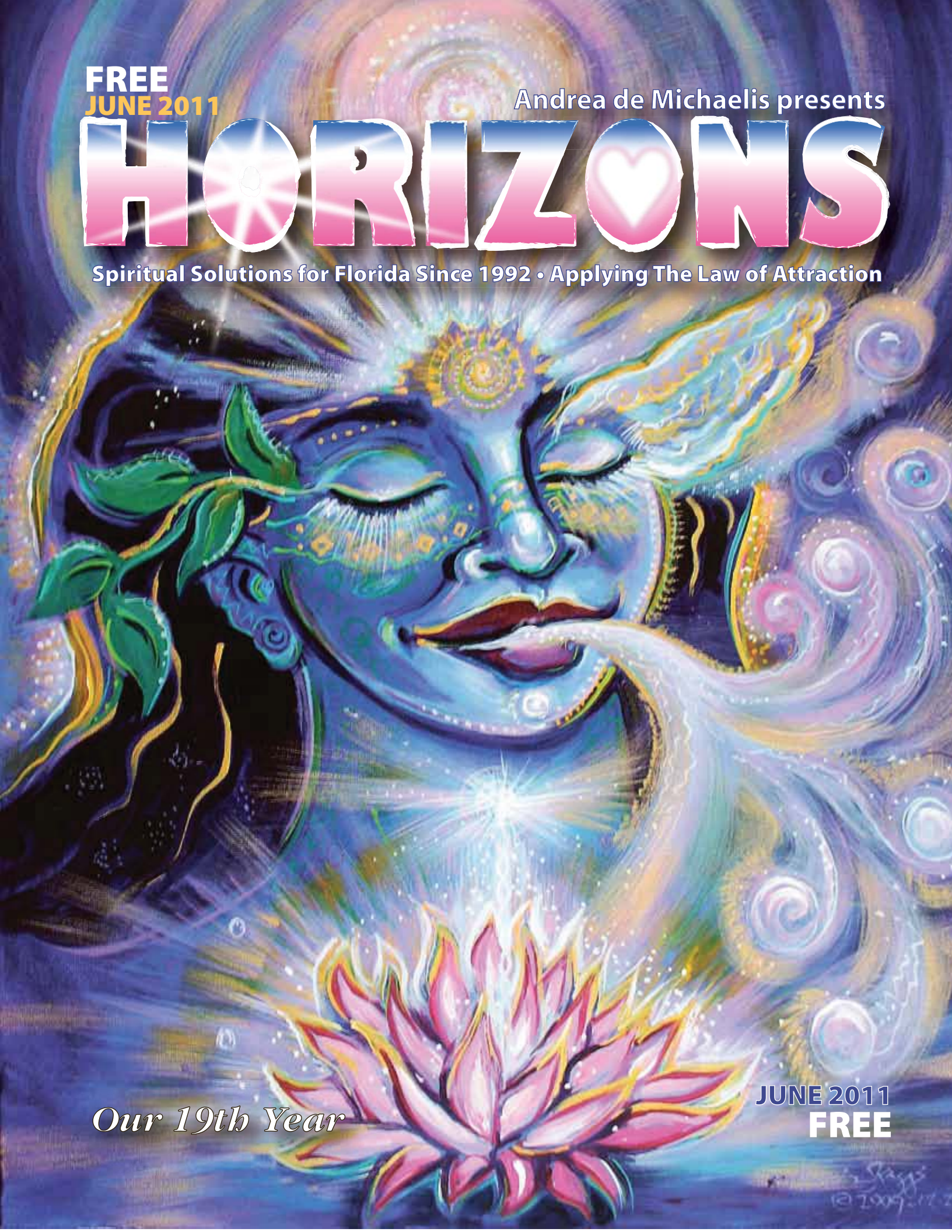


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*He sang a song and
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generation and
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remembering the
lips that gave it birth
and the ears that
cradled it.*

~Kahlil Gibran



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**Let's Celebrate the UNITY of Family!
Saturday June 4 10am-4pm**

WHO: Parents, grandparents, parents of adult children, and anyone else involved in raising kids!

WHAT: BBQ – Feast! Hot dogs, burgers, and drinks provided. Please bring a side dish to share with others!

WHERE: Rotary Park in Suntree



**Following in Jesus' Footsteps
Sundays June 5, 19 and 26 10:00AM**

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

**Lessons in Truth by Emilie Cady
Eight Saturdays June 4 thru July 30**

11:00AM to 1:00PM

Lessons in Truth by Emilie Cady supports our quest to find Truth through a series of simple statements that reveal, at some point, we must make a conscious decision to stand alone with God. Discover how the Truth principles taught by Jesus will open your life to the reality of our oneness with the Creator. Conscious spiritual thoughts and positive affirmations change challenging relationships into blessings. Each week you will deepen your personal experience of the living Christ self within by transforming your consciousness and living the life of Spirit.

Janet Conner Back by Popular Demand

Sunday, June 12th Sunday Service 10:00am

**Sunday 1:00-4:30pm Your Soul Wants Five Things
Writing Down Your Soul – The Romance Continues**

Your soul wants to connect with Source. After a review of the steps to get to Theta, we will go deeper with new writing prompts. Suggested love offering \$30. You will: learn what writing down your soul is and is not (hint, it's not journaling), hear Janet's eye-popping story about the mystery man, get an overview of the science that substantiates and explains why deep soul writing may well be the most effective spiritual practice, learn the three things that happen when you write at the soul level beginning with getting out of conscious mind, explore the seven steps to enter the all-important theta brain wave state, hear the story of the last chapter in Writing Down Your Soul, "Before We Close." This is an experiential workshop, so you will also have a ten minute deep soul writing experience using the seven steps. Bring a journal or get one in the church bookstore prior to the workshop. (You will receive a workbook and can write in that as well). Janet will also introduce you to Hafiz, the great Sufi mystical poet, and his insights into the connection between you and the divine within. When you leave, you will have all the tools you need to begin your own daily divine dialogue with the extraordinary Voice within.

Ongoing Events

Adult Sunday School – Sunday, 11:15-noon.
Join us as we have a metaphysical discussion.
This is a time to ask questions and a time to share.

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

Transformation Experience Leadership Group – June 5th noon

Revolutionary Agreement Groups

1st Wednesday of the month (June 1st) at 7:00pm
2nd Saturday of the month (June 11th) at 1:00pm

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

Reiki Healing Service - Facilitator: Lloyd Reiser
Sunday June 5th, 4:30pm
Sunday July 3rd, 4:30pm

Coming In July

As we celebrate the independence of our nation this month, we will also celebrate the idea of being free – truly free. Each week, we will apply the "Freedom Factor" to a different aspect of our lives and emerge stronger, more empowered incarnations of the Divine.

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

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**The greatest
optical illusion
is separation**

Publisher/Editor/Layout
Andrea de Michaelis

Thanks for help this month
Gerald & Rev. Beth Head
Morgana Starr
brYan tilford

Cover Art (see page 29)
Dream a New Dream
by Katherine Skaggs

Contributing writers:
Michelle Whitedove
Esther & Jerry Hicks
Vicki Hannah Lein
Katherine Skaggs
Cecelia Aitable
Lynn A. Thomas
Karen Williams
Willis Harman
Barbara Lee
Mike Dooley
Alan Cohen
Tom Sannar
Wayne Wirs

HORIZONS

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

Anais Nin

*Horizons thanks
everyone willing
to take the risk*

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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the **June 2011** issue of **Horizons Magazine**. It's June already and the weather has just now begun to get hot enough for me to turn on the a/c. This is when I love living in Florida. As long as the weather stays cool through April, I'm thrilled because that means we got 6 months of not hot, not humid weather. Anything more than that is a bonus. Plus, remember that also means we will have an easy hurricane season. That's one thing the weather forecasters fail to mention when they are talking about every storm that blips onto their screen.

I was at my friend Joy's house 3 weeks ago and her tv was on, showing the flooding in Tennessee and Mississippi. I think a little Ho'oponopono is in order for the rising waters. I know that everything in my world is my responsibility, simply because I'm aware of it. *"I forgive you and for whatever my (unknown/karmic) part in the situation, I ask forgiveness, I thank you for your part in my life and I love you."* Really.

Dr. Ihaleakala Hew Len was a psychologist at the Hawaii State Hospital who - without ever seeing a patient in person - cured a ward of criminally insane patients using an ancient Huna technique. Dr. Lew would study an inmate's chart and then look within himself to see how he created that person's illness.

