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it shall rise from
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remembering the
lips that gave it birth
and the ears that
cradled it.
~Kahlil Gibran*



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June 3 Jesus and Nonviolence, A Third Way with Keith Pacheco
June 10 Your Highest Good with Rev. Beth Head
June 17 Don't You Know Ye Are Gods?– with Marque Kolack
June 24 Get Your Big 'But' Out of the Way with Rev. Beth Head

It's Time to Party - Father's Day Family Party Saturday June 16th @ 7pm

Provided by Melbourne Ballroom
6300 N. Wickham Rd. Suite 32J Melbourne FL 32940
phone:(321)750-2063 www.melbourneballroom.com
We will have a group lesson from 7-8pm and enjoy
a dance party from 8-10pm (this is an intergenerational event)



Sunday 6/17 1:00-3:00pm 'The Intention To Heal Workshop

Presenter: Marque Kolack

A testimony of how to heal yourself of just about any illness or ailment using the power of mind, prayer, meditation and movement. Specific tools and techniques revealed. Based on personal experience. Suggested Love Offering \$25. No one Turned Away For Lack Of Funds: Come If You Are Drawn.

Monday, 6/18 Private Spiritual Coaching Sessions with Marque Kolack

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Marque is able to 'read' your energy, tune you into psycho-spiritual causes of illness/energy blockages, lift lifetimes of patterns, identify life purpose, connect mind to heart, answer all long held life questions, facilitate a transformational experience and connect you with The GodSelf. (2 hours: \$100 Suggested Love Offering)

Discover the Power Within You

Five Wednesdays June 20th – July 25th

(No class July 4) from 2-4pm OR 6- 8pm Facilitator: Paulette Mason, LUT
This course is a spiritual study based on the book of Eric Butterworth, Discover the Power Within You. The book presents the thesis that we all can discover, accept, and release the same power of the Divinity that Jesus believed dwelt within him.

SOLSTICE 2012 Taize -- Evolving in Spirit: Bringing The LIGHT

Wednesday evening June 20th

AV prelude 7:00pm service 7:30pm

Join us in an evening of community prayer featuring Barbara Marx Hubbard's Evolutionary Chakra Meditation. We will affirm the evolution of humankind's spiritual consciousness and our crucial individual participation as light bringers in the ongoing process of God. This contemplative service will include music, chant, silence, and candle lighting ritual as container for Barbara's evocative meditation through the chakras as metaphor for conscious evolution. There will be the opportunity for sacred dance/drumming if you are so moved. Feel free to bring your favorite percussion instrument. LOVE OFFERING.

Art and Practice of Living with Nothing and No One Against You with Lloyd Reiser

Friday 6/22/2012 7-9pm
and Saturday 6/23/2012 9-5:00pm and 3 follow-up
sessions (dates & times to be determined by class).
This will be offered again Friday 7/27 and Sat 7/28
with 3 follow up meetings to be determined.



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

COMING IN JULY

Prosperity Plus... A New Way of Living with Rev. Beth Head

10 Wednesday Nights 6:30pm beginning July 18th
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You have incredible potential within you! It's waiting to emerge! This course will ignite your potential and give you the exact map for living your best life now. We will learn:

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Course materials are approximately \$54 per student (\$49 plus shipping). Financial arrangements may be made for course materials. This prosperity class qualifies as one of the classes required for partner membership.

DURING THE WEEK

- Sunday, 11:15 to noon. Adult Sunday school – Join us as we have a metaphysical discussion. Childcare available.
- Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.
- Tuesdays 7:30pm A Course In Miracles with Darlene Capinha
- 1st Sunday of the month (June 3 and July 1) 4:00pm Reiki Healing Service with Lloyd Reiser
- 2nd Sunday of the month (June 10 and July 8) at 4:00pm Chanting with Lloyd Reiser
- 3rd Sunday of the month (June 17 and July 15) at 2:30pm Unity's Licensed Teachers conduct a mini Sunday Service at Carnegie Gardens

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

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

**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Jeremy Bonner

Morgana Starr

On the Cover (see page 26)

The Green Man

by Jane Delaford Taylor

Contributing writers:

Michelle Whitedove

Esther & Jerry Hicks

Cecelia Aitable

Ma Yoga Shakti

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Jeremy Bonner

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Barbara Lee

Mike Dooley

Alan Cohen

Tom Sannar

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



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

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

ARTICLE SUBMISSION: You may submit articles of 200-900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com, 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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Classifieds \$1.50 per word page 17
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Ad size	1 month	3 months*	6 months*
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1/2 page	\$300	\$250	\$220
1/2 on pg 31	\$350	\$300	\$250*horoscopes
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

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

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

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

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

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

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

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

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

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

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

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



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



Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the June 2012 edition of **Horizons Magazine**, our 20th Anniversary issue. Ma Yogashakti will be in Palm Bay June 1-9 and says this will be her last visit. Come bask in the presence of this holy teacher, whom we are blessed to have among us in the flesh. See pages 27 and 31 for directions to The Yogashakti Mission. Please, do yourself a favor, come.



June! In celebration of summer solstice -- see Deb Strasser's annual tradition on page 19 -- this month's cover is **The Green Man**: found throughout the ages in many cultures around the world as a nature spirit. Primarily it is interpreted as a symbol of rebirth, or "renaissance," and fertility representing the cycle of growth each spring. The Green Man may take many forms, naturalistic or decorative. The simplest depict a man's face peering out of dense foliage, usually a sacred oak. I found **The Green Man** fitting for June, since it is the month of **Father's Day**. To the left here is the image of the green man at my front door.

