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# Rev. Albert J. Bowes

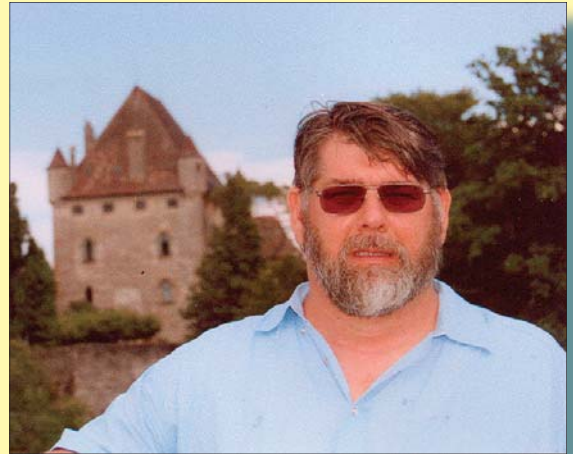
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This means several subjects not just one or two. The questions should be the how, why, when, where, which type of question, not "yes" or "no" questions. These questions should relate to the information you seek and the items you bring. The questions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

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

### *Accuracy scientifically proven*

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

*Albert's assistance to business has had wonderful success with those who have taken his information and followed his insights. They have achieved their goals, saved businesses, or realized their dreams. They have been developers, bankers, doctors, oil companies, etc -- the list is long. For information on business readings, call Albert -- He travels anywhere he is needed, as necessary.*

## CREDENTIALS:

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

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

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

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



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**Sunday July 12th 10am THE NATURE OF  
REALITY with nationally known  
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ing fathers used Unity Principles of  
inclusiveness, personal freedom, and  
an inherent belief in the goodness of  
people in the design of our nation.



**FOLLOWED BY A WORKSHOP  
from 2:00-4:00pm** *The Nature of  
Reality. with Christopher Tims.* Do  
we really create all this?... Really?!

Quantum physics meets mysticism. Let's re- examine  
popular concepts like creator, co- creator, manifest-  
ing and the law of attraction. Is that actually how it  
works? Is that all there is to it? Or is this only the tip  
of the iceberg? What does cutting edge science and  
true mysticism have to say about this fundamental  
concept? Come get answers to the questions you've  
probably been asking for years; and hear some ancient  
(yet new) ideas that will challenge and stretch you.  
Christopher will share concepts that go beyond creat-  
ing, manifesting and attracting; concepts that will give  
you a scope of how magnificent you truly are. Offered  
on a love offering basis..

**Sunday Mornings 10:00 am THE FOUR  
AGREEMENTS with Rev. Beth Head.**

Join us as we explore these 4 agreements  
which help to free us from our dreams and illu-  
sions and live a better life.



- 7/19 Be impeccable with your word.
- 7/26 Don't take anything personally.
- 8/2 Don't make assumptions.
- 8/9 Always do your best.



**Monday Evenings Beginning July 20th  
7:00 – 9:30 PM THE ART & SCIENCE  
OF LIVING YOUR DREAMS with Linda  
Sands,** President and Co-Founder of Dream-  
Quest

International. This is a six week series of innovative and  
creative techniques for identifying and implementing personal,  
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of \$20 per class or \$100 in advance for series.



**Friday, July 10th & 24th, 2009 Brevard County  
Buddhist Fellowship** – The Brevard County Buddhist  
Fellowship's July meeting schedule will be Friday, June 10th &  
24th, 2009, at 7:00 PM. Our meetings include a brief meditation  
period and open discussions on how we can apply the Dharma  
to our everyday life. For more info, or if you would like to suggest  
a specific topic for discussion, please email Tim at [brevard@bffct.net](mailto:brevard@bffct.net), or call (321) 720-0738

**Friday, August 21st** 6-9pm Slideshow Presentation: SPIRITUAL  
ADVENTURE IN COSTA RICA with Elaine M. Christine, Ph.D.

**Saturday, August 22st** 10am–1pm Wisdom Seminar: PEACE  
PROCESS Your Path to Inner Peace. Elaine M. Christine, Ph.D.

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

# THE GREATEST OPTICAL ILLUSION IS SEPARATION

## Publisher/Editor/Layout:

Andrea de Michaelis

## Thanks for help this month

Gerald & Rev. Beth Head

Cha Cha La Belle

Sally Carmany

Janet Slimak

Julie Mallis

## Cover Artist (see page 34):

Answering the Call of the Wild  
by Melissa Harris

## Contributing writers:

Michelle Whitedove

Esther & Jerry Hicks

Sonia Choquette

Cecelia Aitable

Maggie Rosche

Roger Coleman

Noah benShea

Lynn Andrews

Karen Williams

Marlene Buffa

Sharron Britton

A. Venefica

Barbara Lee

Sharon Janis

Alan Cohen

Mike Dooley

Tom Sannar

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

Anais Nin

Horizons thanks  
everyone willing  
to take the risk

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

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

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Inside front	\$550	\$485	\$425 color
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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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







**Andrea de Michaelis**  
Publisher

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

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

**W**ello and welcome to the July 2009 edition of Horizons Magazine. I'm ready for a vacation, how about you? I love doing all the jobs that make up my "work" but sometimes I get a little too much in my comfortable rut and realize I could use some different programming. But then, as Abraham-Hicks says, it's less about what I do than it is how little resistance I have. Which means I just need to play more.

I was talking with a friend the other day and the topic was reprogramming her inner dialogue - her self talk - to help her accomplish some goals she has set for herself. She's a smart and successful person, and has just identified some habits she wants to change. She wasn't aware of it before, but every time a bill came in, one of her thoughts was, "I'll never get ahead at this rate." Every time her kids asked for a loan, she thought, "I'll never get ahead at this rate." Every time she got

an unexpected repair or medical bill (and she attracted a lot of them), she thought, "I'll never get ahead at this rate." So we simply came up with a few lines of self talk that she would teach herself to repeat over and over each time the old thoughts of the old story came to mind. She'd carry these lines with her and read them often throughout the day.

As Abraham-Hicks says: As you imagine and visualize and verbalize your new story, in time you will believe the new story, and when that happens, the evidence will flow swiftly into your experience. A belief is only a thought you continue to think; and when your beliefs match your desires, then your desires must become your reality. The Law of Attraction is responding to your thought, not to your current reality. When you change the thought, your reality must follow suit. If things are going well for you, then focusing upon what is happening now will cause the well-being to continue, but if there are things happening now that are not pleasing, you must find a way of taking your attention away from those unwanted things. You have the ability to quickly change your patterns of thought, and eventually... your life experience.

So we began with a few simple sentences, knowing that we would find the right combination for her as we go along. We began with, "This bill tells me that money is in the flow again. Things always work out for me. Money

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

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

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

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# ABRAHAM-HICKS



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

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

## Become a Deliberate Creator

**R**emember, before you can effectively benefit from paying attention to your emotions, you must first accept that Well-Being is the only Stream that flows. You can allow or disallow this Stream, but when you allow it, you are well; and when you disallow it, you are sick. In other words, there is only a Stream of wellness, which you are allowing or resisting, and you can tell by the way you feel which you are doing.

You are supposed to thrive. You are supposed to feel good. You are good. You are loved, and Well-Being is constantly flowing to you, and if you will allow it, it will manifest in all manner of ways in your experience.

Whatever you are giving your attention to is already pulsing an Energy vibration. And as you hold your attention upon it, you begin to vibrate as it is vibrating. Each time you focus upon it, and each time you offer the vibration, it feels easier for you to do it the next time, until, in time, you develop a sort of vibrational proclivity. It is like practicing anything; it can get easier and easier. And with enough focusing on this thought, and therefore practicing this vibrations, you form what you call a belief.

A belief is only a practiced vibration. In other words, once you have practiced a thought long enough, then

anytime you approach the subject of that thought, the Law of Attraction will take you easily into the full vibration of your belief. So now, the Law of Attraction accepts that belief as your point of attraction, and brings to you things that match that vibration. And so, as you have life experience that matches those thoughts you were pondering, you conclude, "Yes, this is truth." And while it may be accurate to call it "truth," we would prefer to call it attraction, or creation.

Anything that you give your attention to will become your "truth." The Law of Attraction says that it must. Your life, and everyone else's, too, is but a reflection of the predominance of your thoughts. There is no exception to this.

## Have You Made a Decision to Direct Your Thoughts?

To be the deliberate creator of your own experience, you will be one who has decided to direct your thoughts, for only when you deliberately choose the direction of your thoughts can you deliberately affect your own point of attraction.

You cannot continue to discuss, observe, and believe things in the same way you always have and make changes in your point of attraction, any more than you can set your radio dial to 630AM and receive the broadcast from 101FM. Your vibrational frequencies have to match.

Every emotion that you feel is about your alignment or misalignment with the Energy of your Source. Your emotions are your indicators of the vibrational variance between your physical Being and your Inner Being, and when you pay attention to these emotions and try to focus on good-feeling thoughts, you are then using your Emotional Guidance System in the way that you intended when you decided to come into this physical body.

Your Emotional Guidance System is the key to helping you understand what your vibrational content is and therefore exactly what your current point of attraction is. Distinguishing between the actual thought of what you want, compared to the thought of its absence, is sometimes difficult. But distinguishing between your emotional response to your thought of your desire, and your emotional response to your thought of the absence of your desire, is a very easy thing to do.

Because, when you are fully focused upon your desire (and your vibrational offering purely reflects that), you feel wonderful. And when you focus upon the absence of something that you truly want, you feel awful.

Your emotions always let you know what you are doing with your vibration; your emotions always let you know exactly what your point of attraction is; and so, by paying attention to your emotions and by deliberately offering thoughts that affect the way you feel, you can consciously guide yourself into the vibrational frequency that will allow the fulfillment of any desire you hold.

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**T**he Beauty of Prayer - One of the best ways to assist your evolution into higher consciousness and stabilize your 6th sense so that you become an evolved being is to pray. Prayer immediately raises your personal vibration and ushers more light into your body, opens your heart chakra, which in turn activates your 6th sense and connects you with your Higher Self. Prayer isn't complicated or difficult. It is simply the practice of communicating on an intimate heart-to-heart level with your Creator. When you pray, you ask your personal ego to step aside and you surrender your personal energy over to a Higher Power, asking it to work through you, to bring about balance and healing. Prayer allows Divine power to do for you what your own personal power and resources operating on a five sensory level can't.

In blind study after blind study, research shows that prayer works, so even science confirms that prayer is a good idea. Prayer heals. Prayer calms. Prayer strengthens. Prayer balances and restores order. Prayer attracts solutions that we could never even imagine possible, which is what we call miracles. Prayer is a direct link to heaven and keeps us plugged into our source. Prayer is such a personal and intimate connection with Divine Source that the right way to pray is in whatever way you personally intuitively feel moved to pray.

The other day I went to my computer to log onto the Internet for something and much to my dismay there was something wrong with my computer and I couldn't establish the connection I had wanted to. I felt frustrated and really disappointed that I was unable to gain access to this vast and free resource when I really needed it. Praying is very similar to logging on to the Internet, only better. It is spiritually logging on to Divine Wisdom, the ultimate resource for needed support and guidance.