As he took responsibility, asked forgiveness and expressed gratitude, he improved himself and the patients improved.

Dr. Len never saw his patients. His agreement was he would have an office and he would review the patient files. While he looked at those files, he would work on himself. As he worked on himself, patients began to heal.

Dr. Len says he "was simply healing the part of me that created them." Dr. Len explained that total responsibility for your life means that everything in your life is your responsibility, simply because it appears in your life. In a literal sense your entire world is your creation. That has been my experience as well. I've seen it too many times to not believe.

Esoterically, water symbolizes our individual and collective emotions, so it's no surprise that flooding is happening in many areas now. We can help, whether you believe in the process or not. Just say it with the intent to mean it: *"I forgive you and for whatever my (unknown/karmic) part in the situation, I ask forgiveness, I thank you for your part in my life and I love you."*

When you begin to live as a Soul, it becomes automatic to do the Ho'oponopono work and to say a prayer for any person or situation as they arise. When I hear a siren, I say a prayer for the first responder, for the patient and for their family. It becomes automatic.

When you begin to live as a soul, it's not that your problems disappear, it's just that you no longer see them as problems. When you begin to live as a soul, doors open where you didn't know there were doors, and you get glimpses into windows you didn't know existed. When you begin to live as a soul, you synchronistically run into the right people at the right time and one random act of kindness can reap you rewards that will blow you away.

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Page 7

Rev.

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

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

NEW! See video at www.psychicconsultant.org

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



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Testimonials

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

Nellie, Thank you and Albert for everything. I enjoyed our time so much yesterday – it was hard to believe that 4 hours went by. I love you and Albert – your insight and inspiration is phenomenal. We really do have a good connection – and I am sure now – more than ever – that the highest realms have placed us together. You have both made such a difference in my life – and I feel very blessed for these gifts in my life – meaning you and Albert. I look forward to seeing you again soon. Thank you for your prayers. Love and Blessings, Diane C.

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Stop Fixing And Start Savoring

As you are reaching, in a determined way, for the Path of Least Resistance, anything that is resistant within you will certainly pop up within 20 days. And as you are deliberately reaching for the Path of Least Resistance and finding it, then you will have shifted your vibration on every subject that is important to you, and you will become resistant free.

You just have to want to feel good more than anything else. That's the only criteria that is necessary in order for you to achieve this. You have to really want to feel good. You have to want to feel good so much that you're wanting to reach for a better feeling thought any time you are in the midst of one that doesn't feel so good.


Nothing is more important than that I feel good. That's the mindset that you have to be at. Nothing is more important than that I feel good.

And that doesn't mean getting rid of things that don't feel good, because you can't. In other words, you can't make people go away. You can't make people stop thinking about you. You can't rid the world of terrorists. You can't rid the world of disease. You can't get rid of the things that you feel need to be gone.

You've got to decide, "I'm going to find a Path of Least Resistance relative to this. I'm going to find a way of either thinking about this in a way that feels good, or I'm going to find a way of not thinking about this. But this is no longer going to be an issue that keeps me from allowing the Well-being that would be there if I were not doing this. Nothing is that important."

Your "starting point", is being determined that you're going to feel good, no matter what, and then sifting through your life for things that do feel good. So we say, sift through your life for things that feel good.

And you say, "Well, I think I'll start with this issue." And we say, reach into your life for things that feel good. And your human tendency right away is, "Oh, well, then I'll deal with the issues."




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And we say you don't have to deal with the issue; don't activate the issue. Start looking for things that feel good. Start with something easy. Turn your attention toward things that feel good. And you say, "Well, that's easier under some conditions than others. What if I find myself in a situation where I'm looking right at something that makes me feel bad, and I can't get away from it, no matter how hard I try, it's so in my face?"

...continued on page 26...

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Why You Shouldn't Waste Your Time Fixing Yourself

Wayne Wirs is the author of "Fading Toward Enlightenment" and "The Implications of the Soul." He has been blogging continuously—before, during, and after enlightenment—for over nine years. Wayne's complete works—his five books, photography and online journal—can be found online at <http://waynewirs.com>.

I often receive emails from readers asking for spiritual advice. Many of them are based on an attachment to their "mortal" life. One of the coolest things about living as a Soul is that practically all of your "problems" immediately evaporate.

AN ALTERNATIVE TO SELF-HELP

Before I woke up, I was in a constant "fix myself" mode. I was always striving to make myself better, smarter, more perfect. Judging by the number of self-help books out there, I wasn't the only one.

90% of my problems, damn near all of them, were mortal-based problems. When you stop believing that you are a mortal human being and truly feel yourself to be someone who jumps from life to life to life to (eventually) Oneness, then all those silly my-life-sucks-based issues become negligible and irrelevant.

In other words, when you live as a Soul, you transcend your problems and they automatically fall away.

THE CRUX OF THE ISSUE IS THIS:

You can spend your life trying to fix yourself: your weight, your insecurities, your greeds, your desires, your noisy mind, your phobias, your fears, your angers, your regrets, your addictions, your wrinkles, your finances, your envies, your jealousies, your health, your aches and pains, your attachments...

Orrrrrrr...

You can say, "Pffft. That's not me," and TRANSCEND all that crap by living as a Soul.

...continued on page 27 ...



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Sunday Service 10:30am Join us at Colby Memorial Temple for our weekly Church Service. All are welcome!

Sunday Message Service 12:30-1:30pm This is a public message service where our students and mediums demonstrate the continuity of life.

Wednesday Night Message Service 7:00 - 9:00 pm Healing will be offered in Colby Temple from 7pm until 7:25pm. The Message Service consist of a brief talk followed by professional and student messages ending at approximately 9pm.

Historic Tours of Cassadaga Saturdays 1:00pm and 3:00pm Learn about Cassadaga's unique and mysterious beginnings, its unusual architecture, and the spirit activity that still goes on.

Orb Photography Tour Saturdays 7:00 pm A walking tour of Cassadaga to explore energy spots. Take your own photo or see the pictures taken by your guide. Two hour tour. Adults \$25, Children 7 to 12 \$12, Children 6 and under Free. Camp closes at 10pm



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THREE DREAMS

Willis Harman was an American engineer, social scientist, academic, futurist, writer, and visionary. He is best remembered for his work with Stanford Research International, for being president of the Institute of Noetic Sciences in California, and for his work in raising consciousness within the international business community

IN THE FIRST DREAM I am walking along a very rough terrain, on the way to climb a high and rather forbidding mountain, the top of which is concealed by mist and clouds. It is clear that the ascent of this mountain symbolizes my whole life. Clambering over the rubble in front of me is not too daunting, but as I look ahead I see that my way is blocked by several cliffs that appear to be around ten feet high. Beyond those are some still higher cliffs, the farthest being perhaps hundreds of feet high. I have no idea how I will deal with those when I get to them, but meanwhile there seems nothing to do but forge ahead. However, although I didn't know notice it at first, I am growing in stature as I go along, so that by the time I finally reach the ten-foot cliffs I am tall enough that I can simply step up over them. The same with the hundred-foot cliffs.

IN THE SECOND DREAM I am in a cafeteria. I take a tray, place it on the rails, and proceed to move down the food line. At the end of the line is a door. Somehow I realize that this also symbolizes my life, and the door at the end is what we call death. Behind the food line is a gigantic figure who is ladling out the food; I can't see his head, he towers so far above me. I notice that the persons in the line on either side of me have trays with large round holes in the middle, so that the food simply falls through the holes onto the floor. This seems to me a strange way to run a cafeteria, and I ask the food handler about it. He replies that the food is available to everyone, and the choice of tray is optional; some people just choose the trays with holes.

IN THE THIRD DREAM I am in a solo spaceship which has somehow become a derelict, destined to travel around the Earth for centuries. There is no way to deflect its orbit and manage a return to Earth. It is clear that I have only two choices. I can stay alive as long as possible, eventually run out of air, food, and water, and die a slow death. Or I can open the hatch and let the remaining air rush out, the cold come in, and have it all over within seconds. It is an agonizing decision, but I finally decide on the latter. I open the hatch and feel the air rushing past, and immediately find myself in a space which is not cold and black, but wonderfully illuminated and somehow "loving." I seem to be everywhere in this space, and nowhere in particular. I had never given the idea of heaven much thought, but this seems to fit. I feel intensely alive, supported in every sense, and totally content to stay here forever.

