easily discouraged or give up hope. Delayed recognition may be a reality, but doesn't mean that you should stop trying. Keep plugging away and you will be very happy with the results.

### **Cancer: June 20/21 to July 22 "I Feel".**

This June you will finally come to your senses in regard to taking time out to reevaluate your life path. It is time to get out of your rut and start listening to your intuition. This month, you are also in the limelight more than usual, so you better behave yourself.

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

This June a sense of optimism colors your life, and your willingness to explore new possibilities will lead to many opportunities full of financial and creative success. The number one ingredient in this equation is that you have to take time to listen and act upon your intuition. Give your higher self the credit it deserves.

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

Even though you may be feeling over worked and misunderstood, this is not the time to throw in the towel. You may want to retreat from the world at times, and yes a few times a year a spiritual retreat is in order to recharge yourself. When duty calls, you always come through; you always have and always will.

### **Libra: September 22 to Oct 22/23 "I Balance".**

This month your psychic sensitivity is at an all time high. Be careful who you spend time with because of your extreme vulnerability and sensitivity. If you can focus on your spiritual awareness, you can fulfill the desire to please others and the craving for recognition. Work on your self worth. Don't worry too much what others think about you, It is your life so live it with all you got to give!



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# JUNE 2009

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

June is a money maker this month for you and your family. Your ability to grasp financial opportunities will likely get you where you want to go. Your investment strategies will help you reaffirm your commitment to deeper spiritual goals and less materialistic behaviors.

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

Your adventurous spirit has you expressing yourself through higher learning. This learning can express itself through books, hands on healing, and travel. There is nothing more than enjoying talking to someone from another part of the world, you love that. Life wants you to keep an open mind.

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

Focus on your hocus pocus. You can do anything you put your mind to. This month, with the Full Moon in Sagittarius on June 7th, will be your jump start at an even stronger ambitious nature that will enable you to succeed far beyond your dreams.

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

The Full Moon in Sagittarius on June 7th Will be a time for you to spend with friends. In romantic relationships, you can be too idealistic; it just doesn't pay to be too nice, do not be a willing victim by becoming too vulnerable. This month you will also have a very unusual psychic opening in regards to writing. You are put on notice to keep track of your thoughts.

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

This month an unstructured work environment, one in which you can be yourself, defines who you are. The success of your career has to do with your originality and inventiveness in the way that you play the role of your job title. Your sensitivity, along with your willingness to serve others, is the heart of what you have to offer the world. You are happy when you know you have helped others.

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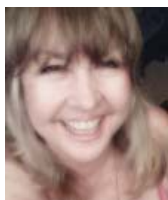
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Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



**Andrea de Michaelis has designed this audio series just for you.**

## 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 vivid psychic impressions from your angels, guides and teachers.

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

## Healthy Eating Habits



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

## Sleepytime Recharge

Science now knows that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear around us. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and thus create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health. *I listen to Sleepytime Recharge every night as I fall asleep and sometimes let it repeat over and over. I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you. K. Crane, Cocoa*



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



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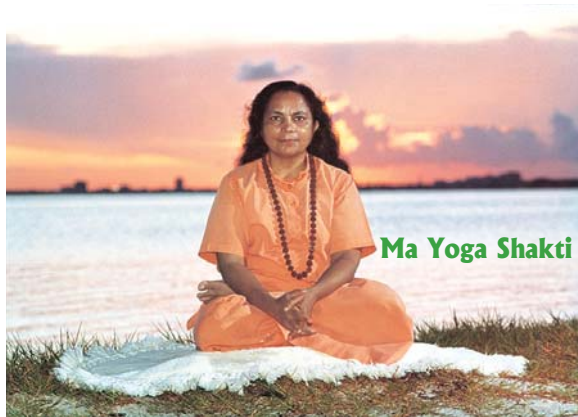
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# YOGA SHAKTI MISSION



**Sundays 9-10am**  
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*Talks on Spiritual Topics*

**First Saturday of**  
**month at noon**  
*Vegetarian luncheon \$7*

## YOGA CLASSES

\$7 Per Class  
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### Monday

Gajendra - 7:00-8:00 p.m.

