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**JULY 2010**

Andrea de Michaelis presents

# HORIZONS

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# *Creative Energy*

Many traditions tell how all life sprung from the primal waters of life.

Water is the archetypal creative source and the creatures that live within the watery realms can guide us to our most primal Creative Energies.

*~Ted Andrews*

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**Family Street Party**

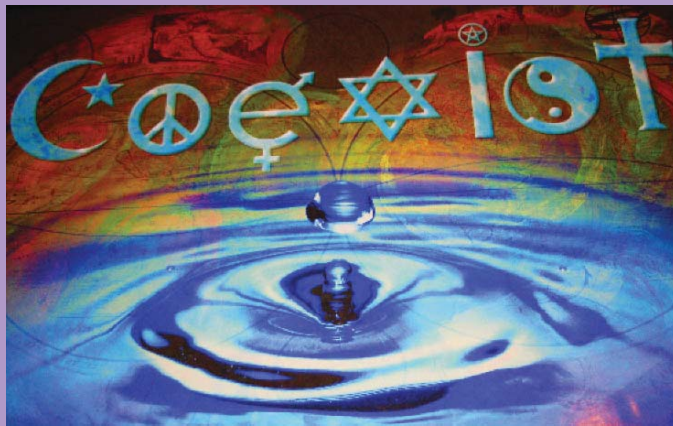
**July 9th, 6-10 pm**

**Drum Circle**

**"Down on the Corner"**



## *Blessings to Our Mother Ocean*



Our Enchanted Gifts include: Crystals, gemstones, jewelry, salt lamps, drums, didgeridoos, singing bowls, books, tarot, CDs, candles, incense, oils, herbs, sage, divination tools, statuary & altar items, belly dance accessories, henna, tapestries, peace-promoting items, faeries and more!

Sit in front of water and send out messages of love and gratitude. This water is linked to all the water in the world. And your message of love will reach the souls of all the people of the world.

*~Masaru Emoto*

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Sunday, July 4th  
E Pluribus Unum!

**Friday, July 9th 7:00-9:00 PM**

***The Transformation Experience Continues - Calling All Current and Former Board Members.*** We are inviting all Board Members to help us honor and celebrate the accomplishments of the many Unity of Melbourne Board Members.

**Saturday, July 10th 9:00AM-12:30PM**

***Everyone Invited to Join the Fun!***

***Help us discover YOU!***

***How do YOU show up in a group setting?***

***What is your part in the group consciousness called Unity of Melbourne?***

Through positive, playful interactions, you'll be able to experience transformational thinking and gain greater insight as to how your thoughts are creating the church reality and impacting your own spiritual growth and evolution. Together we will uncover how effective spiritual practices are critical to authentic growth and evolution -- both in our individual lives and the life of Unity of Melbourne. As a wise spiritual teacher says, "It's never crowded on the leading edge." Unity of Melbourne is a pioneer in the Transformation Experience! Come join us as we play with powerful spiritual truths that will make a difference in your daily life!

***The Evolutionary Council (EC) still needs your input.*** The EC is asking for your input about how Unity of Melbourne can serve you better.

The EC can be contacted by email at [EvolutionaryCouncil@gmail.com](mailto:EvolutionaryCouncil@gmail.com).



**ONGOING EVENTS:**

**A COURSE IN MIRACLES**

Facilitator: Darlene Capinha  
Tuesdays 7:30pm

**REIKI HEALING SERVICE**

Facilitator: Lloyd Reiser  
Sunday July 4th, 4:30pm  
Sunday August 1st, 4:30pm

**Reiki Healing by Appointment**

Thursdays from 2:00-4:00pm  
Please call 321-254-0313 for appointment

**Always check [www.unityofmelbourne.com](http://www.unityofmelbourne.com) for possible event date or time changes**

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



# THE GREATEST OPTICAL ILLUSION IS SEPARATION

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Andrea de Michaelis

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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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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

[www.new-thought.org/](http://www.new-thought.org/) Email [oneheart@roadrunner.com](mailto: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

**H**ello and welcome to the July issue of Horizons Magazine. I'll start with the reminder that even though the weatherman keeps saying we'll have an active hurricane season, that just means a lot of storms will form out in the ocean. It does not mean any will make landfall and does not mean any have to make landfall near you. If any do, it doesn't mean there has to be any lingering damage. I have an elderly neighbor who is scared to death every time she hears thunder now and the afternoon storms come. That's no way to live.

Speaking of frightening thoughts, I had an all night dream last month about **Dennis Rodman**. Each time I woke up and went back to sleep, I went back into the dream. I joked on Facebook, "Now it will take me all day to shake that off, brrrrr..." I like Facebook because it's like walking into a cafe 24/7 and chatting with whatever friends are there taking a break with me. Instant feedback and discussion whenever I feel like it - neat. Friends asked about tattoos and shaved heads and what he was wearing and if it was a sex dream.

I replied, "*not a sex dream, I dunno where it came from, although I did watch Celebrity Rehab and on it thought he*

*acted like a complete ass. In the dream, he was wrapped in a sheet walking around.*"

Shante Powders wrote "*I just read that he was drinking again in South Beach. I hope that he can overcome his inner demons.*"

Joan Crutcher responded, "*Shante, I think that ship has long sailed for Rodman, LOL! Sad he thinks he must act the way he does for attention or whatever... it is not his authentic self, that's for sure... probably doesn't even know what that is.*"

Joan, as usual, hits the nail on the head. She's a soul sister of many lifetimes. I agree that Rodman is caught up in externals and unable for whatever reason to do enough self reflection to gain insight into who he really is. It is a hard way to live, with people around all the time.

And he freely admits he's surrounded by people all the time, even at home, and he does it on purpose. Rodman had a very unhappy childhood. He experienced a lot of apart-ness from those he wanted to be loved by. Yes, many people have unhappy childhoods, and we get over it and we get on with it. It's not so easy for everyone.

Dr. Drew Pinsky of **Celebrity Rehab** concluded Rodman may have *Asperger syndrome*, an autism spectrum disorder. People with it show difficulties in social interaction, along with restricted patterns of behavior and interests. It differs from other autism spectrum disorders by its relative preservation of linguistic and cognitive development. *And here we just thought he was selfish and self absorbed.*

If I think about it, I could name people who exhibit the same symptoms, and I'm sure you could as well. I believe it has more to do with the fact of keeping one's attention on the surface of life, on that superficial thin layer of ice we all skate upon, and never considering what to do once we plunge below the surface. And, inevitably, we all take that plunge.

*...continued on page 34...*

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

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# Let's have a Seance

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

## Life Is about Our Relationships

Excerpted from book, "The Vortex, Where Law of Attraction Assembles All Cooperative Relationships"

**Y**ou will never find yourself in a point in time when the subject of relationships is not an active part of your now experience, for everything you perceive or notice or know is because of your relationship with something else. Without a comparative experience, you would be unable to perceive or focus any kind of understanding within yourself. Therefore, it is accurate to say that without relationships you could not exist at all.