Reprinted from the Institute of Noetic Sciences Review, Spring 1997.

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. Call 321-757-7522

SAW PALMETTO A MANLY HERB (OR IS IT?)

I am writing this article in honour of my Dad who in his later years was afflicted as so many men are with an enlarged prostate also known as **Benign Prostatic Hyperplasia (BPH)**. According to my dad BPH has some pretty annoying symptoms like getting up more at night to go to empty his bladder. He also had a strong desire to urinate yet only a dribble came out along with excruciating pain.

If you are concerned about the health of your father, brother or yourself consider **Saw Palmetto** as the herb of choice.

Living in the south you are probably familiar with this plant. The **Saw Palmetto** gets its name from the sharp saw-like edges on its fan shaped leaves. The olive sized berries grow in clusters of about 18-24 inches long and are harvested in the autumn. Inside the outer part of the berry is a hard white oily seed which becomes dark purple to black with a notable odor and very hard when dried. This inner seed is where **Saw Palmetto** gets its healing properties from. The oil from these berries contain fatty acids, sterols, polysaccharides and flavanoids. These compounds appear to have an effect on estrogen receptors and testosterone levels making it useful for treating symptoms of BPH.

There have been at least 20 different clinical studies done using **Saw Palmetto** which have found the herb to be useful for the symptoms of BPH including reducing inflammation reducing the size of the prostate, relaxing the smooth muscles surrounding the prostate, reducing the frequency of urination (especially at night). In fact one study showed it to be as effective as some of the prescription medications.

The formula that I put together for my Dad included **Saw Palmetto**, **Nettle root**, **Oat Straw**, **St. Johns Wort**, and **Echinacea**.

Besides being good for the prostate **Saw Palmetto** has also been found to be good for increasing sexual energy, enhancing digestion, incontinence and bed wetting, impotence, cystitis, encouraging weight gain, adult acne, toning the bladder and male pattern baldness.

Oh yeah: Ladies **Saw Palmetto** is also used as a reproductive tonic for women, especially if you have ovarian pain, polycystic ovaries, and painful period's, adult onset acne and for regulating menstrual cycles.

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Tips to Dream a New Dream For Your Life



Katherine Skaggs is an internationally recognized visionary artist, intuitive, author, teacher, spiritual counselor, shamanic practitioner and painter of souls. To learn more about Katherine Skaggs, her services and products as well as a beautiful gallery of her sacred art, go to www.katherineskaggs.com and see the cover artist info on page 29 of this issue.

It is time to Dream A New Dream for ourselves, through the love and beauty of our hearts. Allow the beauty of your enlightened heart of unconditional love and wisdom to take you inside and remember who you are, to bring that enlightened heart energy into your heart/mind and to dream and speak a new dream... one filled with only love, light, hope, beauty and amazing joy for life. Be centered in the peace that emanates from this beauty. There is nothing to do but dream from the place of the divine heart within ourselves. And when we do, we must know that only love can be born and expanded. Let this Being of Love give light and love to you and to your dreams.

Great idea to dream from an enlightened heart, but how do you do that? How do you release the struggles and stay focused on the beauty? Here are a few tips for making the shift to dreaming the world you desire.

1. Admit You Need a New Dream!

First of all, you have to know that you want and need a change. Once you have recognized you don't want to struggle any more, then you can begin to change your life and let go of the behaviors, people, jobs and experiences that don't make life fun.

2. Release the Old Dream

Now that you have admitted you need a new dream, honor the old dream so you can let it go. What are the old stories, the old attitudes and behaviors that you desire to let go of? What are the old fears that keep you playing out old patterns?

Get some blank paper, and write these stories out with all the passion and feelings you can muster, until you can't write any more. Embellish all you can. What do you need to forgive and let go of? Forgive yourself, and each person or situation you feel you need to forgive. Forgiveness is the foundation of freedom and the ability to dream again.

When you have written it all out create a ceremony to release the Old. Now is a great time and cycle to do this. As you leave past behind, it is important to let go of what was so you can move into what you desire to create anew. A ceremony may be as simple as lighting a candle and sending a prayer to Spirit to take this from you now that you have written it all out. Or if you have access to a fireplace or outdoor fire, take what you have written with an earnest heart and throw it into that fire (which represents the Eternal Flame of Spirit). Let Spirit burn up this old energy, recycling it and making it ready for your new dreams!

3. Be Grateful for What You Have

Sit quietly and reflect upon your life. Use all your senses to image all that you have to be grateful for - your health, your loved ones, your skills and talents, your home, etc. As you connect to all the good through your gratitude, imagine the most amazing love expanding in your heart, filled with joy and peace. Imagine that this lives in the gratitude at all times. Imagine this gratitude feeds all your new dreams. When you are through sitting in this peaceful state, write, journal, paint, create art, dance, sing... Commit to flowing the gratitude into an activity that brings it beyond your mind and into your physical world.

...continued on page 30...

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Dear Whitedove, Several people at my local New Age store use the greeting "Namaste". At the thought of sounding silly I was afraid to ask the meaning. Please shed some light on this welcome. From Spiritually Speaking in Norway

Dear Spiritually Speaking, Our words hold a vibration and a wise soul will use their words to heal, bless, and educate. Namaste is pronounced Nah-mah-stay: is a Sanskrit greeting of honor, respect, and prayerful reverence. This wonderful greeting conveys spiritual respect and offers a blessing to the recipient. One beautiful soul that I know greets everyone with "Hello Angel". She believes that this helps her friends and clients elevate their standards a little higher during their interaction. Don't you think that the world would be a better place if everyone would adopt a state of reverence in their greetings?

Dear Whitedove, I seen several curious notices in the newspaper "Thank you Saint Jude". Why the newspaper? And why the need to go public in such a formal way? I'd love to know. ~Reading Papers in Chicago

Dear Reader, When praying to a Saint, you are asking the Saint to intercede, to petition God on your behalf. Saint Jude was one the twelve Apostles also called Thaddeus who's known as the "Saint of the Impossible!" He's the Saint to call upon when praying for the impossible, the helpless, or a hopeless cause. One thing that is certain: through God, all things are possible. When the prayer for the impossible is answered and a miracle is delivered, it's of popular belief that it's important to formally thank him. So when you see postings in your local newspaper or on the internet this is a way to validate a person's sincere gratitude to Saint Jude in a public way. And for those who read the note of thanks it increases our faith knowing that miracles are achievable.

Dear Whitedove, I have had a persistent health issue that's bothersome but it's nothing major. My sister has been insisting that I make an appointment with a Naturopath. Do you think that this is wise council or will I just be wasting my time and money? I'm not interested in quackery. From ~ Looks like a duck in Denver



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Dear Duck, Never substitute quackery for professional medical advice, diagnosis or treatment. A Doctor of Naturopathic Medicine is accredited in the field of holistic medicine; I highly suggest that you find a Naturopath that you are comfortable with and one that has excellent credentials. There's an old saying "The physician treats, but it is Nature that heals."

Personally, I visit a Doctor that is a Pharmacist and a Naturopath because with her medical education I'm always confident that she's knowledgeable in all aspects of Western medicine but she prefers the holistic methods of healing. In this way, I know I'm getting the best guidance. You need the same: a doctor with western medicine sensibility mixed with holistic solutions. It's time to get back to the basics with our

...continued on page 29 ...

Soul Powered Life



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

How badly to do you want what you say you want?

I had a friend tell me about something that she wanted that had still not come to fruition.

"Have you considered whether or not you really want it?" I asked her.

Often when we don't get what we wish for, we find that deep inside we either don't really want it, or aren't willing to do what it takes to achieve it.

When I was a young girl, I went with my mother to visit a woman who had been a trapeze artist in the circus. I don't remember how my mother knew her, or why we had visited her that day, but I remember being fascinated by all the photographs that were framed on the wall and in dozens of photo albums of the woman flying through the air.

I sat attentively as she told us about her life. She spoke of traveling - and I really liked to travel - and she told us about how it felt to fly free in the air - and I loved the idea of flying. In fact, as a child I often dreamed I was flying. What a thrill it would be, I thought, to actually do that.

During the visit, the woman took us out on her back deck to look at the trapeze that was in her backyard. The yard sloped down towards a lake and I thought that she must have quite a view during her flight. I was intrigued and said, "I want to fly on the trapeze."