### Tuesday

Maryann and Jim Loafman  
7:00-8:00 pm

### Thursday

Val Anderson  
9 -10 am

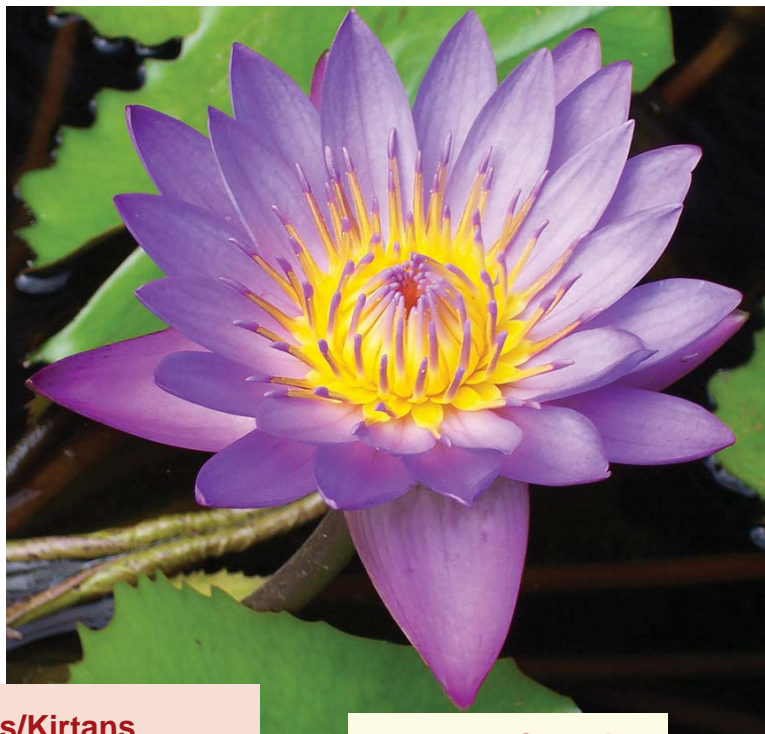
### Thursday

Chip & Shyama Iacona  
7-8 pm

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### Bhajans/Kirtans

First Wednesday of Month  
6.45- 7 45 PM



### Ramayan Chanting

Sundays 10:15-11:15 am

## BOOKS BY MA YOGA SHAKTI

Yoga Syzygy Guide to Hatha Yoga \$15 Email [yogashaktipb@yahoo.com](mailto:yogashaktipb@yahoo.com)

Techniques of Meditation to Enhance Mind Power \$

Shri Satya Narayana Katha \$5

Hanumaan Chalisa \$5

A Spiritual Message \$5

The Seven Invisible Psychic Lotuses \$10

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Chandogya Upanishad \$5

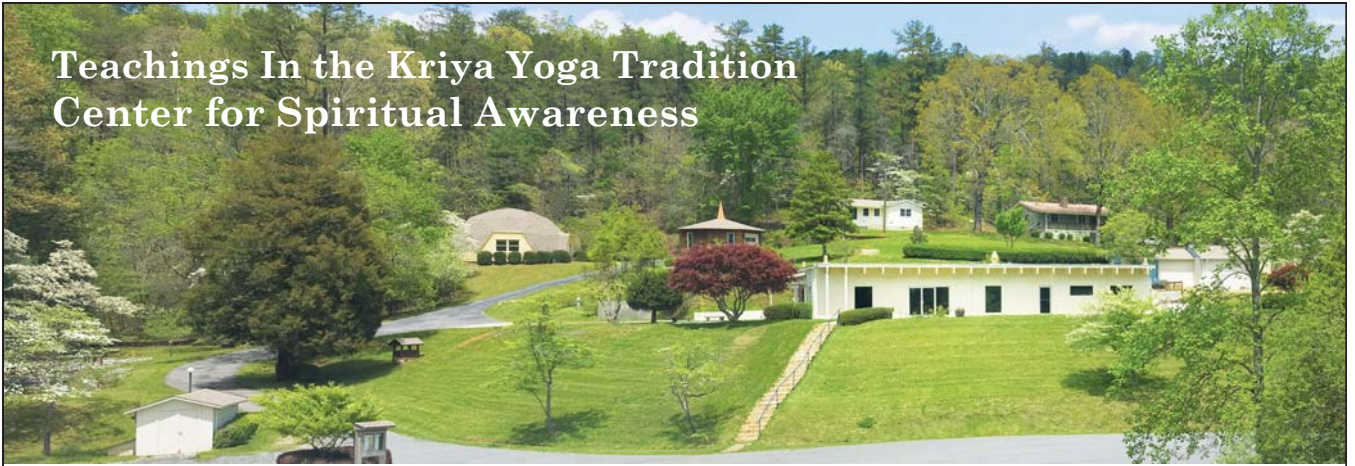


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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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