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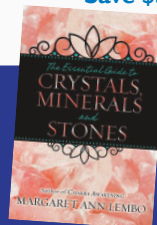
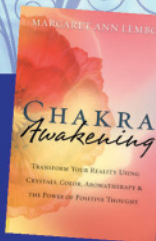
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*I have met many people who have been treated for depression and other conditions when they were, in fact, in the deep stages of spiritual crisis. ~ Caroline Myss*

## ARE YOU IN SPIRITUAL EMERGENCE-Y?

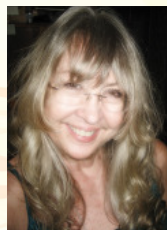
Are you in turmoil in relationships? Have you been fired or feel betrayed? Is your emotional life a roller coaster? Are you moving between feelings of numb blankness to despair? Are you:

Have you had a major life upheaval such as  
paranormal or mystical experience  
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**The greatest  
optical illusion  
is separation**

# HORIZONS

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Distribution/Billing**

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



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

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<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 2014 edition of Horizons Magazine. Happy Father's Day!

Not everyone has happy childhood memories of their dad., I didn't always get along with mine. He was very strict, he had a 6th grade education, worked construction and came home to kids who smart mouthed him. I understand now how difficult it must have been, but of course then I didn't see that. My dad was bi-polar and could be fun and charming, the life of the party. He could also be mean and hateful and psychologically abusive. He was a deeply troubled man, I realized years later.

As I was growing up, **Father's Day** evoked negative feelings since I was expected to buy him a card. None of them ever said what I wanted them to. They were all too loving. 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 between us like a holy icon, 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."*

**Daddy** didn't know how to sort out his feelings, much less openly discuss them. We never knew how to talk to each other. None of us did back then. Now anyone watching tv can learn the process through shows like **Couples Therapy**, **Marriage Boot Camp** and **Iyanla Vanzant Fix My Life**. It took several encounter (sensitive training) groups in my 20's to give me a vocabulary for what I felt emotionally, and to gain the tools to express it. These groups met with the aim of shedding our social masks and expressing our real feelings. They emphasized verbal interaction and activities that encouraged open displays of approval, criticism, affection, dislike, anger and tears. The result was that we learn to interact with others honestly, by openly expressing what we feel. This is important not just for self discovery, but for resolution when there was conflict.

*...continued on page 28...*



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## ARE YOU LETTING IT IN?

**Guest:** I have a question about developing the ability to let go of things from the past. I can see that my now is colored by all of these things. And it's difficult for me not to constantly remind myself that I missed out on this or that.

**Abraham:** Well, that is logical, isn't it? Because that's where your vibration is, it's logical that you would be reminded of things like that.

We have a fun way of looking at it: Let's say you have a piece of very fine sandpaper, and you rub it with your fingers. It is so fine that at first, it feels almost like velvet. So you rub it a little more, and a little more, and a little more...

In the beginning, there is no detriment to this experience. But the longer you rub it, the more unpleasant it becomes. Your skin is beginning to feel some sensitivity--and after an hour or two, maybe even some beginnings of blisters. Yet sometimes, that sandpaper is really the only thing visible in the room. And even though the experience is not very pleasant, you've got this habit going. Then, all of a sudden, you realize "Hey, I don't have to do this!" and you simply lift your fingers up off the sandpaper!

This is a deliberate intent to remove yourself from this irritation. The sensation of lifting up is wonderful. As you lift off, it almost feels like spider webs pulling from your fingers. We want you to begin reaching for that ensuing sense of relief.

You've had your eye on this sandpaper. It seemed justified, it seemed important. People talked to you about it, there's evidence of it in your life, and everything seems to be somehow about sandpaper. But in reality, there is it, and there is the absence of it, and you do have a choice of whether or not to lift your fingers--your thoughts, that is--off of what is evoking this unpleasant experience.

Begin to take pleasure in feeling relief from it.

Have you ever been in the middle of a negative conversation when someone tried to change the subject to something that felt positive? You didn't necessarily want them to change the subject--you had some good juices flowing about that topic!

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



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# TURNING POINT: Creating Resilience in a Time of Extremes



Gregg Braden is a New York Times best-selling author whose work has led to cutting edge books such as *The God Code*, *The Divine Matrix*, *The Spontaneous Healing of Belief*, and *Fractal Time*. Gregg's work shows beyond any reasonable doubt that the key to our

future lies in the wisdom of our past. The following excerpt is from *Turning Point: Creating Resilience in a Time of Extremes*. Available at all bookstores or online at [www.hayhouse.com](http://www.hayhouse.com) Visit [www.greggbraden.com](http://www.greggbraden.com)

The first rays of the morning sun were just breaking over the horizon as I stepped down from my truck onto the ground of the ice-covered parking lot. The leather soles of my boots were worthless when it came to traction on the ice, and my walk became more of an awkward skate.

I was passing through a small town in southern Colorado on my way to a meeting in Taos, New Mexico, later in the day. I'd stopped at the convenience store to fill my tank with gas and grab a hot tea. As I stepped through the door, an older man was sipping coffee from a thermos at a table near the window. He had just seen the whole display of me slipping and sliding from my truck to the door. As I passed his table, without even looking up at me he said, "Slick out there, ain't it?" "So you saw my dance?" I asked jokingly.

"It ain't s'posed to be so cold this time of year. But everything's changed. The native people told us this was comin' . . . all of it. They told us the rain would stop, the weather would change, and people would go crazy tryin' to figure it all out. Problem is, nobody believed 'em."

He looked directly into my eyes, and with a big breath said, "Now everything's haywire. It's all messed up, man. It stopped rainin' in the rainy season. My wheat stopped growin' when it's s'posed to. My cows can't find any grass to eat."

He continued, "It ain't good. But what are you gonna do? You gotta keep livin'. You gotta keep tryin' and just do the best you can. But I'll tell you one thing—this ain't business as usual, that's for sure." The old man stood up to leave, and took one more sip of his coffee. I'd barely spoken, yet I felt I'd just experienced an extraordinary conversation.

It's a fact that the world has changed in big ways, but it's hard to put a finger on precisely when the change began. There was one thing the old man said that I couldn't deny: We're living a time that is extraordinary by any measure. Our world today is truly no longer business as usual!

*...continued on page 20*

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## NOTES from the Universe

Has it occurred to you that wherever you go, you are my eyes, my ears, and my voice; my arms, my legs, and my everything else, too?

Well, I vote for more flowers, more music, and more "I love yous." More hugging, more skipping, and more naps.