The woman was thrilled and agreed to tutor me the following week. It was all set. It was perfect. I would come back in a few days and fly on the trapeze - soaring like an eagle between the rings.

The anticipated day finally arrived for my first aerial lesson. I doubt that I slept much the night before for I was so excited about the idea of taking the great leap. First she showed me how to catch and release the rings with a pair she held in her hands. She spent a great deal of time with her instruction, but all I could think about was flying. Let's get on with it, I thought.

Then, trembling with excitement, I followed her and my mother outdoors. My mother, who was notoriously afraid of heights, stopped at the top of the path. I handed her my sweater and then ran after the woman down the path that led to the ladder.

As we stood at the bottom of the ladder, I looked up - all way up at the platform and said, "That looks like an awfully small platform."

"Oh, it is," she said.

I began my climb. It was difficult climbing up the smooth rounded metal steps, that seemed spaced quite far apart. Holding onto the metal hand rails as I pulled my body straight up with each step, took great effort.

After a few steps, I began to feel a bit less enthusiastic than when I had started of this journey. I stopped my climb, looked up at the platform that was still very high above my head and said, "You mean that I have to climb all the way up there?"

"Why of course," she said, "we have to get to the platform."

I realized then that I had not given very much thought about the height. I had thought only about the thrill of soaring, not the climb of the tall ladder, or the small platform that awaited me or the physical danger.

As I climbed, I looked up and realized that the platform had not gotten much larger as it hung out there in thin air. I again paused my climb and looked out over the tree tops and realized that I was higher than I had ever been in my life. I took another step up, then stopped.

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From the Heart

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



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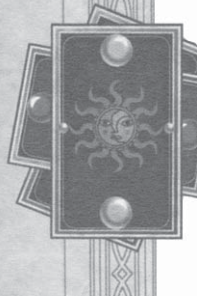
While presenting a seminar in Japan, I asked for a volunteer to tell the group why he or she deserved to have good things. A woman named Sachi rose and explained in English that she is bilingual and bicultural. Sachi had spent years living in America and had just returned to Japan. Sachi shared her "deserving" list in English, and then began to translate for the group members who spoke only Japanese. After a few sentences, Sachi stopped speaking and a pained look overtook her face. "That's weird," she commented. "In English I can easily explain why I deserve the things I want. In Japanese I feel ashamed and I can't find the words."

Sachi's predicament represents not just the difference between cultures, but between two contradictory mindsets we all live in. One mindset is big-thinking, visionary, and deserving. The other is small, apologetic, unworthy, and prone to guilt and shame. When you are in the deserving mindset you know you can do it all and you can have it all. When you are in the worthless/useless mindset you feel like a nothing and a nobody. Each mindset feels real when you are in it. The question is, which reality are you speaking from? Who is home today?

This disparity takes on monumental implications when you consider the power of multiple personalities. Psychologists have documented contradictory manifestations in the lives of people who experience multiple personalities. One of the personalities is allergic to oranges and breaks out in severe physical observable hives if that person eats an orange. When that person is in a different personality, she can eat a dozen oranges without any adverse symptoms. Who is the person really? Do oranges cause hives, or is the belief in hives more powerful than oranges?

Many people experience a related issue called fraud guilt, the unspoken belief, "If you knew the truth about me, you would realize that I am a phony and you wouldn't want me or love me."

The odd thing about fraud guilt is that most people have it, even if they are experts and huge successes in their field. When a group of Hollywood movie studio CEO's was asked, "What do you most fear?" the most common answer was, "I am afraid that people will find out that I don't really know what I am doing." Ironically, these executives were extremely successful, turning out multi-million-dollar grossing blockbusters. Still, many of them felt like frauds.



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A Course in Miracles tells us that all defenses do what they defend against. So the voice that tells you that you are a fraud is the fraud. The answer to the voice of fraud guilt is to simply keep on doing what you are doing as if you deserve to be doing it. Just do it anyway. "The dogs bark, and the caravan moves on."

In all of my years working with people who experience fraud guilt, I have never met one person who is truly a fraud. People who are frauds generally do not stop to consider if they are fraudulent. Usually they are unconscious about their lack of integrity, or they rationalize it, and fraud guilt does not bother them. Only people of integrity worry about being a fraud. Yet the integrity that they demonstrate by asking the question is also the answer to the question.

Fraud guilt is not inherent in the human psyche. It is entirely learned. Another name for fraud guilt is "competency hypnosis." I like this term because it indicates that a spell has been cast over you by people who were also hypnotized to believe in their smallness. A religion told you that you were a sinner before you were even born. A parent or teacher told you that you were stupid and incompetent. An elder sibling told you that you were ugly or annoying. At a young age you believed them, but you never stopped to question if they were correct.

Yet the time comes in every life when you begin to question the reality that was taught to you. If you are reading these words, that time has likely come for you. You and I have been told a few things about reality that are true, and a lot of things that are false. Now your job and mine is to figure out what is real and then live from that awareness. Tom Stoppard said, "It's the best possible time to be alive, when almost everything you thought you knew is wrong!"

The next time you start to feel small, stupid, ugly, wrong, or incompetent, ask yourself, "Who is home right now?" Have I stepped into a hypnotized reality of emptiness, error, and evil, or by contrast can I claim a reality of wholeness, well-being, competence, and love? You can break the spell of smallness by consciously focusing on wholeness. Keep remembering why you are loveable, beautiful, and deserving. That will be easier to remember than your adopted dark identity because those noble attributes are your true nature. Over time you will become more comfortable in your worthiness than your smallness. Then, when someone asks you why you deserve to have what your heart desires, you will be able state your claim with dignity, clarity, and confidence.

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

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I take time today to relax in silence. Breathing deeply, I allow my thoughts to slow down and calmness to settle over me. I gently remove my attention from the outer world and focus on an inner sound, perhaps, or my breath, or the darkness surrounding my closed eyes.

When I'm quiet and passive, I enter a state of great receptivity, for when my attention is removed from busyness and problem-solving, the well-being that eagerly seeks me can come into my experience.

And that well-being is no small potatoes, for it includes health, abundance, love, appreciation, wisdom, insights, synchronicity, and every other thing I need to flourish and thrive.

Every time, every time, I become still and quiet, I open gates for good things to come. We're talking major cause-and-effect here.

Ahhhh.... I relax. I breathe. I receive.



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FINDING SPACE Between the Molecules

Vicki Hannah Lein, MS Counseling www.outrageousvisions.com, is an international motivational speaker, singer/songwriter, author, humorist, and Aliveness Coach. An enlightened neurotic herself and legally blind as well, Vicki's clear-sightedness and wicked sense of humor helps people find the courage and perspective they need to set themselves free.

Today I will not hurry. Today I will trust the Universe enough to surrender to the natural flow of the day.

I will not push the river, for the River loves me and is moving at just the right speed.

Just for today I will find the space between the molecules. There is infinite space between the molecules and I am safe there.

Life is easy between the molecules and I have plenty of time, plenty of time to do all I need to do, all that needs doing.

I am light and I am surrounded in light between the molecules.

My life may look full to the brim, overflowing with urgency, but I know this is an illusion.

The Truth is that everything is energy and that what looks solid is almost all space. There is always room between the molecules, always room for me.

There is always plenty of time for me to rest and reflect between the molecules

My truest, most authentic self is always there waiting for me between the molecules. I am never abandoned, never alone as long as I remember how I can find myself at any moment, in any place.

My deepest wisdom lives between the molecules. It is always there, ready and patiently waiting for me to return. There is no hurry. I have plenty of time.

Between the Molecules.



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The funny thing is, as soon as you make that shift—from Mortal to Soul—most of those demons lose their energy, dry up and disappear overnight. Effortlessly.

The deeper, more repressed demons—like deeply embedded splinters—will eventually work their way out on their own. In my case, they surfaced as a “Dark Night of the Soul” and two “Dark Nights of Anger” (see my blog at <http://waynewirs.com>). While they were emotionally painful, they “bubbled up” and evaporated completely on their own—effortlessly.

WHY IT WORKS

Why does transcending work?

Since you’ve “walked away” from your demons (transcended them), your demons have no one left to fight against. Frustrated, they might call you names and shoot you the bird as they walk off the battlefield (your dark nights), but that’s it. From that point forward, you’re done with them for good.

Shifting from Mortal to Soul is a much easier, faster and effective approach than the long, drawn out self-help route.