Like everything else that connects us to our sixth sense, prayer is most effective when practiced. That means we should pray all the time, until it becomes automatic. Pray when you first wake up in the morn-

*...continued on page 30...*



## Charles Lightwalker

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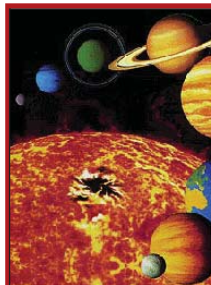
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Taking a quiet sideways glance at life, Marlene Buffa offers insight through her words from experiences. . A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships.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

A Boulangerie is a bakery which sells breads and rolls.

A pâtisserie is a French bakery that specializes in pastries and sweets.

**M**y friend Ann and I walk two miles to the nearby gourmet grocery store. Contained within the store, resides a most decadent Boulangerie. The bakery also sells pastries and sweets, making it a Patisserie as well. One day, we decided to satisfy our craving for sweets, so Ann ordered a large cinnamon roll. The clerk asked, "Would you like that heated and covered in butter?" Ann and I both looked at one another and in unison responded, "Of course! Isn't everything better heated and covered in butter?" Laughing at the excessive indulgence, I realized that we taste life as plain little necessities, instead of indulging in everyday experiences more warmly and engulfed in goodness!

## The Store of Life

While a Boulangerie makes the basics of life - breads and rolls - the Patisserie offers the luxuries we enjoy. All too often, we settle for the basics and deny ourselves the wonder of the possibilities of the flavors life offers us. Sure, the staple of grains supports and nourishes us, and the sweet treats satisfy our fancy for more than we need, from time to time.

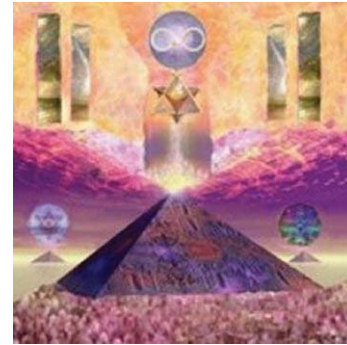
When we look at our lives, most of us remain content with our basic necessities and offer gratitude and thanks for our health - physical, emotional and spiritual. Sometimes we take our basics for granted and life serves up a plateful of lessons to remind us to appreciate our daily bread.

Enjoying and even indulging in the sweet treasures that life offers us whether in food, relationships, success, or peace of mind, we recognize that while this is available to us at all times, we rarely stop to consider that it, too, could be a regular experience.

*...continued on page 39 ...*

Gillian MacBeth-Louthan Presents

## THE GATHERING OF LIGHT



**August 8, 2009  
Melbourne Florida**

On July 22, 2009 the Star Sirius Rises & the Atlantean New Year begins. We will have a total solar eclipse, the longest of the 21st century. The eclipse is a 74/11 vibration.

This sacred vibration teaches one to believe in what cannot be seen. This Light comes through the heart not allowing anything to sway it from its destiny. The four, representing earth and material, dances and tries to seduce the seven out of its holy place. By acknowledging the God within all things we will make it through this teaching vibration. Discipline is needed to keep peace of mind and keep one from drowning within circumstance. When Divinity dons her full costume of light one realizes there are no needs... for all needs are fluid and able to fulfill themselves. Pass thru this gate with a deep knowing. On August 6, 2009 we have a partial Solar Eclipse which escorts us into the 8:8 Lions Gate.

August 8, 2009 (8:8) is an energy doorway that activates the etheric and cellular/Stellar Hall of Records. This is a Galactic activation of stellar proportion. Time has quickened and the 'time matrix' shifts into unknown areas. August 8, 2009 is a meeting place of polarities. It is a celebration beyond time that escorts us home through the Sphinx Lions Gate to the Stars we shine for. The very ends of our DNA open to embrace a new possibility.

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# THE CAUSE OF RESTLESS LEGS SYNDROME (RLS) IS INFLAMMATION

by David Wimble, [www.RLcure.com](http://www.RLcure.com)

*"The person that says it cannot be done should not interrupt the person doing it." - Chinese Proverb*

## INTRODUCTION

Restless Legs Syndrome (RLS), that unbearable twitching that prevents a person from sitting or lying down for any great length of time, is caused by a flow of energy streaming through the legs and touching small patches of **inflamed** tissue.

## HOW DO YOU GET RLS?

Energy continually flows through each of us. Some people's legs are affected by this flow, which results in small patches of inflammation. Because the flow is continual, these small patches become increasingly more irritated, until the irritation becomes physically noticeable and eventually, unbearable. This unbearable level of inflammation is what is now called "Restless Leg Syndrome". In some cases (in people such as myself who had RLS for many years) the inflammation gets so bad that the nerves become raw.

*"The sensations are unusual and unlike other common sensations and those with RLS have a hard time describing them. People use words such as uncomfortable, "antsy", electrical, creeping, painful, itching, pins and needles, pulling, creepy-crawly, ants inside the legs and many others."*

The sensations that these Restless Legs Syndrome sufferers are all trying to describe in the above Wikipedia excerpt ([en.wikipedia.org/wiki/Restless\\_legs\\_syndrome](http://en.wikipedia.org/wiki/Restless_legs_syndrome)) is the sensation that occurs when that energy flow touches an inflamed area of their legs.

## IT'S LIKE A SUNBURN ON THE INSIDE OF YOUR LEGS

To understand what is happening inside your body, imagine if you had a really terrible sunburn on your back. If the Invisible Man walked around with you through the day, the whole time blowing on your back, you might notice a bit of irritation, but not enough to get upset about. You're distracted by the noises of the world around you.

However, at night when it's quiet and you're lying in bed and trying to go to sleep, and the Invisible Man is still blowing on your badly sunburned back, you would find that highly irritating. The pain is not intense like someone dropping an anvil on your foot ... but it is enough of an irritation to prevent you from sleeping, or even lying still. As the irritation continues, night after night, you now are moving into the realm of emotional and mental pain.

## HOW DO YOU GET RID OF THE INFLAMMATION?

To put an end to your restlessness, once and for all, what must be treated is the inflammation and raw nerves that have been created by the steady flow of energy moving through your legs. Fortunately, it is VERY easy to get rid of by using natural herbs and minerals.

## TRY THE CURCUMIN TEST!

Curcumin is a component of the popular Indian curry spice turmeric. It has been used for thousands of years as a natural anti-inflammatory. For those of you with RLS, I suggest that you test out my claim by running out to your local Health Food Store and purchasing a bottle of curcumin. Take the suggested amount with each meal, and one capsule before bed.

Please make sure to consult your Pharmacist if you are pregnant, on antidepressants or any other pharmaceuticals.

If you're not taking any pharmaceuticals, you should start feeling relief within a few days.

If your experience is similar to mine, for the first couple of weeks you'll experience a great deal of relief. Some of you may even feel like your RLS has left for good.

## HERE IT COMES ... THE HARD PART

The two weeks or so of relief is what I call the "honeymoon" period. It's the calm before the storm. At some point the body's natural resistance to change is going to wake up to the fact that you're trying to change something "major" in your life. It will start pushing back in a big way. A VERY big way. This is when the "real" work begins.

The e-book I have published (The ABSOLUTE Cure for Restless Leg Syndrome) is **300** pages long. However, the list of supplements that you need to take in order to get rid of your RLS ... is only **1** page! The other **299** pages are dedicated to overcoming that POWERFUL resistance to change that you need to move through in order to become totally free of your restless legs.

The book takes an intimate look at that survival mechanism within all of us that resists change at ANY cost. It features tips and exercises that will enable you to calm down that resistance and move beyond the grip of your RLS. It also details the daily intake of herbs, vitamins, minerals and supplements that will heal the inflammation and raw nerves that are causing the irritation in your legs.

I suffered from RLS for **over 20 years**. In only **48 days**, I was able to become totally RLS free (you can view my DAILY PROGRESS CHART at [www.RLcure.com](http://www.RLcure.com)). By following the **4-Week Program** I have developed, you can become free of your RLS ... no matter how long you've been suffering!

*David Wimble is the author of "The Absolute Cure for Restless Leg Syndrome" - an e-book chronicling his discovery of both the cause and the cure of Restless Leg Syndrome. The book includes a diary of David's journey to overcoming the "disease." The main focus of "The ABSOLUTE Cure" details how David was able to move beyond the powerful resistance that arose when his RLS began to notably lessen. To learn about the combination of herbs, minerals and supplements David used to break free from his RLS, and to try out the 4-Week Program that he has developed to help RLS sufferers move beyond their pain (and resistance) please visit [www.RLcure.com](http://www.RLcure.com) or e-mail David at: [david@RLcure.com](mailto:david@RLcure.com)*

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## MANAGING STRESS WITH HERBS

**W**e all get stressed every once in a while because our lives have become so hectic; but for some of us our stress is more emotionally related from worry, work, finances, anxiety, tension, grief, frustration, depression and anger. Stress can be due to illness, loss of a loved one, a job loss, family visits, over-work, travel or exposure to toxins. Anything that threatens the body physically or emotionally causes stress; over-time your body's reaction to continual stress can cause conditions like high blood pressure, asthma, ulcers, headaches, insomnia or weight gain.

Fortunately herbs can help reduce the effects of stress. **Adaptogenic herbs** normalize the body so it can better cope with stressors; they support your immune system and nourish your adrenal glands.

**Eluthero** formerly known as **Siberian Ginseng** is an adaptogenic herb studied during the 1940's and 50's in the Soviet Union for its ability to help you better cope with stress and un-frazzling your nerves; improving stamina, endurance and concentration.

**Ashwaganda** also known as **Indian Ginseng** got its name from the Hindu word ashwa which means horse because it was believed to give a person the strength and stamina of a stallion. It has been used in Ayurvedic medicine for more than 2500 years for promoting wellness, fighting fatigue, pain, depression, anxiety, nervous exhaustion and cognitive mind functions.

**Schizandra** has a 2-fold effect on stress acting as both a mild-stimulant providing stamina and as a calming herb reducing stress, anxiety and palpitations.

**Passion Flower** contains flavanoids that help regulate neurotransmitters in the brain helping reduce anxiety so you can relax and de-stress. This herb also helps quiet your thoughts so you can sleep better; it soothes your nerves, reduces panic attacks, lessens nervous tension and helps to lower blood pressure.

**Lemon Balm** and **Chamomile** have similar properties when it comes to stress, calming the nerves, balancing mood swings, promoting restful sleep, reducing nervous tension and muscle fatigue.

**Valerian** also comes in handy during times of stress quieting the mind, relaxing the nervous system, reducing anxiety, agitation and stress. The relaxing actions of Valerian help to promote drowsiness quieting the mind so you can sleep better. Valerian contains benzodiazepines making its effects similar to valium without the side effects.

When I feel overwhelmed I reach for my **Adrenal Tincture** which contains 1part Borage, 1part Gota Kola, 1part Eluthero and 1/2part Licorice to help support and tone the adrenal glands. I also prepare my favorite **stress reducing tea** which contains equal parts of Oat Straw, Linden, Lemon Balm, Schizandra, Passion Flower and Chrysanthemum.