But that's just me.

Xoxoxoxoxoxo,

The Universe

# UNCOOKED SEEDS



Ram Dass, one of America's most beloved spiritual figures, has made his mark on the world giving teachings and promoting loving service, harmonious business practices, and conscious care for the dying. His spirit has been a guiding light for four generations, carrying millions along on the journey, helping free them from their bonds as he has worked his way through his own. Ram Dass, excerpt from *Grist for the Mill: Awakening to Oneness* <http://www.ramdass.org/>

There is a story about an old Zen monk who was dying, who had finished everything and was about to get off the wheel. He was just floating away, free and in his pure Buddha-mind, when a thought passed by of a beautiful deer he had once seen in a field. And he held on to that thought for just a second because of its beauty, and immediately he took birth again as a deer. It's as subtle as that.

It's like when we begin to see the work that is to be done, and we go to an ashram or a monastery, or we hang out with satsang. We surround ourselves with a community of beings who think the way we think. And then none of the stuff, the really hairy stuff inside ourselves, comes up. It all gets pushed underground. We can sit in a temple or a cave in India and get so holy, so clear and radiant, the light is pouring out of us.

But when we come out of that cave, when we leave that supportive structure that worked with our strengths but seldom confronted us with our weaknesses, our old habit patterns tend to reappear, and we come back into the same old patterns, the games we were sure we had finished with. Because there were uncooked seeds, seeds of desires that sprout again the minute they are stimulated. We can stay in very holy places, and the seeds sit there dormant and uncooked. But there is fear in such individuals, because they know they're still vulnerable.

Nothing goes under the rug. We can't hide in our highness any more than we've hidden in our unworthiness. If we have finally decided we want God, we've got to give it all up. The process is one of keeping the ground as we go up, so we always have ground, so that we're high and low at the same moment - that's a tough game to learn, but it's a very important one. So at the same moment that if I could, I would like to take us all up higher and higher, we see that the game isn't to get high - the game is to get balanced and liberated.



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# 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](http://www.herbcorner.net) and Call 321-757-7522

## CUBE BERRY

Cubeb Berry is a berry closely related to black pepper. Although it is less pungent it still has a peppery and slightly bitter flavor. In ancient Greece it made a name for itself as a valuable spice and in Medieval Europe it was used as a seasoning for meat.



Today Cubeb is an excellent herb for the respiratory system. Back in 1654 British herbalist Culpepper noted it as a warming, drying herb good for reducing phlegm. Just chewing these berries can help clear the throat and nose, relieving congestion of the bronchial passages. When added to tea Cubeb's pleasantly spicy flavor helps strengthen and tone the lungs.

Just ½ oz. of the dried herb per day helps to open up the breathing passages this can be helpful if you have asthma or COPD. Cubeb acts as an expectorant, antimicrobial, antiseptic, antibacterial and anti-inflammatory; plus it helps to thin out mucous secretions making it a good choice for respiratory infections including RSV, bronchitis, colds and flu. Our ancestors even smoked Cubeb in ornate pipes to relieve asthma, hay-fever and pharyngitis.

In the digestive system the whole berry can be added to cooking for flavor just like pepper. When used this way it reduces inflammation to the digestive system toning the smooth muscles of the stomach and the bowels helping to ease gas and bloating. Just be careful not to over-do-it as too much can cause nausea and gripping pain.

In the urinary system Cubeb has diuretic and antiseptic properties to the mucosal tissue. This can help with infections of the bladder, prostate and urethra helping to cleanse the urinary tract. Plus it eases the burning and discharge that can come with these conditions.

Besides being used in teas, or in cooking Cubeb can be made into tinctures or syrups; alone or as part of a blend for urinary, digestive or respiratory ailments.



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- I am continuing to offer the Class Package of 15 classes for a total of only \$300. Your only financial responsibility will be to pay the tuition in \$20 increments which will be due at each class and a \$40 Non-refundable materials fee due before first class
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# ABRAHAM \*FUN\*



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

## It's Not What It Seems

**It seems that many events simply happen to me - the good, the bad, and the ugly. It seems that there is a whimsical, capricious God who sometimes answers prayers sometimes is asleep at the switch.**

It seems that circumstances are ever capable of veering out of my control. Actually, something akin to the reverse is true. Every moment, every nano-second, I am actually putting in an order for the events of my life. And I do that via my habits of thought. This is the universal plan, the overall scheme of things: my mental focus magnetizes my outer experience.

My thoughts comprise a signal that I ever send forth. In a colossal, celestial match game, the signal is matched and returned to me in the form of the people, places, and things of my daily experience.

My highest "work" here, for myself and for the planet, is to maintain a happy, peaceful signal. My most important job is to keep my focus on that which is pleasing, wonderful, amusing, and inspiring - drawing more-of-the-same to myself and to the world.

Easy? Maybe not.  
Possible? Definitely.  
Wonder-producing? Always.

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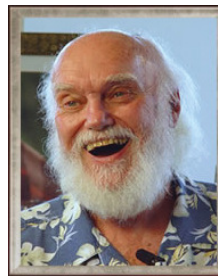
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# WHEN EMOTION OVERTAKES YOU



Ram Dass, one of America's most beloved spiritual figures, has made his mark on the world giving teachings and promoting loving service, harmonious business practices, and conscious care for the dying. His spirit has been a guiding light for four generations, carrying millions along on the journey, helping free them from their bonds as he has worked his way through his own. visit <http://ramdass.org>

**Question: Is there a special technique or method to help when we are overtaken by emotion?**

**Ram Dass:** The question was, are there spiritual techniques when you are overcome by emotion? Well, I'll tell you, as your practice gets more and more powerful, what happens is you see the stuff as it starts before it gets so overloaded and so invested with adrenaline and all of that. You don't let it get so intense. By the time it gets out of control and so immense, then you just wait. You wait. The best thing to do at that point is to sit quietly and to let it pass.

Now when an emotional upset starts, it may start out of a thought process, but then it starts to involve all of the body — the adrenaline and all kinds of chemical reactions. Then often, one of the ways out of it is to work with the body. For example, running or movement. Taking a walk. Doing things which start to release the energy, the kind of chemical buildup. Because you get that kind of nervous energy when you are emotionally upset.

