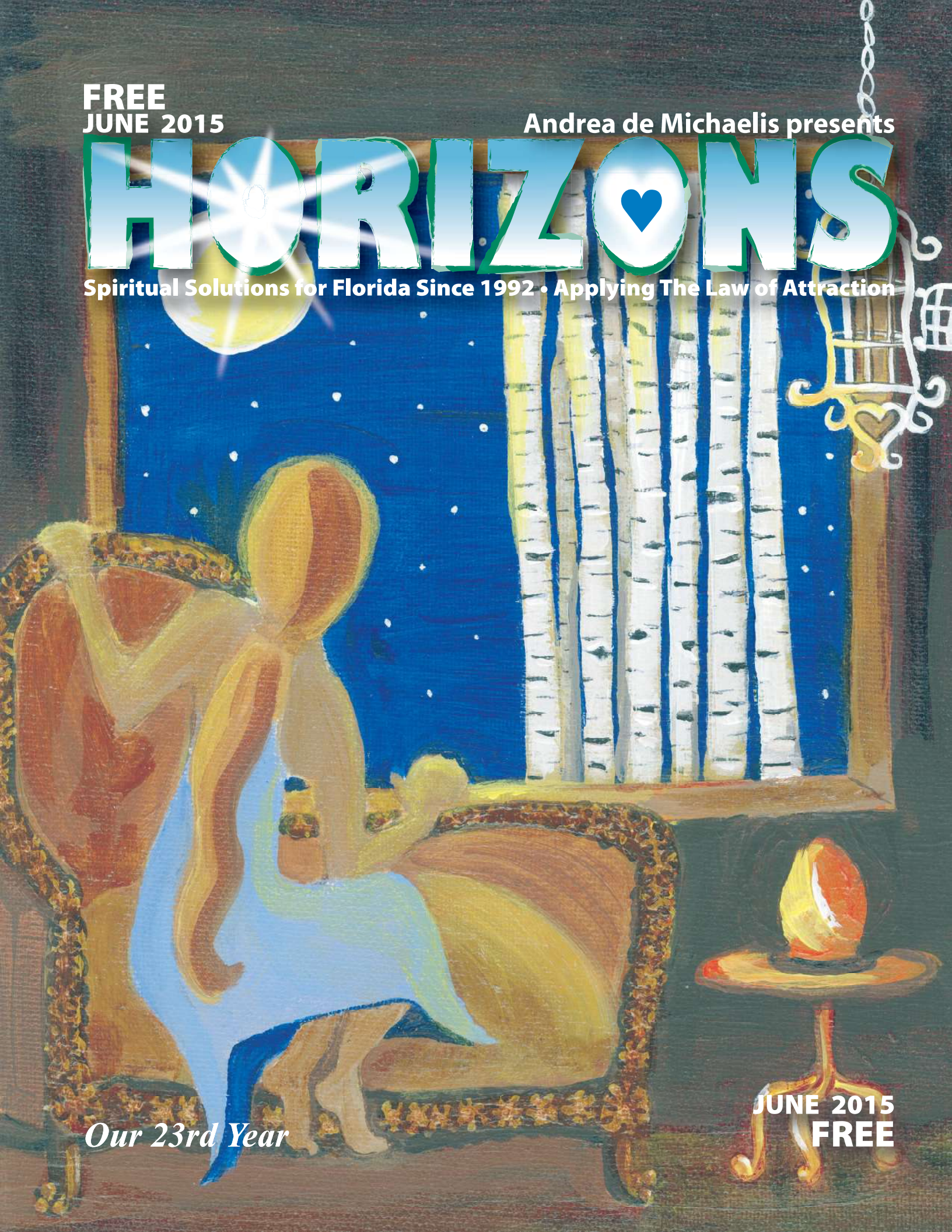


FREE
JUNE 2015

Andrea de Michaelis presents

HORIZONS

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



Our 23rd Year

JUNE 2015
FREE

Sponsored by: Hay House Format: Lectures & Events • Location: The Orange County Convention Center ~ Chapin Theater

I Can Do It! 3-Day retreat in Orlando featuring the most inspiring and thought provoking authors of our time! Caution: This conference may cause radical changes!



**At the
Orange
County
Convention
Center
Chapin
Theater**

Do you aspire to understand how to:

- **Unlock your infinite potential**
 - **Embrace your authentic self**
 - **Connect to past lives and receive healing messages for today**
 - **See clearly how obstacles help us grow into our best self**
 - **Foster your own innate intuitive abilities**
 - **Make choices stick- choosing food, spiritual practices, and thoughts for a healthier, happier mind, body and spirit**
- And so much more!**

Get in the game and spend the weekend with us at I Can Do It! and uncover your greatest gift – a happier, healthier, and more authentic you! This unique 3-day experience was created by Louise Hay to help you heal your life!

Dr. Wayne W. Dyer
Mike Dooley
Gregg Braden
Brian L. Weiss, M.D.
Denise Linn
Sonia Choquette
Caroline Myss
Joe Dispenza, D.C.
Joan Z. Borysenko, Ph.D.
Cheryl Richardson
Anita Moorjani
Robert Holden, Ph.D.
Neha Sangwan, M.D.
Pam Grout
Kyle Gray
Nick Ortner
Heather Dane

Bruce H. Lipton, Ph.D.
Alberto Villoldo, Ph.D.
Dr. Barbara De Angelis
John Holland
Meggan Watterson
Mike Robbins
Nancy Levin
Teal Swan
Davidji
Tara Stiles
Dr. Mike Dow
Sandra Anne Taylor
James Altucher
Mastin Kipp
Radleigh Valentine
Lisa Garr
Karen Noe

REGISTRATION INFORMATION

Hotel accommodations are not included in the price of the conference registration. A room block has been established at the Hyatt Regency Orlando, across the street from the Convention Center. The rate is \$219, single or double occupancy. Please mention the I Can Do It conference when making reservations. The cut off date is August 18, 2015.

Hyatt Regency Orlando
9801 International Drive
Orlando, FL 32819
T: 407 284 1234
www.orlando.regency.hyatt.com

SEATS ARE LIMITED • RESERVE NOW!

Call 800-654-5126

<http://www.hayhouse.com/i-can-do-it-2015-orlando-event-tour>



GEM SPOT

Margaret Ann Lembo is the author of *The Essential Guide to Crystals, Minerals and Stones*; *Chakra Awakening*; *Color Your Life with Crystals*; and the *Angels and Gemstone Guardians Cards*. She is a spiritual entrepreneur and practitioner, aromatherapist, and owner of *The Crystal Garden*, a book store, gift store, and spiritual center. Visit www.MargaretAnnLembo.com and join her on [Facebook.com/MargaretAnnLemboPage](https://www.facebook.com/MargaretAnnLemboPage)

When was the last time you gardened or just enjoyed the healing, nurturing power of nature?

You may tend to love gardening, nature spirits, and working with the green vibration of Mother Earth. Mother Earth wants to spend more time with you, to feel your hands and feet upon her body, and to fill up your senses with her loving gifts. Investigate the use of nature's pharmacy, such as herbs and essential oils, for holistic health.

Green moss agate holds within it the spiritual wisdom of the keepers, or devic forces, of the plant kingdom. Working with this stone provides a portal through which you can access the world of fairies, gnomes, and elves. This stone helps inspire you when working with herbs and aromatherapy for body, mind, and spirit.

Green Moss Agate



Photo credit Andy Frame Photography

This stone, with its moss-like pattern, helps you to remember to ground yourself. Use Green moss agate when you are experiencing mental fatigue.

This stone helps you replenish your mental focus. When you aren't able to make it outdoors, gaze into the stone's inner structure and imagine that you've stepped into a forest or glen for a quick break. It's helpful for people who spend a good deal of time inside buildings with limited time in nature. Use these positive thoughtforms to help you amplify the good vibrations of this stone: **Affirmation:** *I spend time in nature. I have an intimate connection with Mother Earth and tools for natural healing. Essential oils and herbs bring balance to my life. I am aware of the sacred ground beneath my feet. The green energy of plants and trees restore my body, mind, and spirit.*



THE CRYSTAL GARDEN

BOOKS, GIFTS & SPIRITUAL CENTER

Chakra Sprays



Essential Oils



Throat Chakra

Clove, Eucalyptus, Ravensara & Throat Chakra Spray

Heart Chakra

Frankincense, Hyacinth, Lavender & Heart Chakra Spray

Navel Chakra

Geranium, Lemongrass, Sweet Marjoram & Navel Chakra Spray

Crown Chakra

Grapefruit, Myrrh, Peppermint & Crown Chakra Spray

Third Eye Chakra

Basil, Black Pepper, Rosemary & Third Eye Chakra Spray

Solar Plexus Chakra

Bergamot, Lemon, Orange & Solar Plexus Chakra Spray

Root Chakra

Spikenard, Patchouli, Vetiver & Root Chakra Spray



2610 N. Federal Highway, Boynton Beach, FL 33435
1-877-444-5099 • www.TheCrystalGarden.com



*To welcome
all people
and
experience
our oneness
with God*



1745 Trimble Road
Melbourne, FL 32934
321.254.0313

SUNDAY Services
10:00am

Rev. Beth Head welcomes you

Join us in 2015 ~ A Journey of Spiritual Discovery

SUNDAY JUNE 7TH
at 10am Spirit In
Music with Armand &
Angelina, international
recording artists who
share peace and joy
through music.

SUNDAY JUNE 7TH at
11:30am Native Flute
Playshop with Armand
& Angelina. Whether
you have a musical
background or have
always wanted to play a
musical instrument, this
playshop is for YOU. Stay
after service and join this
playshop. Suggested
offering \$20.



*This event held at 1745
Trimble Road, Melbourne,
FL 32934*

WEDNESDAY June
10th at 6:30pm New
Thought Musical Variety
Show with Armand
& Angelina. This is a
fantastic, uplifting show,
full of humor and passion
for life and love. Their
music is a blend of rock
and opera incorporating
Naive American flute. The
performance is filled with
music, comedy, dance and
more. Come see them and
learn a new twist on giving
and receiving. They love
giving away stuff! Love
Offering.

This event held at 1745 Trimble Road, Melbourne

SATURDAY June 13th 10:00 AM to 5:00 PM Finding Your
Authentic Nature with Pierre Dubois. As small infants, we learn
that the world is not supportive of the expression of our authentic
core. We are repeatedly told how to behave, and we gather quickly
what is acceptable and what is not. Finding your authentic nature
is like doing detective work. However, it is a completely heart
centered investigation. This workshop is a one day exploration
into the most intimate part of your being leading to you making
contact with your authenticity. This class relies heavily on group
discussion, meditation, prayer, journal, and spiritual journeys.
Workshop fee \$55 – scholarships may be applied for.

SUNDAY June 21st 10:00 AM until?
Father's Day Family Day & Potluck
First Day at our new location! 2401
N. Harbor City Blvd 32935 — Join us as
we begin a new series on Love and Relationships. We have
reserved Rotary Park (6 miles north on US1) for our potluck
after church. There will be activities for children and fun for all.

WAT PUNYAWANARAM

*Brevard County's Learning Center Of The
Buddha's Teaching, Meditation And Thai Culture*

4490 Aurora Road Melbourne 321-255-1465 www.watpun.org

Visiting Hours: 7AM to 8PM Daily
Meditation 7 to 8AM * 7 to 8PM Daily
Thrift Shop: Wed to Sun 9AM to 4PM
Thai Food Served Sunday 10AM - 2PM
**We are predominately Thai but many from
other cultures join us. We have several
Monks and Nuns of the Dhammayut Order in
residence.**



Community Unitarian Universalist Church



Welcomes you! We reach out to those who
seek a spiritual home of diverse beliefs. We
welcome Atheists, Agnostics, Buddhists,
Christians, Jews, Muslims, Pagans and
the Questioning. We welcome straight and
LGBT people of all ages.

We meet at Dudley Memorial Chapel

1108 N. Dixie Highway (US 1) in New Smyrna Beach
Every Sunday at 10:30 am
www.dbcuuc.org



Sunday
Services
10:00 am



MINISTER
Rev. Rose M.
Whitham

Listen to our Sunday talks online

www.unitymerrittisland.org

4725 N. Courtenay Parkway
Merritt Island, Florida 32953

321-452-2625

Email info@unitymerrittisland.org



10:30AM
SUNDAY
MORNINGS

The New Way POD
The Aquarian Building
238 Peachtree St in Cocoa

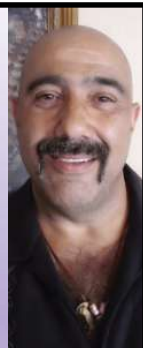
www.thenewway.us

Admin@TheNewWay.us

321-458-7956

Rev. Mark
Pasqualino

*Come find what
you're missing*



The greatest optical illusion is separation

On the Cover (page 26)
Window Watching Aspens
by Andrea de Michaelis

Publisher/Editor/Creator
Andrea de Michaelis

Contributing writers:
Alberto Villoldo Ph.D.
Michelle Whitedove
Rosalie Deer Heart
Judith Orloff, MD
Cecelia Avitabile
Margaret Lembo
Abraham-Hicks
Ma Yoga Shakti
Karen Williams
Doreen Virtue
Leo Babauta
Mike Dooley
Barbara Lee
Alan Cohen
Tom Sannar
Jeff Brown

HORIZONS

GemSpot with Margaret Lembo	3
Our Advertising Rates • Low because we're in it for the outcome, not the income ...	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
Heart and Soul Healing by Rosalie Deer Heart	8
The Teachings of Abraham-Hicks	9
Herb Corner with Cecelia Avitabile	10
What is Your Emotional Type by Judith Orloff MD	11
How Do You Open Your Heart? by Ram Dass	12
Abraham Fun: Soulsongs with Karen Williams	12
One Spirit Medicine with Alberto Villoldo Ph.D.	13
From The Heart by Alan Cohen	14
Ask Whitedove with Michelle Whitedove	15
Zen Habits by Leo Babauta	16
Our Classified Ads	17
Our Calendar of Events	18
Soul Shaping with Jeff Brown	19
Notes From The Universe by Mike Dooley	19
The Secret Life of Walk-ins by Scott Blum	20
Healing Messages From The Angels with Doreen Virtue	21
Our Phone Directory *Horizons may be picked up at most of these locations*	22
About the Cover Art	26
Monthly Horoscopes by Barbara Lee	30
Yoga, A Natural Pathway To Godhood by Ma Yoga Shakti	31

"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 up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com. 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 paid for.