It is our desire that an even greater awareness of who-you-are will awaken within you by reading this book, as you begin to explore the variety of relationships that you are already living. It is our desire that you experience an enhanced appreciation of your planet; your body; your family; your friends; your enemies; your government; your systems; your food; your finances; your animals; your work; your play; your purpose; your Source; your Soul; your past, your future, and your present. . . .

### Every Relationship Is Eternal

It is our desire that you come to remember that every relationship is Eternal and that once it has been established, it is a part of your Vibrational makeup forevermore, and that, in your powerful now— where all that you have become converges with all that you are now b e c o m i n g—y o u hold the power to create. A joyful life is not about gaining control of the factors that surround you.

A joyful life is about coming into alignment with who-you-are. Joy is not about controlling other people or circumstances. Joy is about controlling your own Vibrational relationship between the physical you and the Non- Physical You. It is alignment with Source that is joy or love or success or satisfaction.

### Must "Family Harmony" Inhibit Personal Freedom?

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Everything that everyone desires— whether it is a material object, a physical condition, a financial situation, or a harmonious relationship—is wanted for only one reason: They believe they will feel better in having it. Once you show yourself—through practicing increasingly better-feeling thoughts, through making lists of positive aspects, by indulging in Ram-

*...continued on page 25...*

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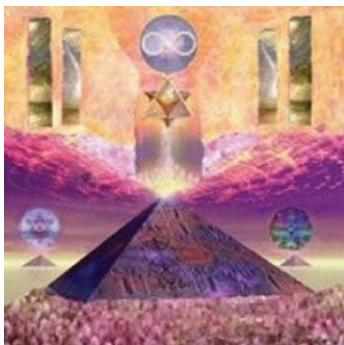
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## 8:8 STELLAR INITIATION Are You Ready To Remember?



**Sunday August 8, 2010  
Melbourne Florida**

On July 11, the eclipse ushered you into a dialogue with a new level of Light. This August 8, 2010 (8:8) is an sacred doorway that activates the etheric & cellular Hall of Records. This is a Galactic activation of stellar proportion.

The 'time matrix' shifts into unknown areas. 8:8 is a meeting of polarities a celebration beyond time that escorts us home to the Stars.

The very ends of our DNA open to embrace a new possibility.

Look up to the night sky and feel the high frequencies of information and light being downloaded into every cell. In this workshop expect to connect with the star frequency by using a series of meditations, energy work, & light frequency techniques you will access the Spirit of the Stars to receive, attune, and download you with ancient galactic truths.

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## Changing the voices from our past



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**T**he other day I was driving through the countryside seeing all of this land for sale; as an herbalist and organic/biodynamic gardener I always wanted a large piece of land to grow things on. When driving down the road I was looking at the properties thinking that I could afford to move to a larger piece of land, that I have a good job and am financially stable, when a fear-filled voice from my childhood started speaking to me saying that I was too poor and that I had no money and had to be careful with every penny I had. That voice from my childhood kind of shocked me out of my day-dream and made me fearful and anxious about my finances.

My childhood was filled with ups and downs when it came to money and food. I grew up as a child of hippie artists, so money came in spurts when my dad sold a piece of art or got an art job. When my family got money the first thing they did was to buy food because they never knew where the next meal was coming from. They splurged on stuff they didn't really need and didn't save money for the times between sales. I remember when my dad bought his dream car in the 1970s, a new gold VW Bug with a Rolls Royce front (complete with angel). Now it was a beautiful car, but not really practical for a family, and I remember that soon after he got the car, we ran out of food again. This pattern created a fear-based approach to money so that even though I am now a nurse and have a steady, job I still have issues around money to this day.

What I experienced when looking at all of that land was a fear from my childhood that put me back into that poverty mode of thinking. When I realized what was happening I mentally stopped, realized that this type of thinking was negative and harmful to my financial and spiritual goals, and challenged the fear. I started to remind myself that I was financially stable, and that even though it was not logical to sell my house and buy a big piece of land right now, that in a few years with a little more saving I could buy whatever piece of land I wanted. I also reminded myself that I am not only financially stable but have a wealth much greater than money that includes great friends, community and spirituality. At that point I realized that I had made a break-through of sorts. Now, every time I slip into that poverty mode I know that I can easily bring myself out and get back on the path of financial and spiritual freedom. It is a choice after all, we can chose to let our old patterns control us and lead us down an obstacle filled path or we can chose to change our patterns and bad habits to create a better future.



# HELP ME TO CHANGE THE WORLD



For nearly three decades, don Miguel Ruiz has shared his unique blend of ancient wisdom and modern-day awareness through lectures, workshops, and journeys to sacred sites around the world. Sales of his books have soared to more than seven million copies in the United States alone, and have been translated into more than 30 languages worldwide. [www.miguelruiz.com](http://www.miguelruiz.com) In the tradition of his ancestors, don Jose Ruiz has dedicated his life to sharing the teachings of the ancient Toltec. For the past seven years, he has been lecturing and leading classes across the United States, and at sacred sites around the world. Excerpted and adapted from The Fifth Agreement © Miguel Angel Ruiz, M.D., Jose Luis Ruiz, and Janet Mills. Reprinted by Permission of Amber-Allen Publishing, Inc., San Rafael, California

**I** invite you to participate in a new dream for humanity, one in which all of us can live in harmony, truth, and love. In this dream, people of all religions and all philosophies are not just welcome, but respected. It doesn't matter whether you believe in Christ, Moses, Allah, Brahma, Buddha, or any other being or master; everybody is welcome to share this dream. Each one of us has our own beliefs, our own point of view. There are billions of different points of view, but it's the same light, the same force of life behind each one of us.

If you feel the truth in these words, then I invite you to open your heart and help me to change the world. Of course, the very first question is: How are you going to change the world? The answer is easy. By changing your world. When I ask you to help me to change the world, I'm not talking about planet Earth. I'm referring to the world that exists in your head. You will not change the world if you don't change your own world first. The change begins with you. You will change the world by loving yourself, by enjoying life, by making your personal world a dream of heaven. And I ask you for your help because you are the only one who can make this change.

If you decide that you want to help me change the world, the easiest way is by practicing five agreements: Be impeccable with your word. Don't take anything personally. Don't make assumptions. Always do your best. Be skeptical, but learn to listen. These are the tools to change your world, to change the world, and they are nothing but pure common sense. If you practice these five agreements, if you make them your way of life, there won't be any more war in your head. There won't be any more war with your loved ones. There will be peace.