On page 13, I wrote about my own father. He was a troubled man whom I see much more clearly now. He passed on **Father's Day 1987**, twenty five years ago when I was 35. He'd had a hard life and was in constant pain from a back and hip injury. The drugs and alcohol were incidental to the pain relief. He took his own life, after writing a series of suicide notes blaming others for circumstances. He was not in his right mind when he wrote these letters, so there was no sting upon reading them. He was a troubled man who fought many demons in his life and overcame great adversity. He was a good provider. We all make mistakes as parents. We do as well as we can from where we are, with what we know.

To honor your father, appreciate him while he's here. If you have issues to work out with him, bring them up and work it out with him. If you're angry, hurt or confused after all this time, so is he. Do everyone a favor and get over it once and for all. Remember, the only tools we have to work with are the tools we acquire from the people we grew up with. Be a good role model for your children by addressing your own hard issues as soon as you realize you have an issue. That gives them the tools they need to do the same.

I'll tell you the dream of my father and his tool box. I had a dream once, one of those dreams that sticks with you forever. In the dream, I am wandering around an open pasture kind of landscape, not really seeing anything, but not particularly seeking anything either. In the dream, along comes my father, who was a carpenter, and he's wearing the khakis he always wore. He's also carrying his carpenter's box, you know the kind, long and slim to fit saws, hammers, nails, rulers and maybe a couple of lengths of wood.



...continued on page 28...

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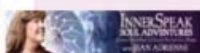
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Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative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

Parents Want More Sleep

GUEST: We have a six-month old son and it's been an amazing experience.

ABRAHAM: Is he teaching you a lot? That was the plan. Are you staying out of his way? That was his plan, too.

GUEST: I'm doing my best. Trying to, and that's my intention. For the last six months, Dan and I have become very clear that we would like to get more sleep. And there's a lot of thought out in the masses about this, and I'm just wondering... How much of it is that we're tapping into that? That you don't get enough sleep as new parents. How much of it is that I need to redefine what I believe about how much sleep I need and when I need it?

ABRAHAM: Well certainly both of those factors are a big part of all of this. How many hours a day do you think your baby sleeps?

GUEST: I'm not sure. Twelve, maybe.

ABRAHAM: And so, is he sleeping a great deal during the day and then not wanting to sleep at night? Well, wake him up. (Fun!) In other words, most of you need far less sleep than you think you do, and sleep is actually a mechanism of escape and sometimes conscious and sometimes unconscious. As we said earlier, when you slumber, you are no longer consciously focused here — and when you are no longer consciously focused in the physical realm, your cork raises to the surface again. Your vibration raises.

...continued on page 20...



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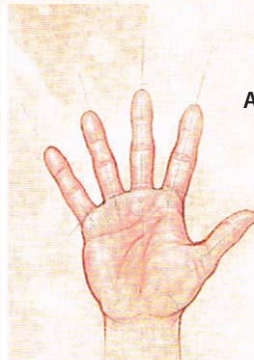


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NOTES from the Universe

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, happiness. Visit www.tut.com

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

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

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



Sleepytime Recharge

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

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

HERB CORNER

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

CONSTIPATED?

Our bowels are usually not something we talk about with friends and family; most of the time they work perfectly fine on their own. Yet constipation is a problem that affects everyone at one time or another.

Constipation can be brought on by many things including dehydration, a poor diet, Hypothyroidism, Parkinson's disease, a lack of exercise, or simply going on vacation. Even medications such as antihistamines, antidepressants, antacids, pain meds, high blood pressure medications or iron supplements can cause chronic constipation. It's always wise to find the cause.

A blend of herbs containing **Licorice**, **Cascara** and **Fennel** work really well for constipation. The **Licorice** has mild laxative actions which protect the gastric mucosa. Its demulcent properties bring more fluid into the bowels helping the stool to pass easier. **Cascara** restores the tone back to the muscles of the colon by stimulating peristalsis in the large intestine. This, along with its **anthraquinone compounds**, causes the stool to soften and the bowels to empty. Caution needs to be used with this herb because for some, taking too much can over-stimulate the liver and gallbladder causing gripping pain. The **Fennel** eases any gripping pain plus it reduces gas and helps stimulate digestion.

There are other laxative herbs that can stimulate the digestive tract through their chemical compounds including **Dandelion root**, **Ginger**, **Senna**, **Aloe**, **Chickweed** and **Yellow Dock**, **Prunes** and **Flax seeds**. These can be taken in the form of infusions, decoctions or consumed as a food.

If chronic constipation is the problem, try increasing fresh fruits and vegetables along with drinking more water. You may also want to increase exercise. Yoga, rebounding or walking may help. If this problem continues please see your physician to find the cause.

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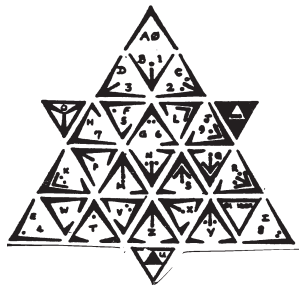
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I moved to Florida in 1979, when it was still a tropical paradise. It was the birth of the Shuttle and everything changed on the Space-Coast. The UFO activity, the underwater light-crafts and pyramids were seen by all. If you were on the beach at night you could see the Cities Of Light being built in the oceans. Dimensions shifted and changed constantly and we were part of that. Just recently some of those same Pyramids have shown there faces. The Universe has asked for a reconnection to those Pyramids and Cities of Light in Florida Waters & this workshop was birthed to do that.

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A LETTER TO A GROWING UP DAUGHTER



Jeremy Bonner is an Inspirational Speaker and Workplace Consultant/ Music Producer & Songwriter, teaching the art of self improvement, observation and communication in the workplace and life, writing and production of various positive music genres. See <http://jeremyjamesbonner.com/> and jeremyjamesbonner.wordpress.com/ Email jeremybonner@gmail.com

I wrote this letter to my daughter after receiving a letter from her saying that her boyfriend had asked for her extremely young hand in marriage.