The views expressed in Horizons Magazine are those of the authors and not necessarily those of its publisher or advertisers. We do not necessarily endorse the ideas or products of our advertisers, but we honor their right to offer them. We reserve the right to edit material for space and content. Horizons Magazine © 1997 Andrea de Michaelis

We accept all credit cards and Paypal

HORIZONS MAGAZINE
575 Escarole Street SE • Palm Bay, FL 32909-4802

321.722.2100

Visit www.horizonsmagazine.com
Email HorizonsMagazine@aol.com

Classifieds \$2.00 per word page 17
 Calendar \$.50 per word. page 18
 Phone Directory \$5 per line pages 22-25

DISPLAY ADVERTISING RATES

Ad size	1 month	3 months*	6 months*
Small Strip Ad	\$ 50	\$ 40	\$ 30
Business card	\$ 60 per month since 2010 (\$75 color)		
1/4 page	\$180	\$150	\$125
1/3 page	\$200	\$175	\$150
1/2 page	\$300	\$250	\$220
1/2 on pg 31	\$350	\$300	\$250 *horoscopes
Full page	\$400	\$350	\$300
Back page color	\$625	\$565	\$475
Inside back color	\$525	\$465	\$400 color
Inside front color	\$550	\$485	\$425 color
Page 3 color	\$550	\$485	\$425 color
Page 4	\$450	\$400	\$350
Front cover	\$900 (Restrictions apply)		

COLOR ADD 25% *You must prepay to get discount

Example: Small strip ad for 6 months is \$180 prepaid

Full page ad for 6 months is \$1,800 prepaid

Broken contracts receive full advertising credit

BEST AD RATES AND DISTRIBUTION

of any spiritual growth magazine in Florida.

We're distributed monthly to 200+ bookstores and health food stores all over Florida, as well as by private subscription. See pages 22-25 to see where HORIZONS MAGAZINE is distributed

For good advertising results, studies show it takes a reader 3-4 times seeing a new ad before it is noticed and acted on. By the 4th ad, readers begin to call.

Payment is due by the 10th with your ad

DISPLAY AD SIZES

Full page ad is 7.25" wide by 9.5" tall

1/2 page 4.25" tall by 7.25" wide or 9" tall by 3.5" wide

1/3 page 2.8" tall by 7.25" wide or 9" tall by 2.3" wide

1/4 page 4.25" tall by 3.5" wide or 2" tall by 7.25 wide

Business card ad is 2" by 3.5"

Small strip ad is 1" x 3.5"

WE ACCEPT ALL CREDIT CARDS AND PAYPAL ONLINE

Email HorizonsMagazine@aol.com

321-722-2100

Mail ad with payment to

HORIZONS MAGAZINE

575 Escarole Street SE

Palm Bay, FL 32909-4802

12 Steps of Spiritual Freedom

<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 2015 Horizons Magazine. Happy Summer Solstice,

a time when the sun lingers the longest of any other day. It is a time of intensity, renewal and great potential. I typically do a burning bowl ceremony at Summer Solstice, just making some symbolic notes of things I'd like to be free of, which I then burn in my chimenea. I think of it as a time of renewal. A time to make things new and get clear what I want for the rest of the season, the year.

Summer Solstice is also **Father's Day**. A time to celebrate the men in your life. Tell them how much you appreciate them, maybe light a candle for those who have moved on. *"...the terrible discovery that men make about their fathers sooner or later is that the man before him was not an aging father but a boy, a boy much like himself, a boy who grew up and had a child of his own and, as best he could, out of a sense of duty and, perhaps love, adopted a role called Being a Father so that his child would have something mythical and infinitely important: a Protector, who would keep a lid on all the chaotic and catastrophic possibilities of life."* -Tom Wolfe, The Bonfire of the Vanities.

For the past 20 years, I've been used to working almost every holiday, because that's when some of my clients are alone, have the time and most want the appointment. My own dad died on **Father's Day**, but I know we survive in consciousness after the change called death, so it's not a sad day for me. For others, it can be a day that is difficult to get through, as is **Easter, Christmas and Thanksgiving**. I typically have several phone sessions scheduled and that's how my holiday is spent. Happily spent, since I enjoy my work. I enjoy interacting with everyone and I learn from them. I learn about myself as I learn about them. The past two Father's Days I've spent relaxing at home with no calls. What I learned about myself is that I miss working on a day that I know a lot of emotion is in the air, a day I'm used to being available for friends to chat it out if they want to. Old habits die hard.

D's story: A sudden windfall of dollars, do you play with it or pay it back?

A friend attracted an amount of money she'd been wanting for a new project. She considered it a windfall and was excited beyond words she could now make her dream a reality. She began making plans and went to sleep a happy camper. She

called me the next day in a quandry. As she was making a list of what to buy, she began to call the friends and family who'd supported her vision to tell them the good news. During their conversations she was reminded that a friend paid her cell phone bill the past year, her mom let her live rent free and her dad loaned her his car. While no one was asking for her to pay them back, she began a tally in her head, deducting those amounts so she could surprise them by repayment. By the time she added it up, she was left a far cry from what she needed for her project. *Her question to me was, should she pay everyone back first or do her dream first?*

I asked how did each choice feel to her? She told me her parents had always been generous and had never asked for repayment of anything through the years. They probably never expected to be paid back. That would let her keep \$2500. But she also felt that it was time she stood up and did for herself because they wouldn't always be around. They didn't have much more than she did, yet they always provided when she asked. She really wanted to move forward but also felt the fair thing to do would be to pay them back. She said it felt good to know she could do that.

Another \$500 would go to a man who'd paid her phone bill the past year. He was someone with his own financial struggles, yet he got her a cell phone when she needed one and he paid the bill each month. She said she'd feel bad if she didn't pay him, although he might not expect it.

...continued on page 28...



OWL VISIONS

501 Florida Ave
Cocoa Village
321-292-9292

Gifts, jewelry, crystals, books, tarot, divination decks and tools, sage, altar items, music, readings, aromatherapy

Gemstone mala beads, different stones and stone sizes, Crystal Journey candles, soy tealights, spell candles, new pendulums in different stones, pashmina shawls, silk scarves, gold etched Reiki wands

Open Wed - Sat
2:00pm until ?
Call First 321-292-9292

We're in and out, call first please



REV. TERRI MCNEELY
Spiritual Advisor
Medium
Reiki Master

Email OwlVisions@aol.com
<http://smile-village.com/OwlVisions/>



HEART AND SOUL HEALING

Rosalie Deer Heart is author of 8 books that focus on the spirituality journey, healing, creativity, journaling, grieving, and the journey to wholeness. She offers workshops, retreats and delights in doing soul readings. www.heart-soul-healing.com
Rosalie is offering a 4 day residential retreat/workshop in Stetson, Maine July 9-12 called "Claiming Your Divinity: Unleashing Your Destiny." Email rosie.heart@yahoo.com for more information.

THE SOUL CALL TO CAMP OUT

WHEN FRIENDS ASK ME HOW MY SUMMER IN MAINE WAS, I REPLY, "IT WAS THE BEST SUMMER IN MY LIFE." The next question is usually, "What made it so pleasurable?"

"Sleeping in my L.L. Bean pop-up tent during July, August, and September," I reply honestly. "The best way I can summarize my outdoor adventure is that I no longer belong to myself or the universe in the same way as I used to."

Before anyone asks another question, I explain that I have a long history of avoiding sleeping outdoors. In fact, I have only camped out three times – always at the insistence of friends – never alone. I have tented out twice in Chaco Canyon, in New Mexico, because there were no motels, and once in Scotland, because it was easier to acquiesce than to argue with my partner. I felt safe knowing other campers were close by. Memories of snores and stars intermingled in my memory as well as the aroma of campfire bacon.

Seldom did any of my friends ask to join me. June Bro, my 93-year-old soul friend, was the exception. When I returned to my beach house in Virginia Beach, she grabbed my hand and said, "If I lived in Maine, I would join you, Dear."

Then she told me about her one-month camping adventure in Canada when her four children were young.

Many friends warned me of the ever-present dangers of bears, moose, coyotes and someone even added the possibility of a rabid mountain lion to the list of nocturnal predators. I comforted myself by remembering that I had befriended bears during my vision quest in Taos, New Mexico, and deer are my totem as well as my middle name. That left the band of yowling coyotes and they, too, were my familiars since I co-existed with them for seven years when I lived in Arroyo Seco and San Cristobal, New Mexico.

Who knows if the soul call had its own timing or was destiny's response to the questions that I had written earlier in May in my teal blue journal:

- Is it possible for me to substitute clock time for Nature's time and live the way my ancestors lived?
- Is it possible for me to slow down and count clouds and stars as my familiars?
- Is it possible for me to co-exist with Nature so I feel Mother Earth as my second skin?

I recognized the familiar beckoning of a soul call and eventually surrendered to my next jumping place. I knew from experience that words often diminish heart-centered, numinous encounters. I yearned to experience – not understand. Therefore, I declared

my tent off-limits for writing or reading. Then I replaced my usual delights with a vow to surrender to the vastness and beauty of the nocturnal mystery.

Camping out felt like a lazy woman's vision quest – minus the prayers, the warrior sweat lodges, the fasting, and the night vigils. The first week I was sleep-deprived. I shifted between being scared and awed, and being mesmerized by shooting stars and listening to the eerie sounds of a hoot owl and reminding myself that I needed sleep.

For weeks, I was fascinated by the liminal transitions from dusk to dark and dawn to day. The border times between day ending and night beginning and night turning to dawn felt sacred to me. I was filled with adoration, humility, and silence.

For months, hours slipped by. I had nothing to note and nothing to prove. I was content sitting on the ground, surrounded by massive granite rocks, towering pine trees, admiring the uninterrupted starry sky, with the fireflies as my only company. I even let go of wondering if I was emptying or filling up or both.

Many times I wondered if the zillions of stars think that the fireflies are their relatives, and then I remembered that Native Americans related to stars as the campfires of their ancestors.

Then I marveled that fireflies know how to be fully lit and I am only learning the art of high beam living and loving. Somehow my body remembered that we are all made of the dust and light of far off stars and I now include "stars" when I end my prayers with thanksgiving to all my relations.

My basketful of reflections include:

- The night sky is lighter than my bedroom at night.
- The earth smells different at different times during the night.
- Just before 3 AM, an audible "hush" happens as though the earth herself has neglected to exhale.
- Thousands of fireflies that frolicked for many hours surrender their light two hours before dawn. By August, the airborne fireflies are no more and I notice their lights decorate the ground-not the air.

Twenty-seven nights have passed since I felt at home in the earth and awed by the night sky. The feeling of remembered radiance accompanies me. Nature offered me another dimension of befriending my soul. I am adjusting to sleeping inside again and the sound of ocean waves has replaced the sound of the pine branch that patted my tent every night. I believe that camping out was another way to expand my practice of taking my silence and gratitude into the night. Deep bows to the earth.

Rosalie Deer Heart is offering a 4 day residential retreat/workshop in Stetson, Maine July 9-12 called "Claiming Your Divinity: Unleashing Your Destiny." Email rosie.heart@yahoo.com for more information.

ABRAHAM-HICKS



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

The Universal Law of Attraction: Defined

Everything in your life and the lives of those around you is affected by the Law of Attraction. It is the basis of everything that comes into your experience.

An awareness of the Law of Attraction and an understanding of how it works is essential to living life on purpose. In fact, it is essential to living the life of joy that you came forth to live. The Law of Attraction says: That which is like unto itself, is drawn. When you say, "Birds of a feather flock together," you are actually talking about the Law of Attraction. You see the Law of Attraction evidenced in your society when you see that the one who speaks most about illness has illness; when you see that the one who speaks most about prosperity has prosperity.

...continued on page 29...

Love Yourself

Heal Your Life

*Become a licensed
Heal Your Life®
Workshop/Seminar leader*

**Heal Your Life® Workshop Leader
Certification Training**

August 1 - 8, 2015, Columbia, Maryland

An intensive experience for your personal growth as well as for developing the skills you need to lead your own Heal Your Life® courses.

Authorized by:
Hay House, Inc. and
Approved by Louise Hay

**Mention this ad and receive a
\$400.00 discount!**

Contact us right away for all the exciting details...

www.HealYourLifeTraining.com

800 969-4584

Act now, seating is extremely limited.

Life After Grief Coaching Services
*Specializing in Pet Loss, Death, Divorce,
 Any kind of Loss* **321-751-4766**
Certified Coach, Medium, Officiant, Speaker
In Person, Phone, Skype, Groups, will travel
Rev. Laura Beers www.HealYourSpirit2.com

Invite Happiness, Health & Harmony into **your Life**

REIKI Workshops in Hallandale Beach

Kokutei Institute of Reiki at ChiGardenInc.com
ChiGardenInc@gmail.com | 954-802-7021

Dani Lynn
 Author, R.M.T.
 Spiritual Minister

Native American & Metaphysical Stuff Store
 Readings, Crystals, Jewelry, Incense, Smudge

The Purple Rose Trading Co.
 Rev. Tina, Owner
 P.O. Box 275 • 1079 Stevens St. Cassadaga, FL 32706
www.cassadaga-purplerose.com (386) 228-3315

**SPIRITUAL PATH
FOUNDATION**

*What you are to be,
you are now becoming*

Spiritweaver

Available for private sessions
 Reiki treatments • Regressions • Shamanic Healing •
 Counseling in person or by phone
Shamanic Warrior Key of Life Classes

321-951-8774

Email spiritweaver@bellsouth.net and
 Spiritweaver at www.spiritweavershaman.org

Enchanted Spirit

**25% off ALL
Crystal Balls
and Jewelry!!**

Angel Oracle Card Readings,
 Personalized ArchAngel Info,
 Spiritual Guidance Chakra
 Clearing and Balancing,
 Archangel workshops and more.