Then there is meditation-quieting down and allowing yourself to see how lost you've gotten. I mean on the deeper devotional path, there is the offering of the emotion to God. Saying, "Here, You take it. I offer it to You." There is appreciating your humanity. "Yea, here I am. I'm human. I just lost it again. Ah so!" There's the Ah so — Right? "Okay. Once more. Boy, am I hung up." These are all spiritual techniques. See, it's the upleveling. It's the ability to see it without denying it. Not saying, "I'm not really upset." "I am upset. Far out. Here we are again." It's like talking with God and saying "Oh, look at how deliciously human I am." Not to milk it. Not to keep feeding it, but not to push it away. That's the quickest way through. To acknowledge it, allow it, and then use body energy to keep working out the chemical stuff that's built up and the tension in the body that's been built up. And then get on with it and just keep letting go, letting go, letting go. Sometimes music does it. There are a lot of techniques that do it.

And then you see that it's your expectations of your own mind that are creating your hell. "I expected you to be..." When you get frustrated because something isn't the way you thought, examine your thinking, not just the thing that frustrates you. And you will see that a lot of your suffering is created by your

*...continued on page 29...*

# OPEN MIND ZEN



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

## TEACHERS

**Since the true master is reflecting spirit, and spirit is not logical, then how can we expect the teacher's actions to always meet our logical expectations?**

The following statement by **Carlos Castaneda's** legendary teacher **don Juan** is an extremely clear perspective on the function of a true teacher. Just substitute enlightened teacher for nagual:

"You may believe whatever you want," don Juan replied undauntedly, "The fact remains, there is no game without the nagual. I know this and I say so. And so did all the naguals who preceded me. But they didn't say if from the standpoint of self-importance, and neither do I.

To say there is no path without the nagual is to refer totally to the fact that the man, the nagual, is a nagual because he can reflect the abstract, the spirit, better than others. But that's all.

Our link is with the spirit itself and only incidentally with the man who brings us its message."

-The Art of Dreaming, Carlos Castaneda, p.11

We always want our teachers to be logical, moral, and fitting the ideas we have developed of how they should act. But saddling the teacher with our concepts of how they should act belies the main thing we are looking for in our interaction with them. That is, how well does our teacher reflect the enlightened, or universal mind in our interactions with them. All other considerations should be secondary to the serious spiritual seeker.

*...continued on page 27...*



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# From the Heart

Alan Cohen is the author of *Enough Already: The Power of Radical Contentment*. If you would like to become a professional life coach or incorporate life coaching skills in your career or personal life, join Alan's celebrated Life Coach Training Program beginning in September. Visit [www.alancohen.com](http://www.alancohen.com) and email [info@alancohen.com](mailto:info@alancohen.com).



## Tellers of a New Tale

When I go to the local bank I always enjoy seeing a teller named Emily, a delightful retired elementary school teacher with a kind word for every-

one. One morning while I was making a deposit at Emily's window, the shrieking siren of a passing emergency vehicle pierced the bank. "That's the first one today," Emily noted. "You count them?" I asked her. "I always say a prayer as they go by," she answered.

I was touched by Emily's use of the emergency. For many of us, a siren is an annoyance. Or we shrivel to think that someone might be hurt or in trouble. But Emily uses emergencies to practice healing. She is not just a bank teller. She is a teller of blessing.

I used to complain about the news, which is so often negative. Then I heard Michael Beckwith mention that he considers the news to be his prayer list. Hmmm. Is the news something to worry about, or is it a platform upon which to practice holding a higher vision?

New York philanthropist Milton Petrie scanned the newspaper every morning to see whom he could help. One day he read about a beautiful young model who had been viciously attacked by thugs hired by the boyfriend she had left. The article showed heart-rending photographs of three long hideous scars that ran the length of both cheeks and her forehead; hundred of stitches were required to put her face back together. A Venus had become a Frankenstein.

Moved by the girl's plight, Mr. Petrie called the model to his office and told her that he would give her twenty thousand dollars a year for the rest of her life. Thrilled to receive such kindness in the wake of her anguish, she had numerous surgeries that restored her skin and beauty to near-perfection. As I watched her being interviewed on television, I noticed an additional glow not obvious in her pre-attack model photos. She had been the recipient of grace.

I saw a documentary about cosmetic surgeons who donated their services to help people who had become disfigured, primarily women who had been beaten. In each case, there was a moment when the doctor removed the bandages, and the woman looked in the mirror to see her new face for the first time. All the recipients burst into tears. A few hours of the surgeons' time led to a lifetime of better for their patients.

...continued on page 26...

# Ask Whitedove



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

**Dear Michelle:** My youngest son has been telling me that while he is dreaming, he is floating around his bedroom at night. He tells me that he watches his brothers sleep. At first I thought this was funny, but now I'm kinda afraid for him. -Sleep Walking in Washington

**Dear Sleep Walking:** As your son sleeps his soul and astral body are out having great adventures. We all do this although your son is very advanced for his age. He remembers his travels and as his spirit comes back in the bedroom to join with his body he sees his brothers in the room too.

There is nothing to fear, in fact remembering and controlling astral travel is quite common for advanced souls. With a little practice, he will learn to travel to specific places using his Will to guide him. Take care of this little light worker, give him books on the subject and take him to metaphysical classes because this will benefit him greatly.

**Dear Whitedove:** Two months ago, my Mother died very unexpectedly and I feel such a heaviness and so very alone in this world. Have you been given proof that there is life after death? ~ Solo in Cincinnati

**Dear Solo:** The grief that you're feeling is a natural part of the healing process. We mourn, grieve and feel abandoned, but grief is only for the living. Our loved ones are still with us, just in their lighter bodies.

Did you know that the soul can travel at the speed of thought? Just concentrate your thoughts on that person and your loved one will come to you. They can hear you. Know this: it's easiest for them to show themselves and interact in your dreams. These are actual visitations.

For me, I have proof every day; I see souls and they often ask me to relay a specific message. I know that you will have your own experience through the dream time and it's a blessing when you feel reconnected. In this way, you will know that life continues after the transition that we call Death. We are eternal beings that continue to learn and grow in the afterlife.