Her mother and I having been separated for a year and in the thralls of divorce, so you can imagine the initial emotional thoughts running through my head. After some soul searching and pondering, this is how I replied: "*My Dearest Daughter, Please forgive me for not answering right away. I had to clear my mind of my own emotional circumstance and experiences to focus objectively. Of course you have my blessing. I want only to see that you are happy. You have a good head on your shoulders and are more than capable of guiding your own way toward your happiness.*"

My experience tells me that we change a lot in our 20's and 30's, so please take your time but follow your heart. My experience does not reflect necessarily on yours. As long as you both actively remain a part of each other's dreams and worlds, you can navigate and grow into the future together. Make sure that both of your physical, mental and spiritual needs are being met continually and that in all these aspects you are both moving forward together. A stagnant mind and/or spiritual life can be hell as we have both witnessed. Don't allow yourselves to become stagnant. Focus on the good but don't dismiss the bad. Rather address it and move on. Passive-aggressive natures such as your mother's and I have no fruit to offer to a relationship other than to prolong and build up a larger confrontation.

Deal with issues up front and beware of bitterness and stress. Be the perfect people for each other and concentrate on being the best you that you can be. If you are both doing that, you will grow to be independent in your own rights and add onto each other rather than foster a relationship of co-dependence. Forgive me for being so fatherly in my response but I have always spoke to you as an adult and I feel this is the perfect opportunity to embark a little wisdom unto you. I love you baby... and you will always be my little grrrl no matter how grownup you get. Big Love, Daddy."

HAPPY FATHER'S DAY, DADDY

By Andrea de Michaelis

I didn't always get along with daddy, especially growing up. None of us did.

The typical teenage syndrome when you think you hate your father. He was always very strict and controlling and, we thought, unreasonable. He had a 6th grade education, worked construction and I know now that he did a long hard job and came home to kids who smart mouthed him and that couldn't have been easy.



My mom got home from work about 9:30pm so he had us on his own from 5:00pm on. Being a parent at all is such a gigantic job, and I never wanted to do it. I've always been far too selfish. I couldn't even keep the same job/boyfriend/husband for more than 3 years at a time, I never wanted to subject myself to an 18 year commitment of any type. So I understand now how difficult it must have been for my father raising us ungrateful wretches, but of course then I didn't see that. That was back when I knew everything

My dad was what they'd now call bi-polar and used to drink. He could be psychologically abusive and he believed in corporal punishment. He was a deeply troubled man and I only realized that years later. Long story short, when I was 14, **Daddy** - we called him **Bob** - and my oldest brother Jerry had a falling out and Jerry got "banished." I did not know this and was told that Jerry had gone to Vietnam, and then later that he had died in Vietnam. Yep, I told you our dad was unbalanced. I did not know until 37 years later, in 2003, that Jerry was alive until he emailed to ask, "Hi, do you remember me?" Needless to say, I was floored.

As I was growing up, **Father's Day** generally evoked negative feelings since I'd be obligated to buy him a card. None of

them ever said what I wanted them to. They were all too personal and intimate, and I wasn't through punishing him yet. In a workshop once with a group, I had everyone create a card for their mother and father and say in the card exactly what it was they wanted to say and be really understood. I remember my first one was a Father's Day card. It was after much healing and forgiveness had taken place within me, and it said:

"You were unfair when I was 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 his children 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."

My father mellowed after my youngest brother, **Bobby**, committed suicide in 1976 at the age of 22. At that time I also thought my brother **Jerry** had died. Two years later, **Daddy** scared off my mom with his drinking; she divorced him and moved to Tampa. I felt that left no one to love him, so I began keeping in touch and visiting more. He had stopped drinking, but now took massive amounts of **Tylenol** with codeine due to a back injury that left him partially disabled. Pain controlled his life. The drinking and drugs had taken its toll on his judgment and he could see no way out. In 1987, he shot himself. He died on Father's Day.

Happy Father's Day, Daddy.
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Dear Whitedove, I've heard you speak about our soul contracts and our death date. I was wondering, can a tragedy really be an accidental death or is our destiny planned in Heaven? I'm amazed that the accident rate is ever increasing and does this play a part our soul's contract? Contemplating in Maine

Dear Contemplating, It's hard to fathom how much preparation goes into planning our journey to Earth. Pre-birth, we create a road map of the intended trip. We make agreements or contracts to fulfill certain obligations along life's journey. With God's blessing, we also choose a birth date as a starting point, and we also create several possible exit dates. So in most cases, the timing for death has been selected based on the soul's evolution. God calls us home at the right time. But there are rare events where a soul's "free will" has interfered with another's and they have been taken prematurely as an accidental death. This is one of the reasons that there is an increase of Near Death Experiences. It's essential that souls stay and complete their mission. Just think about how many people that you come in contact with during the course of a lifetime. All of your interactions influence the people that you touch and the domino effect continues. The smallest gesture can change the world. This is why each soul is so much more powerful than you realize.

Dear Michelle, I've heard that when you hear of a person's death, it will be followed by two more. It rings true with me. Do you believe that death comes in three's? ~ Prime No. in Boston

Dear Prime, Three is sacred number and many events will come in sets of three. You'll hear of good news, bad news and deaths in this manner. Just pay attention and you will see that it is so.