It's important to remember that one or two small episodes of stress can easily be handled by the body; it's the continual stress from caring for a loved one to worrying about finances can suppress your immune system, slow down your metabolism and rob the body of needed nutrients. So the next time you start to feel stressed grab a cup of tea and relax a bit.



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see article on page 32

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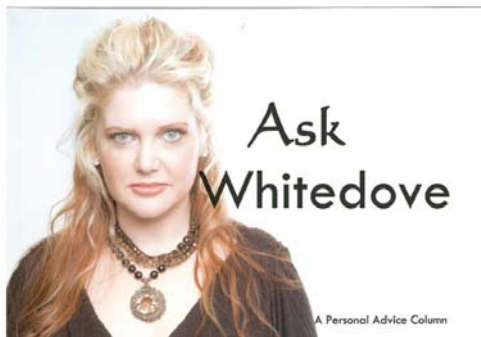
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**D**ear White dove: I recently read some stuff on the power of crystals and how they can help heal the body. Could this possibly be true? I'm very spiritual but this seems far fetched even for me. **Skeptical in Seattle**

**Dear Skeptical:** Crystals and specifically Quartz carry a very high vibration within its minerals which act as a conductor for actual healing to occur. Crystals are an extremely strong energy force on Earth and if used correctly can heal and in general harmonize those that use them by helping the energy in our bodies to better flow through us. This use of crystal healing has been around for thousands of years and although it is not a treatment I would recommend for any severe illness, it does most definitely help promote the healing process.

**Dear White dove:** I have a nephew that is 10 yrs old and for the last year has turned into a different person, he acts like he is possessed, we've tried counseling, new school, and nothing has worked. I've had readings from different prominent psychics who all say that there is an entity attached to him. Should we look into an exorcism and if so how would we do that? **Desperate in Detroit**

**Dear Desperate:** Possessions are rare, but should be taken very seriously. Exorcisms should be used only when you are absolutely positive that there is an entity attached to the child. To my knowledge Priests of the church no longer conduct exorcisms. So you will need to seek a Spiritual Medium or a Shaman who has the ability and willingness to perform an exorcism.

For the time being, make sure that your nephews family is "clearing and blessing" their home daily to keep the vibration as high as possible. To ensure the

...continued on page 39 ...

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

## ENJOY BEING YOU

Each morning when I awake, I experience again a supreme pleasure  
 - that of being Salvador Dali. - Salvador Dali

**H**ow great you are, and how great your life is. Open the windows, take a brisk walk, breathe deeply, and relish the most basic and beautiful experience of being alive. Even if you have a challenging life, make a decision to appreciate yourself, and to fully enjoy being you, with all that entails.

Don't wait for other people to appreciate you first - it rarely works that way. If your happiness and self-worth are dependent on what others think of you, well then, you're in a precarious position, aren't you? Simply decide that you are wonderful, faults and all. Stand by yourself with love, and from there, you'll also be better able to make positive changes and improvements in your character, actions, and life circumstances.

Consider how you feel when looking at someone you have a crush on, or with whom you're falling in love. Even their faults are cute - at least for a while. You may love the way they play with their hair, or the way they walk, talk, or dance. You may like the way their mouth moves when they're thinking, or how they get quiet when their heart is touched. Or if you have a child, you may delight in how they behave a bit mis-

chievously at times, or how they are curious and like to get into things. You may see the sun reflecting on your child's hair, and think that this must be the perfect angel of God sent down to bless you - at least during the best moments.

Well, you can also love yourself this way. You can appreciate yourself, have a crush on yourself, and view yourself with loving eyes. You can learn to chuckle away your shortcomings, and to find positive interpretations for how your lacks may be helping you to grow, or perhaps for how they may be helping others to grow. You can love being you, just as you are, while still striving to grow into an even greater image of possibility. You can notice the styles you like, and appreciate your individual taste and way of being.

Many times, we may find it easier to focus on someone else's life than our own, so this secret of spiritual happiness is asking us to also pay attention to ourselves, in a positive way.

This doesn't mean that you have to become an egotistical narcissist. People may be afraid of being criticized for paying attention to themselves, because they don't want to be judged as self-absorbed. Certain "political correctness police" seem to think that you should never talk about yourself or think too well or too often about yourself. However, don't let their judgments deter you from focusing on yourself in the right way.

After all, if there is one thing you've got in this world, it's you. You are the divine light of creation, shining through as a very interesting tale - the story of your life. Whether you choose to share your story publicly with others, at least you can read and enjoy your own story.

Relish being whoever you are, and you'll find contentment and spiritual happiness in every moment.

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# FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including *The Dragon Doesn't Live Here Anymore* and *I Had it All the Time*. Join Alan this November 8-13 in Sedona for a life-changing retreat, "The Opportunity Before You." For more information on this program, Alan's free inspirational quote program, or his daily Wisdom for Today lessons via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



## We Have to Let You Go

I have a new favorite cartoon. It's a rendering by James True ([www.jtrue.com](http://www.jtrue.com)) that's both humorous and profound. The cartoon shows a tomato stalk with several tomatoes growing on it, at various stages of development. One tomato is large and ripe. The tomato stalk says to the ripe tomato, "We have to let you go." The cartoon is entitled Layoffs at the Plant.

The profound nature of the cartoon is that the large tomato is ripe to be picked. Of course the plant has to let it go because it has no further purpose on the stalk. If it stays it will rot and die. If it leaves, it will serve its next purpose.

The cartoon is a fabulous metaphor for why and when we need to be let go from a job, relationship, living situation, or any station of life. Life is not cruelly kicking you out of a place you still need to be. It is moving you to where you really need to be for joy and the gifts you can offer. You may think you are being cast aside, unfairly treated, or victimized, but there's a far bigger plan unfolding than meets the eye. You have completed your purpose where you have been, and your journey is about to reveal a new vista. That's why we have to let you go. The "we" is not your boss or your lover. It is the wise and loving collective universe.

A woman in one of my seminars said, "Everything I have to let go of, I leave claw marks on." If you believe there is safety in history, you will cling to the old out of fear. If you trust in the security of destiny, you will embrace the new out of trust. It takes courage to release the familiar and seemingly secure, to embrace the new. There is no safety in what is no longer meaningful. There is more safety in the adventurous, for in change there is power.

Paramahansa Yogananda advised, "What comes of itself, let it come. What goes of itself, let it go." If you have to struggle to get something or to hold on to it, you are trying to swim upstream of life. There is a stream of good that flows to you, through you, and around you. When you move with the stream, your good shows up in the right way, place, and time.

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When you buck the stream, you fight to get and fight to hold on. You do not need to fight to hold on to anything that is truly yours. If it is truly yours, it will stay with you by the Law of Attraction and the Right of Consciousness. You own what you own not by manipulation, but by who you are.

When it's time to let something go, the universe will let you know. If you get laid off, or your landlord sells the house, or your lover leaves, despair not. There is a reason for the change, and something better is in store. The more energy you spend complaining or

*...continued on page 30 ...*

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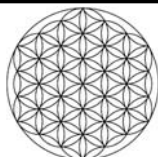
## NOTES from the Universe



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countant turned entrepre-  
neur turned writer for "the

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

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as I love, give as I give, fly as I fly, and feel  
as I feel, Andrea, without ALL that I have  
that makes these things so easy for me?**

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# DON'T WORRY, BE HAPPY



Author Anne-Marie McCormack is co-owner of 6th Sense Connection Spiritual Center Cassadaga Florida and co-host of 6thsense talk radio. Anne-Marie is a Life Coach, Reverend and Psychic Medium. See her ad on page 10.

**T**here is no way to happiness. Happiness is the way. What does this mean and how do you actually end up being happy regardless?

Here are some simple ideas for finding happiness. Make the decision to be a happy person. We choose how stressed, happy, troubled or relaxed we want to be. Choose to be a happy person, regardless of your circumstances.

## Live In The Present Moment

Stop thinking about your past challenges from yesterday. Don't worry about tomorrow, till it arrives. Live each day, one day at a time. Today is a gift, live now and enjoy your life.

## Avoid Toxic People, Places & Things

Whenever possible, avoid all kinds of drama. When you walk into a negative situation, you can feel it in the air. If you stay or work in a toxic environment here's what you can do to minimize the negative energy: Strengthen

your aura and visualize packing your aura in tight to your body. Raise the vibration in the room by telling jokes, paying compliments and changing the topic of conversation. Don't be drawn into dramatic situations. Choose to send them love, light & happiness.

## Turn The TV Off

Stop watching or reading the news. It's full of drama and sensation. Read a book or enjoy a conversation with friends and loved ones. I know this can be difficult. Start out by not watching the late night news just before bedtime. You don't need the stress. So, just don't watch.

## Practice The Attitude of Gratitude

Even when you don't feel like it, there are always people, places and things around us that we can be grateful for. We all have so much to be grateful for. Just saying thank you to people who assist us, encourage us and teach us, could take all day and keep a smile on our face!

...continued to page 20...



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See page 42  
for NEW  
Suggested Reading  
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Dr's. Barbara and Paul Daniele



## DON'T WORRY, BE HAPPY

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

### Take Time to Love Well

The people you love and care about sometimes leave your life unexpectedly. My life has taught me to make the most of what you have, and not to worry about what you don't have. Take to spend time with loved ones. Learn to relax and enjoy each moment.

### Laugh Everyday

Laughter is the most powerful medicine and illness can't thrive in a happy person. Spread your laughter around everyone enjoys laughter. Tell a joke, laugh at yourself, and laugh with friends, family and co-workers

### Express Yourself

Share your goals, ideals and dreams. Show your affection, appreciation, friendship and warmth to those around you. They will respond in love and light and you'll be amazed at how much your life is enriched.

### Enjoy Your Work

One of the great sources of happiness is to do work that is worthy of you, and to do it well. There is tremendous satisfaction in completing a job well done.

### Learn Something New Everyday

As beings of light; we thrive by learning, growing, expanding, and challenging ourselves. Learn a new word, a new recipe, a new way to work, or a new way to express yourself.

### Awareness

Watch, listen, read, and keep an open mind. Be aware of things you can see and cannot see, but feel them in your heart. This is how we expand our world.

### Take Care Of Your Body

Your body can be either be a source of joy, or a source of aches and pains. Walk, dance, workout do yoga or Tai Chi. Enjoy the benefits of exercise.

### Share Your Wisdom

Meet people where they're at, don't preach - just teach. What works for you, may not work for someone else. We're all on our own path. Free yourself from judgment- practice loving observations.



# THE JOURNEY TO GREATNESS & HOW TO GET THERE



Poet-philosopher Noah benShea is author of "The Journey to Greatness and How to Get There" (Corwin Press, 2009). Noah has been quoted on 30 million Starbucks Coffee Cups and was nominated for a Pulitzer Prize. [www.NoahbenShea.com](http://www.NoahbenShea.com) The following is excerpted from the book *The Journey to Greatness* by Noah ben-Shea. As seen on Public Television nationwide.