The simple truth is: In order to find lasting inner peace, you don’t have to fix your mortal self... you just need to transcend it.



Abraham-Hicks

...continued from page 9...

And we say, there's where your real work begins. That's where you say, "I'm going to take some baby steps. I might not be able to get myself completely away from this resistance, but I sure can pick a path of less resistance."

And so, you just start. Just try to find something that feels better. Try to change the subject if you can, (That's the fastest, easiest way.) but if it keeps coming up, then you may want to find the Path of Least Resistance. And you get so good at it.

You get so good at it that after you've got a few things conquered, so to speak, or deactivated, then you can just say "Oh, well, I can do to you just what I did to those other things. I just don't have to think about you any more. You're a non-issue to me."

The thing that we most want you to focus upon is, we don't want you to see this big bag of issues that you're trying to diffuse. We want you, instead, to see this moment that I want to feel good--and now, this moment that I want to feel good. Sometimes we think that you think that you've got all of this work that needs to be done, and you're hoping that you'll get your work done before you die. And the work, to many of you, feels like all of these issues that you have to overcome or understand, or conquer. And so, it's like, you're tenaciously out

there just digging up stuff so that you can fix it. And we're wanting you to understand that the way you're wanting to spend this moment is by tending to your vibrational hose, by opening the flow, by opening your valve.

The best use of this moment is by finding something to use as your reason to allow the Energy to flow.

We've been teasing you. We say, sometimes we think that it would be better for you if, instead of emotions, you had this creeping fungus that was taking over your body. And then you would have more of a motivation to slow the fungus. Where, you tend to tolerate negative emotions because you cannot see the negative result of them so quickly. And so, you just have to decide how important it is for you to feel good. Sometimes it's not all that important for you to feel good because you've gotten along pretty well, so far, with some reasonable resistance within your experience. It usually isn't until the resistance gets pretty big that any of you make a very strong effort to get rid of it.

That's why we love terminally ill cases. because once you've reached the place where the doctors have said, "We can do nothing more for you," that's usually at the first point that you begin to pay attention to what you're thinking. In other words, "Oh, you mean there's nothing else you can chop off of me, or there's no more pill you can give me, or there's no other possible method? You mean I'm going to have to align my Energy? Well, all right then."

Within this 20 days, that we spoke of, you have to already have come to this place where you want to align your Energies, not because you're trying to fix something that is broken, but because you genuinely, with all of your heart, want so much to be connected to Source that you are not willing to tolerate, for very long, thoughts that keep you from it.

Someone said, "I have 27 questions." And we said, we have one answer: You like knowing that you are the creator of your experience. You like knowing that everyone else is too. You like knowing that Source supports you in everything that you desire, and that there is nothing that you can identify, whether you articulate it or not, that the Universe withholds from you. All things are given in the moment that you ask.

When you are specific about what you want, and you find that Path of Least Resistance, and Energy flows through you toward your inspired idea--that is life at its very best.

...continued on page 33 ...

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Why You Shouldn't Waste Your Time Fixing Yourself

...continued from page 11...

THE PROBLEM WITH DEMONS (AND SELF-HELP)

Jed McKenna probably said it best when he wrote that your demons aren't trying to WIN a war against you, they're just trying to run a holding action. They aren't trying to BEAT you, they are just trying to keep you stuck in the same place, right here in this mud you call Your Life.

Now, if you play their game (as I used to) you've got to spend a lot of time and energy marshaling your forces, assaulting their fortifications, pounding on them, struggling in hand-to-hand combat with them and finally breaking through EACH AND EVERY ONE of their strongholds.

Not just once. In order to WIN the war against your demons (ie: find happiness according to the self-help gurus), you've got to beat ALL your demons. The path of self-help means you've got to beat your Jealousy demons, your Regret demons, your Fear demons, your Weight demons...

A MUCH, MUCH SIMPLER WAY...

But there is another way, a much simpler way. You TRANSCEND your demons. You say, "Screw you guys. I quit this war. I'm turning around and walking away. There's a better way of living than this and I'm taking it."

McKenna's path to enlightenment (and transcending your demons) is to take a good hard look at yourself and find the truth about who is experiencing all these experiences through deep introspection and self-interrogation until "you" disappear completely into enlightenment.

My path to enlightenment (Mystical Oneness) is to take it a step at a time: Mortal to Soul to Radiance to Oneness.

The nice thing about my method is that the very first step—from Mortal to Soul—will kill 90% of your demons.

Live as if you are an eternal Soul—don't just think it, live it—and 90% of your troubles will vanish.

Regardless of which method you choose—mine, McKenna's or some other non-dual approach—all non-dual methods TRANSCEND your problems/demons. You don't fight your problems—you don't try to overcome them—you simply shift your identity, your plane of existence so to speak, and your "demons" stop becoming a problem. You transcend them.

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June 12 - Elaine Silver
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June 12 - Elaine Silver workshop "The Passion Test" after the Sunday Celebration 12 Noon-3 PM. Potluck served. Cost: \$30

Elaine Silver has appeared in concert with Arlo Guthrie, Pete Seeger, Doc Watson, Tom Paxton, Suzanne Vega. She often teams up with author Alan Cohen as musical accompanist for his special events and she has worked with Deepak Chopra, Wayne Dyer, don Miguel Ruiz, Marianne Williamson, Barbara G. Walker and Neale Donald Walsch. Visit www.elainesilver.com



Book Discussion Tuesdays 7-8:30PM Ongoing

"The Awakening - A Sufi Experience" by Pir Vilayat Inayat Khan.
We will end with a 20 minute meditation.
Facilitated by Dale Boyer, RScP and Becky Fox, RScP

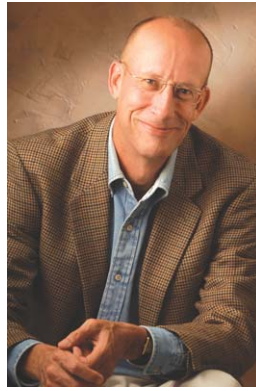
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It's the way you think. That's your purpose. It's never been about what work you choose, what gifts you develop, or what niche you fill - let these be for your pleasure. Think as only you can think, which will lead to feelings that only you can feel, from which connections will be made, lives will be changed, and worlds will come tumbling into existence.

Thanks, The Universe

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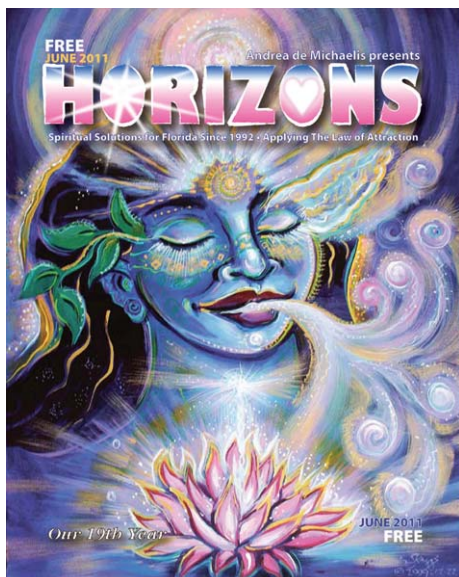
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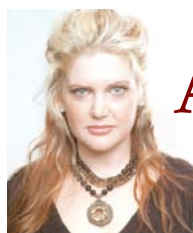


COVER ART Dream a New Dream by Katherine Skaggs



Katherine Skaggs is an internationally recognized visionary artist, intuitive, author, teacher, spiritual counselor, shamanic practitioner and painter of souls. Katherine is the artist of the **Mythical Goddess Tarot**, the **Pocket-full of Goddesses Blessing Oracle** and the **Original Pocket Blessing Cards**. Katherine has also assisted 1000's of people through her sacred soul portrait process, helping to reveal the beauty and love of the true soul self.

She is inspired to bring beauty, love and a vision of inspiration to others through visionary, archetypal art, intuitive painting classes and workshops, and soul portrait sessions, a process unique to Katherine and her intuitive guidance. To learn more about Katherine Skaggs, her services and products as well as a beautiful gallery of her sacred art, go to www.katherineskaggs.com.



Ask Whitedove

...continued from page 15...

health regimens. Intuitively we know that something's wrong when the drug company advertisements include a long list of side effects that are worse than the disease. Yes, I highly advise everyone to seek out a reputable Naturopath to give healthful guidance and remedies.