320 N. Atlantic Ave Cocoa Beach 32931
enchantedspiritcb@gmail.com

321-784-2213



THE HERB CORNER AND LEARNING CENTER

NEW HERBAL CLASSES STARTING JANUARY

**Certified Master Herbalist &
Holistic Healthcare Provider on Staff**

Hours: Wed-Fri. 10-5, Sat. 11-3

**277 N. Babcock St., Melbourne
321-757-7522**



Looking for Health Care Options?

If you are ready to take your health care into your own hands, tired of medicine's undesirable side-effects and the high cost of drugs/prescriptions then stop by The Herb Corner.

The Herb Corner offers a natural approach to your health. Stop in and enjoy a cup of tea and sit with **Cecelia Avitabile, a Master Herbalist and Certified Nutritional Consultant**. She will educate you on individualized natural approaches to your health by creating balance through the use of diet, herbs and easy lifestyle modifications; addressing the underlying/root cause of your specific needs.

The Herb Corner is a member of *Drugless Practitioners* and *The Natural Products Association* offering natural approaches to your health for over 20 years.

We offer **"Reclaiming our Roots"** herb classes, a 7-month learning journey providing you with an in-depth study of the healing properties of herbs.

We have a large selection of: the highest quality affordable organic bulk herbs, teas, tinctures, salves and Individualized blends, essential oils, bottles, tea pots/cups, classes and more.

Please call 321-757-7522

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

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

Balancing Triglycerides Naturally

Triglycerides are natural chemical by-products of fat from foods that are found in the blood stream and throughout the body. You need triglycerides for good health because they provide you with twice as much energy as proteins and carbohydrates but you want to **avoid high triglycerides** just like you want to **avoid high LDL's**.

When your food intake of triglyceride rich foods is higher than your metabolism needs the body attaches them to sugar molecules. When this happens the excess triglycerides get stored in the blood, leading to hardening of the arteries and a rise in cholesterol.

There are natural ways to achieve normal triglyceride levels including diet, herbs and lifestyle modifications. Diet-wise you want to add foods to your diet that **reduce triglycerides** such as low fat, high fiber foods, fruits and vegetables since plant based foods do not contain cholesterol. And you want to avoid eating foods that convert into glucose because they will eventually be converted into triglycerides this would be foods like refined carbohydrates, junk foods, processed foods, trans-fats, saturated fat and sugars.

There are dietary supplements such as **omega 3 fatty acids** which are necessary for promoting a healthier cardiovascular system. And **B vitamins** such as niacin (B3) and pantothenic acid (B5), which have been shown to improve triglyceride and total cholesterol levels.

Herbs can also reduce triglycerides; for instance **Flax**, which is high in omega-3-fatty acids reduces inflammations and homocystine in the blood helping prevent coronary disease, **Garlic** which has been found to lower triglycerides 8-27%, and **Red Yeast Rice** which has been used in Chinese medicine for reducing cholesterol and triglycerides.

Turmeric can be used to stimulate production of bile by the liver helping reduce excess triglycerides. **Ginger** likewise was found in a 2002 study to decrease cholesterol by boosting the production of bile. **Artichoke leaf** which contains cybarin which has the same properties as Ginger. Finally **Cayenne** which contains capsaicin has been found in a 1987 study to reduce triglycerides and LDL's.

Beyond diet, supplements, herbs and exercise; lifestyle modifications such as **cutting out alcohol, smoking and caffeine consumption can help** because they can tend to raise triglycerides and how quickly your body rids itself of triglycerides.

WHAT IS YOUR EMOTIONAL TYPE?



Judith Orloff MD is the author of many self-help books including, *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life*, *Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life*, and *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and Love*. visit <http://www.drjudithorloff.com/>

To pin down your style of how you relate emotionally, it's important to know your emotional type. This is the filter through which you see the world,

the default setting of your personality to which you revert, especially during stress. It represents your basic tendencies. You can build on these by making the most of your best traits and adopting traits from the other types that appeal to you.

In "Emotional Freedom" I discuss four main emotional types that I've observed in my psychiatric practice. See which one you identify with most, though you may also identify with aspects of the others. Knowing your type can provide insight into how you interact with others and also will help you master your emotions instead of simply reacting when your buttons get pushed. Dealing with emotions effectively isn't stuffing them away or feeling them less. It's about establishing balance, strengthening those areas where you're most vulnerable and maximizing your assets. Which type are you?

TYPE #1. THE INTELLECTUAL: INTENSE THINKER

Intellectuals are bright articulate, incisive analysts who are most comfortable in the mind. The world is powerfully filtered through rational thought. Known for keeping their cool in heated situations, they often struggle with emotions, don't trust their guts, are slow to engage in anything light-hearted, sensual, or playful.

ARE YOU AN INTELLECTUAL? Do you believe that you can think your way to any solution? When presented with a problem, do you immediately start analysing the pros and cons rather than noticing how it makes you feel? Do you prefer planning to being spontaneous? Does your overactive mind prevent you from falling asleep?

If so, try this:

Breathe. If you're mentally gridlocked simply inhale and exhale deeply, in through your nose out through your mouth.

Exercise. Whether you're walking, rollerblading, or lifting weights, exercise creates a acute body awareness that relaxes a busy mind.

Empathize. Ask yourself, "How can I respond from my heart, not just my head." Empathize before trying to fix a problem with loved ones too quickly.

...continued on page 27

Spirit and Psychic Readings

DAENA CROGHAN 330-472-9716

Phone, skype, In Person \$50 1/2 hr • \$90 1 hr

Group Sessions \$25 per person/ 5 minimum Email Readings \$20 per Question

www.SpiritAndPsychicReadings.com



904-292-4555

3491 Pall Mall Drive
Jacksonville, Florida 32257

Readings,
Energy Healings,
Crystals, Classes

spiritualuplifts@comcast.net
<http://spiritualuplifts.com/>



1951 Stimson St.
Jacksonville, FL 32210

(904) 389-3690

www.earthgifts.com

Open 7 days a week

ROCK SHOP,
CANDLES,
INCENSE,
HERBS, OILS,
BOOKS, TAROT,
READINGS



Experience This Peaceful Community Where Certified Mediums and Healers are Available Daily

- Classes & Workshops
- Historic Tours
- Spirit Encounter Tours
- Special Events
- Readings by Certified Mediums
- Certified Spiritual Healers



Wednesday Message Service, Colby Temple 7p.m.

Sunday Adult Lyceum, Davis Building 9:30 - 10:15 a.m.

Sunday Church Service, Colby Temple 10:30 a.m.

Sunday Message Service, Davis Building 12:30 - 1:30 p.m.

Cassadaga Spiritualist Camp Bookstore & Welcome Center

Largest Selection of Books on Spiritualism, Metaphysics and Meditation.
CD's • DVD's • Crystals • Jewelry • Candles • Unique Gifts and Crafts

Monday - Saturday 10am - 6pm Sunday 11:30am - 5pm

Camp Bookstore 386-228-2880 • Camp Office 386-228-3171

1112 Stevens Street

Cassadaga FL 32706

www.cassadaga.org



SOULSONGS 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.

Soul song #232 WHAT DO I WANT?

What do I want right now? A healing, a friend, a partner, a career, an answer to a question, a solution to a problem? More money? (Well, duh.) I relax and know: the very moment, the very nano-second I first experienced that desire, a supportive Universe began orchestrating circumstances so that I could receive that very thing.

All I need to do is become receptive, and I do that by staying as much as possible in a good-feeling emotional state throughout my day. This may involve taking my mind off the fact that I do not yet have the thing I desire. It may involve my focusing on all aspects of my life that are as I want them. It may involve my fantasizing about what it will be like when my desire arrives.

I also become receptive when I sit quietly in a neutral, meditative state, allowing my thoughts to subside for a while. When I'm peaceful and passive, I'm giving the Universe plenty of elbow room to work its magic.

I spend a few silent minutes in an allowing and receptive mode and then I go forth with renewed optimism, knowing that good things are about to find me.

DAWN'S ENCHANTED GARDEN

Herbal and aromatherapy consults, products
including the amazing Fatbuster Oil.

**LIVE OAK SCHOOL
OF NATURAL HEALING**

Learn to be a healer today! A natural healing school with a Herbalist and Master Herbalist certification programs. Live or online classes available. Our comprehensive programs offer classes that help you heal people with herbs and essential oils and open your own healing practice.

Dawnsenchantedgarden.com Liveoakschoolofnaturalhealing.com

1-877- 281-0447



HOW DO YOU OPEN YOUR HEART?

Ram Dass's books include *Be Here Now*, *The Only Dance There Is*; *Grist For The Mill*; *Miracle of Love*. His most recent book, "Be Love Now" follows the track of his own heart awakening and his quest to embody the unconditional love that he experienced with guru Neem Karoli Baba. *Open Your Heart In Paradise December 2-7, 2015 on Maui. Visit ramdass.org*

It is so incredibly gentle and beautiful to start a dialogue of love with a being who is love. Some of you have known Meher Baba who is such great love, or Christ who is a statement of love, who is love itself. You just open yourself. You can sit in your little meditation area and you take a picture of a being whose love is pure, whose love is in the light of God. It's not the love of personality, it's not the love of romance, it's not that needful love, "I need you." Romantic love is jealous and possessive because the object of that relationship becomes your connection to that place in you which is love. The kind of love that Christ gives is conscious, unconditional love, he just is love. And ultimately you become that kind of love. There's no need about it. You're living in that space and don't need anybody to turn you on to love because you are it and everybody that comes near you drinks of it.

And as you become more and more the statement of love, you fall in love with everyone. There's nobody here that I don't feel in love with when I look at because all I see is that which is love in them. I can see all their impediments too, it's all there but I'm not climbing into it. I'm not denying it, but I'm not getting stuck in it either. And because you feel love when you are with me, that opens you to the place in yourself which is love. Sometimes when you feel that, you want to cling to me because I'm your love connection; but I'm not clingable to. There's no way you can collect me; the only way to do it is to become it yourself. Otherwise you're always going to be looking for connections.

If you follow your heart nothing will happen to you, you are protected. As long as your actions are based on your pure seeking for God, you are safe.

And any time you are unsure or frightened about your situation, there's a beautiful and very powerful mantra - "The power of God is within me. The grace of God surrounds me." - which you can repeat to yourself. It will protect you. Experience the power of it, it's like a solid steel shaft that goes from above through the top of your head right down to the base of your being. Grace will surround you like a force field. Through an open heart one hears the universe.



ONE SPIRIT MEDICINE

Alberto Villoldo Ph.D.
<http://thefourwinds.com/>

Once you've experienced Spirit, the invisible matrix of overlapping fields of consciousness and information, you recognize that the visible world of the senses, the physical world, is not the only reality. In fact, it's not even the dominant reality. The visible and invisible worlds are inextricably intertwined with almost mathematical precision, and once you've opened your eyes to this, you can dance between them like the shamans.

In the Hindu Vedas, the invisible world is called akasha, or the vastness of space. While Western science holds that the cosmos is made up of energy and matter, indigenous peoples consider the cosmos a living, intelligent field they know as Spirit. The word spirit comes from spiritus, Latin for "breath."

Spirit is a vast and invisible energy field that we join with to dream the world into being. It is not a deity with human whims, moods, jealousies, and temper tantrums like the Greek and Roman gods. Spirit is the creative matrix that keeps life in the cosmos evolving and renewing itself.

Spirit is always present in your life; you are an expression of its infinite awareness, manifest in flesh and blood. It holds all of creation. And as you and Spirit are inseparable, all of creation is within you as well. But your personal, individual awareness is merely a drop in the ocean of all consciousness. Unlike your mind, which thinks you're the center of the universe, your spirit is free of obsession with I.

Awareness of our individuality, which we value so highly in our world, dissolves when we're in the expanded and expansive state that allows us to experience the Oneness of the invisible world. And when we return to the visible world and ordinary consciousness, our everyday problems somehow seem less significant.

When we engage with Spirit, we discover that each of us has the ability to interact with the divine directly, experiencing its numinous power firsthand. When we call for help, Spirit responds with what we truly need, even if we do not fully comprehend the response at the time. And our relationship with Spirit is one of mutuality, so when Spirit calls, we have to be willing to answer the call, whether or not we understand what we're being asked to do, and whether or not we want to do it. Years ago, when my children were little, I remember telling Spirit that I would respond to my calling when they were a little older: I was using my children as an excuse to avoid my mission in the world. But if you put off responding to Spirit until some future time—when you have enough money, or enough time, or enough sleep—then the contract with Spirit is likely to fall short of your wishes or expectations.



Janice Scott-Reeder, AA, BA, Druid

Licensed Psychic, Astrologer, Broward County, FL
Master Tarotist, Hypnotherapist, Psychometry, Spirit Contact
954-698-6926 (Coconut Creek 33073)

www.facebook.com/cosmicsalamander

Rev. Dawn Casseday

Psychic, Clairvoyant, Medium
Reiki /Energy Healing, Tarot
Past Life Regression Specialist

*Phone
readings
available*

386-478-0341

www.revdawncasseday.com
CASSADAGA



Over 300 herbs & spices
IN STOCK



Leaves & Roots

**9434 E. Colonial Drive
Orlando, FL 32817**
www.leavesandroots.com

407-823-8840
Email: leavesandroots@leavesandroots.com

Over 100 Essential &
Fragrance Oils
Herbal research
Aromatherapy
Supplies
Tapestries



**REVOLUTIONARY
WELLNESS
CONSULTING**

WWW.REVOLUTIONARYWVC.COM

- Guidance through natural health industry
- Ditch dieting and calorie counting
- Personalized Wellness Plan
- Learn how to ask your doctor the right questions
- Detox and learn how to minimize toxin exposure
- Limited amount of free samples

Nick Magrone, Jr.
Integrative
Health Coach
407-803-3012

Contact us TODAY for your FREE 30 minute phone consultation!