**T**he road to greatness requires self-assessment. It requires each of us to leave some part of us on stage and drag some other attentive aspect of ourselves off stage and into the audience. Sitting there in the audience eating popcorn, we can see what we're doing and how we're doing on stage. We can applaud or hiss or cheer, but what we absolutely must do is pay attention. And pass the popcorn to our higher self-awareness. All self-transformation begins with self-witnessing.

The road to greatness is not the road to my idea of greatness, or your parents', or your significant other's, or any other publicly traded notion of success that you have bought into without ever thinking about what you were buying.

The really important and entirely relevant question for anyone on the quest to greatness is: What constitutes greatness according to you? What will help you achieve your highest notion of self? You have to determine what that is. Or put another way, you can get anywhere you want in your life, but you're going to have to show up at the starting line bringing with you not necessarily a sensible sack lunch, or sunscreen, but certainly a vision of what greatness looks like and feels like to you or simply that part in you that is great and you would like to be more of you.

IN LIFE NO ONE IS UNEMPLOYED  
WE ALL HAVE TO WORK ON WHO WE ARE  
MAKE IT A LABOR OF LOVE

Getting to greatness takes work, because it implies a willingness to work on who you are, and because getting to greatness requires you to get real with yourself,

*...continued on page 42...*

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**SEE PAGE 46**

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and they are very good. They are  
making a major change in how I  
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## FEEL ICKY FOR NO REASON? SEE PAGE 46

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



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Sharron Britton has been collecting and working with rocks and minerals for more than 40 years.

You can find her happily creating stone altars at the High Springs Emporium, north central Florida's only rock shop, in High Springs, FL (386) 454-8657 [highspringsemporium@yahoo.com](mailto:highspringsemporium@yahoo.com).

A watercolor of Sharron Britton by Melissa Harris

**J**une is here and the energy flowing through the universe down to our planet for solstice is so wild and tumultuous that everyone is seeking a little calm and clarity.



My favorite stone to help calm the mind so we can see what action we need to take is **fluorite**. **Fluorite** is found in a rainbow variety of colors - purple, green, blue, yellow, white, brown and pink - so those who like to work with color vibrations can find it in exactly the color desired.

In times past fluorite was known as "the stone of the student" - it was thought that carrying it would aid in passing exams. When we work with **fluorite** here in my shop, we use it to release the unconscious links to fear, allowing us to see into our subconscious mind and acknowledge those patterns that no longer serve us. We can then move on free from anxiety and make decisions based on a clear mind.

**Fluorite** is a great gift to give someone who has been behaving in a less than conscious manner because belief is not necessary for it to work its magic. Just hand a pretty polished tumble to the boss from hell, the grouchy husband or the whiny six-year old and watch spirits brighten!

**Fluorite** is a 4 on the hardness scale, so it is too soft for most jewelry. You can find polished point pendants and clusters in all sizes at most rock and mineral shops.

Large **fluorite** specimens make spectacular altar pieces, facilitating easy entrance into sacred space, and wearing or carrying a piece can keep us calm, cool and collected as we move into summertime.



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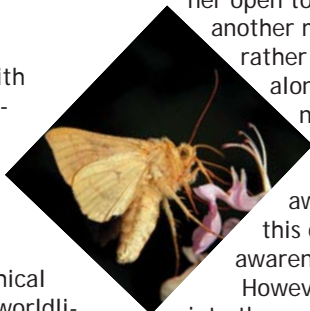
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## MOTH MEDICINE

**A**nimal symbolism of the moth deals with Vulnerability, Determination, Concealment, Attraction, Subtlety, Intuition, Faith. Moths have similar symbolism as butterflies, but have a few distinguishing characteristics that set it far apart. The moth is nocturnal, whereas the butterfly is diurnal. Nocturnal creatures have philosophical symbolism such as Dreams, Shadows, Otherworldliness, Secret knowledge, Psychic Awareness. We gather these symbolic attributes because night creatures conduct their life-sustaining activities in complete darkness. As humans, we translate this as symbolic of living our lives by intuitive feeling rather than physical sensory perception.

Philosophically speaking, night creatures do not tumble in the dark, and neither do humans. We use our dreams, our awareness, and our deeper, inner knowing to navigate through the darkest hours of our lives.

Faith is another tool we use to move through shadowy times of uncertainty, and the moth also shares



this aspect. The moth never questions provision. She has complete faith that all of her needs will be met each night. Even in navigation, when we observe the moth to fly into artificial light or flames, the moth demonstrates its faith and determination. It is still unproven as to why the moth is driven to light - but the best hypothesis is that the moth navigates by lunar light. In the absence of moonlight, the moth moves to the next best thing: man-made light. Even at the risk of losing its life, the moth is ever-vigilant in following its path of light. This may also serve as a moral to us to keep our own vigilance, but not fall victim of blind faith.

Here we see a fragile vulnerability in the moth. The moon is her mother, and she will follow her course at all cost. This makes her open to distraction, vulnerable to harm. Here we may find another message to adjust our course as our path indicates rather than drive forward without heeding important signs along the way. As a creature of the night, and by her navigational devices, we see the moth is highly influenced by the power of the moon. This aspect ties in with animal symbolism of intuition, and psychic awareness. Indeed, those with the moth totem will find this creature a magnificent assistant in developing higher awareness, and psychic enhancement.

However, with higher perception we sometimes overstep into the realm of confusion. It is important to seat ourselves in grounding foundations when we step in-tune with the lunar aspects of the moth. In other words, fly high with the moth - but always have a clear runway for happy, safe landings. The moth continues to be under the influence in matters of love. She emits pheromones that are powerfully strong, attracting her male counterpart through the dark nights. These scented trails can be followed for remarkable distances. Here we see animal symbolism of Suggestion, Attraction, Allure. A master of disguise, the moth can blend in to the point of invisibility. This is a metaphor for us to use our environment to our advantage, blend in when necessary, adjust and adapt when the situation requires it.

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# WALKING WITH STILL FEET

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**A**s we walk daily within our creative souls, we walk before the gods that we have worshipped within ourselves, be they great painters, musicians, writers, Jesus, Buddha, or the Great Spirit. When you walk at the highest levels of your consciousness, then your feet will be still. You realize that there is no need for haste. You realize that your heart is full and that all of who you are breathes with the fires of creation.

Where does the sense of urgency that you feel in life come from? That urgency is a force to be reckoned with. Does it come from burdens that you carry? From a sense of duty? Or is it coming from something that really and truly matters in your life? Do not ignore it when a sense of urgency is upon you; it has come to tell you about something important that needs your attention.

Do you feel a sense of urgency about the burdens you carry? Why do you consider them burdens? Is it because you have taken on responsibilities that really don't belong to you, that are weighing you down to the point that you no longer even want to take care of yourself?

There are always going to be times when life gets difficult, times when we face things that we have always believed are insurmountable. When these times happen, you will always discover that if it is truly your responsibility in a way that is meaningful in your life, then the resources and energy you need will be within your reach. The sooner you get started taking care of things, the better you will feel, even though it may feel impossible in the beginning. If it is a burden that really isn't your responsibility and adds nothing constructive to your life, why are you carrying it in the first place? The same things hold true when you feel an urgency that comes from your sense of duty. It is good to have a sense of duty; it is what reminds you not to waste your life, that you've come here for a glorious and higher purpose. True fulfillment comes from honoring your own personal truth and the reasons for your own existence.

So when you feel an urgency that comes from your sense of duty, take a good look at it in the same way that you would look at your burdens. Is it a sense of duty to your own mission in life? Welcome it. Honor it, follow it with every fiber of your being and ask the muses of inspiration to show you the way. What is it that you are ready to begin, that you are not already doing? Find your sense of urgency about it if you don't already feel it, and let it motivate you!

If, on the other hand, you are feeling a sense of duty to obligations that are not of you or your life, then really look at that sense of duty. Where does the obligation arise? There are always going to be times when we step in and do something simply because it is the right thing to do and we are obliged by our very nature to do the right thing. Or is it an obligation you've taken on for no better reason than because someone else told you that you should and you've never bothered to look at whether it is true and real for you, and now you feel shackled? Obligations you've taken on because you somehow feel they'll prove that you might one day be worthy of living your own truth in life? If it is a sense of urgency that comes from one of these latter obligations, then it's an urgency that has come to tell you it's time to make some very important changes in your life now. Why are you doing this to yourself?

Take a moment and whisper the names of the people whom you truly love in this life, and look at how it is you want to serve them. Who deserves what in your life, and what is it that you have not owned that you need to own as far as your life is concerned? What have you disowned in life, what do you yet need to own? It's time to get urgent about the great dream for your life.

Once in a while, we are very fortunate. That is when we experience an urgency about something that is driven by all three forces at once: our sense of duty to what really and truly matters in our lives even as it carries with it the 'burden' of actually doing something we've perhaps been putting off for far too long. This is your true sense of urgency, and it is one you want to honor right now. It is an urgency that comes from your aspirations, and it brings with it creativity and the power of all the gods and goddesses that are burning within your soul. Aspiration stimulates power; it is your aim spiritually and physically in the world, and it involves the totality of your being. It is the architect of your accomplishments and sits at the feet of power. It is good to have a sense of urgency about your aspirations! That is when you open yourself and allow the muses of inspiration to enter. The energy and the ecstatic joy that now fill you actually calm your frantic dash through life, and you are ready to begin your life's work. You are ready, finally, to walk with still feet and really get something done.

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## ASSIST YOUR EVOLUTION

*...continued from page 9..*

ing. Pray when you take a shower. Pray before your drink your morning coffee and when you drive to work. Pray for direction, for the easiest and best way to get through your day. Pray for inspiration, and for your health. Pray for success in your projects and for patience when those around you get on your nerves. Pray for forgiveness and an open heart. Pray for the answer to your problems and where to find your car keys.

Pray for creative inspiration and for better health. Pray to release the past and to open your mind and heart to a better future. Pray for the willingness to let go of the old and outdated and reach out for something new. Pray for understanding. Pray for faith. Pray for peace. Pray for a happy heart in spite of everything. That's just for starters. You can then begin to pray for others, and their well-being. Pray for your family, your job, and your co-workers. Pray for your enemies and your competition. And most of all, pray for the world and world peace. In fact, pray for everything..

When you pray, you instantly raise your personal vibration to a higher and more harmonious energy pattern. This higher vibration has a healing effect on your physical and emotional body. It calms your anxiety, soothes your nerves, and eases your tension. It has helped relieve high blood pressure, lift depression, and cure sickness, although scientists aren't sure how... In fact, prayer has even been known to cause miracles!

Prayer is basic training for anyone who wants to become a six-sensory being. It not only opens you up to receiving assistance from a higher power, it also relieves you of the stress of "figuring things out" for yourself. Prayer simply turns things over to Divine Source for solution and takes the pressure off of you.

One of the hallmarks of a six sensory being is the absence of worry over how things will work out. There are no instructions when it comes to prayer. Pray whenever you feel like it, about anything you feel like, and in whatever way you feel like. Don't worry if you are doing it right. God knows better than you what you mean and need. The point of prayer is not so much what you pray for, or how, because we are often confused when we pray, but that in praying we are allow for Divine Spirit to enter into our hearts and into our lives to straighten things out... The beauty of prayer is that with it God does straighten things out and always better than we could have asked for or imagined!