Dear Whitedove, In my hometown there is such a division when it comes to same-sex marriages. My pastor is against it, the politicians are creating political platforms about it and the locals are marching with signs. Since you have the inside scoop: what does Heaven have to say about Gay rights? Please ask for me! ~Rainbow Lover in NY

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Dear Rainbow, It surprises me that people aren't more in tune with God's message of "unconditional love." Many groups cite the Bible as the sole reason that they disagree with same sex marriage. What needs to be considered is that through the centuries much has been lost in translation: some of the words and phrases in the bible had been interpreted incorrectly. It was hand copied and translated thousands of times. Let's not forget that Jesus was a Jewish Rabbi that spoke the spoke Aramaic. Have you ever read the Aramaic version of the Lord's Prayer? The translation will astound you because it's very different from the modern bible.

If you live your life by the words of Jesus "Love your neighbor as you love yourself", then we must realize that he would not condemn same sex marriage. In my personal relationship with God, this I know for sure: In Heaven there is no religion, there is only Universal Love. In God's eyes and great wisdom there is no sin in loving each other regardless of same sex or opposite sex.

From the Heart

Alan Cohen is the author of many popular inspirational books, including the newly-released *Enough Already: The Power of Radical Contentment*. Join Alan for *Metaphysics and Miracles*, May 30 – June 3 at the Sunrise Ranch in Loveland, Colorado. For more information about this program and Alan's other books and free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-572-0001.



ALL HOW YOU LOOK AT IT

I have been a vegetarian for many years for all kinds of reasons: health, morality, energy, ecology, and on and on. I don't think everyone should be a vegetarian, and I have never proselytized. I think everyone should follow their own body's guidance toward food that works for them. I just know what works for me.

When Dee and I grew a family of dogs, we decided to feed them meat. That was a big decision for us, since we had never had meat in the house. But we love our "kids," and we want them to be happy. Why impose our diet on them? So we buy them canned dog food and cook meat for them.

Then our vet recommended we get our dogs a certain type of bone to chew on, which helps to keep their teeth clean. Again we had resistance, since meat on bones is even grosser than meat wrapped in cellophane at the grocery store. But we did it. The dogs loved it like cats love catnip! They spent hours gnawing on the bones and hiding them in the backyard. Some of the bones resurfaced time and again over months, looking like ancient relics, and likewise treasured. Every time I saw the blackened, decayed artifacts I would grit my teeth. Gross.

Yesterday we got the kids a new shipment of bones. This morning I came downstairs after meditating, and found all the dogs lined up in a neat line on the lawn, each chewing on their new treasure, all in a state of total delight.

This time, however, perhaps because my mind was at peace after meditating, my reaction was completely different. Instead of reacting against their carnivore behavior and judging it, I took delight in their delight. The dogs were exuding extreme joy, and I felt that with them. Somehow the frequency on my tuner of perception had shifted, and I met them on an entirely different level of experience, far more pleasing than upset or resistance. I sat for a long time watching and enjoying. What a difference.

Miracles represent shifts in perception, so we might say that I experienced a miracle. I moved from a terrible world of predation and fear to one of inner peace. For a long time I have struggled with the notion of predation. I would stand on a hill looking at the ocean, viewing a magnificent peaceful vista, inspiring by all accounts. Then I considered that at this very moment billions and trillions of sea animals were eating each other, big fish attacking little fish, and bigger fish attacking the big fish. What a horrible universe! I have rarely been able to resolve predation with my pacifistic view of life.

Yet as I watched the dogs enjoying their bones, I recalled a *Course in Miracles* lesson: "Let all things be exactly as they are." Letting things be as they are yields more peace than resisting. Try as I might, I will never get ocean (or land) creatures to stop eating each other. On some level that is a natural order. I don't understand it or agree with it. But God didn't ask for my understanding or agreement on lots of things. The universe has its own idea of how it's supposed to be, regardless of my opinion.

Then I consider the great and powerful animals who live on grasses. Horses, cows, and elephants maintain large, muscular, healthy bodies simply by eating grass. They are the most peaceful in the animal kingdom. I hear "experts" tell us how much animal protein we humans need, and I laugh. No one told the elephant.

Each of us, in our own way, must come to peace with what we are and the way things are. Conditions and situations do not weaken you. Resistance does. Saying "this should be otherwise" wears down your batteries and fixes blinders on your vision. Shifting your attention to what empowers you recharges your batteries and expands your vision. "A mind is like a parachute — it functions only when open."

Allowing things to be the way they are does not mean that you do not seek change or that you must condone abusive situations. There are plenty of things in our individual and collective lives that could use improvement. A fatalistic attitude is as damaging as a resistant one. So change what is not working or could be better, but do it from a sense of vision and joy about what could be rather than a sense of damning what is. What you condemn you continue. Focus on where you want to go rather than what you want to get away from.

Intellectually, I don't understand life. But I understand joy, an experience that proceeds from the heart and the spirit rather than the mind. When I keep my tuner set on the frequency of inner peace, my life has meaning. "Dog" is "God" spelled backward. I'll just chew on that for a while.

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SUMMER SOLSTICE



Debra Strasser's blog can be found at <http://the5thingsineed.wordpress.com/>
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The Summer Solstice of 2012 falls on June 20, 7:09 P.M. EDT. The sun will rise at 6:28 am and set at 8:26 pm. This is often referred to as 'the longest day of the year'.

It actually means, of course, the day when daylight is the longest. The **Summer Solstice** has long held an important place for mankind. Structures built to mark the event in Neolithic times still stand. Events and observations are still held around the world, unique to their individual cultures.

I have developed a tradition to mark the **Summer Solstice** in my own home. It centers around the herb **St. John's Wort** (*Hypericum perforatum*). The common name of St. John's Wort is believed to have derived from it's use in European solstice traditions that coincided with the newly set date of the feast of **St. John the Baptist**. The bright yellow ray like flowers bloom heartily on their small shrubby bushes at this time of year.