FROM THE HEART

Alan Cohen is the author of many inspirational books, including *I Had it All the Time*. Join Alan's Life Coach Training Program, beginning September 1, to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's Hawaii retreat, books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com.



The Jewel in the Lotus

I was coaching a woman who was stuck in the process of getting her website posted. When I asked her what was the hardest piece for her, she answered that it was the "About Me" page.

"I struggle with whether I am truly qualified to offer my services. I feel encumbered by self-doubts and self-judgments." When I asked her where she had learned these doubts, she explained that her father was a critical editor, and as a child she grew hesitant to make any statements about herself, since he might put her down for not being perfect or expressing herself impeccably.

During our coaching session she realized that she needed to communicate with her father and heal their relationship. After making significant progress in our session, her last words were, "It wasn't about the website at all, was it?"

It never is. It's always about your thoughts, fears, and visions about presenting yourself to the world. A website or any new profession, relationship, or step ahead in life is an excellent projec-

During our coaching session she realized that she needed to communicate with her father and heal their relationship. It wasn't about the website at all.

tive test for where your consciousness lives at the moment. Since life is more about what's going on inside you rather than what's going on outside, the best use of outside is to shine light on the inside, so you can progress in your soul's journey.

A woman phoned in to my radio show (www.hayhouseradio.com) and asked for some tips on how to lose excess pounds. I asked her when the weight had come on, and she answered that it had started when she had gotten divorced a few years earlier. Then I asked her a question based on what the spiritual teacher **Bashar** calls "the motivational mechanism." "How do you believe the weight serves you? If, on some level, you have chosen the weight for a reason, what would that reason be?"

She thought for a moment and answered, "The end of my marriage and my divorce were so painful that I really don't want another man in my life, at least not now. Perhaps I believe that the excess weight makes me less attractive to men, and I won't have to deal with all those messy issues."

I thanked her for her honesty and then asked her if she would consider simply making the choice to not be with a man for now without needing to use the weight as a protective mechanism. She liked that idea and we explored ways she could claim her power and her choices by making clear statements. The conversation ended on a high note. So the weight was not the problem. It was the symptom. More deeply it was a directional signal to look deeper.

...continued on page 26...

Mystic Gems and the House of Enlightenment

offers education, healing services and products for those seeking alternative healing modalities and spiritual enlightenment.

Wide assortment of Quartz crystals, gemstones, rocks and minerals specimens, Gemstone jewelry, Statuary like Buddha, dragons and fairies and much more. Community class/meeting room, private therapy rooms are available.

STORE HOURS:
Tues-Fri 11am-6pm
Saturday 11am-3pm
2280 Harris Ave. Suite 5
Palm Bay, FL 32905
321-327-8996

Palm Bay

High Springs Emporium

North Central Florida's **ONLY** Rock Shop
The most unusual store in town
Rocks, Crystals, Gifts, Jewelry

June Is Busting Out All Over

Spring into Summer at the Emporium

Rocks and Minerals from Around the World

Corinthian Bells Wind Chimes
Antique Tibetan Singing Bowls
Rare Gemstone Jewelry
Lapidary Classes

Super Seven, rose quartz pyramid, Uruguay geode sphere, Russian datolite, "Golden Healer" spirit quartz

Wholesale to the Public Sidewalk Sale First Weekend of June!
Fabulous Prices on All Kinds of Rocks All Weekend!

OPEN Mon-Sat 11 am-6 pm and Sunday noon-5 pm

660 N.W. Santa Fe Blvd • High Springs, FL 32643
386-454-8657
<http://highspringsemporium.net>

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.

Dear Whitedove, Some people believe that our life is mapped out before we come to Earth, and that is our fate. Others believe that we can change our life's path at any time. So I would like to know, is there a difference between fate and destiny or is our Life Mission pre-planned? -Gemini Girl, CO

Dear Neptune's Girl, There is a great deal of planning that goes into a life's mission. As we prepare for our Earthly journey we make an agreement with God. We select lessons to learn and also lessons that we agree to teach others. So we map out our journey. There are very few events etched in stone, but if there is something that we MUST experience, it's pre-ordained or called fate.

Then there are other events that will only happen if everything is lined up with divine timing as destiny or a synchronicity. One of God's greatest gifts to humankind is the gift of free will. This affords us the opportunity to co-create our life on Earth. We can get caught up in drama and create a hellish life OR we can dream big and create personal heaven on Earth.

Know this: Your spirit has the ability to overcome any hurdle: poverty, abuse, illness, financial loss. Every great master has taught this truth. So I would like to encourage everyone to monitor your thoughts because they are your building blocks. Visualize the future as you want it. Then take action. Heaven is within your reach!

Dear Whitedove, I've had several instances of déjà vu, the feeling that I am re-experiencing an event or conversation. How do you explain these types of happenings? Familiar Stranger in CA

Dear Familiar, The concepts of Time and Space can be difficult to wrap your head around. "Spirit" has explained to me that our past, present, and future, are all one. Time is like an onion, with many layers of actual events and possible futures. As the mass consciousness changes so does our future. It's important to recognize that humans are multi-dimensional beings who are in charge of creating their reality.

...continued on page 27...

Tom Arcuti - Yachaq Shaman of Imbabura
initiated in the Tradition of the Yachaqs of Imbabura from the Andes of Ecuador
Crystals, Minerals, Pendulums, Elixirs, Resins & Smudge Supplies
 Online: <http://store.allipacha.com> or call for appointment
www.allipacha.com tom@allipacha.com 386-747-9294

Rev. Andy Conyer

unity
 Life Enrichment Center

UNITY LIFE ENRICHMENT CENTRE 863-471-1122
10417 S. Orange Blossom Blvd, Sebring, FL 33875
 Email unity@vistanet.net www.unityofsebring.org

Spiritual Counselor • Healer
Dr. James W.R. Thomas
Spiritual & Mediumship Readings By Appt
 Email IAM1981@aol.com
1138 McKinley Ave Cassadaga FL 386-451-7214

SPIRITUALIST CHAPEL of Melbourne

We Welcome All To Sunday 10 AM services

Spiritualism + Mediumship Classes

Thursdays 6:30-8:30 pm
 \$3 members \$5 others

1924 Melody Lane, Melbourne, FL 32901
 Spirit Messages - Healing Service
 Guest Speakers • Private Readings
 \$15/15 minutes after Services
321-728-4738
 Friend us on Facebook [SCM=SpiritualistChapelOfMelbourne](https://www.facebook.com/SCM=SpiritualistChapelOfMelbourne)

1st Sunday PSYCHIC FAIR
\$10 for 15 minute reading

2nd, 3rd, 4th, 5th Sundays
 Guest Speakers on Metaphysical Topics

321-474-7348

\$3 fee 7:00 - 8:45pm

307 E. Lincoln Avenue downtown Melbourne

Metaphysicians Circle



ZEN HABITS

Leo Babauta is a simplicity blogger & author. Zen Habits is about finding simplicity in the daily chaos of our lives. It's about clearing the clutter so we can focus on what's important, create something amazing, find happiness. Visit www.zenhabits.net

An Addict's Guide to Overcoming the Distraction Habit

Recognizing when it happens -- One of the insidious things about the distraction habit is that we often don't even realize it's happening. It sneaks up on us, like old age, and before we know it we're addicted and powerless. But actually we're not powerless. The power we have is our awareness, and you can develop it right now. Pay attention to what sites you visit, how often you're looking at your phone, how long you're spending in front of a screen all day. What I did when I wanted to develop an awareness of my smoking urges was carry around a pencil and small scrap of paper, and put a tally mark on it each time I had the urge to smoke. I could still smoke, but I'd have to put a tally mark first. This built my awareness muscle, and it allowed me to insert a small space between the urge and my subsequent action. Into that space, however small, I could eventually make a choice. That was where the power came in.

See what's going on -- Once you're aware of the distractions and urges, you can start to examine the causes. After hours of following temptations online, I stopped and asked myself, "What's this all about?" It was about fear — the fear that I didn't know what I was doing and was going to screw it all up. I now know that it doesn't matter if I screw it up. My value as a person isn't tied to my successes or failures. So I closed all the tabs, and decided to focus on one program, and one bike ride. I'll learn as I do.

My distractions are also often about fantasies — I really hope that I'll be a great programmer or start doing century bike rides or Ironman triathlons. Realistically, I don't have time to do any of that. So I have to let the fantasies go, because they almost never come true. Unless you're willing to devote your entire life to one of them for a year or two.

Distractions, of course, are often about the fear of missing out. We can't possibly take part in every cool thing that everyone else is doing, but we also don't want to miss out on any of it. So we look online for what's going on, what other people are doing and saying, what's hot. None of that actually matters. What matters is being content, doing things that make people's lives better, learning, being compassionate, helping. So let's let go of what we're missing out on, and focus on the difference we want to make in the world.

Taking action -- So you're building an awareness, and you've examined your causes. If you haven't yet, take a few minutes to walk around your office or house, or better yet get outside, and contemplate these things. This article can wait. Now there are further steps you can take. Consider taking one or more of these:

- Start closing as many browser tabs as you can. Bookmark some things to read later and let others go.
- Block your favorite distractions for a few hours.
- Set a time to check email and stick to it.
- Get away. Go outside for a walk. Ride your bike, run.
- Meditate. Sit still for just a couple minutes.
- Read. A paper book.
- Find a place with no wifi. Write without distractions.
- Delete social media accounts.
- Delete distractful apps on your phone.
- Eat without a device. Pay attention to your food. Notice the textures, flavors, colors, healthfulness that you're putting into the temple of your body.

Go on a retreat. Practice mindfulness in bits throughout the day. Take a day off of screens. The possibilities are endless.

Consider what's important -- What's truly important to you? Social media? News? What everyone else is doing all the time? Games? I'd submit that we try to do everything, but then we're not really focusing on anything. We're not going to make any of our little fantasies come true if we pursue all of them. What is the one thing you want to pursue right now? Can you focus on that for at least a month? If not, maybe it's not that important to you.

What are the most important things in your life? Pick 3-4, or 5 at the most. How much of your time is devoted to these things? Can you cut out other things to focus on these? Can you give your 4 most important things your full attention? In my life, my writing, my family, my health, and my learning are my four most important things. And no, I don't always devote my full attention to them. I often need to step back and remind myself of what's important.

Falling in love all over again -- In his book, "The Art of Stillness," *Pico Ayer* says that "sitting still is a way of falling in love with the world and everything in it."

This is absolutely true. This is why distractions can be so harmful. They're turning us away from the miracle of life all around us. Sit still for a few minutes, and pay attention to what's around you. Notice the quality of the light. Appreciate any people who might be nearby. Notice the quality of your thoughts, the sensations of various parts of your body, the loveliness of your breath as it comes in and out. Fall in love with life all over again. And then devote yourself lovingly to it completely.

OUR CLASSIFIED ADS

Your listing here for \$2.00 per word. Email your listing with payment by 10th of the month before to HorizonsMagazine@aol.com

THERAPEUTIC (NON-SEXUAL) TOUCH CUDDLE

sessions Available At Your Home. Find Me On Facebook To "Cuddle Up" With Caryn. Namaste

RAYANANDA & THE WANDERING SADHUS NEW CD is available at www.Rayananda.com - CD or Mp3 Audio Download

HYPNOSIS REPROGRAM THE INNER MIND by bringing forth your higher wisdom through gentle hypnosis <http://hypnosis-works.net> Free mp3 file!

NEW BUSINESS OWNERS, MAKE MONEY FROM YOUR OWN WEBSITE. FREE CONSULTATION Gary Leggett 321-544-5440 Email gleg@usit.net spacecoastwebsites.com

HEAL YOUR LIFE WORKSHOP LEADER TRAINING.

Become a licensed Heal Your Life teacher in the philosophy of Louise Hay. Manuals and materials to lead up to 14 different workshops. Our training is licensed by Hay House, Inc and approved by Louise Hay. www.healyourlifetraining.com

WWW.WISESPIRIT.NET ~ Create the Life You Deserve!

DR BEV DREAM INTERPRETATIONS, EMPATHIC

Readings For Info on consultations 407-957-4044 Email Luminata53@aol.com

HEALING THROUGH REIKI IN PALM BAY Rev. Denise Meyer at Mystic Gems and The House of Enlightenment. 321-327-8996

MASSAGE THERAPY ROOMS, CLASSROOM FOR RENT

In a quiet healing center in PALM BAY. Call Raul 321-327-8996

HEALING MASSAGE & BODYWORK Lisa Crum (BA, LMT. MA27138) at Mystic Gems and The House of Enlightenment. 321-327-8996

HERBAL CONFERENCE

Celebrating Women and Plants

October 2-4, 2015 • Black Mountain, NC



2015 Conference Teachers



Amikaeyla Gaston



Rosemary Gladstar



Whaplo



Monika Ponton-Arrington

Who attends the SE Wise Women Herbal Conference?

Women, young and old
Beginning and seasoned herbalists
Health professionals and healthy living advocates
Clinical practitioners, gardeners, wildcrafters, rural and urban herbalists
Black women, white women, straight women, lesbian women—women of all colors, shapes, and sizes
Teachers and students, writers, journalists, and bloggers
Daughters, sisters, mothers, grandmothers
New seekers to spiritual warriors



Southeast Wise Women • 877.739.6636 (877.SEWOMEN)
Black Mountain, NC 28711 • www.sewisewomen.com
\$305 includes camping, \$285 until August 15, 2015
www.SEWiseWomen.com
Email wisewomen@sewisewomen.com



Enchanted Gifts for the
Mind, Body and Soul

Creative Energy

Crystals, gemstones, jewelry, salt lamps, drums, didgeridoos, singing bowls, books, tarot, CDs, candles, incense, oils, herbs, sage, divination tools, statuary & altar items, men & women's clothing, belly dance accessories, henna, tapestries, peace-promoting items, faeries and much more!