## FROM THE HEART

*...continued from page 17 ...*



resisting the change, the harder your transition will be, and the longer it will take for your next good to show up. Define the current change as good and helpful, and your next rewarding position will appear more quickly, easily, and naturally.

I recently saw **The Curious Case of Benjamin Button**, the movie about a man who is born old and grows younger. As an old man, Benjamin meets and falls in love with a little girl, but their huge age difference prevents them from having a relationship. As Benjamin grows younger and she grows older, the time comes when they are the same age, and the two have a glorious love affair. As he continues to grow younger and she older, they are drawn apart again. The apex of the movie is their thrilling love affair at the right time.

While the movie plays on the sadness of the two lovers being torn apart by time, it takes a narrow view of reality. Like many gut-wrenching romances, it suggests there is one perfect soulmate for you, whom you can enjoy for a moment, but then some evil circumstance will wrest them from you and you must muddle in the pits of despair for the rest of your life. Nothing could be further from the truth. It is true that good things come and go, and no one of them lasts forever. But what the Button movie and other romances don't tell you is that when one glorious experience ends, another begins. To think there is one moment of good for you in your life, and when it's gone, it's gone, is to see the universe through very narrow blinders. Life is more like a square dance or a Sufi dance where you enjoy one connection for a while, and then you move on to another great one.

So when your lover or the plant says, "We have to let you go," do not interpret the event as loss. Interpret the event as "ripe." While in the physical world a tomato is ripe once for one purpose, as a spiritual being you have an infinite array and procession of ripenesses for many different purposes that go on literally forever, each more fulfilling than the last. Sure, there are layoffs at the plant. But the plant of life has roots that spread far beyond the stem the eyes can see.

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

*...continued from page 7..*



### NIGHT SNACKERS LOSE THE URGE!

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

comes to me from a variety of sources. I always have what I need in order to pay what needs to be paid. As I pay this bill, I am doing my part in keeping the flow coming to me. Paying this bill is my advance payment to the Universe for keeping me supplied with everything I need. So I see this bill as my invitation to the better life that I am always moving into, and I'm thrilled at the opportunity to pay it."

What we're doing with the new sentences is giving her a bridging thought between her fearful thought (I'll never get ahead at this rate.") and the reality as she knows it to be. Reminding her of what she already knows. It may take her just a few hours or a few days to turn her thoughts around.

Or it may take years. It may take decades, if she just half heartedly reads her sentences now and again and doesn't really believe it as she reads it. I used to have a client I'll call Sharrie. She would always tell me that affirmations didn't work for her, but she never gave them much time and she didn't really have an effective affirmation written in the first place. Someone taught her about what they called affirmations and did not give her an effective technique for it; so forever after, she simply had the belief that affirmations don't work.

Sharrie and I worked together twice a month for almost a year. What we found was that when she did the work, when she kept her note with her and reread it every time the old thought came up, that she would find herself with fewer emergency bills and more income. When she didn't work it, it didn't work for her. Even with the personal cheerleading twice a month from me, she couldn't make herself do it on a consistent basis. I couldn't in good conscience schedule future sessions with her. There are too many people who want to change and want to do the work. Sharrie will do it in her own time. She has some very powerful tools now.

Another thing Sharrie did was she kept forgetting the part about relaxing, letting go and having fun. She'd read every book out there on law of attraction and creating your own reality. Yet it wouldn't really sink in to her to do her part to practice it. She spent

more time thinking about reprogramming her thoughts than she spent programming her thoughts. And she took everything on as a task, and she didn't take a lot of time for herself for purely fun. (OMG am I writing about me here or Sharrie??)

So the first part of the formula is knowing what you want. Even in general "I want a happy life with plenty of money and friends who love me and work that is meaningful to me."

The second part is releasing resistance: put yourself in situations where you will laugh and have fun. Stop criticizing and complaining and spend more time thinking about things you love to do and people you love to be with. Put yourself in physical contact with these people and do these things.

I agree it's important to identify bad habits of thought and reprogram myself out of faulty beliefs, but I also know it's important to stay in the flow of having fun. Yes, my work requires that I be glued to the keyboard or phone 12-16 hours a day, but I have the choice of how to feel during those 12-16 hours. I get to remember that many of my clients and customers are also personal friends and it's fun to hear from them. I get to remember that I love my work and get to read the latest books on topics I have the most personal interest in. I get to take a quick break and walk in my gardens as the computer reboots, feed my birds, maybe pull some weeds or take a cutting and stick it in the ground. Even though I'm working and can't be disturbed, I can take those few moments to keep myself in the flow, to release any resistance that might be building up.

So is my time better spent repeating my affirmation or my bridging thoughts to myself? Or better spent having fun, relaxing and thinking happy thoughts? I think you'll find the right balance. I think I'm finding it.

### A CASE OF REINCARNATION IN THE NEWS

It is being called the most documented case of

*...continued on page 43..*

# SPIRITUAL DIRECTION: HELPING PEOPLE TELL THEIR SACRED STORIES




Margaret Rosche is a Spiritual Director, and an Associate Chaplain at Holmes Regional Hospital. A former board member and chaplain at Unity of Melbourne, Maggie now coordinates their Small Group Ministry and is a Licensed Unity Teacher candidate. She was formerly a public health social worker, educator, and trainer in Buffalo, N.Y. You may reach her at 321-255-4652.

So what is spiritual direction anyway? It sounded stiffly formal and even arrogant to me at first. A name change more in synch with modern sensibilities has been considered, but so far nobody has agreed to a better one. So spiritual direction, it still is.

Direction is sometimes referred to as spiritual guidance or friendship. It is the ministry of companionship a fellow seeker or group of seekers, accompanying them as they notice, explore, choose, and live from their spiritual ground. In Christian history it is traced back to the desert fathers and mothers who companioned less experienced new Christians, and specifically to the Jesuit Ignatius Loyola, who founded a formal direction process. But the practice itself is ancient, and present in most faith traditions.

The mystic Rumi tells us: "Whoever travels without a guide needs two hundred years for a two-day journey." **Spiritual Directors International Director Liz Budd Ellmann, MDiv** explains it this way:

"Describing spiritual direction requires putting words to a process of fostering a transcendent experience that lies beyond all names and yet longs to be articulated and made concrete in everyday living....Spiritual direction helps us learn how to live in peace, with compassion, promoting justice, as humble servants of that which lies beyond all names."



**SPIRITUAL DIRECTION/COMPANIONING**  
...a time and place to tell your  
**SACRED STORY**  
Margaret Rosche, Spiritual Director  
**321-255-4652 Melbourne, FL [roscham@cfl.rr.com](mailto:roscham@cfl.rr.com)**

The purpose of spiritual direction then, is to awaken and respond to God in the midst of everyday life. The primary focus of a session is the client's (called a directee) relationship with God as reflected in all aspects of their life. Although issues and problems may be considered in the process of direction, problem solving is not the primary focus.

***Spiritual  
direction is one  
person talking to  
another...about  
their experience of  
God so that their  
relationship with  
God can develop  
and deepen.  
This is the stuff of  
spiritual direction,  
a sifting through  
the everyday holy  
of life.***

The directee assumes responsibility for exploring his or her spiritual life. During a meeting of about one hour, director and directee enter into a dynamic prayer space where they are attentive together to the presence and movement of God. Spirit is the real, primary Director with the human director as facilitator in the process, a listener attentive to both the directee and to God. The directee initiates, unfolds, and claims his or her sacred journey, telling their unique story in the process.

Direction therefore refers not to what the director does for the directee, but rather to the directee's direction or process

toward conscious, loving, interactive relationship with the Divine. **Barry and Connolly in The Practice Of Spiritual Direction** aptly state that spiritual direction is one person "talking to another...about their experience of God so that their relationship with God can develop and deepen."

Every directee's process is different, but the questions encountered along the way arise out of a common humanity and hard-wired longing for the wholeness of our divine source: Is this all there is? What is this longing all about? Is it "God"? Who is God to me? Who am I to God? Where is God in this mess? What is the prayer of God for me in this?

This is the stuff of spiritual direction, a sifting through the everyday holy of life. In fact, spiritual direction is the ministry of reverently "tending the holy." The process of direction helps the directee perceive experience in the light of their relationship with God, rather than perceiving God in the light of their experience. A subtle but important difference that changes everything.

For more information visit [www.sdiword.org](http://www.sdiword.org)  
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# ABRAHAM \*FUN\*



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

## What About a Miserable Job?

Today's question from a reader concerns work:

Q

"Why did I pick a job in which I am a cog in the wheel? (The obvious answer is the economy, but there were other jobs out there). I am having 12 hour days with driving and I can barely get up in the morning. The

main supervisor is disliked by all in the office and only cares about numbers and maintaining the bureaucracy, even though this is supposedly a people-helping business. "I needed the health insurance, but what is the value if I am working so much my health goes down? Everyone works past 40 hours without pay. This doesn't leave me with true free time to work toward other goals. I have no answer for why I am here other than the obvious: I need the income and insurance. But my soul and spirit are outside the door every day, waiting for me to leave the office, because there is no creative or beneficial parts to the employment. Any thoughts please?"

She included in her e-mail question this relevant quote from Abraham-Hicks: "How do you feel about those things that you are giving most of your attention to? If there is something in your life that gives you negative emotion almost every time you think about it, we would do anything that we could do to get that negative thing out of our awareness."

A

Please notice that Abraham is saying to get that negative thing out of one's awareness. They did not say to get it out of one's life. First things first. When one removes the negative awareness, the negative situation will transform. It must transform, for that is universal law. Of course, the seemingly logical response to this unpleasant scenario would be to leave. Find something else to do. Find something that is pleasing, enjoyable, and feeds your spirit, even if the pay and benefits are less. It's just not worth it to spend one more day in a situation that has become so unpleasant. Right?

Wrong. I believe Abraham would recommend cleaning up your vibration about the work situation first and not taking action from a place of unhappiness. Some relief would be gained from exiting this workplace, but until you clean up your vibrational set-point, you will not be in a position to attract what you want in another setting. That's why people often repeat the same scenarios in new contexts: different places, different faces, same old problems.

So the real work to be done here is to soften the dislike by finding better-feeling thoughts about this setting. That will be challenging, it seems, but that process will either significantly improve the scenario or usher in new and better opportunities elsewhere.

So let's go to town on finding some thoughts that will feel better and will open your valves to more of what you want. Let's try these on for size:

"When I picked this job, it seemed like the logical choice. Although sometimes I feel like a cog in a wheel here, I've probably actually done some things that were helpful and beneficial. I have 12 hour days with driving and I can barely get up in the morning, but I've certainly gained clarity on what to look for in my next job with regards to hours and commuting. The supervisor is disliked and is simply into maintaining the bureaucracy, but I can possibly find ways around that person. Many work places have less-than-optimum supervisors, and people find subtle and creative ways to circumvent them.

"Needing the health insurance contributed to my taking this job, but I could re-evaluate that. Jerry and Esther Hicks say that they've had no health insurance for twenty years. Some people don't rely on insurance. Some people actually rely on a happy vibration to keep them well. They don't rely on circumstances to always be optimal, but they do rely on themselves to choose an optimal attitude and thus keep their well-being flowing freely. Maybe I don't need to let health insurance be such a big factor in the future.