*...continued on page 29...*

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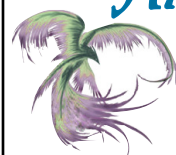
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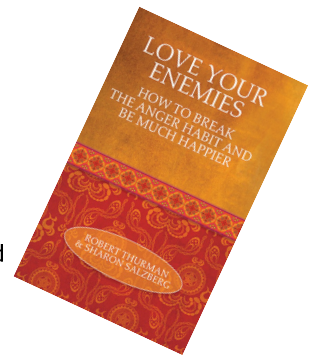
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# LOVE YOUR ENEMIES: HOW TO BREAK THE ANGER HABIT & BE WHOLE A LOT HAPPIER



Inspired by Buddhist philosophy, authors **Sharon Salzberg** and **Robert Thurman** share stories and exercises for achieving finding peace within yourself and with the world. Drawing from ancient spiritual wisdom and modern psychology, Love Your Enemies presents tools that are useful for all readers. Published by Hay House, available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com)

**When people and circumstances upset us, how do we deal with them? Often, we feel victimized, become hurt, angry, defensive. We end up seeing others as enemies. When things don't go our way, we become enemies to ourselves. What if we could move past this pain, anger, and defensiveness?**

We meet the outer enemy when we have been harmed. In everyday life, all sorts of harm can come to us. We—and our loved ones—may be insulted or abused, robbed or beaten, bullied or tormented, tortured or even killed. Our property may be taken, damaged, or destroyed. The people who commit such acts fit neatly into the normal definition of an enemy: a person who hates another and wishes or tries to injure him or her. We feel perfectly justified in labeling such perpetrators our enemies and treating them accordingly.

Other people, too, may be abused or harmed, and if we identify with them, we consider the people who harm them our enemies as well. We find no end of enemies in books and movies and TV shows, where the bad guys are doing bad things to the good guys. Naturally we identify with the good guys, and we wait in suspense for them to catch the bad guys and save the day. Other outer enemies that cause us much pain are the many things

we see going wrong in the world and the people we perceive as responsible for them.

We only have to open a newspaper or turn on the news to be confronted with enemies. We see one country attacking another, and want to see the aggressors defeated. When our own country is the aggressor—I think of the “shock-and-awe” bombing of **Baghdad**—we are torn between our desire to vanquish the bad guys and our sadness and guilt over the human suffering that results from resorting to violence.

We try to make ourselves invulnerable to harm, but merely shielding ourselves or running away from it is only a temporary fix. Sooner or later, harm will find us. *The only sure way to make ourselves invulnerable is to change our view of enemies and learn to see every instance of harm as an opportunity—as something we can use to benefit ourselves and others.* From this perspective, how could we possibly grow in strength and burnish the shining armor of patience without having someone or something attempt to harm us, to give us a chance to learn to restrain our reactions of irritation, victimization, anger, and fear? We need enemies for this. We should be grateful for our enemies, the **Dalai Lama** has said, for they teach us patience, courage, and determination, help us develop a tranquil mind.

To deal effectively with our enemies, we have to overcome our hatred and fear of those who harm us, intend to harm us, have harmed us in the past, or might harm us in the future. That's a tall order for most of us, at least at first. Coming to terms with our enemies is best done slowly in incremental steps.

To deal with our enemies, we can start by doing everything possible to avoid the people who wish us harm, in order to keep them from being in a position to carry out their hurtful plans. If we can't avoid them, however, we do then need to defend ourselves. But between avoidance and defensiveness lies a middle way. The best strategy of all is to act preemptively, skillfully, before we are angry, and not allow our enemies the opportunity to harm us.

There are four kinds of enemies we encounter in life: the outer enemy, people, institutions, and situations that mean to harm us; the inner enemy, anger, hatred, fear, and other destructive emotions; the secret enemy, self-obsession that isolates us from others; and the super-secret enemy, deep-seated self-loathing that prevents us from finding inner freedom and true happiness. We can learn not only how to identify our enemies, but more important, how to transform our relationship to them. We can

- Break free from the mode of “us” versus “them” thinking
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Call to confirm and learn of last minute changes 30c per word, due the 10th of the month before. Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) or call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location. \$10 extra for color or box around your listing

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Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 [openmindzen.com](http://openmindzen.com)

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**Daena Croghan**  
**Morgana Starr**



## ABRAHAM-HICKS

*...continued from page 8*

But they persevered, because they had decided they were going to lift away from it. And so, you went with them in the different conversation, and stayed there for a moment. Then you, too, began to feel relief. We want you to get hooked on asking, "Which thought feels better?" Let the feeling of relief become what is most important to you.

We want you to say, "I am practicing the art of letting in Well-being. The art of keeping out, or the art of resistance--that may be the art of *Ö*reality' that I've always practiced. That may be the way my mother does it, and my sister does it, and the way that everybody that I know does it. Keeping it out may be the art they're all practicing--but I'm practicing the art of letting it in. I'm lifting off of my discomfort and, in so doing, letting fresh Energy flow into my experience."

When we talk about **Deliberate Creation**, we can feel some of you thinking, "I must constantly hold my thoughts rigidly in better places." And we hear you dictating to one another, chastising one another: "Now, you know that's not what Abraham teaches." And we say, "And that's not what Abraham teaches, either!" (Abraham smiles)

We encourage the art of Allowing--the art of letting it in. The tricky thing is that sometimes, even though this sandpaper is not pleasant and can get really unpleasant, the key is in developing a more sensitive awareness.

We don't know many of you who would rub your hand until it is bloody. Yet, that's the way you tend to handle some not-good-feeling subjects. You rub yourself all over them, until you have so severely disallowed Well-being that negativity begins showing up in your life experience in different ways.

We want to get your attention, by saying that no matter how bad that reality was and no matter how justified it may seem to be, none of it needs to have anything to do with your now. The only question we want to ask--and the only question we ever want you to try to answer, ever again--is, "Am I letting in Well-being right now? Does this thought let it in? Does this memory let it in? Does this statement let it in? Does this discussion let it in? Does this fantasy let it in? Am I letting it in?"

When you begin to focus upon this "lifting off," you discover a whole lot of things you habitually think about, that are not letting it in. And as you start playing with this, you'll start having fun with it. Perhaps you'll make a button or a bumper sticker: "Are you letting it in?"

Are you letting what in? Are you letting in the Well-being that would be there if you weren't letting it in? Are you letting it in? "Well," you ask, "how do I know if I'm letting Well-being

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in?" If you are letting it in, then right now you feel great--you feel appreciation or love. If you're letting it in you will feel good--but if you're not letting it in, you won't feel good. Nothing else has any bearing. Well-being has to be important enough that you let it in. So you say, "Abraham, when I reflect back, 99% of my life doesn't let it in." Well, we say, then don't think about that. How can you not think about 99% of your life? Selectively sift your way through it. If you look back with enough intent, you can find something--within every aspect of every part of it--that would let it in.

To assist you in lifting off from some of those thoughts that don't feel so good, we'll give you some good words to begin: "Oh, it doesn't matter. That's not important." In other words, if you find yourself wanting to harp on something that happened, say, "Oh, that doesn't matter."