Dear Whitedove, As an art student and Spiritualist can you offer insights into the golden Halo that is often portrayed above an Angel? Halo's are in so many paintings but I've never heard a spiritual explanation. Angel in waiting, AL

Dear Waiting, Throughout the centuries religious icons from every sect have been adorned with a Halo in paintings. In Eastern art sometimes the whole body is encircled in a light that's called a Mandorla. Haloed figures such as Saints and Angels represented the divine were pictured with their aura glowing above their crown chakra. Angel's auras are truly golden yellow. All art is channeled and so artists are often Seers and they painted the aura's densest part encircling the head. In paintings, the halo is a symbol that always represents an enlightened one.

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Dream a New Dream

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4. Journey with Spirit for a New Dream

If you can, move directly from your gratitude imaging and activity into a Spirit Journey. Put on music that helps you continue to move inward into your heart... double drum beat journey music, meditation music, high energy ecstatic dance music... make sure you have plenty of undisturbed time to commit to this experience. This is a sacred time for you to connect to the Dream that lives within you that wants to emerge in 2010. Focus on your desire for a New Dream. Call your guides, angels and totem animals to come with you and help you. Breathe in and breathe out, connecting to your breath and your Spirit. Allow your breath and the music to relax you deeper and deeper into a dreamlike state. Now allow yourself to get the feeling, thoughts, imagery and guidance awaiting you. Trust what comes to you, then commit it to a journal when you are through.

5. Create an Expectation of a Miraculous Life

Cultivate an attitude of the New Dream being one of only love. Try on the "rose colored glasses for a while" and dream from the power of a positive focus. What if this shift in your point of view brought miracles to you? What if you could dream blessings into your life beyond anything you have been able to imagine before by simply opening to the possibility?

6. Protect Your Dream

The next part requires relentless honesty and discipline. Cut out the negative chatter of the mind. Be on constant guard for words of doubt, fear and criticism - both from yourself or others. These words and attitudes always kill dreams. You must protect your dream inwardly and outwardly. Pay attention to who you share it with. Do not share it with people you know who are nay sayers. Only share it with people who honor you and will support you in creating a different dream.

7. Have a Constant Conversation with the New Dream

Trust in your intuition, your dream journey and your inner guidance to help you unfold your new dream for the new cycle of your life.

Create regular times each week for prayer, meditation and working with intention. Journal your desires, then image yourself living what you have asked for and intended. To manifest your new life is to focus on the qualities of this new dream, as well as the way you will live it. Be in a conversation with your inner dream, get to know it, love it, thank it, then give life to it through your attitude and actions. What you give focus to will expand... it is a law of quantum physics as well as metaphysics.

Work with the concept and attitude that a beautiful New Dream is being given to you right now. It lives in the quantum field and is expanding for you to receive.

8. Practice Patience and Trust

Once you have focused on bringing in a new dream and new life, be patient and trust that it is being given. Imagine you have planted a seed in your garden. Now you must water and feed that seed so it may grow up into a full plant that blossoms and bears fruit. It requires the right amount of sunshine (your attention and love), water and plant food, (again your attention, nourishment and actions that give to its growth) and sufficient time to make its journey from the seedling state (from the inner levels of consciousness) to its state as a full blown plant that has busted through the ground and grown into a flourishing plant (new lifestyle and way of being). Weed that garden along the way, pulling out any negative thoughts or obstacles in your thinking and actions that deny life to your new way of life. Never dig up the soil to see if your plant is growing... be patient and nourish your seeds.

9. Bless Your Dream Often

The action of blessing is an action of affirming and nourishing what you desire. It is the process of watering the seeds in your garden, of giving them plant food to help the seedlings to grow into strong plants. Bless yourself and the world around you and watch how you magnetize nothing but blessings to your dream, and all aspects of your life.

10. Let Your Heart Guide You Always, in All Ways

If you desire to live a dream born of love and of the enlightened heart, then you must learn to trust the guidance of this heart. Move out of your head, of "what you should do" to what you desire from within your soul self. Seeds of the heart need the nourishment of the heart for them to grow.

Your new dream urges you to ask yourself questions such as the following, and then to find the answers in your heart, not your head.

What would it be like to live in a world guided by love?
What would you feel like and who would be around you?
What work would you do in your new world?
What talents would you fulfill and experience?
What adventures would you take?

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A Folk Ways Calendar



June 2011

June 2011

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

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

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

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

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

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

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

-- Andrea de Michaelis, Editor

June 1 New moon in Gemini and partial solar eclipse will be visible in most parts eastern Asia, Alaska, northern Canada, Greenland. The new moon is the birthing cycle of the moon's various phases. The new moon phase is an optimal time for planning and seeding your intentions. Seedlings need a period of gestation before they break through the soil and reach for the sunlight. This is also true for our ideas and our desires. The dark side of the moon, with its mysterious unseen forces, offers a nurturing environment where our intentions can establish roots before their miraculous manifestations begin to sprout and reach out to the stars.

June 2 Ascension of Christ - Orthodox Christian celebrates the day that Christ, in the presence of His apostles, ascended bodily into Heaven.

June 8-9 Shavuot - Jewish Celebrated 7 weeks after Passover, marking the culmination of the Omer period. Although Shavuot began as an ancient grain harvest festival, the holiday has been identified since biblical times with the giving of the Torah on Mount Sinai.

June 9 Feast of St Columba of Iona - Celtic Christian. He's also credited with one of the first recorded sightings of the Loch Ness Monster.

June 12 Pentecost - Christian marks the end of the Easter season, celebrates the descent of the Holy Spirit on the Apostles.

June 15 full moon in Sagittarius and Total Lunar Eclipse. The eclipse will be visible throughout most of South America, Europe, Africa, Asia, and Australia. The eclipse of the Moon is when the light of the Moon mysteriously darkens at the luminous height of a Full Moon. The full moon completes the cycle, representing death, change, or tying up loose ends. The full moon symbolizes the end chapter, shedding light on the things that we no longer need to hold on to.

June 16 Guru Arjan Dev martyrdom - Sikh honors the fifth of the ten Gurus of Sikhism

June 19 Father's Day. Call him. Really. Forgive him. Really.

June 21 Summer Solstice, Midsummer

June 21 First Nations Day, or National Aboriginals Day - Canadian Native People The day is about celebrating the gifts of indigenous people

June 21 Litha * - Wicca/Pagan northern hemisphere

June 23 Feast of Corpus Christi Catholic/Christian honors the Eucharist

June 28 Lailat al Miraj-Islam commemorates the journey by Muhammed

June 29 Feast of Saints Peter and Paul - Christian A liturgical feast in honour of the martyrdom in Rome of the apostles Saint Peter and Saint Paul.

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Abraham-Hicks

...continued from page 26...

We know you can't always be there. We know that sometimes you want things so clearly, and you are so aware of where you are, that you cannot focus upon what you want without activating where you are. And so, we understand that it's easy for your vibration to become muddled. We also know that you can feel your way out of the muddle.

If you want more than you believe you can achieve, you're out of balance. And if where you are standing is less than what you want, you're out of balance. And so, you, individually, have to find your balance. We are just here to tell you, as we have watched all of you, endlessly, generation after generation, that the achievement of these properties, or of these houses, or of these events, does not hold the answer that you're really looking for. It is an elusive dream. They are there in order to inspire the focus. And it is the focus of clarity that feels good in life experience.

That's why, as you look at the joy factor of those on the planet, it is as likely to find a joyful child, who has very limited ideas of desire, who is, in this moment, not in contradiction to the desires he does hold, it is more likely to find him in outrageous joy than it is to find someone who has lived enough life experience to have achieved a very great desire, and has not found a way to be in alignment with it, in joy.

We want to find different ways of helping you understand that life is about the joy factor. And the joy factor is about the alignment factor. And the alignment factor is about the choice of thoughts factor.

If there is anything that we want you to take away from this, it is the sentiment that you never get it done. We want you to start easing up on yourself, and realizing that you're not ever going to get it done. There's always going to be something else that you desire that is summoning life through you. Accept that and use that knowledge as your reason for slowing up a little bit and smelling the roses a little more, and savoring a little more, and complimenting a little more, and appreciating yourself and others a little more. In other words, just be more of a basker than you are anything else.

Sometimes going slower is the best choice in the moment; sometimes going faster is the best choice. In other words, there's no perfection in going fast; and there's no wrongdoing in going slow.