"Everyone works past 40 hours without pay, but I don't need to do that, since it makes no sense. I could take everyone else out of the equation and do what seems logical to me — knock off when it's quitting time unless there's an agreement that I will be significantly rewarded for overtime.

"I have no answer for why I'm here other than the obvious: I was feeling in a state of need and lack with regard to health insurance and money, and I took action from that place. I've learned through this experience to take action from a place of joyful wanting rather from a place of trying to fend off economic problems.

"It seems that there are no beneficial or creative parts to this employment, but I'm going to try to find some, even if I have to don a Sherlock Holmes hat and pipe. As I start looking for something — anything — to appreciate, I believe I'll start to find some. In the meantime, I'm going to deliberately, systematically envision my perfect job: What would it look like? What would I be doing? How would I feel throughout the day? I'm going to think about my ideal situation until I am actually in the feeling place of enjoying it. I'm going to make life fun again by the wonderful, meaningful fantasies I have about my ideal, fulfilling work. And those fantasies will help usher in new and pleasing real-life situations.

"I'm going to practice removing my attention from what I don't like and don't want, and I'm going to practice putting my attention on what I do like and do want. I always have the ability to change my circumstances because I always have the ability to change my thoughts about my circumstances. Thus I am never bound by any situation; I am always free to create something better.

"So what if I've gone about it the hard way in the past? This is a new day, and I have a new plan. I'm eager to put it into practice and watch for results."

...

Some of these new thoughts may feel far-fetched and uncomfortable. They're just offered as a sample. It's important that you find thoughts that feel right to you. Sometimes you have to "feel around" to see what you can truly get yourself to "buy." You'll know you're making progress when your thoughts give you a sense of relief from the discomfort you've been experiencing.

This is the process with regard to any problem: find happier ways to view it and watch it transform.

# COVER ART

Answering the Call of the Wild

Melissa Harris



*Are you familiar with the call of the wild? Have you experienced that restless feeling? Something entices you to break out of your routine, calls to you for an adventure. Heed the call. Your spirit wants to soar!*

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



Art School, and The New York Studio School.

She teaches private classes combining drawing, painting, and meditation, and has held workshops at the Omega Institute, The New York Open Center, the Foundation des Etats-Unis, and the Phoenicia Pathwork Center. Melissa's work has appeared on numerous magazine and book covers, several cassette and CDs, and both "We Moon" and "Celebrating Women's Spirituality" calendars (through 1998). Quite prolific, she has shown at nearly two dozen solo exhibitions, and many dozen more group exhibitions, in both the US and France. A desire to re-connect with nature after many years of life in New York and Paris prompted a move to the Woodstock, NY area in 1993. Melissa Harris lives on 9 acres with her partner Kent and their 4 cats, Timmy, Sashi, Monkey, and Lucy. Visit her at [www.melissaharris.com](http://www.melissaharris.com)

## Center for Healing Arts



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# OUR CALENDAR OF EVENTS

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

30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.

Email to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) and call 321-722-2100 with credit card info.

If payment is not received with listing, your listing will not be placed and you will not be called for payment.

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

Wednesday MERRITT ISLAND Meditation & Healing Service 12pm Christ Church of Positive Living 1353 N. Courtenay Pkwy 321-454-4109

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

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

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

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

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

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

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

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 4725 N. Courtenay Pkwy 321-452-2625. Inspirational, uplifting music 1st Sunday Potluck & Bring a Friend, 3rd Sunday Wellness Healing Service 11:30am

Sundays COCOA VILLAGE - Sunday Celebration begins at 10:30 am - Center for Spiritual Awareness - We are a loving, accepting Spiritual family celebrating an awakened life - 5 Rosa L Jones Dr. (Community Women's Club building) - 321/634-5188 - [www.cfsabrevard.org](http://www.cfsabrevard.org) A Member of United Centers for Spiritual Living [www.unitedcentersforspiritualiving.org](http://www.unitedcentersforspiritualiving.org)

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

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

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

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

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:30 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd Sunday of month MELBOURNE Noon-2pm Medium's Day Open to the public \$15 for 15 minute reading. Also available Snacks • Massage Therapy • Healing by donations. The Spiritualist Chapel of Melbourne 321-733-1555 Visit [www.spirit-chapel.org](http://www.spirit-chapel.org)

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

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

Monday, July 6, 2009 CASSADAGA "Mediums Night", Mini-Readings-Certified Mediums, \$30 Cassadaga Spiritualist Camp, for info 386-228-2880

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

# OUR CALENDAR OF EVENTS

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

July 10th -NEW SMYRNA BEACH "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7pm. Our speaker will be Jill Cook Richards. She will be channeling White Eagle. Love offering of \$10 and you will receive one question at the end of the channeling. Call Judson for more information 386-847-2367

Saturday July 11, MERRITT ISLAND "Chakra Alignment Meditation W/ Crystal Singing Bowls", Revs. Janet & Robert Buck, 7pm \$11, Unity Center for Spiritual Living 4725 N Courtenay Pkwy.

Saturday July 11, 2009 CASSADAGA Let's Go to the Movies, Hosted by Rev. Don Zanghi, at 7 pm \$8 "2012 Enigma" by David Willcork. Andrew Jackson Davis Building, Cassadaga. For information 386-228-2880

Sunday July 12, 2009 CASSADAGA "Creative Mind / Creative Possibilities with Diane Davis from 2-4 pm \$25. Andrew Jackson Davis Building, Cassadaga. For information 386-228-2880

July 17th EDGEWATER LANDING 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self-transformation. 7PM 758 navigators Way, FL. (Edgewater Landing), For more information call Barbara at 917-509-0004

Saturday July 18, 2009 CASSADAGA "The Alien Presence Among, presented by Dr. Donald Zanghi, at 7 pm \$20. Andrew Jackson Davis Building, Cassadaga. For information 386-228-2880

Sunday July 19, 2009 CASSADAGA Mind-Body Awareness Through Relaxation with Don Shetterly 2-4 pm, \$20. Bring Yoga Mat/or Blanket plus a pillow and comfortable clothing. Andrew Jackson Davis Building, Cassadaga. For information 386-228-2880

July 21st - MELBOURNE - Psychic / Spiritual Development Classes - 12-2:30 PM and 7:-9:30 PM. Class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20. Marilyn Jenquin, International Foundation for Spiritual Knowledge. www.ifsk.org 407-673-9776

Tuesday, July 21, 2009 CASSADAGA "Mediums Day" Mini-Readings-Certified Mediums, from 1-3 pm, \$30 Cassadaga Spiritualist Camp, for information 386-228-2880

Sunday July 26, 2009 CASSADAGA "Grandmother Esther's Secret Technique" Tea Leaves & Coffee Grounds Readings with Dikki-Jo Mullen 2-4pm, \$30 Andrew Jackson Davis Building, Cassadaga. For information 386-228-2880



## Sarah Spiritual

*Spiritual readings in person or by phone*

Sarah Spiritual is a Medium, Empath, Clairvoyant, Clairaudient, and Herbalist. She channels the spirits around you and specializes in love, relationships, money, career, health, healing and communicating with loved ones who have passed on. Sarah has an uncanny ability to convey the true thoughts and emotions of those around you. Botanica San Expedito is her passion and is dedicated to her belief that life is a spiritual journey and each situation has a spiritual solution. As God's vessel, she will lead you into a world of enlightenment, personal empowerment and tranquility.

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July 30th thru August 2nd - OVIEDO Stansted-in-Florida -4 Day Intensive Spiritual Mediumship Development Course in the Orlando area - Patterned after and taught by tutors associated with the Arthur Findlay College (www.arthurfindlaycollege.org) in Stansted England. Fees include course, room and food. Sponsored by International Foundation for Spiritual Knowledge. 407-673-9776 Email dependablepc@earthlink.net

Sat & Sun August 15 & 16m 2009 CASSADAGA Cassadaga Spiritualist Camp Summer Festival! For info, call 386-228-2880

Mondays NORTH PALM BEACH 9/14 and 9/21 Fresh Start... Beginnings and Beyond - Joyful Interactive Workshop. 6:30 - 8:30 PM Imagine your life and learn to create your joy. Gather together and learn, laugh, love, create and share. Connecting with self and others. \$10/session. 561-568-0639 561-762-2187 / 561-602-0006



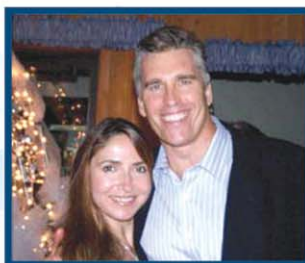
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Elsa was born extremely intuitive. You can find Elsa as a recommended practitioner at [www.angeltherapy.com](http://www.angeltherapy.com), [www.soniachouquette.com](http://www.soniachouquette.com) and [www.thetahealing.com](http://www.thetahealing.com).

Carey is a recognized Shamanic Healer and Teacher in the US. and Abroad. ([www.medicinewindwarrior.com](http://www.medicinewindwarrior.com))

## WORKSHOP TESTIMONIALS

"I loved it! It was a lot of fun and I learned a lot of new exercises on meditation and grounding myself."  
- Miriam B.

"Wonderful experience! Went in not really knowing what to expect and came out of it with much expanded knowledge and understanding of Spirit and what we are able to do in our lives through Spirit."  
- John S.

"Thank you both for an absolutely wonderful, enlightening & spiritually centering weekend! ..as the mystery of the sacredness unfolded throughout the weekend, our hearts and souls rejoiced at feeling connected to 'The Divine.' Truly, You are an Angel here on Earth Elsa, Your Heart is so full of Love, one needs to just be in your Presence, across a room and they can feel 'Divine Healing' surrounding them. Shaman Carey, A healing force here on Earth. Thank you Great Medicine Man. Blessing on you both a Million fold!"  
Love, Marlena Rose.

At The Embassy Suites Hotel

1100 SE 17th St. Ft. Lauderdale, FL 33316 | Ph: 954-315-1322  
( Friday 3-8pm, Saturday 10-5pm, Sunday 10-4pm )

For more information:

Call 305.510.2440 or 954.907.3006 or visit [www.angelhealingwings.com](http://www.angelhealingwings.com)

## Who is Cecelia Danas?



She is a **SURVIVOR**. Her lessons in life began early, growing up in a painful home environment. In young adulthood she experienced multiple miscarriages, single parenthood, widowhood and, more recently, cancer. She faces every life challenge with forbearance and grace, drawing from a deep well of faith and prayer. Now she helps as a **Victims' Advocate** and a **Coach**.

She is a **BELIEVER**. She believes that with faith, focus, dedication, positive thinking and the willingness to change, all things are possible. She uses her personal experiences to inspire others.