At the heart of it is, you have felt yourself competing--for goodness, against badness, for approval. You want, so much, to be in the right place, and you have been sorting out all those piles. You've come to lots of conclusions about what's right or what's wrong, and then you defend your opinion, almost to the death.

So, when something begins to turn out the way you prophesied it would, part of you wants to say, "See, I told you! I knew that!" If it didn't feel good when you knew it, and it doesn't feel good now while you examine it--then you're just using it as a current reason not to let Well-being in.

And so, when you hear unpleasant things, the new words we encourage you to offer are, "Oh, that doesn't matter." Say, "There isn't anything worth pushing against and using as my excuse for not letting it in."

As *Esther* will say to *Jerry*, "I knew it was going to turn out this way, I saw it coming, and now look at the manifestation of this." When he looks back at her blankly, as if to say, "This doesn't matter," then she has nothing to go on. If he defended himself even a little, then she'd have something to build on.

*...continued on page 21*





## TURNING POINT: CREATING RESILIENCE

*...continued from page 9*

It's true. Now is different. The world that we grew up with is gone, and it's not coming back. It disappeared before our eyes. While we were shopping for the weekly groceries, putting meals on the table for our families, and caring for our aging parents, the familiar world we've known and trusted disappeared. The problem is that no one told us this was happening. No one told us that our lives were being changed forever.

There was no announcement in the headlines of **The Wall Street Journal** or **USA Today**. There was no media special on the cable channels, no investigative report on the nightly news. Because the world we knew no longer exists, and its disappearance has never been widely acknowledged in mainstream thinking, we've never had the opportunity to acknowledge the greatest shift in our lives, impacting the greatest number of people in the history of the world! We've never had the chance to say good-bye to the things that are gone and mourn their passing.

An entire way of life has vanished, and it happened so fast that many people still don't know it's gone. Because they don't, they can't know that it's never coming back. They don't realize that we're in a vulnerable world of transition, and for now, a time of extremes.

This is where the problem begins. Because they don't know the shift has happened, they're still waiting for the world of the past to return. They're waiting for life to get back to "normal." Consciously for some, unconsciously for others, they're clinging to an idea of the world that used to be, to the way things used to work, and to where they fit into that world. Many people have put their lives on hold until that familiar world returns. They've put off making big decisions, like when to get married, when to have children, and when to look for new a new job in a new industry to replace the one that no longer exists. They've put these things off because they're waiting for the world to settle down and get back to normal. While they're waiting, they're missing the best part of life: life itself!

**The key to taking advantage of a turning point is to understand that once one occurs, it opens the door to entirely new possibilities and outcomes.** Our ability to recognize critical turning points, or to create them when needed, will become the key to transforming our lives. The key to unleashing the power of a turning point is to embrace the possibilities that it brings after we recognize it exists.

**At a turning point, three choices, each leading to one of three paths, become available.** Each path creates a different scenario that leads to a very different outcome. These scenarios can be summarized as follows:

**Path 1:** We recognize the turning point and embrace it. In this scenario, the new information becomes the reason to think and act differently. It gives our minds the facts that we sometimes need to justify making a big change in our lives. It's our willingness to embrace what the facts show us that can trigger a new way of thinking.

**Path 2:** The turning point is rejected. Those who reject info revealed by new discoveries find themselves on Path 2. Because they reject what the discoveries reveal, they believe it's possible to think and live the way they did in the past and go about business as usual. The problem with this is that conditions have changed, either in the world or in their bodies. Because of that change, it's impossible to maintain the status quo. Their choice places them at odds with the reality of the world.

**Path 3:** The power of the turning point is ignored. This path is the most difficult to witness, especially in the lives of our loved ones. The reason is because those who choose this path often do so believing they're doing the best thing for themselves, even when new info tells them their belief is not supported. For people experiencing this path, it's fair to say that there's a conflict between what they've believed to be true in the past and what the new info now tells them. Sometimes the "disconnect" between reality and belief is so great that people simply can't find a way to incorporate discoveries into their existing way of thinking. It's not so much that they reject the new info as it is that they simply ignore it. In their family customs, or the beliefs embraced by their spiritual or religious community, there is no room for what the discoveries reveal. The choice we make at the turning point determines what it means in our lives.

In the old way of thinking, the question upon which we based our choices and problem-solving was: "What can I get from the world that exists?" Today, within the context of the new discoveries and our time of extremes, it makes sense to change the question. Our new question is: **"What can I give to/share with/contribute to the world that's emerging?"**

1. Ask yourself how your world has changed.
  - Identify the familiar routines of the past that no longer exist today.
  - Identify new routines that have replaced those no longer used.
  - Identify responsibilities that are new in your life.
  - Identify the relationships that no longer seem to "fit" in your life.
2. Ask yourself what's important to you in this moment.
  - What's missing in your life?
  - What's missing in the lives of your friends, family members, and co-workers?
  - What needs now exist for you and your world that did not exist ten years ago?
3. Ask yourself what you can offer.
  - How can your knowledge, skills, and passions be used to fill the needs of today?

New discoveries give us the reason to change the compass of our lives from *What can I get from the world that exists?* to **What can I give to the world that's emerging?**



## ABRAHAM-HICKS

*...continued from page 19*

**Guest:** I had been recognizing that things missing or unpleasant in my childhood experience were now coloring my adult life in a way that doesn't match with what I want.

**Abraham:** From the broader perspective of what you intended, everything was exactly the way you thought would be of greatest value. You are actually saying--and part of you is believing--"Had things been different for me as a child, I would have developed different patterns of thought, and now I'd be in a different place." And we say, that contrast was important for the launching of the desire within you now, and that's all that matters. Do you believe that your childhood deprived you of fulfilling some of your desires then?

**Guest:** Not really. I believe that those early experiences shaped me into the person I am today. But now, I need a new shaping!

**Abraham:** You--and a lot of others--are feeling inadequate about where you are now, wanting to blame, who knows what, for your being there. We're saying to you that it does not matter how you got here, or how long you've been here. The only thing that matters is how you feel--because the Universe is responding to how you feel right now. And you cannot change the way you feel by condemning all of the things that got you here.

That's why we say it's better to just lift off from it. Easier said than done, we know, but there is something to be said for the feeling of relief in, "Oh, it doesn't matter."

You hit upon the very key of what this moment in time is really about when you said you were fussing over the past experiences that shaped you. And we say, You are the vibrational offerer that you are, only because you haven't chosen to lift off. You have so much more power right here in the now. You could pet your cat, go to a concert, you could focus here, there, or in a million different directions--and you could stand in a different place of letting it in.