Readings Friday, Saturday, Sunday

835 East New Haven Avenue
in Historic Downtown Melbourne
(Think Purple)

Monday thru Thursday 10 am - 6 pm

Friday & Saturday 10 am - 8 pm

Sunday Noon - 5 pm

321-952-6789



"Where Old Melbourne meets the New Age"

CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email 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

Tuesdays - PALM BAY - Reiki Share 6pm. at Mystic Gems and The House of Enlightenment 2280 Harris Ave. #5 321-327-8996

Wednesdays - PALM BAY- Meditation 6-7pm by Jashua, Palm Bay's resident Angel Medium. Mystic Gems and The House of Enlightenment 2280 Harris Ave. #5 321-327-8996

2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak email scribe@ironoak.org 321-722-0291

Fridays SAINT CLOUD 5pm-7pm 1124 New York Avenue, St. Cloud, FL 34769 Readings By Madelyn.com

2nd Saturday CASSADAGA Tea Leaf class 5-7pm with Torre LaRock at Cassadaga Hotel \$25 per person RSVP 386-228-2323 www.venusinvelvet.com

Sundays PALM BAY Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

Sundays, FT MYERS 9:15 am and 11am services at Unity of Fort Myers, with Rev. Jim Rosemergy. www.unityoffortmyers.org

Sundays MELBOURNE 10am Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (pg 4)

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melbourne Auditorium 321-266-2117

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169 www.orlandoreligiousscience.com

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast 602 Brevard Avenue 321.474.2030 www.cslspacecoast.org

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church at 1108 N. Dixie Highway (US 1) Visit dbcuuc.org


Sundays MELBOURNE Metaphysicians' Circle held at 307 E. Lincoln Ave downtown Melbourne 7-8:45pm \$3 321-474-7348

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair 307 E. Lincoln Avenue 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348

June 15-19th CASSADAGA Cosmic Kids Psychic Summer Camp at Cassadaga Hotel with Torre 10am-4pm \$160 Contact 321-439-3073 to register.



Sept 18-20 ORLANDO I Can Do It! 2015 Sponsored by Hay House Lectures & Events Orange County Convention Center, Orlando, FL

October 2-4 2015 Black Mountain, NC Southeast Wise Women Herbal Conference \$305 includes camping www.SEWiseWomen.com



ANGELS UNVEILED


Find out more about Angels Unveiled on

 and 

Airs June 12th and 25th from 8-9pm
EST on Google TV & YouTube. Hosts: Morgana Starr & Daena Croghan talk with their angels, **Anael & Azrael**, about spiritual principles, such as life after death, mediumship, psychic protection and more!

FREE TO WATCH AND CALL IN FOR FREE READINGS.

www.MorganaStarr.com • www.SpiritandPsychicReadings.com



Daena Croghan
Morgana Starr



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. tut.com

Any and all forms of separation, disconnects, divides, partings, breakups, and goodbyes are temporary. Very. You'll be together far, far longer than you will ever be apart.

**Forever and ever,
The Universe**



*To Promote the Religion,
Science, and Philosophy
of Spiritualism*



IFSK Director
Marilyn Jenquin

**Private
Readings
BY APPOINTMENT**



**407-673-9776
www.ifsk.org**

On-Going Psychic/Medium Spiritual Development Classes

www.ifsk.org for locations/times
dependablepc@earthlink.net

9th Annual Stansted-in-Florida™

4 day Intensive Psychic / Medium
Development Seminar In the British Style
of Evidential Mediumship

**July 16th - 19th 2015
Held @ Marywood Retreat and
Conference Center**

St. Johns, FL (near Jacksonville)



Suited for all levels – Come and enjoy being
with a group of like-minded people.

SOUL SHAPING



Former criminal lawyer/psychotherapist, Jeff Brown is author of *Soulshaping*, *Ascending with Both Feet on the Ground*, *Apologies to the Divine Feminine* and the spiritual documentary - *Karmageddon* - which stars Ram Dass, David Life, Deva Premal & Miten. See soulshaping.com

Dear Dad, It is finally our time. To heal these mortal rifts. To remember each other. We couldn't do it until now. Liberated from your pain riddled earth-suit, I can feel you again. I am no longer afraid to get close. I know you won't hurt me now. You have freed me to love you again. In fact, I feel you protecting me. Already.

That purple sunset, that's you right? That strengthening I feel inside- that's you too, yes? You are speaking to me, through me. You are heartculating your love. You have much to share.

I understand- it was hard to say it then, with all that mortal pain between. But I can hear you, Papa. There's nothing in the way now. No more hatred, no more misidentification, no more fear of showing our love. Nothing to hide, nowhere to hide it.

Here we are, on the bridge between our hearts, beginning the healing. We have work to do. Lots of it. This is only our first purple sunset.

It's an odd thing. I was sure I would abuse myself for being so distant for so long. I should have done this, or that, I should have visited more. But something has happened. I am treasuring myself. Suddenly the shame game looks ridiculous.

Something more infinite is infiltrating my lens. Is that you, too? You are sending waves of kindness my way? It's you, isn't it? Your anger is gone- all I feel is your compassionate heart. You are speaking through me: "You must love yourself, my son. You must embody your magnificence. There is no need to doubt it. I am sorry that I shamed you".

I need your support now. I have much left to do in my earth suit. I hope you will clear the path. I hope you will keep the dark forces at bay. Your call to write lives on in me. It was never lost. You loved it forward. I will write for you, too.

The world didn't know what greatness you are made of. But I do. Please hold me safe until it is my time to join you, Dad. One day I will meet you there, in the wordless wonder.

One day we will heal it all, in the ever knowing. One day we will ride together on the wings of our love. In the meantime, rest in love, **Albert Ronald Brown**. I am holding your spirit safe, too.



THE SECRET LIFE OF WALK-INS

Scott Blum is an award-winning filmmaker, a best-selling author, and the co-founder of the popular inspirational websites DailyOM.com and OMTimes.com. Please visit walkinthemovie.com

One of the first concepts one must accept "on faith" when embarking on a spiritual path is that of a soul being separate and distinct from the physical body that contains it. Not

only is this one of the fundamental similarities shared by many of the established religions of the world, but it is also one of the few places where the New Thought movement is wholeheartedly in agreement with the religious establishment. There is much discussion surrounding how and when a soul enters the body during birth, and ultimately what happens to the soul after death, but there is a general agreement that the separation of soul and body is both fundamental and regarded in a positive manner.

However, there is substantially less agreement surrounding the fascinating subject of what happens when more than one soul inhabits a single physical body. Part of the reason for this dissent is the negative connotations associated with the concept of possession. For years, **Hollywood** horror films have sensationalized the event of a body being taken over against its will, which is akin to a forced metaphysical assault.

The kinder, gentler sibling to possession is known as a **Walk-In**. It is accepted that a Walk-In stems from an agreement between the two souls, oftentimes made before the physical body is born. From a human perspective, what this means is that a body is "taken over" when the previous inhabitant is finished with their time on Earth and is no longer interested in continuing on.

Those familiar with Walk-Ins describe the initial experience as a distinct shift of personality or thought patterns following a traumatic event or miraculous recovery from a severe illness. The subject is subsequently less concerned with their own challenges, and uncharacteristically begins to show a preoccupation with the burdens of others. **Walk-Ins** are further described as having an inner poise or quiet radiance and are genuinely interested in helping humanity, without establishing overly close ties with individuals. They also tend to emotionally distance themselves from previous friends and loved ones.

It is understood that Walk-Ins come to a host body for two fundamental reasons: the first is to help the individual complete their tasks on Earth that they were not willing or able to do; and secondarily, to accomplish the Walk-In's own work on this planet. This work is typically more focused

than a traditional soul's work, which is why utilizing a body that is already mature is desirable for a **Walk-In**. And although the learning opportunities inherent in being born, developing language and motor skills, and accumulating childhood experiences are significant, it is believed that Walk-Ins tend to fast-forward past these experiences in order to "get on with it" and begin their work without enduring the nascent lessons of being human.

When Ruth Montgomery published her seminal book, *Strangers Among Us*, in 1979, she stunned the spiritual community with the assertion that not only was this previously fringe concept more common than had been imagined, but people in prominent positions of power were subjects of Walk-In experiences. In her book she names **Christopher Columbus**, **Benjamin Franklin** and **Gandhi**, among others, in a long line of influential Walk-Ins. She goes on to explain that not only are Walk-Ins attracted to substantial positions of power, but many are working quietly among us in all levels of society.

What's ironic is that although some religious organizations denounce **Walk-Ins** as having malevolent intentions on par with possession, the very same organizations tout a fundamental shift in consciousness that happens to their followers when they begin to perceive a soul within their body that is previously unfamiliar to them. For example, in **Christianity** this experience is named awakening, **Buddhism** calls it bodhi, and **Hinduism** refers to it as **moksha**. And although these experiences are described in unique ways, what is common is that there is a profound shift in consciousness when the mind acknowledges the existence of a soul that was not perceived before. In fact, **Christianity** asserts that pivotal event stems directly from the act of "inviting **Jesus Christ** into your heart," which could be perceived as similar to the "agreement" that is made with a Walk-In.

There is much work to be done in the field of metaphysics to help us comprehend how experiences that are common to us all can be understood and shared with one another. This is one of the main reasons why I was compelled to write and direct the feature film **Walk-In**, a Hay House DVD. I am fascinated by how these occurrences define our relationship with ourselves, our loved ones, and ultimately the world around us. And I hope to provide a catalyst for discussion about one of the most profound challenges that affects us all: how to come to terms with having a spiritual experience in a physical body.

The subject of Walk-Ins is a deep and captivating topic that reveals issues that are far more human and commonplace than one might expect. In addition to the obvious metaphysical implications of a foreign soul entering a human body, what fascinates me most is how friends and family deal with a loved one's life-changing experience no matter what it is. Whether it's a near death encounter, a sudden loss of wealth, or a foreign soul taking root in a spouse's body.

Please visit walkinthemovie.com



HEALING MESSAGES FROM THE ANGELS

Doreen Virtue is a spiritual doctor of psychology and a 4th-generation metaphysician who works with the angelic, elemental, and ascended-master realms in her writings and workshops. Doreen is author of more than 50 books about angels and other mind-body-spirit issues.

See www.angeltherapy.com

Heavenly Help for Your Money Woes Let Go of Your Negative Money Feelings

Everyone is abundantly provided for, but your ego will do its best to trick you into having a “lack mentality.” It gives you the impression that you have to compete in order to survive, and says there’s not enough to go around. It also tells you that you must work incredibly hard to be paid, and that even then, the money you earn will barely cover your bills. *The angels say you can have anything you ask for; you just have to be willing to receive.*

We’re all born with the very same opportunities for success. No one has anything special hidden up their sleeves, and we can have just as much as the people we look up to. At the end of the day, we’re all human, and we’re all children of God. God doesn’t love some of us more than others, and doesn’t give extra blessings to a select few. He loves each of his children equally and provides for us all in the same way.

To walk through the day with a sense of poverty is very disempowering, but the angels can shift your view to abundance. If you feel financially unstable, ask the angels for help. Welcome their assistance without limitation, and trust that they know the best path to follow. Attached to your soul’s energy is a never-ending pot of gold. You’re born with abundant energy and can access it at any moment. Some people go through life constantly struggling with their finances. Others choose to see what’s inside their sacred soul—treasure—and embrace their abundance.

Some will argue that it’s not spiritual to ask for money, but God and the angels want you to be happy. They want to see you with a beaming smile on your face. If financial security brings you that happiness, then the angels will deliver. You needn’t feel guilty about asking the angels for financial abundance—they want to give it to you! You aren’t taking from someone else—that’s the ego’s limited way of thinking. There’s an unlimited supply for everyone!

Money Exercise to Attract Abundance

Money is an energy, just like everything else. In the same way that you’d ask God to send you healing energy, ask that money flow toward you. The angels ask you to view money as an energy that you deserve to receive. If you fear abundance or have issues receiving, it’s difficult for the angels to deliver it to you. Think for a moment about your attitudes about money. Many people say, “When I win the lottery, life will be better.” If someone were to knock on your front door right now, or approach you in the street with a big bag of cash, what would you do? Would you welcome that abundance into your life? Or would you stand there asking, “What’s the catch?” It’s the latter attitude that prevents the angels from helping you in this area! Let’s delete that old phrase from your vocabulary. Be willing to accept money in any form, from any source.

Try this exercise:

Get a bill in any denomination, a pen and piece of paper. Quietly center yourself and connect to the vibration of money. Hold the bill in your hands, gently gaze at it. Next, ask yourself the question: **How do I feel about you?** Write down everything that pops into your head. Even if it seems unrelated, jot it down so you can revise it later. Notice how your body responds, any visions you see, or words that you hear. Write it all down. Then, ask the question: **How do I treat you?** Again, write down your thoughts, feelings, and visions. Finally, ask the question: **How can I have more of you?** Listen to the money as it speaks to you.

Learn from this experience so you can alter your outlook in the future. Follow your guidance with respect to how you can have more money and feel comfortable about it. You deserve to be provided for, to be wealthy, and to be successful. The angels know you’re happier and healthier if your earthly needs are taken care of.

Affirmations For Attracting Money

Positive affirmations are a good way to retrain your thinking, since they build up the energy around you. Affirmations work when you say them and also feel them. It’s important to believe in what you affirm. Repeat your affirmations as often as you like:

- I attract abundance.
- I am willing to receive.
- I trust that God and the angels are providing for all my needs.
- I welcome money into my life.
- I have more than enough money to pay my bills and to have fun.

Visualization

A visualization is a silent affirmation that allows you to “see,” in your mind’s eye, how you’ll experience your new abundance. With your eyes closed, give yourself the full experience of what you desire. Smell that new-car scent, feel the wooden floors of your new home beneath your feet, or smile as you enjoy your career. Spend five or ten minutes imagining that you’ve already attained your desire. If you get bothered by negative thoughts, stop and start again. Or, take a break and come back to it later. Do this visualization several times a day, each time adding a new layer to it. Include thoughts, feelings, fragrances, emotions, and anything else you feel guided toward. Following this exercise, you will be guided down the path of abundance. Take this Heavenly message and welcome all that you desire to be Divinely delivered.