Jerry and Esther picked up their new monster bus; it is another Eagle. It is two feet longer and has more bells and whistles, more things to enjoy. And Esther had this picture of

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what she wanted. And as they were receiving it, there were some things not quite in alignment with that. And so, she could feel that she was out of alignment. And Esther had a sort of mindset that "we're only going to be in this area for a short period of time, and this is the place where the experts really are. So if there's anything that needs to be tweaked into perfection, we'd better get it done while we're here." And so, she got herself in a sort of fixing it mode. In other words, she was sort of scouring the thing from top to bottom wanting to make sure that if there were anything wrong, she had it on her list so that they could tend to it.

Finally, after several days of that, Jerry said to Esther, "I think it's time that we stop fixing and start savoring." Because it began to appear to him that as fast as she was fixing, more things were turning up. And he began to have this vision of this endless loop where the fixers would fix one thing and then break another thing.

And so, he said Let's stop fixing and start savoring. And we said, that is the best mantra for life that we have ever, ever heard: Let's stop fixing--because nothing is broken--and let's start savoring, because that's the way you tend to your valve--and live happily ever after.

...continued on page 34...



Abraham-Hicks

... from page 33...

And so, there are two ways of going about this. She can do her best to make it what she needs it to be in order to get into alignment, or she can relax and choose alignment any-way.

When you find something that does not please you and you focus upon it, it can't be fixed because you are out of sync with the fixers. So, perfectly capable, talented people cannot do simple things. But in the moment that the savoring begins, the alignment falls into place.

Endless things happen when you are savoring. As you are always reaching for an improvement on what-is, there is an inherent dissatisfaction that won't allow the improvement. But when you are savoring the improvements that are already there--there is an alignment with what is more.

We're not saying don't want things. We want you to want things. We know you can't not want things. And we know that the Universe will yield endlessly to you. We just want you to savor. As you're savoring in the vision, things come into alignment.

"Let's stop fixing and start savoring." The way you fix is through the savor. We don't know of any way to fix your life, or align yourself, or allow your Source, or to achieve what you want--we don't know of any way to do it other than savoring your way there.

Your Path of Least Resistance leads to all the good that you desire. So as you make a determination that you're going to be a big time savorer; a big time complimenter, and a hardly ever criticizer; a big time appreciator and a hardly ever noticer of something wrong; and a big time lover, and a hardly ever hater; and a big time reacher for thoughts that feel good--as you are reaching for these thoughts that feel best, you are automatically finding your Path of Least Resistance. And when you find your Path of Least Resistance, you are connected to your source of clarity and abundance and physical stamina, and Well-being.

All things that you consider to be good, all things that you desire, come to you through this Connection of Source that is known to you by the joy that you are finding in this moment.

So when we say, Nothing is more important than that I feel good, speaking from your vantage point, we really want you to internalize that sentiment: nothing is more important than that you feel good, because when you feel good, you are hooked up to that which is good--and allowing continuous manifestations of same.



Thoughts about things...

... from page 7...

WHATEVER IS HAPPENING IS THE RIGHT HAPPENING

World undergoing change? What's new? I'm not worried. I figure whatever is happening is the right happening and I'm always in the right place at the right time. Plus I have zero evidence to the contrary. 'sall good!

I spent Mothers Day alternating lazing about doing some yard work. It was one of those days when the mood flows in and out of euphoria, a beautiful sunny spring day, 80 degree weather, jays and cardinals in the sprinkler at the east garden bird bath, wrens and doves at the bird bath in the courtyard. For awhile there was a lot of bird calling and squirrels chattering when the young hawks came on the scene, but they didn't stay long. I raked the dried oak leaves into mulch for the plants in the yard. I'm a firm believer in mulch. My jungle yard is proof it works.

I pulled a few wheelbarrows full of wedelia and ferns out of the garden area to the left of the front walkway under the giant oak, and raked another few wheelbarrowsful of dried oak leaves out of there, using it as mulch for the giant philodendron and turk's cap and bottlebrush in the front berm. My cats Izzy and YinYang lazed about under the bamboo.

I pruned back the spent palmetto fronds on the east path into the backyard. I cut back more of the eleagnus around my back porch and located the yellow jacket hive I'd disturbed last sunset and gotten 3 good stings for it. I dispatched the hive and was careful in cutting the eleagnus not to disturb any cardinal nests that might be hidden inside. I left the eleagnus cuttings on the ground to be dealt with another day. I'll probably just run over them with my mulching mower and rake them underneath the shrub. I've never had luck transplanting eleagnus.

I watered the plants and trees along the property line, the crepe myrtle, the arbovitae, the oaks, the turk's cap, the arbutus, the mulberry, the loquats. I set the sprinkler out front to water in the grass near the road and the privacy line of loquats. I moved one of the tables on the front driveway to a spot closet to the road, so I could add a chair at sunset. I rearranged plants atop the table as a privacy hedge so I could have full view of the street yet not be facing and staring into my front neighbor's property. It was dusk as I moved the sprinkler and I heard a passing neighbor kid say as they rode by on bikes, "Look, she's out in the yard." Sheesh, I've become the neighborhood weird old chick that kids ride by to catch a glimpse of...

...continued on page 38...

Soul Powered Life



...continued from page 16...

"What's wrong?" asked the woman who was climbing behind me. I froze to the ladder and clung for dear life. I was afraid to climb further up and I was afraid to climb down. But, I was also afraid of disappointing the woman and my mother.

"I can't do it," I said.

"But you haven't even tried," she said.

"I can't do it. I can't climb all the way up there," I said with tears in my eyes, "I'm sorry, I just can't."

The woman let out a sigh and started her climb back down the steps. It took everything in me to take that first large step down, but when I finally reached the bottom rung I was ever so thrilled to be on solid ground.

The woman looked at me, started to say something, thought the better of it, and stormed off into her house. I guessed that she felt that I had wasted her time and dashed her hopes.

My mother stood off to the side of the path watching me. I walked over to her, "Sorry to disappoint you, Mom."

She let out such a laugh it startled me. Handing me my sweater, she then hugged me tight and said, "I was afraid you were really going to do it."

"You mean you didn't want me to do it?"

"Heavens no. I was a nervous wreck."

"Then why did you let me?"

"I was going to stop you and was just about to when you stopped climbing. I didn't want to tell you couldn't do it, but I prayed that you would come to your senses on your own."

And then it hit me. I had thought I had wanted to fly the trapeze. But I had not realized what it took to physically do that. This gave me a new appreciation for the woman's courage and her strength. The reality of it was that it was certainly not for me.

I think about that trapeze sometimes when things don't pan out in my life. And I have to wonder that perhaps the attaining of that something that I thought I wanted, was not aligned with my highest good. Or perhaps it was not what I really wanted deep inside. Or perhaps I didn't want to climb another ladder... I simply wanted to fly.

OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



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

HOROSCOPES

Aries: March 21 to April 19 "I Am". With your sign Aries newly in Uranus and if you are early Aries 0 to 9 degrees, life will not slow down anytime soon. The key lesson for Uranus in Aries is argumentation, rebelliousness, war, unresolved issues in relationships, coming to a head, old relationships ending abruptly and new people coming into your life out of the blue. Enjoy the ride!

Taurus: April 20 to May 20 "I Have". This month all is well has finely arrived, and from here on out your prosperity vibration is set high in motion. Powerful people have entered your life to help you raise your spiritual vibration and your standard of living, all that you have ever hoped for is coming into fruition.

Gemini: May 21 to June 20 "I Think". A powerful female mentor has entered your life to uplift your mundane reality to a more spiritual realm. You are at a crossroads and the choices you make in the next six months will be set in stone for the next seven years. Follow your heart and take what is yours and leave the rest behind.

Cancer: June 21 to July 22 "I Feel". As a parent, it is your responsibility to allow your children communication with the other parent. Now unless the situation is dangerous, there is nothing else to do but to face the truth of the situation. Stay in your integrity and all will work out for the highest and greatest good.

Leo: July 23 to August 22 "I Will". Higher guidance is informing you that faith will go along way in preparing for the vision you hold for the future. Stay in the moment and pay attention to what needs priority now. This is a new beginning and soon you will be rewarded for all your hard work.

Virgo: August 23 to September 22 "I Analyze". Holding back information is order to stay in control of a situation will only serve to keep you hostage in your own mind. Expect the best and watch your dreams manifest. Plant seeds of positive ideas that will inspire your future endeavors.