What is "shaping"? Shaping is the habit of thought that you picked up along your physical trail. And we say, never mind the reason. Just know that from wherever you stand, you can reach and reach and reach--and you can lift off. Non-Physical Energies, flooding to you and through you, do not say, "We're not flowing because of that thing you did when you were twelve. And we're not flowing to you because you learned bad habits then." The Universe is responding to you right here, and right now. Right here and now, you have enormous power--to laugh or to cry, to reach for thoughts that feel better. You have the power to ignore a subject altogether and pet your cat.


*...continued on page 29*

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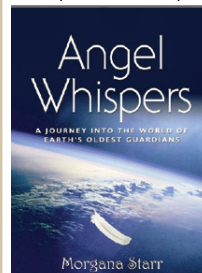
'I am continually amazed at the level of accuracy and detail I receive from Morgana.' Dianne B.

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# Alan Cohen

...continued from page 14...



These doctors were tellers of a new tale.

A **Course in Miracles** teaches that every act is either an expression of love or a call for love. All antisocial or aberrant behavior is a call for love. We do not heal by punishment. We heal by validation. In a certain **African** tribe, when a person commits a crime, that person is not punished. Instead, he or she is called to the center of the circle of tribespeople, where everyone chants that person's unique song to him or her. The tribe realizes that the cure for social ills is not chastisement. It is connection to self, community, and spirit.

Business also has a new tale. Two basic attitudes underlie all business transactions: (1) *What can I get?* or (2) *How can I help?* Ultimately only the attitude of service will be rewarding. My mentor **Carla Gordan** coached many people by telephone. One day while visiting her home I saw the phone she used for coaching. On the back of the handset she had taped a small reminder note to herself. It said, "*How can I help?*"

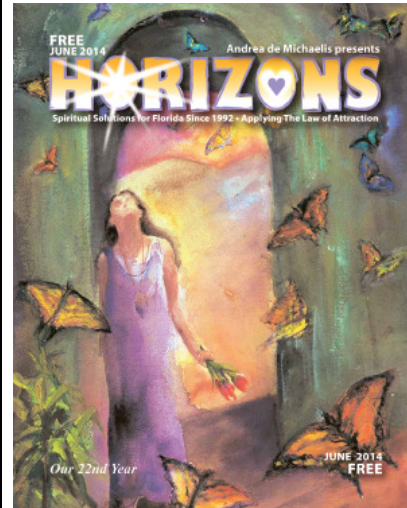
Many people are suffering in the world as we know it. **Ian Maclaren** said, "Be kind, for everyone you meet is fighting a hard battle." Sometimes even apparently happy people are struggling with issues you don't see. So ultimately kindness, not intellectual prowess, financial stability, or worldly power is the most valuable resource.

I used to think that people who advertised themselves as gurus, healers, teachers, and enlightened beings were the great souls on earth. As I grow in experience, I consider people who demonstrate kindness to be the most advanced souls. Waitresses, chambermaids, van drivers, and custodians are among the holiest people I know. They care about making the world a better place more than what they can get for themselves. Helping others brings them greater reward than acquiring more stuff or becoming enlightened. Many of these hidden saints have never attended a self-improvement seminar, but they improve the lives of everyone they touch by being present with them. **Albert Schweitzer** said, "... the only ones among you who will be really happy are those who will have sought and found how to serve."

Life is not a series of opportunities to get somewhere. Life is a series of opportunities to be somewhere. Difficulties are not oppressions from a dark source. They are invitations to be a light source. Bank teller **Emily** has more change to offer than I can count.

# COVER ART MYSTERIES

By **Melissa Harris**



**Melissa Harris is an internationally known and published artist, psychic, and author.**

She holds an MFA in Painting and was honored with a **Fulbright** grant to study painting in Paris. She has dedicated her life to the creation of imagery that celebrates life, love, beauty, nature and magic. Her colorful and emotionally evocative imag-

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

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





# OPEN MIND ZEN

*...continued from page 13*

At first we desire our interaction with the teacher to be comfortable, beneficial, wonderful, clean and hygienic.

When a teacher doesn't meet this expectation, one of two things happens: either we get disillusioned and leave, or we stay in the situation and eventually drop our concepts of what the teacher is and what spiritual teaching is truly about. By dropping our concepts, we become much broader and deeper, and yet we still may not be able to justify the actions of that particular person logically.

Since the true master is reflecting spirit, and spirit is not logical, then how can we expect the teacher's actions to always meet our logical expectations? Then again, we are always free to leave, free to vote with our feet and escape the situation we find ourselves in.

In fact, we shouldn't waste our time in a community or group with which we are not happy, and certainly shouldn't remain in an abusive one. It is much better to leave altogether and be clear about the decision than to stay and constantly complain.

A key issue as to what we allow ourselves to go through with a given teacher is whether we believe that person is truly enlightened. If they are not truly enlightened, then it won't take long for us to be dragged down into whatever delusion is being put forward as the one true way.

But if the teacher is truly enlightened, then by resisting his or her teaching methods we may be passing up a wonderful opportunity for spiritual growth.

Referring back to **Don Juan's** admonition, what is crucial is that the teacher not be coming from a position of self-importance. In other words, is the teacher creating a personality cult to expand his or her own power and prestige, or to gain wealth from students? If so, it's best to leave while we can.

On the other hand, we may not get another chance to encounter the true teachings in this lifetime, so we need to take advantage of the situation when it arises if the teacher is genuine.

Naturally, this leads to the issue of how we determine whether or not someone is enlightened. Unfortunately, there is no way to logically, definitively answer this question. A few years ago, a member of the meditation group I led asked me several times to go hear a particular traveling teacher who was

speaking locally. "I'd like your opinion," he said, "of whether or not he is enlightened." My answer to him was that he had to look to his own feelings and intuition to justify following or rejecting that teacher's path, and that my opinion was my own and shouldn't be relied upon.

That said, it certainly helps to check into who your prospective teacher has studied with and what lineage or tradition he or she comes from. With self taught masters there is no telling what you are getting. This is especially true of those who claim to have only studied with disembodied spirits, angels or ascended masters of some sort.

As **Sogyal Rinpoche** says: "Choosing a teacher who fits our conceptual matrix is much like trying to choose who we fall in love with." It just doesn't work! Here you have to rely on and trust your deepest intuitions - your connection to spirit in order to make the correct decision.

Remember that meeting a true teacher you have a deep, karmic connection with is a lot like falling in love - when it happens there is no question in your mind about the validity of the experience. But if you don't have this powerful of a hit, work with who seems the best for you at the time, with the idea that you can always change or add teacher affiliations if you need to.