ALPHABETICALLY BY COUNTY

Place your ad here for just \$5 per line. 20 characters per heading, 44 characters per line
Payment due 10th of the month before 321-722-2100 • Email and Paypal to HorizonsMagazine@aol.com

OUR PHONE DIRECTORY... 321-722-2100

ALACHUA COUNTY (352) GAINESVILLE (386) HIGH SPRINGS

A ROCK SHOP & MORE

HIGH SPRINGS EMPORIUM 386-454-8657
660 NW Santa Fe Blvd (441) Gemstone Jewelry

BOOKS & GIFTS

WILD IRIS WWW.wildirisbooks.com 352- 375-7477

CHURCHES

UNITY OF GAINESVILLE 352-373-1030
8801 NW 39th Ave 32606 www.unitygainesville.org

HEALTH FOODS

EARTH ORIGINS MARKET 352-331-5224
EARTH ORIGINS MARKET 352-372-1741

BREVARD (321)

BOOKKEEPING

ACCOUNTING BY CATHI BRENNAN 321-266-1660

ACUPUNCTURE

SUSAN HATHAWAY, Ph.D., AP 321-723-3017
2105 Palm Bay Rd NE Suite #2 in Palm Bay

ACUPUNCTURE AND LASER LIGHT THERAPY

David Rindge, Lac, DOM, RN 321-751-7001
1601 Airport Blvd, Suite 1 Melbourne, FL 32901
www.CooperativeMedicine.com
www.HealingLightSeminars.com

AROMATHERAPY, OILS

HERB CORNER 277 N. Babcock Melb 757-7522

ASTROLOGY REPORTS

ANDREA de MICHAELIS \$22
3 month Future Prediction Reports.
By mail or email horizonsmagazine@aol.com

AUTOMOTIVE REPAIR

MELLOR'S AUTOMOTIVE 321-956-1997
Hybrids and European VW, Audi, Mercedes
7709 Ellis Road, West Melbourne, FL 32904
Email mellorsautomotive@gmail.com
Visit www.mellorsautomotive.com

BOOKS & GIFTS

AQUARIAN DREAMS AIA Indialantic 729-9495

BOOKANDBEADOUTLET.COM 950 N. Courtenay
Pkwy Merritt Island 321.453.2665 50% off bks

CREATIVE ENERGY 952-6789
Crystals, Jewelry, Drums, Singing Bowls, Books
More! 835 E. New Haven Ave downton Melb

ENCHANTED SPIRIT 320 N. AIA CB 784-2213

OWL VISIONS Rev. Terri McNeely 292-9292
501 Florida Ave Cocoa Village 2-6pm call 1st

BUDDHIST TEMPLE

WAT PUNYAWANARAM 321-255-1465
4490 Aurora Road Melbourne www.watpun.org

CHIROPRACTOR & MORE

DOCKSIDE CHIROPRACTIC 321-775-3734
Dr. Kevin Poulston BS,DC 1300 Pinetree Drive
Suite #7 IHB 32937 docksidechiropractic.com

CHURCHES

CENTER FOR SPIRITUAL LIVING SPACE COAST
A Science of Mind Church Cocoa Vlg 474.2030

THE NEW WAY www.TheNewWay.us 458-7956

SPIRITUALIST CHAPEL OF MELBOURNE 728-4738

UU Church OF BREVARD www.uubrevard.us

UNITY OF MELBOURNE 10am Sundays 254-0313
1745 Trimble Rd www.unityofmelbourne.com

UNITY OF MERRITT ISLAND 452-2625
4725 N Courtenay 32953 unitymerrittisland.org

UNITY CHURCH ON THE SPACE COAST
2000 South St in Titusville 383-0195

FLOAT THERAPY CENTER

SOULER FLOAT 321-591-9005
1694-A West Hibiscus, Melbourne, FL 32901
See videos online at www.soulerfloat.com

GLUTEN FREE CAFE

THE BALD STRAWBERRY 321-458-5529
1248 Sarno Rd 32935 thebaldstrawberry.com

HEALTH FOODS

APPLESEED 1007 Pathfinder Rckldge 631-1444
NATURE'S MARKET & CAFÉ 254-8688
PINETREE HEALTH 777-4677
SUNSEED CO*OP Cape Can AIA 784-0930

HERBS, OILS & GIFTS

HERB CORNER 277 N. Babcock Melb 757-7522

MAMA JO'S SUNSHINE HERBALS

1300 Pine Tree Dr. IHB 321-779-4647

HOME BIRTH SERVICES

PAM PEACH L.M. www.Birthingpath.com

MASSAGE THERAPY

EILEEN A JACOBS, L.M.T. 321-773-0409
Reiki Master/Teacher • MM9571 • MA 8698
Reiki and Angelically Charged Massage
Young Living Essential & Angelic Oils
1127 So. Patrick Drive, Sat Beach, FL 32937

MEDITATION MP3S, CDS

ANDREA de MICHAELIS \$10
See horizonsmagazine.com/CD_Page/index.html

PSYCHIC READERS

ANDREA de MICHAELIS 321-722-2100
Clairvoyant, honest, accurate, illuminating

JORIE EBERLE 321-638-0367
Spiritual Teacher, Reader, Advisor, Classes

ELLEN DOREEN Psychic/Medium 321-298-1624
www.ellendoreen.com MC/Visa/AmEx/Disc

KATHRYN FLANAGAN 321-458-7956
Spiritual Counselor * Teacher* Tarot
Reiki * Weddings* Public Notary

REV. TERRI MCNEELY 321-292-9292

REV. APRIL RANE 321-639-8738
Psychic/medium & Channel-www.aprilrane.com
Also last Friday of month at Aquarian Dreams

MORGANA STARR 321-506-1143
Psychic-Medium, Classes. Private or group

Please email feedback about readers to
horizonsmagazine@aol.com

SPIRITUAL DEVELOPMENT

ANDREA de MICHAELIS 321-722-2100
What's it all about? What's happening to me?
Working thru spiritual emergence
horizonsmagazine@aol.com

THERAPY

SPIRITUAL PATH FOUNDATION 321-951-8774
Reiki, Regressions, Shamanic Healings,
Counseling (in person or by phone)

WEBSITE MARKETING

GARY LEGGETT 321-544-5440
Website creation and marketing coach
FREE Consultation - Get Traffic!!
Ask me about our \$99 Special
www.spacecoastwebsites.com

YOGA

SUNDARI YOGA STUDIO 321-613-5999
46 North Brevard Ave Cocoa Beach, FL
<http://sundariyogastudio.com/>

THE YOGA SPACE 321 223-4285
1103 W Hibiscus Blvd, West Melbourne 32904

YOGA, MEDITATION

CLASSES, RETREATS

YOGA SHAKTI MISSION 321-725-4024
Books available by Ma Yoga Shakti
3895 Hield Rd in Palm Bay (see page 31)

ZEN MEDITATION

OPEN MIND ZEN openmindzen.com 427-3511
Al Rapaport/Sensei•Breathwork•Zen Dialogue

BROWARD (954) FT. LAUDERDALE

BOOKS & GIFTS

ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CENTER FOR HUMAN DEVELOPMENT
5809 Hollywood Blvd. Hollywood, FL
954-989-6400 www.espcenter.com

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050
Hollywood, FL www.divineloveinstitute.org
Gifts, Free Reiki Circle, Life Coaching,
Akashic Record Certification, Angel Work-
shops, Magnified Healing and IET Certification

NATURE'S EMPORIUM 755-2223

NEW AGE BOOKS & THINGS 771-0026
4401 N. Federal Hwy Fort Lauderdale

CHURCHES

RELIGIOUS SCIENCE FT LAUDERDALE
Center for Spiritual Living 954-566-2868

UNITY GATEWAY CHURCH 954-938-5222
3701 N. University in Coral Springs

UNITY CHURCH OF HOLLYWOOD 954-548-9320
2750 Van Buren Street www.unityoh.org
Services in Spanish 6pm Sunday in the sanctuary

HEALTH FOODS

HEALTH FOODS PLUS 989-3313
3341 Hollywood Blvd in Hollywood

WHOLE FOODS MARKET
810 University Drive Coral Springs 753-8000
7220 Peters Road in Plantation 236-0600
2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333
2501 East Sunrise Blvd in Ft. Laud

PSYCHIC READERS

JANICE SCOTT-REEDER 954-698-6926
Tarotist and Astrologer, e/snail mail readings.
In person readings at the Cosmic Salamander
<http://cosmicsalamander.com/>

REIKI WORKSHOPS

KOKUTEI INSTITUTE OF REIKI 954-802-7021
Hallandale Beach www.ChiGardenInc.com

CHARLOTTE (941)

HEALTH FOOD STORES

EARTH ORIGINAL MARKET 941-255-2179

COLLIER COUNTY (239) NAPLES

BOOKS & GIFTS

SACRED SPACE 239-390-2522

CHURCHES

UNITY OF NAPLES Books, gifts 775-3009

HEALTH FOOD STORES

EARTH ORIGINS MARKET 239-434-7221

FOR GOODNESS' SAKE 353-7778

FOOD & THOUGHT MKT CAFE 213-2222

NATURE'S GARDEN 643-4959

SUN SPLASH Market & Cafe 434-7721

SUNSHINE Discount Vitamin 941-598-5393

COLUMBIA COUNTY (386) LAKE CITY

BOOKS & GIFTS

KEIPSAKE BODY EMPORIUM 386-758-1666
182 S. Marion Ave. Lake City, FL 32025
Apothecary - over 120 herbs, healing blend
teas. We have a detox spa, and offer Reiki and
attunements, tattooing and body piercing.

DUVAL (904) JACKSONVILLE

BOOKS & GIFTS

EARTH GIFTS www.earthgifts.com 389-3690

SPIRITUAL UPLIFTS 904-571-2586
3491 Pall Mall Dr Jax32257 spiritualuplifts.com

CHURCHES

COSMIC CHURCH OF TRUTH 904-384-7268
1637 Hamilton Street - in Jacksonville

UNITY CHURCH FOR CREATIVE LIVING
2777 Race Track Rd Jax 904-287-1505
www.unityinjax.com/

HYPNOSIS, CHANNELING

INNER FOCUS COACHING 904.270-9686
Get YOUR questions answered! Explore Past
Lives, (Dolores Cannon QHHT). Channeling of
your Higher Selves. Phone, Skype, In Office.
Email heather@innerfocuscoach.com

READER ADVISOR

SISTER LUCINDA BENNETT 904-486-6381
North Newman Street Jacksonville, FL 32202

RECONNECTIVE HEALING

www.tadenergyhealing.com 904-613-7608

ESCAMBIA (850) PENSACOLA

CHURCHES

UNITY OF PENSACOLA 850-438-2277
716 N. 9th Ave. www.unitypns.com

HIGHLANDS (863) SEBRING

CHURCH, CLASSES

UNITY LIFE ENRICHMENT CENTRE 863-471-1122
10417 S. Orange Blossom Blvd, Sebring 33875
<http://www.unityofsebring.org>

HILLSBOROUGH (813) TAMPA, LUTZ

BOOKS, GIFTS, READINGS

MYSTIKAL SCENTS 813-986-3212

GAIA SPIRITUAL DOORWAYS 813-943-3666
26300 Wesley Chapel Blvd, Lutz Florida 33559
<http://www.gaiaaspiritualdoorways.com/>

INDIAN RIVER (772) VERO, SEBASTIAN

ACUPUNCTURE

COMPLEMENTARY MEDICINE 772-766-4418

BOOKS & GIFTS

SPARK OF DIVINE 772-257-6499
1789 Old Dixie Highway Vero Beach, FL 32960

CHURCHES

UNITY OF VERO BEACH 772- 562-1133
950 43rd Ave 32960 www.unityofvero.org

HYPNOSIS

If your mind can conceive it, you can achieve it! Quit smoking, release weight. Overcome fears, manage pain, stop procrastinating, increase self esteem. Past Life Regressions. Contact your spirit guides (772) 571-7745
<http://HealthyReflectionsHypnotherapy.com>

LEE COUNTY (239) FT. MYERS

BOOKS & GIFTS

THE LABYRINTH 239-939-2769
12995 S. Cleveland Avenue #108

SO MOTE IT BE 2267 1st St 33901 239-689-3728
Herbs, Crystals, Spell Kits, Ritual, Altar Tools, Pagan, New Age, Wiccan Supplies, Tarot Decks Spiritual Jewelry, Reiki, Tarot Readings

CHURCHES

UNITY OF FT. MYERS 239-278-1511
www.unityoffortmyers.org

LEON CTY (850) TALLAHASSEE

BOOKS & GIFTS

CRYSTAL CONNECTION 878-8500
1233 Apalachee Parkway in Tallahassee

STONE AGE Tallahassee Mall 383-0233

HEALTH FOOD STORES

HONEYTREE 1616 N. Monroe St 681-2000
NEW LEAF MARKET 942-2557

MARION COUNTY (352) OCALA

BOOKS & GIFTS

SOUL ESSENTIALS Ocala 352-236-7000
Crystals, rocks, gems, unique gifts, healing gifts
805 SE Ft. King St jensoul@embarqmail.com

CROW'S CROSSROADS SHOPPE 352-235-0558
3810 S.E. Lake Weir Ave, Ocala FL 34480
Readings, medtaphysical items, tools for self empowerment. Crow's Crossroads on Facebook

CHURCHES

UNITY OF OCALA 101 Cedar Road 352-687-2113

HEALTH FOOD STORES

EARTH ORIGINS MARKET 352-351-5224

OCALA GHOST WALKS

www.ocalaghostwalks.com 352-690-7933

MARTIN COUNTY (772) STUART

HEALTH FOODS/CAFE

PEGGY'S 5839 SE Federal Hwy 286-1401

SPIRITUAL CENTERS

UNITY OF FORT PIERCE 461-2272
3414 Sunrise oneness@unityoffortpierce.com

MIAMI-DADE (305)

BOOKS & GIFTS

CELESTIAL TREASURES 3444 Main Hwy 461-2341

9TH CHAKRA 1621 Alton Rd Miami Bch 538.0671

HEALTH FOODS

WHOLE FOODS MARKET
21105 Biscayne Blvd in Aventura 933-1543
1020 Alton Road Miami Beach 938-2800