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You deliver a message every time you speak. The question is: do you deliver the truth, or do you deliver lies? When the message you deliver comes from truth and love, you are happier. And just by being happier, everyone benefits because your joy, your happiness, your heaven are contagious. When you are happy, the people around you are happy too, and it inspires them to change their own world.

*...continued on page 38 ...*



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## HERBAL SUMMER SURVIVAL

**I**t's time to get ready for summer mis-haps; if your family is like mine, you will want to be prepared for things like burns, bites, splinters, blisters, cuts and bruises. **If you get burned** and it is severe go to the hospital or call 911. Otherwise cool down the site with cold water, ice, cold rags or pull some frozen vegetables from the freezer and put the bag on the burn. Then you can begin to treat with herbs or some household items. Hopefully you have access to an **Aloe** plant the gel inside the plant is very soothing all types of burns especially sunburns. Besides being a pain reliever it also fights infection and reduces inflammation. **Vinegar** applied right away will help to balance the skin's pH, reducing blistering. **Honey** seals off the burn preventing infection and draws out excess fluid so you won't get a blister. **A raw potato** will help to draw heat from the burn pulling out fluid so you won't blister. If you have **yogurt** in the refrigerator it will cool the burn and balance the pH of the site.

Getting **Bug Bites** is another inevitable of the summer. The first thing you will want to do is clean the site of the bite if it is possible. **Plantain** and **Calendula** are good herbs to poultice on the bite. If you are at home you can use an ammonia wash, baking soda paste, grated onion or vinegar. An herbal tincture of **Echinacea** it will help to stop the poison from spreading. You can also use 3-4 drops of the essential oil of **Lavender** or **Cloves** every 15 minutes for the pain.

A good insect repellent is also a must for when you are outside. **An insect repellent formula** I like to use is made with 3/4oz. Olive oil, 3oz vodka, the essential oils of **Citronella**, **Eucalyptus** and **Lemon grass** (1/4tsp each) and 1/8tsp each of **Clove**, **Cedar wood** and **Peppermint** essential oils. I put these ingredients in a 4 oz glass spray bottle shaking well before using.

**Blisters** can also be a nuisance; if the blister is small leave it. If it's large pop it with a sterile needle, clean the blister and then cover the blister with herbs like **Plantain**, **Calendula** or **Comfrey** to help it heal. **Echinacea**, **Myrrh** or **Golden Seal** will help fight off possible infections. And maybe a small amount of **Cloves** to ease the pain. You can also use **Lavender** essential oil straight on the blister. From your kitchen you can use half of a **potato** or **honey** as a compress.

**Some other First Aid essentials are:** Grapefruit seed extract as a disinfectant for wounds (placing 20-40 drops in one pint of water, washing the area with the mixture). A salve or compress made with **Arnica** to promote healing and to reduce pain of sore muscles or pulled muscles, swelling and sprains.

I have a First Aid kit prepared for my home, work and in my car for the many mis-haps my family has gotten into. They are not hard to put together and they definitely come in handy.

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**July 19 - 10a-3p - Body, Mind & Spirit Fair**

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**Please stop in for a cup of tea!**

# Sow The Seeds Of A Higher And Happier Life



Guy Finley is the founder and director of the non-profit Life of Learning Foundation. He is the author of 36 books and audio albums on self-transformation. For more information on Guy Finley or to sign up for free weekly email Key Lessons, call 541-476-1200 or visit [www.guyfinley.org](http://www.guyfinley.org)

**I**f we are ever to realize the integrity and consistent kindness of our True Nature, if we long to know something of heaven while we live on earth, then we must sow the seeds that bring that higher life into fruition. One cannot expect to reap what one does not sow; and merely hoping for a higher life is not sowing true spiritual seeds, any more than climbing an imagined mountain is the same as reaching its top.

To sow spiritual seeds means that we do spiritual work. Spiritual work is always interior work first, even if, as a matter of course, this work becomes manifest through exterior action.

What is this interior work by which we sow the seeds of the celestial within us? Following are four ways to sow the seeds of a higher and happier life.

1. We must work to not burden others or ourselves with past regrets, disappointments, or fearful future visions, even as we learn to ask truth for more insight into those unseen aspects of our present nature that are reaping their regrets even as they sow more of the same dark seeds.
2. We must learn to sit quietly with ourselves and wait patiently for the light of peace to replace those dark, noisy thoughts and feelings telling us that we have too much old baggage to finish our spiritual journey.

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Each time we sow these seeds through some quiet meditation, we reap the strength that comes from realizing that this silence that comes to us is our true home.

3. We must deliberately remember our intention to start our whole life over every moment we awaken to find ourselves reliving some past conflict.

To cultivate this refreshed outlook, born of remembering that our true life is always new in the Now, is to let go of whom we have been and to begin reaping a life free of anger and fear.

4. We must learn to look our fears, weariness, and anxiety directly in the eye, and instead of seeing what is impossible according to their view of life, sow the seeds of a new self by daring to doubt their dark view of things.

Our refusal to identify with self-limiting negative states reaps us the reward of rising above their inherent limitations.

If we wish a life that is whole and loving, one that is filled with new light, then we must sow these eternal seeds within ourselves; that is our work.

Make your own list of ways to work at sowing the seeds of the higher life.

Set your self to the task of being an inwardly awake person and watch how you begin to reap the awareness that makes all things possible.

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**D**ear Whitedove, Our family dog just died and we miss her so much. Do good dogs go to Heaven? Dog-goned in FL

**Dear Dog Lover,** Our canine companions are Earth Angels that are highly evolved souls. They are here to teach mankind the value of unconditional love. Truly they are man's best friend and represent the finest attributes of loyalty, faithfulness & service. These are their natural characteristics and they lead us by example. Animals have souls and yes all dogs go to Heaven! In fact, our loved ones and often our pets are there to greet us on the other side when we return to our true home.

**Dear Whitedove,** That old saying applies to me; If it weren't for bad luck, I'd have no luck at all. How can I become lucky in a positive way? Lady Luck in PA

**Dear Lady Luck,** So many people believe that being lucky is random. But it's actually a force that's within each of us. Your belief system creates your life. What you think about will manifest. You my friend, have bought into a self fulfilling prophesy of bad luck. But once you recognize this pattern then you can reprogram your beliefs and develop a positive outlook on your future. Retrain your brain to expect good. Clean up your negative mind chatter and replace those thoughts with loving, positive, motivational phrases. Be kind to yourself and know that you are worthy. Your Luck is now changing, there is power in positive thinking. When you shift your thoughts from fear and lack to thoughts of love- miracles happen.