In ancient times many students who became great masters themselves traveled extensively to encounter various masters' teachings. It is unfortunate, in my view, that many spiritual practitioners today get totally hooked on one teachers' way, and do not investigate others to round out their training. This often results in the guru-worship syndrome wherein the student gives up all personal power and sound judgment and looks to one teacher to solve all his or her problems.

An ancient Hindu proverb states that when the student is ready, the guru (or teacher) will appear. This is so because, on the deepest level, our inner and outer teachers are one. So, in a sense, when we are truly ready to receive the information of our inner wisdom, a physical manifestation of this wisdom appears as another person.

It is extremely important that we encounter an actual physical embodiment of our inner teacher in human form. Visionary experiences can be very powerful, but when distorted by ego we can be led off on all kinds of unproductive tangents.

In **Zen**, teaching is accomplished through what is called the mind-to-mind transmission. This transmission can only occur when our **Buddha-mind** recognizes the **Buddha-mind** of our teacher - then true teaching can occur.

Whether we see it or not, our **Buddha-mind** is always functioning - we just need to recognize that fact. A true teacher reflects our **Buddha-mind** back to us. As such the role of the teacher is of extreme importance to someone truly on the path.





## This month's thoughts about things...

... from page 7 ...

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

I once asked an ex 4 exit interview questions for clarification:

- (1) Why, after talking daily about always being conscious and honest with each other, would he not tell me when his intentions changed?
- (2) Why did he tell other people one thing and me another about the status of our relationship?
- (3) When I emailed, a year in, asking for clarification so there was no misunderstanding, why did he get angry and cut me off rather than answer the question?
- (4) Why afterwards did he lie about A and B, knowing it was untrue? After all the conversation about being honest and open and morphing consciously, why did that not happen?"

Frankly, I didn't expect to hear back from him.

A week later he announced publicly he wanted to heal our situation. But privately it was another story. He offered an exit interview, so I asked the 4 simple questions above. I told him there were no wrong answers, I just wanted him to tell me honestly. Instead of simply answering (Example: *Hey, I was confused, I was stupid, I'm embarrassed I didn't have the courage then to talk about it, I'm working on it*) he changed the topic and got angry. In a short series of email exchanges, he came up with more new things to blame me for, more things he'd never mentioned. WTF??? So I asked, why did you never mention ANY of these things to me before? It all goes back to, here was someone who I knew had the skills and emotional vocabulary for the discussion, yet he just could not do it when it was about him.

### HOW MUCH MORE DIFFICULT FOR MY FATHER, OR ANY OF OUR FATHERS, TO EXPRESS THEMSELVES?

If it was this difficult for my ex, who I knew had the skills of insight and vocabulary to express himself, how much more difficult for my father, or any of our fathers, to express themselves?

Never having been given the tools, never having been brought up to work their stuff out without being triggered to anger. There are entire generations, in all our families, that don't know to express themselves without a fight. This is why many family conflicts stay unresolved for generations.

We can't make anyone own anything they are not ready to own, or discuss anything they are not ready to discuss. If a simple question triggers them into anger, until someone can be real with you, grant them the honor of privacy and bless them upon their path. It's not our job to monitor anyone but our own selves, and I don't know about you, but I've got my hands full with that. *If I'm doing the work, I'm not worried about who isn't doing the work.*

As frustrating as it can be, it IS possible to forgive and find closure with friends and loved ones. That goes for whether the person is right in front of you, across the continent, unwilling, absent or dead.

### HOW TO FORGIVE AND FIND CLOSURE IF THE OTHER IS UNWILLING, ABSENT OR DEAD

A friend had issues with her father that bled over into her relationships now with men (surprise!) She asked how she could do **Forgiveness Work** on him when he's been dead for many years. I told her it doesn't matter if someone is alive and unwilling, absent or dead, where the issue lives is in our consciousness, and we are the ones who control our perceptions there. My process is this and it's pretty standard.

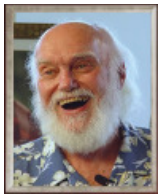
1. Place a chair across from you. In your mind's eye, imagine sitting across from you anyone with whom you do not feel total alignment or support.
2. Imagine an infinite source of Love and healing flowing into the top of your head (from your Higher Self or the Creator/ God/whatever of your understanding), and let the source of love and healing flow down inside your body, fill up the body, and overflow out your heart to heal the person in the chair before you.
3. Have a discussion with the person. Tell them anything you want them to know. Remember they did the best they could under the conditions at that time. You don't know what struggles they were going through. Imagine them responding to you as you would like to be responded to and understood.
4. Forgive them. Tell them you're sorry for your part in whatever happened, and ask them to forgive you. Thank them for their part in your life. Tell them you love them and mean it. "I love you, I'm sorry, please forgive me, I forgive you, thank you."
5. Imagine standing up with the person before you. With a hand swipe motion, cut the cords between you. Cut all around yourself, as if in a circle. Cut the cords from all directions. All past issues are now dissolved. Imagine the person walking away as you feel love and forgiveness for them.

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

Enjoy our offering this month.  
Hari Om.

Andrea





# WHEN EMOTION OVERTAKES YOU

*...continued from page 12*

models about how the Universe ought to be. And your inability to allow it to be. If I meet somebody that is a liar and a cheat, they are like an elm tree. They are the essence of lying and cheating. If I have a model people shouldn't lie and cheat, then I am immediately in opposition to that person. I don't have to play games with them. I may say "In the future, you and I can't play together, because you are a liar and a cheat and I can't play with you" but I at least appreciate and allow them their lyingness and cheatingness. That's their problem, not mine. My problem was my expectations.

If you have a model that everybody is good and then somebody isn't, then you end up hating the world and being all upset about the world because it isn't the way you expected it to be. It's like you come here and it's a beautiful day, so you expect the next day is going to be beautiful. Then it rains, and you are disappointed. Isn't it funny that when it rains, you should be disappointed? To take nature and allow nature, when it's in its natural state, to make you miserable. It says something about you. It's like decaying and dying. If you are upset about decaying and dying, you've got a problem. You really do.



## ABRAHAM-HICKS

*...continued from page 21*

You have the power, right now, to let it in. We offer some "mantras" for you: It doesn't matter. It doesn't make any difference. No big deal. I didn't like that, but so what? What happened was really unfair, but it doesn't matter now. That doesn't have anything to do with where I am now. It really doesn't matter.