One of the properties of **St. John's Wort** is that of an herb of protection. European households would suspend the herb over their doorways for protection through out the year. I'm fortunate to have quite a large patch that blooms in the summer on my acreage, so I thought this would be a great way to put what I have at hand to work. I gather a small bundle of the herb at the noon hour closest to the summer solstice, careful to never take more than ¼ of the plants flowers and growth.

Bound into a small bouquet, I hang it over the door most used to enter our home. The previous years bundle is burned at the end of the walk way leading to the door. Some years, it burns rather hot, making me grateful for the amount of bad energy it must have stopped at our door!



Regardless of how you observe the summer solstice this year, remember that in doing so, you are connecting to the cycles of the year. You begin looking to the sun, moon and the stars in a whole way.

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St. John's Wort in the author's field





ABRAHAM-HICKS

...continued from page 9

So the reason for sleep is for the alignment of Energy, and the idea that you need a lot of sleep is not true at all. You would all be better off if you would sleep for a couple of hours and get up and do something and sleep for a couple of hours and get up and do something. Two segments of two hours would satisfy any of you if you were using slumber in the way you've intended. But most of you are using slumber to try to keep yourself from having to do something you don't want to do, anyway. There is nothing, in all of the Universe, more delicious than to have an object of attention that you're focused upon and you be in physical, vibrational alignment with your object of attention. To have Nonphysical Energy, the same Energy that creates worlds, flowing through you toward your object of attention, nothing is better than that. And if you were doing that on a regular basis, you would never want to sleep. And so, if you are wanting to sleep, it's usually because you're pushing against some things. Your tiredness is always and only about resistance. It's about that contradiction in Energy.

JERRY: Then why do babies sleep?

ABRAHAM: A baby, initially, is slumbering a great deal, often twenty or twenty-two hours a day in the very early days because the baby is transitioning from the higher, purer vibration into the lower, slower vibration. And so, he is sleeping, literally, for selfpreservation. He is taking a little dose of your lower, slower negative Energy a little bit at a time. But once he acclimates, he doesn't want to sleep nearly as much as you want him to, and that's why parents struggle so much with their children. It is because you want them to do something that is not natural to them. That's why those early years that you call the formative years... Those are the years in which you trample out their intuitive knowing.

There are two things that we would do. We would encourage you to shorten the nap time if you can. The baby may have his days and nights mixed up a bit, sleeping more in the day and then ready to romp and play in the night so...

GUEST: It's more just not a deep sleep and waking up to nurse a lot. Fussiness. He's not going into that deep sleep.

ABRAHAM: Have you ever tried to sleep twelve hours, and then tried to sleep more than twelve hours? Just toy with it a little bit. You'll find your balance in it. You cannot find the place of more rest from the feeling place of not getting enough rest.

Everything is about vibration. The Universe is responding to your vibrational output. Well, you can tell what you're vibrational output is by the way you feel. So what you feel and what you are outputting are the same thing. So if you are feeling sleep deprivation. Kind of ornery. Kind of achey. Kind of uncomfortable and not rested. And you're saying, "I want, or I need, more sleep," you can't get there from there. So what you have to do is remember what it feels like to wake up from a good night's sleep. "It feels so good to wake up and have my body feel alert and eager. It feels so good to just sort of come awake naturally and gradually and just sort of slowly move into the day. It feels so good to feel that exhilaration of being alive and eagerness to get going on some projects..." Something that will really help you is if you are doing a little prepaving, and prepaving means setting forth the thought. Imagine it in advance. So let's say tonight when you go to bed or even this afternoon before you go to bed, for 17 seconds, maybe 17 seconds two or three times, you imagine or remember what it's like to wake up fully rested. Well, if you've really found the feeling place of that, that's not saying that your baby may not awaken, because it probably will because that's the habit that's in motion. But you probably won't feel resistance when it happens, and it will probably be a shorter time awake, and you'll probably go back to sleep more easily and you'll probably still wake up more rested.

GUEST: What I've been doing is focusing or imagining him sleeping, which he was asleep last night, I woke up and I couldn't go back to sleep. So I'm focusing on him and not on my restfulness.

ABRAHAM: We want to give you a little key to something. When you awaken for no apparent reason — there may be a good reason for it. Esther will find herself awakened, and she will say, "I wonder why I'm awake? Did I hear a sound? Why am I awake?" We say, it doesn't matter. The fact that you are awake means that there is value for you in this moment.

...continued on page 29

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

ARE YOU IN SPIRITUAL EMERGENCE-Y?

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

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

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



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

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

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

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ABRAHAM *FUN*



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

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Sometimes I may find myself disappointed or frustrated over a particular income source. Perhaps my pay seems inadequate or my employment suddenly ends. Maybe an investment fails to perform or a business opportunity tanks. Perhaps a spouse or partner is unable to pull his or her own weight. Or that sure-thing inheritance from Aunt Edna goes to her scrawny poodle, Fifi.

At times like this, it’s important to know:

(1) Well-being and abundance always seek me simply as a result of who I am – an offshoot of Source energy, God, or however I want to conceptualize this benevolent Universe;

(2) Source is absolutely unlimited in the (legitimate and legal) ways it can provide for me. It can become vastly creative and full of fun surprises as I shake loose from rigid notions about resources coming only through ordinary, anticipated channels.

Today I relax, get into a happy, receptive mood, and let an infinitely wealthy cosmos show me its stuff.