**Dear Whitedove,** When my parents built their home in the 1960's it was recommended that they hire a "Water Witch" to mark the location to drill a well. My Mother is super religious so I was surprised when she told me this story. But she is a believer because the man found deep well aquifer. I'm curious to know how people can find water sources that are invisible. Curious in MS

**Dear Curious,** Water dowsing is an ancient art dating back to biblical times. It's a gift that is passed down generation to generation and it can also be learned. A dowser or Water Witch is someone who is sensitive to the subtle energy currents of water. Usually the person will use a metal rod or a stick as a direction finder. Held loosely, parallel to the ground, the rod will move and point towards water as they walk around a location. The dowser feels the sensation of the energy field. The current weakens as they walk away from the hidden water source and it's strongest along the route that the water flows underground. Dowsing also works with locating mineral deposits, petroleum, and even lost objects. The more the dowser practices the more heightened their abilities.



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# The Science of Getting Rich (or *What the underpants gnomes don't tell you*)



Valerie Saurer is the founder of The Attitude of Gratitude Project, an interactive gratitude journal on Facebook visited daily by thousands of grateful people from all over the world. She is the author of two blogs, <http://thenewbookofclues.blogspot.com> and <http://Living-Gratitude.com>, <http://attitudeofgratitudeproject.com>. Email [sendoutgratitude@yahoo.com](mailto:sendoutgratitude@yahoo.com).

**T**here is a science of getting rich. You don't get rich because you work in a certain industry, live in a particular place, were born into a specific kind of family, or are exceptionally smart or hard working. You become rich because you do things in a Certain Way. So says Wallace D. Wattles in his book, *The Science of Getting Rich*.

Written in 1910, *The Science of Getting Rich* is one of the source documents upon which the movie *The Secret* was based. When I watched *The Secret*, I could sense the truth of

the message and was eager to learn how to apply the Secret to my own circumstance. But there seemed to be something missing from the Secret, as if they had kept the actual Secret of it, well, secret.

In one episode of *South Park* (season 2, episode 17), one of the children, Tweek, has a big problem with underpants gnomes. They keep coming into his room in the middle of the night and stealing his underpants. Since no one believes him, the kids all wait up one night to catch the underpants gnomes red handed. After Cartman hits one of them in the head with a stick (Cartman's like that, you know), the gnome explains why they steal the underpants: "Phase One, steal underpants. Phase Three is profit." So then, what's Phase Two, the kids want to know? The gnomes all look at each other as if none of them had ever thought of that question before. "Phase One, steal underpants. Phase Three is profit," the gnome smugly repeats, as if that explains everything. Well, *The Secret* felt a bit that way to me, too. As if they had left out Phase Two.

*The Science of Getting Rich* is all about Phase Two. According to Wattles, one of the biggest lies we've ever been taught is that there is a limited amount of resources on this planet, and that we must compete to get our share before it is snatched up by someone else. This erroneous belief is at the root of all competition and greed. The truth is, all of nature is abundant and excessive. There is more than enough of whatever we could possibly want. There is no need to scrap and compete.

First, we must realize that things are produced by thought. All things. In other words, whatever we think about consistently and with great emotion, is what manifests in our lives. That is why we speak of "manifesting abundance." This idea lies at the heart of the Prosperity Project. We all seem to realize that if we can change the way that we think about money, we will be able to allow money to flow to us more freely. This is the same idea that prompted Napoleon Hill to write *Think and Grow Rich*.

Second, we must understand that it is perfectly normal and healthy to desire to be rich. All of nature seeks to grow to its ultimate fullness of being. As people, we need money in order to be and do all that which we are capable of being and doing. In order to live life to its fullness, we absolutely need money. Being rich is not wrong or evil, as some of us were taught to believe.

When I first started exploring my strained relationship with money, I realized that I had been trained to believe that anyone who had more money than we did had necessarily done something immoral to get it. Or, that once they got the money the having of it corrupted them in some way. So, naturally, if you want to be good and pure, you have to be poor. Boy, was that ever a messed up point of view. There are still vestiges of that lurking in my mind, which is why I was so excited about trying the *Prosperity Project*.

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

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# From the Heart

Alan Cohen is the author of the bestselling *The Dragon Doesn't Live Here Anymore* and his new metaphysical thriller *Linden's Last Life*. Starting Sept 1, Alan will offer a Life Coach Training Program. For info on books, his radio show on Hay House Radio, or his free daily quotes via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), 1-800-568-3079 in the US or 808-572-0001.



## I Love You As You Are

**A**t a small group seminar, Donna reported that she had just come from seeing a healer who told her about several physical issues she needed to address. *Her chakras, the healer explained, were out of balance and her body was filled with parasites.* This report led to a lengthy discussion among the seminar participants, including lots of advice for Donna about how to regain her health. Donna was also dealing with a weight issue, which elicited plentiful recommendations from the group.

As I listened, I was uncomfortable with the general tone of the conversation. Everyone meant well, but the general theme of the talk was, "There's a lot wrong with you, and we are going to tell you how to fix it."

When Donna stepped away from the group, I invited her aside for a moment. I took her hands, looked her in the eyes, and told her, "I love you just the way you are. I know there are things you are working on, but right now I find you perfect and I appreciate all you are and all you do for me and others."

Tears welled up in Donna's eyes and she let her head fall onto my shoulder. I held her as she let loose the pain of feeling that there were so many things wrong with her, and she could not be whole or happy until she fixed them. After a minute or two she felt better.

I was not suggesting to Donna that she overlook any conditions that were causing her pain, or that she should not make an effort to improve her health and feel better. I was simply affirming Donna's beauty, wholeness, and worth even as she walked her healing journey.

You and I live two lives simultaneously. At one level we perceive that we have needs, deficits, and issues to be handled, and we strive to improve ourselves and set disorders or imbalances right. At the same time we live in a deeper world in which we are whole, complete, well, and perfect as God created us. On a spiritual level there is nothing wrong with us, there never has been, and there never will be. Only in a world of illusion do we identify ourselves as separate, wounded, broken, pained, and striving. In truth we have already arrived at where we wish to go. The game of life is not about getting somewhere; it is about discovering that we already are somewhere.



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Perfection is not condition to be attained. It is a reality to be accepted. The sage Swami Satchidananda declared, "We started out fine. Then we got de-fined. Now we are getting re-fined."

One of my coaching clients reported, "I feel so overwhelmed with all the work I need to do on myself. I doubt I could ever accomplish it all in one lifetime." I suggested to her, "Can you imagine even for a moment that you don't need to work on yourself? What would it feel like to know that you are not here to fix what is broken about you? Can you visualize your life as an adventure of creativity, joy, and self-expression instead of striving to get somewhere or get it right?"

After a few moments' consideration, a wide smile grew on the woman's face. "Wow!" she exclaimed. "I never thought of my life like that. I was taught that life is a struggle and I'd better get myself together to avoid disaster. I think I just had a taste of freedom!"