MONROE (305) KEYS, KEY WEST

HEALTHFOOD/JUICE BAR

GOOD FOOD CONSPIRACY 305-872-3945
US 1, Mile Marker 30 on Big Pine Key
<http://www.goodfoodconspiracy.com/>

HELP YOURSELF FOODS 305-296-7766
829 Fleming Street in Key West, FL 33040
<http://www.helpyourselffoods.com/>

NEW AGE BOOKS, GIFTS

BLUE MOON TRADER 872-8864

OKALOOSA (850) FT. WALTON BCH

CHURCHES

UNITY CHURCH FWB 864-1232

HEALTH FOOD STORES

FEELIN' GOOD! Hwy 98 Destin 654-1005

GOLDEN ALMOND FWB 863-5811

ORANGE COUNTY (407) ORLANDO

BOOKS & GIFTS

AVALON Hillcrest St in Orlando 895-7439
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

CHURCHES

CENTER FOR MIND BODY SPIRIT CONNECTION A
Religious Science Church 407-671-2848
www.mindbodyspiritone.com

CENTER FOR SPIRITUAL LIVING 407 601-1169
709 Edgewater Dr.Orlando, Florida, 32804
www.orlandoreligiousscience.com

HERBAL CONSULTS

DAWN'S ENCHANTED GARDEN
Live Oak School of Natural Healing
352-669-1963 and 407-967-6042
Dawn @ Dawnsenchantedgarden.com

HERBS, GIFTS

LEAVES & ROOTS 407- 823-8840
9434 E. Colonial Drive in Orlando

MEDITATION CLASSES

BRAHMA KUMARI MEDITATION CENTER
FREE Meditation Classes www.bkwsu.org
407-228-0026 CALL 407-493-1931

SACRED TATTOO TEMPLE

WARRIORCHILD SACRED SYMBOL Tattoo
Temple "Where spirituality and the sacred
art of tattooing merge" (610) 931.1362
1033 Montana Street Orlando FL 32803

PALM BEACH (561)

BOOKS & GIFTS

EXPEDITO ENLIGHTENMENT CTR 561-682-0955
CHANGING TIMES 640-0496
CRYSTAL CREATIONS 649-9909
SECRET GARDEN 844-7556
SHINING THROUGH 276-8559
DREAM ANGELS 561-745-9355
SPIRITUAL AWAKENINGS Lk Worth 561-642-3255

CRYSTAL GARDEN 369-2836
2610 N. Federal Hwy Boynton Beach

COFFEE & GIFTS

MOTHER EARTH COFFEE & GIFTS 561-460-8647
410 2nd Avenue North in Lake Worth, FL 33460

CHURCH / CLASSES

UNITY OF THE PALM BEACHES 561-833-6483

HEALTH FOOD/CAFES

NUTRITION S'MART 561-694-0644
4155 Northlake Blvd Palm Bch Gardens
www.nutritionsmart.com

HEALTH INSTITUTE

HIPPOCRATES HEALTH 561-471-8876
http://hippocratesinstitute.org WPB 33411

PASCO CTY (727)

BOOKS & GIFTS

SOUL SANCTUARY 727-378-8593
7135 State Road 52 #302-303 Hudson, FL 34667
The Healing: Wed@7pm / Celebration: Sun7pm
http://soulsanctuary-cmc.com/

PINELLAS (727)

ST PETE, CLRWATER

BOOKS & GIFTS

MYSTIC GODDESS Largo 530-9994
OTHER WORLDS St. Pete 345-2800

CHURCHES

UNITY OF CLEARWATER 727-531-5259
PEOPLE'S SPIRITUALIST CH 727-823-5506
TEMPLE OF LIGHT 727-538-9976

HEALTH FOOD STORES

EARTH ORIGINS MARKET St. Pete 727-347-5682
EARTH ORIGINS MKT Palm Harbor 352-786-1231

ST LUCIE (772)

BOOKS, GIFTS, EVENTS

THE OWL BUTTERFLY 772-242-8166
US-1, Port St Lucie 34952 theowlbutterfly.com

SPIRITUAL CENTERS

CRYSTAL CENTER OF ILLUMINATION 465-9327
Course In Miracles, TM, Tai Chi & Yoga

SARASOTA (941)

BOOKS & GIFTS

ELYSIAN FIELDS Midtown Plaza 941-361-3006

HEALTH FOOD STORES

EARTH ORIGINS MARKET Beneva Rd 941-365-3700
EARTH ORIGINS MARKET Stickney 924-4754

SEMINOLE (407)

SANFORD, LAKE MARY

CHURCH, BOOKS, GIFTS

UNITY CHURCH OF CHRISTIANITY
4801 Clarcona Ocoee Rd ORL 407-294-7171

GIFTS, CONSULATIONS

LUNASOL ESOTERICA Sanford 321-363-4883

HEALTH FOOD STORES

EARTH ORIGINS MARKET 407-936-9470

SPIRITUAL COUNSEL

PSYCHIC MEDIUM TORRE' 321-439-3073
Teacher, Healer www.venusinvelvet.com

VOLUSIA (386) DAYTONA, NEW SMYRNA, DELAND

BOOKS AND GIFTS

CASSADAGA CAMP BOOKSTORE 228-2880
Certified Mediums Available Daily

CHURCHES

CASSADAGA SPIRITUALIST CHURCH 386-228-3171
1250 Stevens Street, Cassadaga, FL

COMMUNITY UNITARIAN UNIVERSALIST CHURCH
1108 N. Dixie Highway (US 1) New Smyrna
Beach Sundays at 10:30 am www.dbcuuc.org

HERBS AND GIFTS

SPICE OF LIFE HERBS 734-0035
214 W. Beresford Ave Deland Open Wed 11-6pm
Thurs, Fri, Sat 11-5pm spiceoflifeherbs.net

PSYCHICS ROCKS, GEMS

PURPLE ROSE in Cassadaga 386-228-3315

Morgana Starr

Featured on Best TV Network,
Sisters for the Soul



Psychic Medium
Angel Communicator



Three Simple
Ways to
Connect with
Your Angel,
FREE
(\$30 value)

See www.MorganaStarr.com

Melchizedek Method of Healing Workshop

Sacred Geometry
Merkaba/Time Space
Continuum Work
Egypt, Lemuria, Atlantis
past life connections
Akashic Record
DNA restoration
Cellular healing

For the Intermediate to
advanced Lightworker

June 10-14

Readings on PHONE
or in Person

Visit www.MorganaStarr.com



321-506-1143

COVER ART

Window Watching the Aspens

By Andrea de Michaelis



I've published Horizons since 1992. I use painting as one medium for my spiritual path.

I love the image of a watcher at the window, especially if she's sitting inside where it's cozy and warm while it's starry bright and freezie outside. I paint the moon to give form to the imagery of observation and watchfulness. It has to do not only with illumination and reflection, but with doubt, obscured vision, illusion, dreaming, mystery, the emotions.

I first saw aspen trees in 1996 and they taught me a lot about the dynamics of being connected. Individual aspen trees live only 100 years, however, aspen trees reproduce by sprouting shoots from their roots. This allows them to grow in a cohesive grove. Thus, a grove is actually a single living organism which can reach several thousand years in age. Even fire damage will not kill a grove of aspen trees if the roots remain alive.

Scientists who study tree networks have found that vast underground tree root systems are kind of like giant brains. Like the neurons in our own brains, trees send messages via their roots. So when you walk into a forest, it's likely that all the trees are networked with each other, including other species of trees, as far as you can see. As human beings, we are likewise connected, energetically and via the global mental plane.

Sitting solo in a room illuminted only by the moon and one salt lamp, you can see the door of the cage in the upper right stands open and the cage is empty, representing freedom.

Prints available \$20. Horizonsmagazine@aol.com

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



Alan Cohen

...continued from page 14...

In my life coach training program I teach the students to distinguish between presenting issues and core issues. The issue presented is rarely the one that needs to be addressed. If you are having trouble moving chess pieces around the playing board, it's because there are magnets under the table holding the pieces in place or moving them to undesirable places. When you look under the table and see the hand that is holding the magnet—and recognize it to be your own—you are free to move the pieces where you would.

One of the most famous **Buddhist** mantras is “*Om mane padme hum*,” which means, “the jewel in the lotus.” The lotus represents the surface appearance of life, and the jewel represents the spiritual reality underlying the obvious reality. The obvious reality is but relatively real. The spiritual reality is ultimately real. If you truly seek reality, look deeper.

Appearances are deceptive. Life seems to be one thing, when it is really another. Yet we can use appearances, especially troubling ones, to follow the trail of bread crumbs to the source of causation, which is always mind, belief, attitude, and expectation.

Building a website is the new **Rorschach** projective test. Ink blots have given way to pixels. I sometimes fantasize about developing a coaching practice in which I ask clients to build a website, and then process with them what comes up along the way.

You don't need to build a website to face your fears and limiting beliefs, as well as your courage and your glorious visions. Every day at work, every relationship, every time you look in the mirror, every time you look at your bank balance, you have a golden opportunity to pierce to the jewel in the lotus.

Every moment in your earthly journey is an expression of your consciousness. We are not here to manipulate events. We are here to elevate consciousness. When we do so, the events of our lives flow naturally and well. Then all of our daily activities become fuel for spiritual growth, and we are well on our way to mastery.



WHAT IS YOUR EMOTIONAL TYPE?

...from page 11

TYPE #2. THE EMPATH: EMOTIONAL SPONGE Empaths are highly sensitive, loving, and supportive. They are highly tuned instruments when it comes to emotions and tend to feel everything, sometimes to an extreme. **Are you an empath?** Have you been called “too emotional” or “overly sensitive”? If a friend is upset do you start feeling it too? Do you replenish your energy by being alone and tend to get exhausted in crowds? Are you sensitive to noise, smells, and excessive talking? If so, try this: Take calming mini-breaks throughout the day. Go outside for a walk, meditate in your room alone. Focus on exhaling pent up emotions such as anxiety or fear so they don’t lodge in your body. Protect your sensitivities. Make a list of your top five most emotionally rattling situations, then formulate a plan for handling them so you don’t get caught in a panic. For instance, take your own car places so you don’t get trapped in social situations. (For more strategies see my previous blog “Are You an Empath?”)

TYPE #3. THE ROCK. STRONG AND SILENT TYPE Consistent, dependable, and stable they will always show up for you. You can express emotions freely around them—they won’t get upset or judge. But they often have a hard time expressing their own feelings, and their mates are always trying to get them to express emotions. **Are you a rock?** Is it easier for you to listen than to share your feelings? Do you often feel like you are the most dependable person in the room? Are you generally satisfied with the status quo in relationships (though others try to draw you out emotionally)? If so, try this: Stir things up. Begin to initiate emotional exchanges instead of simply responding to them. Remember that showing emotions is a form of passion and generosity too. Express a feeling a day. In a daily journal, write down an emotion you’re experiencing. Don’t hold back. Are you pissed off? Content? In love? Whatever you feel, bravo! Tell someone. Express the emotion.

TYPE #4. THE GUSHER. ATTUNED TO EMOTIONS Gushers are in touch with their emotions and love to share them. No one has to wonder where they’re at. Gushers are able to quickly process negativity and move on. Their downside is that they tend to share “too much information” and over-sharing can burn people out. **Are you a gusher?** Do you get anxious if you keep your feelings in? When a problem arises is your first impulse to pick up the phone and share? Do you have trouble sensing other people’s emotional boundaries? If so, try this: Before seeking support, tune into your intuition. Spend a few quiet moments going inward to find out what your gut says. Try to solve the situation from a calm centered place. See what flashes or “ah-has” come to you.

Take time to build your own emotional muscles. The most important relationship you’ll ever have is with yourself. If this is good, you’ll be able to have wonderful relationships with others. Knowing your emotional type provides a platform to emotionally evolve and to become a truly powerful person.



ASK WHITEDOVE

...from page 15

So when you experience déjà vu, your mind is connecting with the event as a memory. In linear Earth time, the event must occur in sequence. But on a higher level of awareness, your soul connects to this event with familiarity because you have already experienced it. Now you are just going through the physical motions.

There is also “Past Life” déjà vu that many people experience when traveling abroad. We are sometimes drawn to places where we experienced a past incarnation. Your past life memory triggers this type of déjà vu. For example: You go to Egypt for the first time, yet you are familiar with the many places that you visit without prior knowledge.

Dear Whitedove, My daughter has always had an imaginary friend named Tina. The other day I asked about Tina and was told that she doesn’t come visit as often. Has my daughter outgrown the need for this type of companionship? Wondering about Tina, Tampa

Dear Wondering, As we enter this world, we are gifted with guardian angels and spirit guides to accompany us. The laughter and smiles of babies attest to seeing them. Many toddlers maintain this relationship and openly communicate with these Heavenly helpers.

Tina is one of your daughter’s guardian angels. These angels manifest in forms that we best relate to; they are constant companions, whose mission is to guide and guard their charges. As angels of light their influence is always positive.

As children grow, they become domesticated and learn to accept society’s teachings. “My, you have a vivid imagination” and statements like these direct children towards a different belief system. By the age of eight a large percentage of kids forget their angel friends.

So it’s very important for mentors to encourage their children’s spiritual development. Today there is a large population of Indigo Children that strive to keep their Heavenly connection. Everyone young and old has angel helpers; mostly they are an unseen support team. But be assured that they are there for you.



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."

She reasoned that if she began her project, there was no guarantee it would succeed, and then the money would be gone and no one would benefit from it. I told her it was more likely that since she attracted the "windfall" in the first place, she was a vibrational match for attracting more of the same. The fact that she was paying past dues would greatly benefit her future. She'd have nothing hanging over her head, she'd owe no one and that in itself would remove a giant barrier of resistance from future law-of-attraction equations.

She opted to pay everyone back first. That felt so good she treated herself to a spa day and splurged on \$10 of lottery tickets. No surprise that she got 5 of 6 of Saturday's numbers and won \$5,488.50, twice the amount of her windfall.

Would she have attracted that had she not made the decision to pay everyone back first? Who knows. All she did was follow her heart and do what felt the best to her to do. She did what she would do if the money did not matter, as if she was doing it purely in exchange for deep appreciation of what she'd been gifted with. She said she's never felt so ready for her future.