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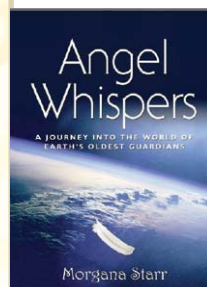


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the World of the
Earth's Oldest
Guardians* is
now available on
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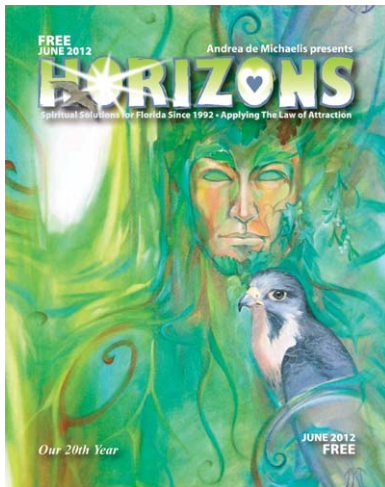
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COVER ART



The Green Man by Jane Delaford Taylor

'The mysterious Green Man probably originates from the Celtic pantheon of Gods and nature spirits, and now remains as a folk memory, (perhaps of Herne the Hunter)

still appearing throughout England as carvings in ancient churches or as Jack-in-the-Green at festivals. The symbolism is simple - it is man as tree, man as nature, humanity utterly bonded to the natural cycles of death and rebirth in a very eternal sense. It's an image that I find very beautiful and reassuring, and a constant reminder of the need to understand, love and respect our mother earth!

The painting shows the green man himself, intertwined with leaves and become part of the forest - the falcon was added because it seemed appropriate somehow to have that as an additional symbol of death, but also of freedom and the farsightedness that belongs to those who live and work with the natural cycle of life. It's quite a strongly male image too, but very peaceful... I'm planning to paint another version of this leafy character soon, as I do find myself very drawn to him!

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

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

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

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

Email Jane at chalicewell@hotmail.co.uk



SUGGESTED READING WATCHING LISTENING

CDS:

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

BOOKS:

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

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

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

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

MUST SEE DVDs

Project Happiness

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

YOGA: A Natural Pathway to Godhood

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



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

LOOKING IN THE MIRROR

I invoke the Divine Power to bless all of us. You don't need to go anywhere to search for that power. It is residing in each and every one.

There are many problems in the world. They are given to you only to polish yourself. Unless you face the problems, you will not be able to grow. If things are very smooth in life, one doesn't learn enough. Consider the problems as stepping stones. They help you to go up.

You have to change your attitude towards life. If a problem comes, it is only for your training. It's for knowledge to make you stronger. Become stronger than the problems. There is a verse in Hindi where Tulsi Das says "The world lives in the hearts of the people, in the minds of the people and in the thoughts of the people". All the thoughts are materializing everywhere. The whole world is a projection of your own mind and thoughts. If it is a projection from within, then instead of changing from outside, we must change within ourselves.

If you look into the mirror and see a black mark on your face that you don't want, why waste time rubbing the mirror? The mirror doesn't have a black mark. Where is the black mark? It is on our own face. Christ said it very beautifully. He said, "Don't look at the defects of others. Take out the great beam that is in your own eye".

Don't find fault with others. Rather change your own self. If the self is changed the whole world is changed. The whole world is changed because you are the axis of the world. You are creating the whole world. You can create a bad world and you can create a good world also. The master of the house is responsible for the decorations of the house. He can change

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Palm Bay

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Sunshine Lectures

First Saturday of
month at noon
Vegetarian
luncheon

Ma Yoga Shakti
 See page 39

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

the house in whatever fashion he wishes. You are the master of the world. The world which is in you, is projected outside. The inside world is to be changed, not the outside.

How to change? What to do?. Practice *bhakti yoga*, *karma yoga*, *gyan yoga*, *raja yoga* and you will find the way. These forms of yoga are only to sweep your road. They will clear the road and you can go forward. Yoga itself is very deep, but for beginners it is very simple and easy. It is like an ocean. One can play on the beach or on the shore of the ocean. If you are a good swimmer you can go further to the middle of the sea, but still you won't be able to fathom the depth.

The world cannot be corrected. We can do our best but we will find there are always problems in the world. When you are doing service to others actually it is a service to your own self. God is always in you, within you. He is not outside. If we want to see our face, we need the help of the mirror. Eyes are so dear to each and everyone, but has anyone seen his own eyes or only a reflection in a mirror? We see only reflections and the world is like a mirror. We see our reflection in the world and God is seeing his own reflection in the world.

Ma Yoga Shakti will be in Palm Bay June 1st through 9th, 2012. See page 31 for schedule.

Mataji says this will be her last visit.

Thoughts about things...

... from page 7...



Andrea de Michaelis, Editor

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

In the dream I am asking him for money. In real life at that time, my father was in Baptist Hospital in Miami, FL in June 1987 in a coma after a suicide attempt, and he would die a week later on Father's Day. In real life, I never asked my dad for money as he had none and I earned good money as a criminal defense paralegal. I was, however, at an intense stage in my life of asking, "what next?"

So in the dream, here comes Daddy while I'm wandering aimlessly in an empty field and I'm asking him to loan me some money. He's ignoring my request or, rather in answer to it, he opens me his tool chest. I look into it and think "what on earth will I do with this?" since I'm not a carpenter. So then it becomes like this magic box that anything can come out of and even though it just looks like 3 boards and a handful of nails and hammers and saws, out of those few items he could create all sorts of things.

He could put it all together one way and it would be a ladder; another way, a bridge; another way, a rocking horse for a kid. Then suddenly in the dream he's gone and I can either take the box with me, or just leave it. For the sake of sentiment, I figure I'll take it for awhile until I figure out what to do with it. First I dismantle the ladder he built last, since it fits in the box when I take it apart and seems to feel lighter. I save the nails since I am not sure how many there are.