Ariel and Shya Kane have authored a book entitled, *Working on Yourself Doesn't Work*. The title says it all! The moment you start to work on yourself, you have adopted the identity of the "you" that needs to be worked on. You cannot get to wholeness by denying your wholeness. You get to wholeness by accepting it.

Claiming wholeness does not mean that you sit in a cave and do nothing. You can be quite involved in the world, immersed in meaningful activity, and seeking to make life more rewarding for yourself and others. The issue is not what you are doing; the issue is why and how you are doing it. If you believe you are empty and need to be filled in, you set yourself up to lose. If you regard yourself as basically sound and you would like to expand your experience of good, you set yourself up to win. You are not a black hole that needs to be filled. You are a light that needs to be shined.

I saw a marvelous bumper sticker: *The more you know, the less you need*. Take this statement to its logical extreme: When you know nothing, you need everything. When you know everything, you need nothing. The only real knowledge is who you really are – a spiritual being created in the image and likeness of a loving God. If you know that, everything you do will honor the wisdom and beauty you already own.

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Call to confirm and learn of last minute changes 30c per word, due the 10th (of the month before) at 575 Escarole St SE Palm Bay FL 32909-4802. Email to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) - call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location.

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

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

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 MELBOURNE 10:00am 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 Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7-8:45pm \$3 321-537-3843

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7:00 to 9:00pm \$3 admission 321-537-3843 \$10 for 15 minute readings 321-537-3843

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# Solar & Lunar Celebrations of the Ancients

Roger Coleman 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 the web page at [www.ironoak.org](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

## JULY 2010

No more on the long summer days  
shall we walk in the meadow-sweet ways  
With the teachers of music and phrase,  
and the masters of dance and design.  
Pillage by James Elroy Flecker, (1884-1915)

I blinked...and it was summer. Only yesterday, I was looking for my gloves because the forecast said the low would be in the 30's. I knew I would be late coming home and would otherwise be cold. Now, I look at the blue blanket on my bed and wonder why it's there. It only took one blink. One silly little blink and the world changed channels. It's winter...(click) it's summer...(click) my hair suddenly got gray...(click) now, it's white...(click) now, it's gone. As you get older, time seems to go faster. It's sort of like Gresham's Law applied to time. During Gresham's time, coins were made of precious metal. People would shave their coins down for the metal before spending them. After a while, the shavings would be worth something but the coins in circulation would

become smaller. If a person had an unshaved 'good coin', they would keep it and spend the shaved 'bad coin' instead. Gresham said that "bad money drives good money out of circulation". So, perhaps the more days you have in your past the shorter the days are in your present. So where are the shavings of time?

And listen, while that slow and grave  
Immutable sweet voice of yours  
Rises and falls, as falls a wave  
In summer on forgotten shores.

Gravis Dulcis Immutabilis by James Elroy Flecker

In this month, we celebrate the birthday of Aten, the Egyptian god of the sun. There were other gods of the sun, Ra and Horus for example. Today, what we call Egypt was actually two regions called "Upper Egypt" and "Lower Egypt" divided by not only distance, but culture and dialect. At one time, each had their own sun god. Pharaoh Amenhotep IV who took the name Akhenaten attempted to introduce either monotheism (worship of one god) or at least monolatry (recognition of existence of many gods but consistent worship of one). In any case, the Egyptian religion returned to polytheism shortly after his death.

## JULY 2010

July 1st - Greek: Kronia - Holiday celebrating Kronos, the god of time and Rhea, goddess of nature

July 2nd - Roman: Feast of Expectant Mothers

July 9th - Baha'I: Anniversary of the Martyrdom of the Bab

July 11th - New Moon at 3:41PM

July 13th - Egyptian: Birth of Osiris, god of the afterlife

July 20th - Lithuania, Binding of the Wreaths honoring the Goddess of Love

July 21st - Egyptian: Birthday of Aten, sun god, originally an aspect of Ra

July 25th - Full Rose Moon at 9:37PM

July 25th - Egyptian: Feast of Anket welcoming the rising of the Nile

July 29th - Norse: Festival of Thor

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# Abraham-Hicks

*...continued from page 9...*

pages of Appreciation—that you can maintain your alignment with your own Inner Being and predominantly stay inside your Vortex of Creation, you will find harmony in the world around you, also. .

## Appreciation, Your Key to the Vortex

People often have a difficult time conceptualizing a creator, or a force, or the process through which something as amazing as your planet, spinning in its orbit in perfect proximity to other planets, could have come to be. And yet, even though you do not understand it, and cannot begin to explain it, you are—every one of you—continuing to add to the expansion of all of that through your living of life and the launching of rockets into the Vibrational Reality that will someday be fully realized by physical inhabitants.

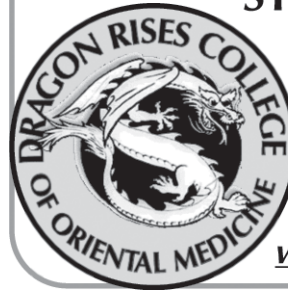
We have written this book because we want to call your attention to the Vibrational Reality that you are in the process of creating. We want you to be aware of your Vortex of Creation; and most important of all, we want you to find a way, by the deliberate directing of your own conscious thought, to become a Vibrational Match to the contents of your swirling Vibrational Vortex of Creation, because every desire that has been born within you thus far exists there, just as you have dreamed it to be, waiting for your alignment.

Everything that you see that is now physical, tangible, visible, audible reality was previously swirling in a Vibrational Vortex of Creation; for first there is thought, then thought-form, then reality as you know it in your physical world. Your dreams and desires and ideas of improvement have been received by the Broader part of you; and as that older, larger, wiser part of you focuses purely upon your requests, holding no resistance whatsoever, the powerful Law of Attraction responds. And then, all cooperative components (all components with same Vibrational frequency) are drawn into this swirling Vibrational Reality, this precursor to the physical reality that is now available to you. Only one thing is necessary for this Vibrational Reality to become real in a physical sense, manifested into things and experiences that you can see and hear and smell and taste and touch: You have to go into the Vortex!

The key to getting inside your Vibrational Vortex of Creation; of experiencing the absolute absence of resistance; of achieving complete alignment with all that you have become and all that you desire, and of bringing to your physical experience everything that you desire—is being in the state of apprecia-

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tion. And there is no more important object of attention to which you must flow your appreciation than that of self. The habit of thought, or belief, that holds most people outside of their Vortex of Creation, more than all other thoughts put together, is the lack of appreciation of self.

## What If We're Fearing a Worldwide Financial Crisis?

Every emotion that you feel, good or bad, is about the relationship between your current thought and the understanding of the Source within you on the same topic.

Some people are feeling acute fear or anxiety because they are personally, right now, without work or income. But the fear that most people are feeling today is because of their negative speculation about how bad conditions may yet become and the negative impact that those future, unwanted conditions may have on their personal lives.