Roadblock? Do you gripe about it or slink past it on to your next good thing?

WHAT TO DO? A roadblock has been thrown up and you've had a disappointment. Do you rail against the perpetrator, point fingers and tell everyone you know all about it? Or do you quietly acknowledge that the Universe has your best interest in mind and, the sooner you stop whining about it, the sooner you can get on to your happier and better tomorrow? Wanting to give the other party heck is just keeping you in a place of resistance. Acknowledge that you may not now understand what is happening. Trust and expect that you will always end up in a better place. Then find something to be happy about.

R's story: Sometimes you have to pursue your own dream and free yourself of the well meaning loved ones who waste your time

A friend didn't buy her husband's "oh, you misunderstood" story and told him so. He shouted that she needed to stop bringing up old stuff. Sound familiar? Old stuff? They'd never resolved ANY of it, he'd just pout until she finally dropped it. She was tired of dropping it. This was her life, too, and she didn't want to waste another minute trying to make happen what wasn't meant to happen.

She told him he could reframe it all he wanted but he purposefully lied and got caught and he was the one who kept bringing it up. If he'd stop trying to prove he wasn't lying, they would be off the topic already. When he was calm again, she told him he should work on his issues, like cutting people off when they call him on his stuff, resolving nothing and moving from person to person with the same behavior, ignoring the carnage. He said he didn't like that and she reminded him it's not about him liking what she says, it's about him making an effort to resolve his issues so he can be the man he is capable of being.

Three years ago she put her own dreams on hold to focus on their shared dream which never got off the ground. She found herself doing all the work yet he said all the right things to keep the dream alive. I asked her to picture herself in a canoe with him and see the two of them paddling down the river, then to take notice of when she became the only one paddling. Without him, this wouldn't be her dream. She decided then to stop paddling and tell him she was done with it. If he wanted it to happen, he'd have to man up and make it happen himself.

She went back to her own dream and built her former nursery/floral business back up and it began thriving. Her kids got involved in the business and it was one big happy family again. And she had her husband to thank for blowing up at her as a wake up call that she wouldn't be paddling that canoe in that direction if it were her choice and she certainly wasn't paddling there on her own. She's still waiting for him to get his act together, but she's no longer holding herself back in the process.

O's story: The quickest way out of drama is to stop talking about it

A friend asked for the quickest way OUT of the drama and chaos she's having. The secret is to stop talking about it. Now. Don't repeat the story to anyone else, no matter how juicy the updates. Stop participating in giving any energy to the topic and the persons involved will immediately, like magic, stop having power over you. We're much more powerful than we think, all it takes is a little change of focus and the perception shift can be a life changing revelation.

E's story: You can only attract who and what you are vibrationally in tune with

A friend complained today about her partner for the umpteenth time. What she doesn't get is that you can only attract someone you are vibrationally aligned with. If you keep attracting "losers and users," you're the only one who can change that. You change it by changing your daily focus. Organize your thoughts to stay focused on something a little happier and you'll attract an upgrade, I promise. You can only attract what you are vibrationally in tune with. You simply need to tune to a different channel. Maybe that means going to different venues for fun, maybe it just means focus on different people at those venues. You change your world by changing your focus and changing your self talk.



Enjoy our offering this month.
Hari Om.

Andrea



ABRAHAM-HICKS

...continued from page 9

As you begin to understand—or better stated, as you begin to remember—this powerful Law of Attraction, the evidence of it that surrounds you will be easily apparent, for you will begin to recognize the exact correlation between what you have been thinking about and what is actually coming into your experience. Nothing merely shows up in your experience. You attract it—all of it. No exceptions.

Because the Law of Attraction is responding to the thoughts that you hold at all times, it is accurate to say that you are creating your own reality. Everything that you experience is attracted to you because the Law of Attraction is responding to the thoughts that you are offering.

Whether you are remembering something from the past, observing something in your present, or imagining something about your future, the thought that you are focused upon in your powerful now has activated a vibration within you—and the Law of Attraction is responding to it now.

People often explain, in the midst of unwanted things occurring in their experience, that they are certain they did not create such a thing. “I wouldn’t have done this unwanted thing to myself!” they explain.

And while we know that you did not deliberately bring this unwanted thing into your experience, we must still explain that only you could have caused it, for no one else has the power to attract what comes to you but you. By focusing upon this unwanted thing, or the essence of it, you have created it by default.

Because you did not understand the Laws of the Universe, or the rules of the game, so to speak, you have invited unwanted things into your experience through your attention to them.

If someone is not receiving what they are asking for, it is not because there is a shortage of resources; it can only be that the person holding the desire is out of alignment with their own request. There is no shortage. There is no lack. There is no competition for resources. There is only the allowing or the disallowing of that which you are asking for.

When you decide that you want to feel good, and you reach for the vibration that feels good to you and you establish that as your Tone, either the people around you will be uplifted to join you in that vibration or they will clatter right out of your experience.

THE TEACHINGS OF ABRAHAM

You are a Physical Extension of that which is Non-physical.

You are here in this body because you chose to be here.

You are a creator; you create with your every thought. You often create by default, for you are getting what you are giving your attention to wanted or unwanted but you know by how it feels if what you are getting (creating) is what you are wanting or if it is not what you are wanting.

Anything that you can imagine is yours to be or do or have. As you ask yourself why you want it, the essence of your desire is activated, and the Universe begins to bring it to you. The more intense your positive feelings, the faster it is coming to you.

You are choosing your creations as you are choosing your thoughts. Your loving Inner Being offers guidance in the form of emotion. Entertain a wanted or unwanted thought and you feel a wanted or unwanted emotion. Choose to change the thought and you’ve changed the emotion and the creation. (Make more choices each day.)

The Universe adores you; for it knows your broadest intentions. You have come to earth with great intentions, and the Universe constantly guides you on your chosen path. When you are feeling good, you are, in that moment, allowing more of that which you have intended.

The essence of all that you appreciate is constantly flowing into your reality. As you find more things to appreciate, your state of appreciation opens more avenues to more to feel appreciation for. (As you think you vibrate. As you vibrate you attract.)

You are a creator of thoughtways on your unique path of joy. No one can limit where you can direct your thought. There are no limits to your joyous journeys to experience. On the path to your happiness you will discover all that you want to be or do or have. (Allowing others their experiences allows you yours.)

Actions to be taken and money to be exchanged are by-products of your focus on joy.

You can not die; you are Everlasting Life.

P.S. It is not necessary for even one other person to understand the Laws of the Universe or the processes that we are offering here in order for you to have a wonderful, happy, productive Life Experience for you are the attractor of your experience. Just you!



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

HOROSCOPES

JUNE 2015

Aries: May 20 to April 19 "I Am"

It is not Christmas outside but the energy around you feels festive. The friendships you keep will bring someone new into your life that will brighten your attitude beyond anything you have experienced in recent times. This person has a karmic present for you, it is unexpected and appreciated.

Taurus: April 19 to May 20 "I Have"

The canvas of your life is blank, sometimes answers to a prayer may come in unexpected ways; eventually you can make sense of the message. Nonetheless you are at a fork in the road, the path you choose can be new or the same old same old stuff. It is clearly your choice and what you are willing to live with.

Gemini: May 20 to June 21 "I Think"

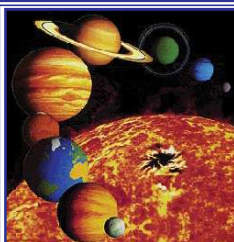
It is about time that you finely have all your energies working together and headed in the same direction. Over the years your values have changed but only from outside forces. This time you have truly realized what you have lost and are ready to take full responsibility for your part.

Cancer: June 21 to July 22 "I Feel"

You are experiencing some intense emotions regarding a prominent female figure in your family. The wise can teach you a great deal if you are willing to learn and listen with your heart. They need to be heard and understood, and that takes love and understanding, of which you are capable.



Wildwood Botanicals Premium Massage Lotion & Cream
Visit website at www.wildwoodbotanicals.net
Email info@wildwoodbotanicals.net



Psychic & Astrological
Phone Consultations
Astrological Chart Service

Barbara Lee
208-640-9524

Visa / MC accepted
Email barbaraleellc@gmail.com
www.IntuitiveReflections.com

Order a Natal Report
Receive a One Month
Transit Report FREE

Leo: July 22 to August 22 "I Will"

You have your hands and arms full this month planning parties and celebrations, and some activities could be centered around humanitarian concerns. There is also the possibility of new children in your creative environment. The message for you is to have fun and play hard.

Virgo: August 22 to September 22 "I Analyze"

You have an opportunity this month to make a profound difference in a life of a younger person, in this situation there is a true sense of humility in giving of yourself. This is a karmic debt that you are meant to pay off. This connection will serve so many lives for the highest good of all concerned.

Libra: September 22 to October 23 "I Balance"

You are always so centered on everyone else, being in a relationship, helping others and searching for someone. This month your greatest strength is having the strength in your own dreams and following your path even if it is with just yourself for a time.

Scorpio: October 23 to November 22 "I Transform"

Transformation is your middle name this month. You are willing to remold yourself and your life on all levels. When you want something you are driven to get it, in the process you are a changed human being. The values you live by have gone by the way side, replaced by newer and better ones.

Sagittarius: November 22 to December 21 "I Perceive"

The energies in your life have pulled the rug out from under you. The nurturing aspect of your life has changed and you are on the edge of depression. Even though there are plans for travel and vacations, delegate your money wisely just in case of income fluctuation. The best is yet to be but it may not feel like it right now.

Capricorn: December 21 to January 19 "I Use"

The energies in your home are fluctuating, residents may move out, or you may move, anyway no matter how you look at it there is unexpected change in your home environment. Get clear with what you want or don't want and create your life by intention not by default.

Aquarius: January 19 to February 18 "I Know"

This month your focus is on your creations, maybe thinking about writing a book, a study course, but most likely your children and grandchildren. Fun will be the most important ingredient in everything you do this month. Lucky you, a large sum of money finds its way into your hands.

Pisces: February 18 to March 20 "I Believe"

This month you are in great spiritual service. So much has happened to so many people you know, your heart is wide open with compassion. You are truly a beacon of light loving and supporting so many. The gifts you share are appreciated by many. Your efforts will not go unnoticed.

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: A Natural Pathway to Godhood



Ma Yoga Shakti is a beloved teacher with ashrams in India and US instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907

Visit www.yogashakti.org or email yogashaktipalmbay@gmail.com 321-725-4024

Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga 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.

Don't imitate anybody else. See what talents you have and let them grow.

When an opportunity is given to you, do not miss it. Golden opportunities come to everybody, but if they are not welcomed they go back.

Spiritual life is like putting wheels to heavy luggage. If life is very heavy and we have a lot of problems, we can put wheels to it with spiritual life. Then everything will run smoothly and the load will be lessened.

YOGA SHAKTI MISSION



Ma Yoga Shakti

**Sunshine
Lectures
Sundays**

9 - 10am

*Talks on
Spiritual Topics*

June 7th - Importance of
Seaweed in our Diet
with Yu Huei Chen

**YOGA
CLASSES**

7-8pm

\$7 Per Class or
\$25/month
unlimited

Mojday
thru
Thursday

First Saturday

at noon

**VEGETARIAN
LUNCHEON**

\$10 donation
(children free)

YOGA SHAKTI MISSION

3895 Hield Rd NW Palm Bay

yogashaktipalmbay@gmail.com

321-725-4024

Visit www.yogashakti.org

HORIZONS MAGAZINE
575 Escarole Street S.E.
Palm Bay, FL 32909-4802



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

When we think that the
world has unlimited
resources, our world
becomes unlimited.
Ma Yoga Shakti

Living in Tune With the Infinite

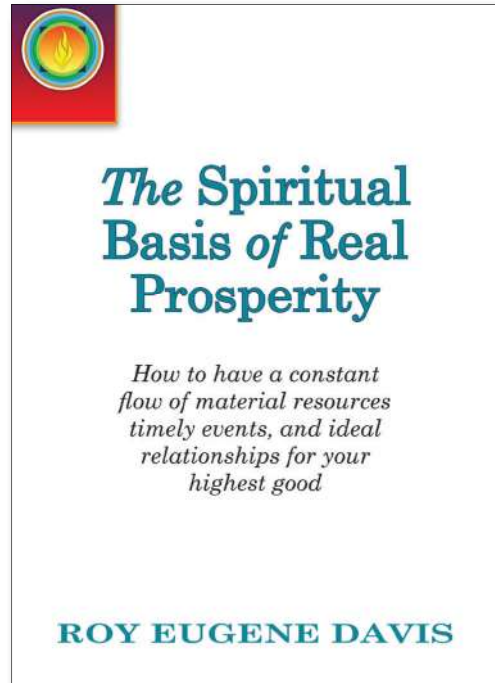
The Spiritual Basis of Real Prosperity

**How to have a constant
flow of material resources,
timely events, and ideal
relationships for your
highest good**

Trade Paper 128 Pages \$5.00

Plus \$3.00 packing and postage

**Center for Spiritual Awareness
PO Box 7 Lakemont, GA 30552-0001
Online at www.csa-davis.org
Tel: 706-782-4723 info@csa-davis.org**



prosperity Latin *prosperus*, fortunate. *Real* prosperity prevails when the spiritual, mental, emotional, physical, and environmental components of one's life are harmoniously integrated.

**The Spiritual Basis of Real Prosperity
Prosperity is a Personal Choice
Eight Success Principles That Make Possible
the Fulfillment of All of Life's Purposes
The Deep Silence That Refreshes Mind and Spirit
What You Can Clearly Imagine and Believe,
You Can Experience
How to Use Affirmations Effectively
Established in Prosperity Consciousness,
Fulfill Your Destiny**



Roy Eugene Davis has been teaching spiritual growth processes for sixty years in North and South America, Europe, West Africa, and India. He was ordained by Paramahansa Yogananda in 1951. FREE: read Truth Journal, listen to Mr. Davis' talks, and see meditation seminar and retreat schedules at www.csa-davis.org