The box gets a little heavy as I walk along and it gets a little more awkward once I'm no longer in an open field but now maneuvering through wooded trails. Twice I came to streams that I built a bridge to cross and once I made this never-ending ladder to scale a wall and get over on the other side. I was starting to appreciate this tool box. After I scaled the wall, I went to dis-assemble the ladder and remove the nails, but it collapsed upon itself inside the tool box. My immediate thought was, "Ah, it knows I will need a ladder next so it's staying prepared."

It was then that I began to realize perhaps the box had a mind all its own and knew what I needed and contained whatever I needed. And all I had to do was keep the box with me and at the proper time, I would have everything I needed to do whatever needed to be done. My job was just to carry the tools, no matter how awkward and burdensome, and the rest would work itself out.

I realize in later years of course how symbolic the dream was on so many levels. I think right now, the main tools I strive to keep with me at all times are (1) discipline over my state of consciousness, and (2) my awareness of my connection

with Source because if I have those two, then everything else works itself out.

When I can bring myself into the awareness of my connection to my own internal guidance, I feel very powerful and motivated. My general goals are to have a happy life, to be healthy, to be self sufficient, to be well thought of, to share love with friends and to do meaningful work. So when I have the presence of mind to remember these things, it all falls into place. So I guess that's my tool box.

One major tool that helps me is to remind myself -- via daily self talk -- that despite inflation and the economy, I can be guided and inspired to ever increasing resources so that rising prices needn't freak me out. All I have to do is know that it's possible and look for evidence of it. All I have to do is stop listening to what the news says is the jobless rate or the homeless rate or their theories of why anything is happening. All I have to do is know that we attract what we expect and believe, and we know what we believe by what we have appearing in front of us on a daily basis.

If we begin to believe that something out there greater than us knows what they're doing and wants us to have what we want for ourselves, then we begin to see evidence of it every day. If we're on the phone or Facebook every day with friends talking about how everyone's out of work and can't pay their bills, we have to recognize that's not true for everyone. If everyone around YOU is unemployed and has no hope for the future, and YOU hear about it every day, remember that YOU are only there because right now YOU are vibrating in harmony with them. It could be that you discuss it with them every day. It could be you listen to news reports about it. It could be you read Facebook posts about it.

It's not easy to hold a hopeful thought if everyone around you is saying it's hopeless and getting worse. But if you are to pull yourself out of this situation, you must begin to spend less time in discussion about what's wrong. YOU are only in that place because YOU are vibrating right there due to your choice of focus. If there was only one thought you ever changed in your life, a helpful one would be, "My life is getting better. Good things are on the way. Miracles happen all the time." Then look for evidence of it, everywhere. A belief is just a thought you keep on thinking. Believe that it's in YOU to change what you attract. Then spend a little more time away from technology and watch the magic unfold.

Enjoy our offering this month. Hari Om.



Andrea



ABRAHAM-HICKS

...continued from page 20

When you come forth into your physical perspective from your Nonphysical Perspective, you have an eagerness about everything. That is the reason that we ask you if you're learning a great deal from your little one, because there is that eagerness for that physical experience. After you've been here for a while, you tend to sort of amass things that you are pushing against. And as you hold these things that you do not want, then it is more difficult for you to find vibrational harmony with what you do want.

Earlier we said that when you slumber, you stop focusing, and your "cork" raises to the surface, so to speak. Your vibration raises. Well, when you meditate, the same thing happens. Your vibration raises.

So what happens is, if there's something that you really want and you are asleep, you are not attracting while you are asleep. But, your Inner Being knows that you are really wanting it. So your Inner Being watches for a time when your vibration is absolutely neutral. When there's no resistance. You are in vibrational harmony with your Core Energy, and you will be alerted to wake state. So when you wake up, in that place of not pushing against, if you would take that opportunity then to think about what you want and why you want it — you could, from that more powerful place, direct your Energy toward your object of attention.

It's a powerful time. And so, you may discover that you may be waking up quite often now that we have... And when you do, recognize that it's a good thing not a bad thing. "It is my opportunity in a place of pure Energy to refocus and restate what I am wanting."

The other thing that we would encourage you to do, if you are in this position of not getting enough sleep... Look for other opportunities to soothe yourself: In the middle of the day, get off if you can, and quiet your mind. Soothe yourself more by sitting with a cup of something that you like to eat or drink. Soak your feet more often, or take a nice bath more often.

Look for other ways to soothe yourself. Because that's all sleeping is. It's a soothing — and you don't have to be asleep to get soothed. Have you heard scientists, or other physical beings, talk about hypnosis and how a little bit of hypnosis is like many hours of slumber? And people who have been

under hypnosis will tell you how rested they feel? And often, the hypnotist will leave that suggestion. In other words, he will say, "You will awaken fully rested, and you will feel as if you had a full eight hours sleep." Well, haven't you ever wondered why that's possible, when he hasn't had eight hours sleep? It's because in that mindset, there has not been resistance, and so, the energies of his body have been allowed to align. And so, the refueling or the realignment or the energy infusion is taking place. You never did need slumber. You could go without slumber if you could hold yourself in a place of Pure Positive Energy.