*...continued on page 32 ...*

# 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).

## ANXIETY & HOMEWORK

**M**y Abraham-Hicks cassette tape-du-jour was Boulder, Colorado - 6/15/2002 - side 2. A woman spoke of her severe anxiety and phobias and her concern that the world couldn't truly be in a state of dominant well-being. She wondered if her anxiety was serving as some sort of warning.

Abraham told her that she had been oriented by worried folks to find troubling things and focus on them to try to fix them. But that never works well. If the woman were at a buffet table containing a hundred food items she loved and one that she would never eat, why would she talk about the one thing she doesn't want? Why not leave it alone and focus on what she enjoys? Every fiber of her being will benefit from that focus.

Abraham told the woman that she is someone who so intends to be in harmony with Source that when she's not, she can't

stand it. They told her to practice, practice, practice showing herself that she can focus in a way that feels good and thus conjure her own vibration.

Abraham told her that negative emotion, including anxiety, always means the same thing: she is focused on something that doesn't match her desire. Anxiety is not warning of something to come but of a vibration that is happening right now as a result of negative focus.

In another segment, a dad was trying to guide his son to be more conscientious about his homework and other tasks. The boy, age 9, was determined to do things his own way, and the dad was experiencing concern and frustration.

Abraham told the dad that the main thing he wants to activate in his son is his happy connection. From that place of connection and feeling good, the son will be making wise choices and will be doing the things that will bring him a bright future with many educational and career choices.

But when the dad is in a headlock with his son and trying to hammer him into doing what he should, he is believing that the boy is not smart enough to make his own choices and is thus influencing the boy to a place of unhappy disconnection where good choices can't be made.

Abraham advised the dad to take his focus off what his son is doing inadequately and, instead, focus on his positive aspects and give him the benefit of the doubt with regard to finding his own timing with regard to homework. From a place of appreciating the fact that his son has enough spunk to follow his own path and is far more of a success than a failure overall, the dad will activate a new, connected vibration in the son, and their interactions will become far more satisfying to them both.

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### Healthy Eating Habits

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# You Can't Afford the Luxury of a Negative Thought



By Peter McWilliams <http://www.mcwilliams.com/books/>  
<http://www.petermcwilliams.org/mirrors/www.mcwilliams.com/>

**A** cceptance is such an important part of happiness, contentment, health, and growth that some call it "the first law of personal growth." The world goes on, people do what they do, events come and go and, for the most part, our only choice in all this is, "Do I accept it or not?" If we accept it, we flow with it. We allow life to do what it's already doing. If we refuse to accept it, we usually feel pressure, pain, frustration, anxiety, and dis-ease. We struggle with what is. The struggle, for the most part, takes place within us--where it also does the most harm.

Acceptance is not the same as liking, or being happy about, or even condoning. It is simply seeing something the way it is and saying, "That's the way it is." It's seeing what's going on and saying, "That's going on." It's looking at something that's happening and saying, "That's what's happening."

Acceptance is realizing that to do other than accept is painful and futile. Through nonacceptance we try to control the world. We want our "shoulds," and demands to rule the world. It doesn't work. To prove how futile the struggle to control the world, get up tomorrow at 4 a.m. and try to keep the sun from rising. Do everything you can to keep it from coming up. Struggle madly. Use all your power, influence, money, friends, and political connections to help. You won't be able to delay its scheduled ascension for so much as a millisecond. Maybe you don't want to control the turning of the earth; you just want to control the world around you. Good luck on that one, too. We sometimes can't even control ourselves. If we can't control our own thoughts, feelings, and physical reactions, how can we hope to control others?

Nature goes on being nature in its own natural way. We have very little control over it. What do we have control over? The space within the skin of our body. We can work to make that environment as loving, joyful, peaceful, and delightful as we like. That in itself is a lifelong project--and a worthy one, too. The rest--the outer environment--does what it does. There's not much more to do than say, "It's doing what it's doing." When we set out to change a small fraction of the outer

*...continued to page 30...*



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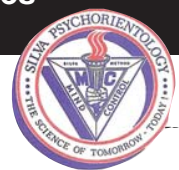
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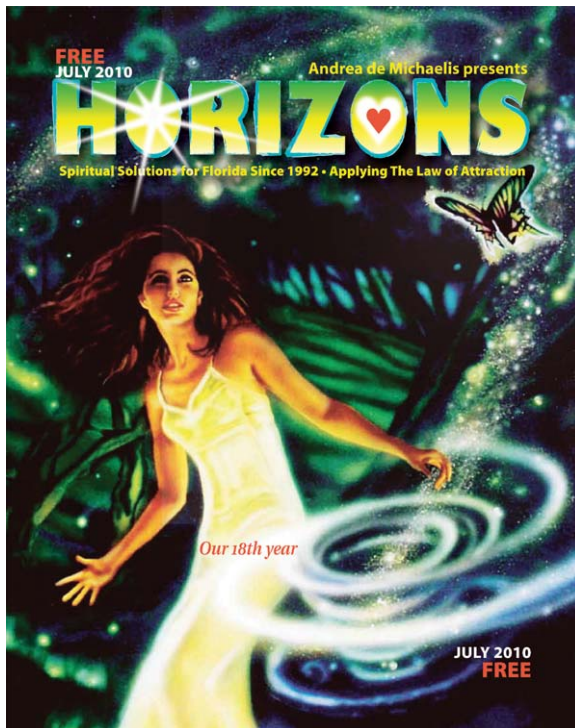
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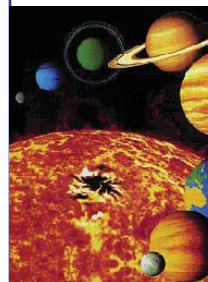
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# NOTES from the Universe



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

**What people rarely give themselves credit for is that their giving continues giving, even after they've forgotten giving, and even when they didn't know they were giving, forever and ever and ever.**

**At least I'm keeping score,  
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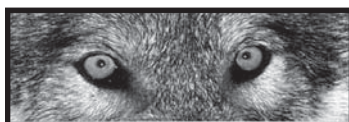
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## You Can't Afford The Luxury of a Negative Thought



*...continued from page 27...*

universe we do have some ability to change, one of the best starting points is acceptance. The sculptor begins by accepting the block of marble as it is, and then removes everything that isn't a statue. Michelangelo's David was carved from a flawed block of marble. Another sculptor had begun work on the block and abandoned it. There was a deep gash in the side, making the stone "unacceptable" to sculptors for decades. Michelangelo, however, accepted the marble--gash and all--and created one of the marvels of humanity.

We begin with acceptance and move from there. This includes acceptance of ourselves. We are a part of nature. We can be as contrary as a thunderstorm on a picnic. That "natural" part of us has its own rhythms, its own timelines, and its own agenda. While bringing this "animal" under control, we must learn to accept it.