Libra: September 21 to Oct 22/23 "I Balance". Any of you Libra's born in the first two weeks of Libra will surely have some major lessons to resolve. Your greatest teacher is here to whip you into shape and make you give your best yet. The darkness can hide you for a little while but the light will always find you.

Scorpio: October 23 to November 21/22 "I Transform". Your talents and gifts are recognized by others; and soon you will also accept yourself for who you are. In your efforts to go after what you want, you will do whatever it takes to be happy. In your tendency to be selfish, would you work as hard if you had to share half of what you have?



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June 2011



SUGGESTED READING WATCHING LISTENING

Sagittarius: November 22 to December 21 "I Perceive". In your efforts to please people, are you capable of staying in your integrity; or are you so supportive of the ones you love that you can't see both sides? How can you continue to live with yourself knowing that your wife has excluded her Mother from you and your life. Don't you deserve a loving grandmother for your children. How can you take sides when you know only half the truth?

Capricorn: December 22 to January 19 "I Use". For this month you are being guided to focus on being completely grounded and connected to the earth. Set the intention for what you want your life to look like and move forward from there. Even though you are at the bottom of the barrel, you can continue to be the best of the best. Take the time to honor your deepest self as you connect to the earth.

Aquarius: January 20 to February 19 "I Know". This month focuses on children of the mind, and how creative you can be in the process of manifesting your life. Even if your own children are being buttheads, just know that time is the greatest healer of all, and the right and proper actions are occurring for a higher purpose. Sometimes people just need to see how awful their behavior actually has been before they can change.

Pisces: February 19 to March 22 "I Believe". Try as you may, only divine timing will be the key to your fulfillment. Do not be distracted by people or family members that try to intimidate you. Grace is the umbrella that protects you now. Even though situations seem unfair, some people need to play out their whacked crazy head trips, and so sorry that you are involved, but in the end all will realize the truth.

CDS:

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

BOOKS:

Be Love Now, The Path of the Heart by Ram Dass
The Essence of Tantric Sexuality Mark A. Michaels, Patricia Johnson
Joel Goldsmith and I by Walter Starcke
It's All God by Walter Starcke
Ecoshamanism by James Enndredy
Change your Life, Change the World by Ryuho Okawa
Free to Bloom by Jill Green freetobloombook.com

FROM WWW.LLEWELLYN.COM

Chakra Awakening by Margaret Ann Lembo

WWW.HAYHOUSE.COM

Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles Marianne Williamson

WWW.NEWWORLDBIBLIOTHECA.COM

The Hidden Spirituality of Men by Matthew Fox
The Denim Diet by Kami Gray
Do It Anyway by Kent M. Keith
Saying goodbye to your Angel Animals by Allen & Linda Anderson
Why Walk when You Can Fly by Isha
365 Prescriptions for the Soul by Dr Bernie S. Siegel

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How to Be Compassionate by His Holiness the Dalai Lama
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Money & Manifestation
The Astonishing Power of Emotions
The Law of Attraction: Teachings of Abraham
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Money and the Law of Attraction: Learning to Attract
The Vortex, Where Law of Attraction Assembles All Relationships
Getting into the Vortex Guided Meditations CD and User Guide

MUST SEE DVDs

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

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



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

Thoughts about things...

... from page 34...

I'd doused myself in Skin So Soft so the misquitoses were not troublesome. They were out and so were the bats, buzzing about, sonaring so close you could hear their wings flap and think you're being dive bombed. You're not being targeted, they know where you are, it's dinnertime and they're just eating misquitoses.

It was a perfect golden day and a perfect waxing moon evening. I feel so blessed that I'm the one who gets to live my life. Life is good and it keeps getting better. Do I believe it because I experience it, or do I experience it because I believe it?

June 19th is Father's Day. That's a day when a lot of pent up emotion is at play in our part of the world and we all get affected by it on some level via the global mental plane, or the collective unconscious.

I know so many people dealing with issues from childhood with an abusive or absent father. To that I say, yes it might have been horrible, but it's over and you can make a choice not to run the old movies in your head about him.

Why do we do this? When you take trash to the curb, do you keep bringing it back in the house, tearing open the bag and inventorying it so you can be shocked at what used to be in the house and what you just brought back in? Or do you realize that you will not get left at the curb with the trash, but will in fact be better able to live in the house without it?

It's hard for some to separate the "stuff" from the person because we have assumed for so long that the stuff is the person. So at this point, it's only living in your head. Get rid of it. No matter what your father has done, call him. Really. Forgive him. Really. You don't have to hang with him, but get over it and get on with it.

I didn't always get along with my dad as I was growing up. My brothers and I were typical ungrateful kids who didn't realize how hard our parents worked for us, or how much of their own lives they sacrificed to provide for us. My dad could be verbally abusive, although no worse than most. I see that now. At the time, however, I thought I hated him for being so mean and restrictive. He never smacked me unless I was really disrespecting and backtalking him and egging him on. I searched my journal and found an entry from 1985, after I'd grown up a little bit, and gotten over myself:

Happy Father's Day, Daddy. You were unfair when I as a child, yet through my childlike eyes I judged you for it and saw not that you, too, were merely a victim and in your ignorance knew no other way to treat me.

Now that we're both older and wiser, we don't have those problems, or at least the confrontations no longer take place. Perhaps you are cowed at my own empowerment, or maybe I'm just a more formidable foe now. A man who mistreats a child is not to be hated, rather we should extend compassion for his lack of control.

So now we silently sit together five times a year, the Hallmark card placed like a holy icon between us, hoping to heal the past without mentioning it. I accept your unspoken apology as I see how frail you've become. Not so much in body, but in spirit. Beaten down from your own abuses coming back to haunt you, I needn't add to the burden, nor can I voice my forgiveness. You understand. We understand each other now and that's enough. And today, finally, I love you very much. ### end of journal entry

Daddy was an interesting character. In the February 2003 Horizons Magazine, I wrote that my elder brother Jerry had contacted me via email after 37 years. This was a surprise to me, considering that Daddy told me in the late 60s that Jerry had died in Vietnam. They'd had a falling out and apparently Jerry, age 18, was deemed the black sheep and got banished. In the meantime, he's been raising his own family and having his own father/son experiences, which I am sure are a trip.

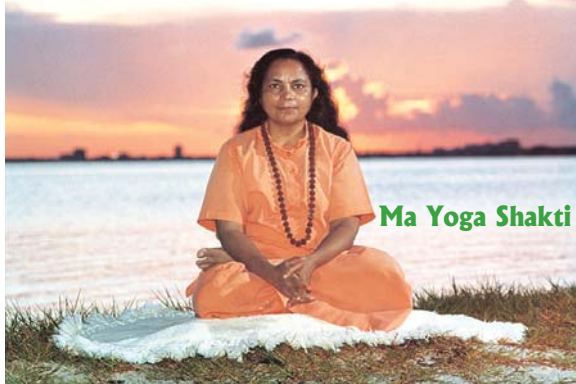
Happy Father's Day, my Bratly Brother! I'm so glad we're back in contact. We joke that we're really twins since we are so much alike, despite having been separated for almost 40 years. We both have studied various spiritual paths, both studied hypnosis and NLP, read many of the same authors, enjoy many of the same ideas and opinions. We play psychic games and test each other. He's very psychic as well, which can be aggravating when I want to be secretive. He's the best brother a girl could have, fer shizzle.

HAPPY SUMMER SOLSTICE! Summer solstice celebrates the earth, the feminine, and the yin forces. It's the longest day of the year and marks the first day of Summer in the northern hemisphere. In ancient times it was considered a time of fullness of life, worldly blessings and celebration. The beginning of summer represents a time for purification, renewal of the self, a time to release the sadness, fears and pains from your life. A time for purification and renewed energy. I'm ready for that.

Enjoy our offering this month. Hari Om.

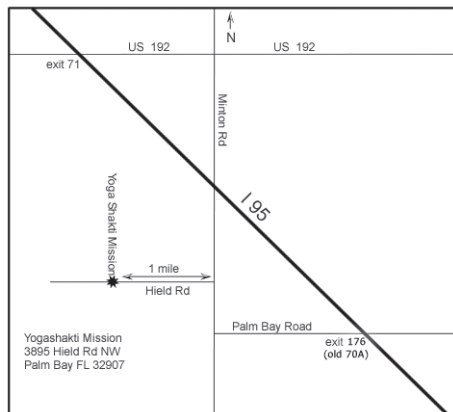
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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