THE ANSWER IS YES

Let us give you a sort of scenario of the way we see this physical experience and this delightful exposure to contrast that you are all a part:

*Look for other
ways to soothe
yourself.
Because that's
all sleeping is.
It's a soothing
— and you
don't have to
be asleep to
get soothed.*

How wonderful it is to live some contrast that brings you to a place where you say, "I want this." And we say, oh, it is so good, because if the contrast didn't exist, you would not come to that focused place of saying, "I want this." The decision is so powerful. So then, imagine, coming to the decision but not having the habit of being a vibrational match to the decision. So the decision is not comfortable. You're sort of wiggling around in it. You came to the decision with good reason, but you can't find harmony with it — but you want to. And so, you just monkey around with it, and, all of a sudden, you find harmony with the decision, and you start to feel the Energy run through you, and it feels so good. And you say, "Ah, I feel good. I'm in harmony with my decision." As you play with this a little while, you will find yourself eager for the contrast that gives you reason to want — and then eager for exposure to more data which lets you test your harmony or disharmony with your decision.

Friends, this is what molding energy is. The difference that you are looking for, and the difference that we want so much for you to hear is, there is a big difference between seeing contrast and not wanting that and preferring this, and in turning your full attention to what you don't want and trying to get rid of that. What keeps happening to you is that, in your misunderstanding, you push against the part you do not want, and then it envelops you. And then you feel not powerful. And then you feel that there are adversaries and other things out there that are controlling your experience.

But when you discover the art of "yesing, yes-ing, yes-ing." Never again saying "no" to anything. In other words, just long enough to identify what the "yes" is, but "yes-ing" your way through physical experience. In your "yes-ing", you connect to the Stream. The Nonphysical promise to you is, "Ask and it shall be given." And the answer is always, "yes."



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

HOROSCOPES FOR JUNE 2012

Aries: March 21 to April 19 "I Am." This June you may feel like you have already crossed the road to clarity in regards to relationships. You are standing at a fork in the road even now; what is it that you really want in a mate? Your slate is clean and now you feel like you are ready to start over. The clearer you are with yourself the more appropriate partner you will attract.

Taurus: April 20 to May 20 "I Have." This month you will be recovering from last month's brutal awakening to self. Letting go of ego gratification has brought you to your knees. Your birthday month was tough, but now it seems like the things that matter most to you will be resolved for your highest and greatest good.

Gemini: May 21 to June 20 "I Think." Secrets can get the best and worst of you. There is so much hidden emotion that it is about time to find a positive release for all that you have been feeling. No doubt about it your emotions are very intense with possible issues of jealousy and or possessiveness.

Cancer: June 21 to July 22 "I Feel." You may be too close to your issues to be able to get a clear read on what you are going through right now, but with some self love, self care and self acceptance you will be in the absolute best place to receive your divine guidance. Just remember that there are unseen forces ready to support your intentions.

Leo: July 23 to August 22 "I Will." Your career path has taught you to listen to your inner voice, and more than once you have saved the day. Where ever your thoughts are is where reality will be created. Take the first step and you just might be surprised by where your foot steps lead you. Take a leap of faith towards love and light.

Virgo: August 23 to September 22 "I Analyze." This month you are being put in a position of being a leader. You have a tendency to run circles around people because you know what you want and know how to get things done. You are a visionary and are willing and able to experience the joy of being of service to those in need.

Libra: September 23 to October 22/23 "I Balance." This month you are especially self-disciplined, organized, and persistent. You are very serious and hardworking, with a strong stamina that will burn the candle at both ends. Set a goal and take the necessary steps to complete your vision. See it and let it go and then follow your intuition, and the universe always has more for us than we could ever imagine.

Scorpio: October 23 to November 21/22 "I Transform." You are in a place right now where you have a desire to be needed and admired, there seems to be an emptiness that needs love unconditionally. Somewhere in your early childhood you did not get what you needed. So many feelings that swirl within you, your lesson is to have a focus and stick with it.

Sagittarius: November 22 to December 21 "I Perceive." You are at a place now where it is time to reevaluate who you are and what is truly of value to you. It is very important that you find meaning in what you do. If what you do is not making you happy, find something else to do. Get your priorities straight. When you stick to what is important, it is easier to stay on track.

Capricorn: December 22 to January 19 "I Use." You have a strong intellectual curiosity to learn as much as you can to fulfill a desire to understand mankind. Do you ever feel like you are either stuck with certain people or blessed with others? It has to do with Karma, who you are supposed to help and who is supposed to help you.

Aquarius: January 20 to February 19 "I Know." The very core of your being is calling out for home and family. What ever is the most important to you will happen. Visualize carefully what you want and release it to the highest and greatest good, this or something better. Have an idea of what you intend to manifest and allow your intuition to get you there.

Pisces: February 19 to March 22 "I Believe." Your imagination is on fire with desire and borders on channeling. Now is the time to watch romantic movies and read spiritual love stories. Go out in Nature, allow the waters to surround you and hold you like only mother earth can. Connect with your inner child and paint your world the way you want it to be.



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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*

YOGA SHAKTI MISSION



Ma Yoga Shakti

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*Talks on
Spiritual Topics*



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**Ma Yoga Shakti will arrive in Palm Bay
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2nd at noon potluck vegetarian luncheon.
Sunday June 3rd she will give the Sunshine
Lecture from 9 – 10 AM. Come back in
the presence of this holy teacher June 1-9.
Matangi says this will be her last visit.**

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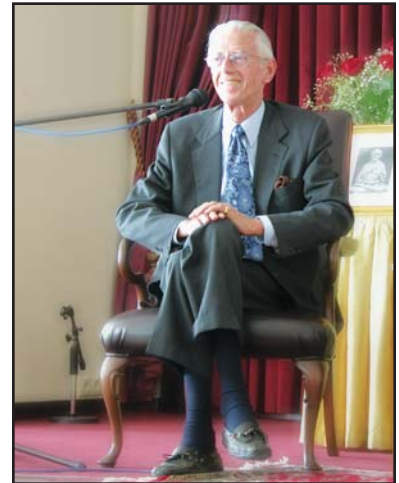
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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



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