This "natural" part of us most people call the body, and that's accurate, providing that you remember the body includes the brain that thinks the thoughts and the nerves that feel the feelings. Thoughts and feelings are a necessary part of the human animal. The "natural" part of us thinks the Fight or Flight Response is terrific. Eons of genetics have told it so. We now must gradually convince "it" that the Love and Acceptance Response is more valuable for our survival as an animal. This "convincing" we call education. The source of the word is educare, "to lead forth from within." It's the gradual process of leading from within rather than being led from without.

In that process of teaching acceptance, we must practice acceptance. Set a

good example for yourself. Learn to accept whatever you do. Learn to accept even your lack of acceptance. Can't accept your nonacceptance? Then accept the fact that you can't accept your nonacceptance. If the bad stuff

like guilt can pile up in layers (feeling guilty about feeling guilty about feeling guilty), so can the good stuff (accepting the fact that you can't accept your nonacceptance).

Yes, it gets funny, and it certainly can be fun. That's one of the keynotes of acceptance: a sense of lightness. As you accept the heaviness, you begin to feel "the unbearable lightness of being." Accept that, too. With acceptance, you can't set some things aside and say, "I'll accept these, but not those." Acceptance is unconditional. You can like one thing more than another--that's preference--but acceptance means not excepting anything. Actually, it's easier that way. You don't have to remember what to and what not to accept. If it is, accept it. Simple.

Schedule acceptance breaks throughout the day. Give yourself an acceptance break right now. Accept everything around you, everything inside you, everything about everything. Accept your thoughts. Accept your thoughts about your thoughts. Accept your thoughts about your thoughts about your thoughts. Accept whatever feelings you have, the sensations in your body. Don't try to change any of it--trying to change is a form of nonacceptance.

Accept your surroundings, your physical environment. Accept your room, its furnishings, the smells, the sounds, and the occupants. Accept your thoughts about what's there and about what's not there. Accept your memories, fantasies, demands, and opinions about how it should be.

Accept all the things you did but wish you didn't do and all the things you didn't do but wish you did. Notice that these decisions about what's hot and what's not about an activity (or inactivity) are thoughts, too. Accepting thoughts--including the negative ones--is an important step toward greater joy. And greater health.

## What the underpants gnomes don't tell you

...continued from page 16...



I think one of the biggest hurdles many of us face in attracting wealth is this belief that money is somehow bad. It isn't. Money doesn't make us evil any more than spoons make us fat. **The Science of Getting Rich** spends the first couple of chapters convincing the reader that it's ok to want money. Really. It is the nature of life to continually increase. In order to know more, do more, and be more, it is necessary that we have more of whatever it is that we need to make those things happen. Money helps, although money, in and of itself, is not wealth. Abundant life is wealth.

The real Secret, if you will, is to go about earning and spending our money in a *Certain Way*. Wallace cautions that we must be careful to examine WHY we want more money. If we want it so we can have more power, women, drugs, booze, toys; if we want it just so that we have more than everyone else; if we want money just to hoard it so we can get to a really big number in our portfolio, then we are acting out of a competitive mind, not a creative one. That is not the *Certain Way* of which Wattles speaks.

So what is the *Certain Way*? The attitude we must take concerning every single thing that we do is that of More Life for All. Always give the other person more in value than they give you in exchange for your goods and services. In every transaction, you must have the idea of INCREASE for all concerned. If you provide a service, give them more than they pay for.

If you are an employee, give your employer more in services than your paycheck requires. If you continually add value to every person that you encounter in your daily life, then the universe will respond by adding value to you. That added value will often take the form of money.

If you want to be and earn more than you currently do, then the way to grow is to be LARGER than the place you are now. If you more than fill your current position, then growth is inevitable. For example, if you are paid only \$10 an hour but you feel you are worth more like \$50, then do your \$10 an hour job as if you were being paid \$50. If, on the other hand, you do mediocre work because you are insulted that you're only being paid \$10 an hour, you are pretty much proving that you are being overpaid at \$10 an hour. Who would want to put someone like that in a high-paying position? I mean, really? That is the *Certain Way*. It is a way of excellence, and of More Life for All.

Since attitude is an important part of the *Certain Way*, Wattles spends a lot of time talking about my favorite topic, Gratitude:

"The more gratefully we fix our minds on the Supreme when good things come to us, the more good things we will receive, and the more rapidly they will come; and the reason simply is that the mental attitude of gratitude draws the mind into closer touch with the source from which the blessings come."

There are a lot of clues in **The Science of Getting Rich**. Over the past year I've read this book three or four times. I've listened to the audiobook in my car dozens of times, over and over again, like when my daughter was three and she watched *The Wizard of Oz* three or four times a day. Every day. She learned that movie by heart. That's how well I want to know the truths set forth in this little book.



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# Abraham-Hicks

*...continued from page 25...*

As more people observe hardship and strike a tense, resistant pose—and therefore disallow their own Well-Being — others use them as their reason to do the same. And, in a very short time, a very negative pattern of resistance can sweep through your population. The good news in this scenario is that, in every moment that every person is feeling negative emotion about the economic state, Vibrational requests for more abundance are launched — and those requests are heard clearly, and responded to immediately, by Source. And a Non-Physical, Vibrational Vortex of Creation begins to swirl in powerful response to that powerful asking — and all compatible components are drawn into the Vortex for the discovery and relief of those who allow themselves to be drawn inside.

It is natural that you thrive, and the resources are there for all to thrive. But chronic thoughts of shortage, or chronic thoughts of pushing against those who are thriving, hold you in contradiction to your own desires and, more important, to what you have put into your Vortex of Creation for yourself. If you seek financial well-being for yourself — you must praise it wherever you see it.

If you would like more abundance for yourself, personally, or for others you care about—you must not criticize those who are experiencing abundance. When you criticize or condemn or push against anything, you activate an opposing Vibration to what you seek. Every time. No exceptions.

## Selfishness, And the Law of Attraction?

Some offer criticism because we place such emphasis on the value of your feeling good, accusing us of teaching selfishness. And we acknowledge that true selfishness is at the very core of our teaching because if you are not selfish enough, if you do not care how you feel, if you are not willing to continually redirect your thoughts in the direction of feeling good, you cannot come into alignment with the Source within you. And unless you are in alignment with the Source within you, you have nothing to give another. Alignment with Source — being inside your Vortex of Creation, becoming one with the true expanded version of you—is the ultimate selfishness.

And yes, in that state of alignment, all good things must come to you. Every rocket of desire that you have launched will be fulfilled. True success is not the attainment of things, or the achievement of tasks, or the achievement of financial abundance. True success is the coming into alignment with You. Yes, selfishly aligning with your desires, your clarity, your confidence, your knowledge, your love—with Yourself!