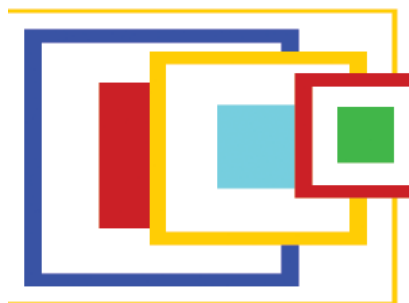
She is **SUCCESSFUL**. Two and a half years ago she developed the program "What Is Weighing You Down". All her life she was heavy. There wasn't a diet or a pill or a program that ever kept the weight off. She realized she was not only eating too much, but examined why she was eating. She lost 153 lbs and is still losing. She has lead many many people into their own success.

## WHAT IS WEIGHING YOU DOWN? Through This Program Learn To:

\* Explore topics that will shed light and understanding of what is creating your weight management problem.

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Ask  
Whitedove

*...continued from page 15...*

safety of your nephew and the family, please do not attempt to exorcise an entity by yourself, it can be dangerous. If you are interested in more information feel free to contact my office; in the mean time you and your family will stay in my thoughts and prayers.

**Dear Whitedove:** I've decided to make my spare bedroom into a meditation room and I'm very excited. I have done most of the work the only thing that I'm lacking is the altar. I've been told it is very important to have an altar but I'm so nervous, any advice? **Needs Help in New Jersey**

**Dear Needs Help:** Altars are a sacred space that you are dedicating strictly to The Great Spirit and your unseen support team. I have seen many different styles of altars and whatever you choose is fine as long as your altar is putting the Great Spirit first.

Do not use an altar as a way to pray to lesser deities, your prayers will be heard and answered much quicker if you take them directly to the source, the God Head.

It is good to always have white candles on your altar to light for those who are in need of prayers. Fresh flowers are a wonderful sign of your love and respect to God and your unseen support team. On a personal note Sage, Bear Root, and a small bottle of holy water are absolute musts for my altar because as a spiritual medium I have a lot of paranormal activity in my home so I clear and bless my house on a regular basis. Whatever things you decide to add to your own altar will be fine, whether it be statues of angels, or stones and crystals, just as long as you make sure your altar represents your personal connection to the Great Spirit.

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

*A \$10 mp3 file by Andrea de Michaelis*

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



**SEE PAGE 46**

## **HEATED, COVERED IN BUTTER**

*...continued from page 11*



**HEATED.** Heat excites molecules, inspires passion and creates pressure, too. When we heat up the basics in life, they come to us more satisfying. There is nothing so bland as cold or frozen bread, just as the affects of distant or detached relationships provide no nutrition for the growth of our soul. Deliberately walking up to the storefront of life and ordering mediocrity speaks volumes to the universe about our sense of self worth and willingness to settle for whatever life dishes out. Resigning oneself to the reasonable and acceptable, is like slipping on an oven mitt to protect us from either the danger of a heated moment or the pleasure of the warmth of life. We stand to gain a lot by removing the gloves of complacency and basking in excitement and satisfaction in our daily lives! So, heat it up!

**COVERED IN BUTTER.** Butter. Long touted as bad for our arteries, our heart and countless other medical treacheries, creamy butter provides a natural dollop of delight on our ordinary blue plate specials. Whether coating fresh corn on the cob or adorning a sweet roll, we associate butter with the ultimate in simple pleasures. Although modern manufacture attempted to replicate the taste and texture of real butter, nothing replaces the delightful dairy product.

As kids we'd ask for ice cream with "whipped cream and a cherry on top." Somehow this request grew from a possibility to an expectation when served up in a favorite soda shop. As adults, we request our experiences as gentle guides, hoping to survive and muddle through the day. If we dared to ask Spirit to serve us situations with the opportunity to be engulfed by natural delights, our expectations would heighten and we'd soon evolve to request the best at all times.

Just the way we like it When we express gratitude for our basics in life, we appreciate the sweet indulgences we enjoy from time to time. Whether stepping into a Boulangerie or Patisserie, we place our order with the Infinite for exactly what we want - what we think we deserve. As we mature spiritually, we move from the mere bare necessities of life, to daring our indulgence in something that heightens our taste for deeper experiences and a more passionate existence. So, heat up your appetite for possibilities and slather on the highest good you can think of - and take a huge bite out of life!



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## HOW TO CREATE YOUR OWN HORIZONS COMMUNITY GROUP

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

- Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.
- Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,
- Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.



## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*





## SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

Roger is the Principal Minister of the Church of Iron Oak, ATC. He is also the East Coast Presiding Elder with the Aquarian Tabernacle Church, an international Wiccan Church. He loves

nature and finds Spirit among the trees and flowers, even after having lived in Florida for thirty years. He can be contacted through the church at (321) 722-0291 or through [www.ironoak.org](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

### JULY 2009

**W**ho was declared a god by the Senate in an official action two years after his death? Answer comes later, but for now, it's the dog days of summer. I get pictures of lazy dogs in the hot sun when I hear that phrase, but the dog days have less to do with canines and more to do with Canicula, the Roman name for Sirius, the Dog Star. Before you feel sorry for the poor cat who has no star named after it, the dog days began with the sacrifice of a brown dog to appease Sirius. Think I'm kidding? No I'm not. I'm serious.

Fair goddess of the rainbow !  
Of the stars and of the moon !  
The queen all-powerful  
Of hunters and the night,  
We beg of thee thy aid  
To give good fortune to us !  
Spell to Goddess Diana,  
in C.G. Leland, "Unpublished Legends of Virgil".

July 13<sup>th</sup> is a special day in Japan. It is Obon, the Celebration of the Ancestors. Colored paper lanterns are lit at the graves of loved ones and people danced the "Bon-Odori" or Bon dance. This was a religious folk dance which is given to comfort the spirit of the dead. When I was young and living in Okinawa, I saw the procession of women who went to the burial mounds to respectfully wash the bones of their ancestors. What a beautiful way to remember those who have passed over.

"Along the river's summer walk,  
The withered tufts of asters nod;  
And trembles on its arid stalk  
the hoar plum of the golden-rod."  
John Greenleaf Whittier

Well, perhaps you are looking here to find out why the Senate would declare anyone a god, but alas, not here, check out the factoid below...



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### JULY 2009

July 6<sup>th</sup> - Buddhism: Dalai Lama's Birthday

July 7<sup>th</sup> - Full Rose Moon at 5:22 AM EDT

July 7<sup>th</sup> - Buddhism: Asalha Puja Day commemorates the Buddha's first sermon

July 9<sup>th</sup> - Bahai: Birthday of the Bab, Bahá'u'lláh, the Founder of the Bahá'í Faith

July 11<sup>th</sup> - Roman Catholic: St Benedict Day in honor of the founder of Western monasticism

July 13<sup>th</sup> - Shinto. Japanese Buddhism: Obon festival to honor the dead

July 13<sup>th</sup> - Egyptian: Birthday of Ra, the God of the Sun

July 17<sup>th</sup> - Foolishness: Birthday of Horizons publisher Andrea's brother Jerry

July 20<sup>th</sup> - Lithuania: Binding of the Wreaths honoring the Goddess of Love

July 20<sup>th</sup> - Slavic Pagan: Perun's Day, celebrating the God of Thundar

July 21<sup>st</sup> - New Moon at 10:35 PM EDT

July 30<sup>th</sup> Jewish: Tisha B'av Day of Fasting in remembrance of the destruction of the Temple in 586 BCE and 70 CE

A FACTOID WITH WHICH TO END THE MONTH:

Who was declared a god and, by the way, was also the son of the goddess Venus? Why the person who's name became the name of this month, Julius Caesar!

This declaration come two years after he was assassinated in 42 BCE. Oh, you didn't think I meant the U.S. Senate did you?

# THE JOURNEY TO GREATNESS & HOW TO GET THERE



*...continued from page 21.*

and because getting to this work sooner rather than later is a really good idea. Make this effort a labor of love and it transforms not only the results but you.

Achieving greatness is not something you need to do in a rush; it is something that will take time. Taking a long ride by yourself or a slow walk with a friend, and thinking about the things you will read is its own wise pace. Traveling the road to greatness may be the most important thing you will ever do because it will influence everything you will ever do, and anything worth doing is also worth thinking about and thinking about again.

If you don't know where you're going, any path will take you there. So take a moment—right now in this moment, and for as many moments as you need—to identify a particular expression of greatness that matters to you. It may be working to be a more effective team leader, or fine-tuning communication (or listening) skills, or effecting lasting change on a specific initiative that will positively impact the lives of others. Or it may have nothing to do with doing and have everything to do with being—being someone more at ease with the higher, better part in you that you would like to be.

After you have taken that moment, take this moment. After all, all we have are moments, right up until the moment we don't. In this moment I would like you to identify any potential fear or obstacle that might be challenging you in going forward on this journey to greatness. Another way of seeing this may require you to take a look at where you drag your feet, how you put the brakes on yourself, what is your "stuckness."

Where are you stuck? Have you been stuck? Where do you think you will get stuck? Stick with it for a few minutes, and you will find your "stuckness." And by the way, don't get stuck thinking this is something that happens only to you. In some way, on some issue, we all ride the brake. So give yourself a break, cut yourself some slack, think about where you get stuck and see how unstuck simply witnessing this may get you.



# SUGGESTED READING WATCHING LISTENING

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

The Journey To Greatness And How To Get There  
by Noah benShea Corwin Press

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

From [www.hayhouse.com](http://www.hayhouse.com) by Esther & Jerry Hicks  
Manifest Your Desires: 365 Ways to Make Your Dreams a Reality  
Astonishing Power of Emotions  
Money and the Law of Attraction

From [www.hayhouse.com](http://www.hayhouse.com)  
Daily Om by Madisyn Taylor

From [www.newworldlibrary.com](http://www.newworldlibrary.com)  
Storycatcher: Making Sense of Our Lives Through the Power  
and Practice of Story by Christina Baldwin  
50 Ways to Leave Your 40's - Sheila Key & Peggy Spencer MD  
Mental Resilience by Kamal Sarma  
Happiness From The Inside Out by Robert Mack  
Single Woman of a Certain Age by Jane Ganahl

From [www.soundstrue.com](http://www.soundstrue.com)  
Leap Before You Look by Arjuna Ardagh

From [www.o-books.com](http://www.o-books.com)  
Palmistry by Johnny Fincham  
Powers of the Sixth Sense by Jock Brocas

Music from [www.soundings.com](http://www.soundings.com)  
CD Global Rhythms Collection by Dean Evenson  
CD Meditation Moment by Dudley Evenson

**MUST SEE DVDs**  
The Secret Behind The Secret [www.abraham-hicks.com](http://www.abraham-hicks.com)

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



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

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



*...continued from page 31*

reincarnation ever. A little boy is able to recall over 50 memories from someone else's life. A World War II Pilot's family believes it is their reincarnated brother based on the child's memories. The boy's story is compelling, it has been published in a book called "Soul Survivor." Fox 8's Suzanne Stratford spoke exclusively to the child and his family.

This story first broke in 2005 on ABC News Primetime, about a little boy, James Leininger, who was thought by many to be a reincarnated fighter pilot. The boy had plane crash nightmares and knew things about planes that a boy his age wouldn't normally be familiar with. The detail in which James told his parents about airplanes and events during the war in which 'he was shot down by a Japanese fighter' were very realistic.