That is about then. You don't know what the vibrations were, back then, much less what the surrounding circumstances were. You couldn't possibly go back and sort out why everybody was behaving the way they were. Even if you could, that has really nothing to do with now--unless it may have shaped you to be clear about what you currently want.

Can you feel the defusing power of those words to help you lift off? Doesn't really matter. What does matter is, right now, am I letting in Well-being? When you're letting it in, you feel clarity, vitality, enthusiasm, and eagerness.

"Well," you say, "those are pretty strong emotions. What if I'm not feeling any of them?" We say, just reach for something that once made you feel eager, or appreciative or enthusiastic. Hold it as the object of your attention.

This is how to create from the inside out: Remove yourself from the thought process a little bit--and reach more for the feeling. That's why we use this sandpaper analogy: You can actually feel the relief of lifting up off of something

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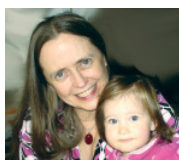
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irritating. And when you do, you're letting it in. That's why quantum leaps sometimes work--because the contrast in your lives causes very strong focused desire, helping you find a way to lift off of the resistance. And now, suddenly, you're vibrationally in harmony with something very different from just a little while ago.

Be easy about it, and more playful. Try to release words like struggle, as in "The struggle I'm having." Put it in the past tense: "The struggle I used to have, which I don't have as much any more." Can you sense how better that feels?

What is your now-thought? "I'm more powerful than I ever knew." What now-conclusions have you come to? "Universal Energy is flowing to me and through me." Other now-conclusions? "Non-Physical Energy is aware of me, and everything I've ever wanted is being offered to me--if only I will simply let it in. "Nothing past has anything to do with anything in my present, except how I allow it in, right now. The past has nothing to do with my current Allowing. Either I'm letting it all in, or I'm not. Either I'm feeling good now, or I'm not."

You're not feeling so good? It doesn't matter. That doesn't matter, that doesn't really matter." Well, look over there. "That feels better . . . " Good! Now you're letting it in!



Barbara Lee is a Reiki Master Teacher, Psychic and Professional Astrologer. She offers phone consultations and a state of the art astrological chart service with six types of computerized reports. Call Barbara at 1-208-640-9524, visit on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or email [barbaraleellc@gmail.com](mailto:barbaraleellc@gmail.com)

## HOROSCOPES JUNE 2014

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

Yes Uranus is still in Aries, but this month Uranus may be playing the trickster in your relationship arena. You have been putting out nothing but balanced and positive vibes lately and may still feel like the rug has been pulled out from underneath you. At present time you need a lot of freedom and independence in your relationships.

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

Venus is in your sign of Taurus this month which will prove to solidify any plans you may have about love and romance. Money will also be your friend this month as well with a possible inheritance from a long lost relative. Your sexual and creative potential is off the charts, use it wisely!

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

You are such a home body this month, you hate to leave the house at all. Many are calling to you from all corners of the Universe to come teach what you know. A happy medium will be met, do what you need to do for yourself first, then you will be more than willing and ready to meet the needs of many.

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

The very foundation of your career is changing for the better. You may be up for promotion because you have worked so hard and helped so many. You may also be in a position to be of service to many women that need your wisdom and understanding. Your parents need extra tender loving care as well.

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

It may seem to be lonely at the beginning of Summer. You have been so busy building a career and a family, now it is time to start playing a little more and making some new friends. The best place to find them is do the activities that you love doing.

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

You have called on the help of the Goddess of Neptune, for you may feel lost, as if deep in the sea. I assure you that you are not lost but only overwhelmed by emotions that you are not accustomed to; like a fish out of water. Your sensitivity level has risen past your comfort zone. Stay grounded and do your best and forget the rest.

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

June brings you a new look and a fresh outlook on life. Your energy is expansive and impulsive and your independence is confident. You are such a mirror this month in your relationships, you are dealing with issues around your home environment, your spirituality and your internal coping skills.

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

With last month's full moon in Scorpio you have crawled out of a depression. You have really purged a lot of old emotional garbage lately. Now you are ready to do some long term financial planning to insure your material comforts and success.

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

Setbacks are God's way of saying the timing is out of synch with your higher good. You may feel in the dark now and a bit confused but as long as you stay in your integrity and break free from any self imposed oppression, you will come out on top. You also realize that now the timing is ripe for success.

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

You are still at a cross roads in your life involving many areas of your life. You may have become accustomed to your independence because of a traumatic childhood. It is okay not to trust anyone, trusting yourself is the key to success. But you still need to be able to ask for help when needed and not feel guilty about it.

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

Positive changes are lurking in your work environment for the better!! Stay pure in your thoughts and actions and your success will be unmeasurable. The stagnate energy in your life will leave sooner than you think. Prepare for the best and do only what you want to do and have fun doing it.

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

This month you may be more interested in working behind the scenes than working with others. The sacrifices you have been making will not go unnoticed. You will benefit from natural remedies, herbs and body work. You are very sensitive so be very clear about what you are putting in your body.



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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*

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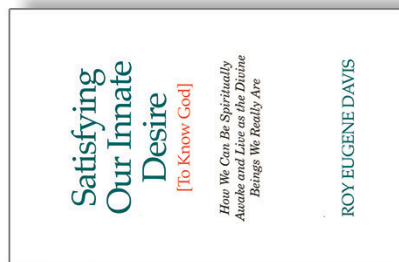
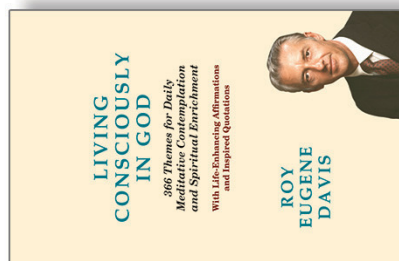
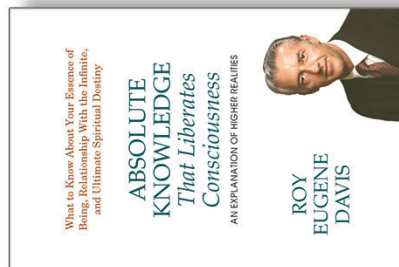
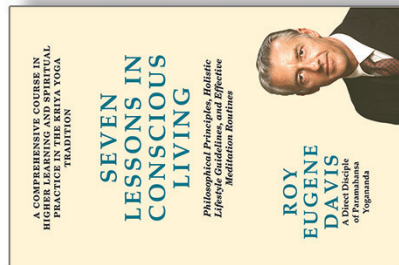
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