James even told his dad the name of the aircraft carrier he took off from prior to being shot and the name of a fellow pilot, Jack Larson. Turns out they were real, his pilot buddy was someone living in Arkansas. James knew the names of the men in the photos who had been in his company. The pilot's sister was also located by James' parents. After talking to James, she said he knew things only she and her siblings would have known; he knew about an older sister named Ruth.

It is not extraordinary that this happens, but I think it is a kind of victory when a story like this makes it past Fox News. Progress! Some media reports failed to mention the details which the child knew about friends and family of the deceased, and instead chose to print the theories of several naysayers mis-labelled as skeptics. A skeptic is someone whose knowledge about something is uncertain. Someone who is open minded, yet unconvinced.

The only reason to omit the details that James knew about the friends and family of the deceased fighter pilot is that someone who had authority over the editing of the story did not believe in reincarnation, and so did not want to pass on any information that would lead others into believing it. In the media, we call that editorial suppression. Like the Bible, after every ruler and political head made their changes to it through the millenia. References to reincarnation were edited at

the Nicaean Council, etc.

I think it's interesting that 1500+ years later, the same groups keep trying to suppress the same information. Now with the internet, information AND misinformation can spread like wildfire. Some are afraid that if people believe in reincarnation, they will begin doing all crazy kinds of stuff, since they get a second chance, and a third. But these people haven't thought it through. That's where you have to let them believe in karma also, because otherwise it doesn't make sense. And for someone to believe in karma, they need to take a big giant look at where they've been and what they've been doing and that is scary for a lot of people. Not everyone wants to take their own inventory. Not everyone wants to step upon that path of personal inquiry. It's easier to say it doesn't exist, so we never have to examine our own life. It's easier to say, "don't teach it" so that no one else looks at their lives either, so no one asks the deeper questions. That makes the people more manageable, too.

But when we decide to take that journey, it becomes increasingly evident to us that there is a purpose and a meaning to this life we live, and that it's possible to make a difference. When we begin contemplating the greater questions of, not "who was I" and "why?", but "Who Am I?" then we begin getting the deeper answers. And when we begin to get the answers from within, once we start that stream flowing, we don't care what is said on the news, or on the internet, or at the dinner table, because we know what we know.

And when I see stories like the child who remembers being a fighter pilot, I am encouraged that - despite the best attempts on the part of some - our new generation is growing up having their memories a little closer to the surface than past generations did. They are growing up a little more awake and a little more aware than we are, than our predecessors were. A little more inclined to introspection. So as this new generation begins to take over, and the older generations die off, the old lies will die away as well. Just like mother's habit of cutting off the end of the roast before cooking simply because her mother always did that. Without realizing it was simply due to the size of grandmother's pan and oven. Yet practised as a ritual every since, long past the time it was useful. These old thoughts and old ways will die away on their own, they will have outlived their usefulness.

And that's evolution, right?  
Enjoy our offering this month.  
Hari Om.

*Andrea*



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

## HOROSCOPES FOR

**Aries: March 20 to April 19 "I Am"**. July brings a different kind of lust for life and being driven to operate at peak performance. Your energy runs high and enduring. Divine timing will assist you in being and doing as you see appropriate. Health and well being is your number one concern and this is the month to lay the foundation for a very successful reality.

**Taurus: April 19 to May 20 "I Have"**. Even though Mercury has gone direct, be prepared to carry your plans forward. As involved as you are in a committed relationship, you will have to be perfectly clear with one another. Opportunities for growth is a promise. Agreements happen when an understanding can be established.

**Gemini: May 20 to June 20/21 "I Think"**. You might as well just take a weekend off and go stay at a cabin in the woods. The reason being would be to sit and take notes on your mind's journey, Insomnia is a good reason to exercise as well as facing the truth of what your inner self is expressing. The issue at hand is that you will need to manifest the intensity that you feel in a physical way.

**Cancer: June 20/21 to July 22 "I Feel"**. Looks like you have your heart and your mind working at the same vibration. Self motivation will be the key to accomplishment. Your ability to communicate previously has staying power with what ever your intent has grace and integrity in it. The finish line will be here before you know it!

**Leo: July 22 to August 22 "I Will"**. This July none of your deeds will go unnoticed and whatever you do will attract attention; what kind of attention depends on you. Your attitude demands respect from others, who also radiate a sense of confidence and a feeling of empowerment by your example. Take the limelight while it is still shining.

**Virgo: August 22 to September 22 "I Analyze"**. July is full of wants and needs and one of a kind desires. But you are now expected to step up to the plate and be ready to help a friend in need. Your Summer project is well rooted in goals and ambition, just waiting to be realized. The journey that you are on becomes more rewarding and dreams realized.

**Libra: September 22 to Oct 22/23 "I Balance"**. The search for inner peace will be easier to attain and sustain when you feel the need to rebalance yourself. Activities such as yoga, meditation and spiritual practices. Your life is a see saw of ups and downs; look for refuge amongst the imbalances of life. As hard as it is for you to see yourself, you need a friend.



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# JULY 2009

**Scorpio: October 22/23 to Nov 21 "I Create".** Energy and efforts spent on yourself towards learning to search for a deeper meaning in life is the sole purpose of recent events of this year. Your goals are out of sight but not unimaginable. You will rise to the occasion and the intensity that you feel will propel you to perfection.

**Sagittarius: November 21 to Dec 21 "I Perceive".** Your adventurous spirit can find many avenues of expression. In the literary fashion of writing poems and studying what brings you joy is a good choice for your time. Your expansive attitude and philosophy helps you see the bigger picture and find answers to questions. Calm your mind and give your body some rest for what comes next.

**Capricorn: December 21 to January 19 "I Use".** The intensity of knowledge to understand and communicate important information is the reason for the meetings. Intensity of hunches can hit you like a ton of bricks, but your intuition does not lie. Trust is the issue; and integrity is what helps you keep going, one foot after another.

**Aquarius: January 19 to February 18 "I Know".** Family relationships are not what they seem lately, there is a lot going on behind the scenes. The reason why you feel isolated from the rest of the family is because too many misunderstandings have happened to work through at this point. The answer is to drop it and just begin in a new way of relating.

**Pisces: February 18 to March 20 "I Believe".** Your opportunity to make positive changes will need all the intent, power and focus that you have within you. This last year's challenges owns the right to inspire your world with crazy creative energies. The biggest lesson you need; don't over commit your time.

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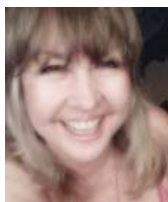
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Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



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

## Connecting with Your Angels, Guides & Teachers



Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.

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

## Healthy Eating Habits



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

## Sleepytime Recharge

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



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

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



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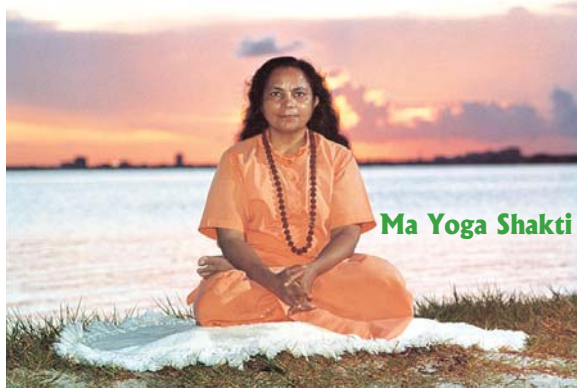
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Ma Yoga Shakti

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- 5 July "Techniques of Tree Trimming" - Anna Hutson
- 12 July "Worm Composting & Super Veggie Growth"  
with Suzanne Richmond
- 19 July "Alternative Energy Sources and Energy  
Conservation with Larry Abdullah

## First Saturday each month@noon

*Vegetarian luncheon \$7*

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COME  
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# YOGA SHAKTI MISSION

3895 Hield Rd NW  
Palm Bay

**321-725-4024**

yogashaktipb@yahoo.com  
www.yogashakti.org

## LABOR DAY RETREAT WITH MATAJI September 4th - 6th 2009

Come away for a weekend to a different world, in the oasis of beauty and peace created for us by Mataji in her Palm Bay Ashram. Come and sit at the feet of a Master of Yoga, Mataji, Ma Yogashakti. Hear her expound the wisdom of the Vedas. Take part in Hatha Yoga classes, early morning satsang and meditation with Mataji and traditional temple worship.

Call or email for details

## YOGA CLASSES

\$7 Per Class  
\$25/mo unlimited  
evening classes

### **Monday**

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

### **Tuesday**

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

### **Thursday**

Val Anderson  
9 -10 am

### **Thursday**

Chip & Shyama Iacona  
7-8 pm

**Ramayan Chanting**  
Sundays 10:15-11:15 am

**Bhajans/Kirtans**  
First Wednesday of Month  
6.45- 7 45 PM



## BOOKS BY MA YOGA SHAKTI

- Yoga Syzygy Guide to Hatha Yoga \$15
- Techniques of Meditation to Enhance Mind Power \$10
- Shri Satya Narayana Katha \$5
- Hanumaan Chalisa \$5
- A Spiritual Message \$5
- The Seven Invisible Psychic Lotuses \$10
- Yoga Aasana Chart \$2
- Chandogya Upanishad \$5

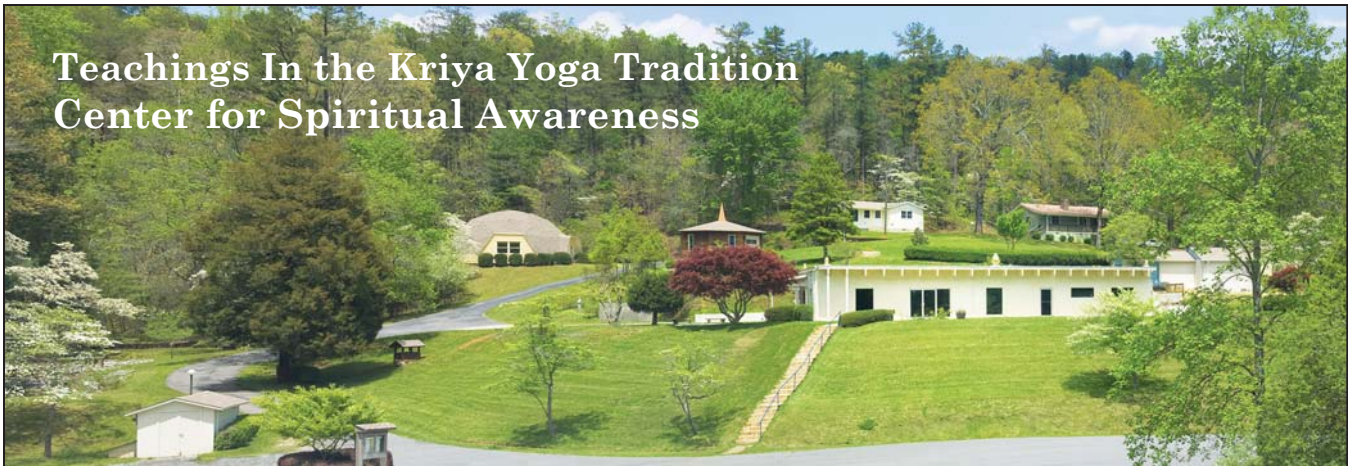
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay



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