## Contrast Really Isn't about Something Going Wrong

We want you to reach the place where you are willing . . . not just willing, determined . . . not just determined, eager . . . to let go of the need of control of things that are uncontrollable—like what anybody else is doing—and give your undivided attention to the only thing you can control, which is how you feel in any given circumstance.

Nothing ever goes wrong, because every piece of contrast, no matter how wrong it seems to be, is always helping you to clarify what it is you do want. And that's the thing that we want you to remember most of all: The contrast, no matter how it looks in any moment, is contributing mightily to your expansion. And the thing that you call "things going wrong" in your life experience are actually only the distance between the things that are so right and your current perspective about it.

Life is supposed to be good for you. You live, whether you know it or not . . . you live as the full recipients of a hurricane of grace that is flowing toward you, at all times, in answer to all that you have been asking for, and the best way to get a whiff of it is to stand right where you are, right now, and do your best to find the best of the positive aspects that surround you. Look for things to appreciate, even if there aren't that many. Look for things to feel good about, even if there are more things to feel bad about. Give your attention, as best you can, to the best things that are going on in your experience, with the determination to train yourself into the best-feeling Vibration that you can find right here and now. Today, no matter where I'm going, no matter what I'm doing, no matter who I'm doing it with, it is my dominant intent to look for and find things that feel good when I see them; when I hear them; when I smell them; when I taste them, when I touch them. It is my dominant intent to solicit, experience, and exaggerate and talk about and revel in, the best of what I see around me here and now. As that is your mantra, you will tune yourself to the best Vibration that you can reach for, and then the best, and then the best, and then the best—and then the best. And then, before you know it, you will be vibrating in the vicinity of what's going on in your Vibrational Escrow, in your Vibrational Reality.

## Are You Ready To Meet Your Vortex?

This Vibrational Reality is spinning and becoming, and if you are in anger or fear or despair, you're nowhere near it. When you get in the vicinity of hope, when you start feeling hopeful, you're within range. When you feel hopeful, it's drawing you in; it's drawing you in. And once you begin to believe or expect good things to come—you're in the Vortex. And once you get in there, you're no longer the only uncooperative component. Now you are a cooperative component.

*...continued on page 34...*





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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## Thoughts about things...

... from page 7...



How many people freak out when the tv and internet go down at the same time? Even worse when it's the phone, too - like in a hurricane when everything is out and all you can hear is the wind and your own thoughts rushing through your head for 12 hours. Not everyone can stand being awake and alone in the silence with nothing but their own thoughts.

I have friends who always keep the tv or music on as background noise. I like being alone in the silence as often as I can. I got that lesson early on as I studied meditation and yoga philosophy after graduating high school. The yogis consider that we're all searching for happiness and that most people settle for brief and temporary pleasures. At some stage, we become dissatisfied with temporary pleasures and begin to seek eternal bliss.

Nature's laws are designed that we must evolve, with the initial impetus being pain. When we find that relationships, money or alcohol and drugs do not produce happiness or a sense of purpose, we begin looking more deeply into life. Yoga waits patiently for you to reach this stage. In the later stages of spiritual evolution, pain is no longer needed to spur us on. Each stage of progress produces such peace and happiness that this entices us to go to a higher level of joy. Instead of pain, reward becomes the primary motivation.

If you haven't yet taken time to meditate or take silent time for inner reflection, you don't know what I'm talking about. But my point is, *if you delay - until you are at the end of your life - getting to know who you are when you are alone with your thoughts, you'll have a scarier time of it.*

Do the contemplation and reflection work NOW when you're emotionally strong enough to handle easily and quickly whatever comes up. Make peace NOW with anything you haven't made peace with. Mark 11:25 says "And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins." Oh right, most people forget that part.

Don't let yourself get to the end of your life before you have all your past misdeeds come back to haunt you. Don't wait until you're sick and fearful and insecure until you give time alone to seek forgiveness and make peace inside your own mind for what perhaps you alone know is there.

After all, who wants to be having dreams of Dennis Rodman in a wedding dress on their deathbed? I'm glad I had that dream while I was young and strong and could handle it (smile).

...continued on page 35...

## Abraham-Hicks



... from page 32...

Now you get to rendezvous with your money. You get to rendezvous with your vitality. You get to rendezvous with your clarity. You get to rendezvous with your lover, with your loving neighbor, with the things of your environment that you've been wishing for. You get to rendezvous with all of the good stuff that you've put there once you begin to get in the vicinity of what feels good. And you can train yourself there—you can do it in a day.

You have control of everything that rendezvous with you when you get control of the Vibration that you offer, and you get control of the Vibration that you offer when you care about how you feel.

It really is more irrelevant than you think what the other people in your life want, but what is relevant is what you think they want. So, if you could just eternally look toward what you want and disregard everything else, the Universe would have to give you what you want, and in so many more cases than you would believe, from where you currently stand.

Often, you can get exactly what you want from the components that are already present in your life. You don't have to go to a whole new place; you just have to chronically define a whole new Vibration.

The relationship between your expectation and what you're seeing is the only thing that you ever have the ability to feel around.

We all make too much of all of this. It is simpler than we all make it out to be. Be easy about it. Be kind to yourself. Do things that feel fun. Look for things that bring you relief, and just easily move into that place (your Vortex) where all things that you want have already been lined up for you.

There is great love here for you. And, as always, we remain blissfully and Eternally incomplete.

*Excerpted from book, "The Vortex Where Law of Attraction Assembles All Cooperative Relationships"*

# Thoughts about things...

...from page 34...



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

Recently I spent a half hour on the phone with a man who called about the mailbox visualization he read at my blog post (<http://horizonsmagazine.com/blog/?p=7930>) *A Creative Visualization to Attract Dollars. You're walking out to your mailbox, and you're excited because you know good things are in the works for you. You're opening your mailbox, and you see an unexpected big check payable to you. You're thrilled, you're excited, and you know there's more where this came from. Yes!*

He wanted to know should the check be in an envelope or not?

He had half a dozen questions along that line. I love questions like that. Questions like that tell me he's doing the visualization and needs clarification for the next step.

Lots of friends have asked me to teach them visualization and - imagine that - very few ask for the next step. Grin. They think I don't know they aren't doing it. As if I can't see by their life whether they are doing it or not.

## You Can Tell By Someone's Questions How Much Work They Have Done

The same with meditation. If you never try it, you think "that's easy" and you have no questions. But once you get alone and in the silence and close your eyes, a lot of questions come up. As you stick with it, the questions change. So one can tell by the questions just about how long you've practiced.

I love it when people really want to know and then actually do the work. That's rare. Maybe 1 out of 3 say they want to do it and maybe 1 out of 20 will actually do it. If that.

If it's all about making changes, why can't we just stop the dilly dallying and do the work?

Enjoy our offering this month. Hari Om.



Andrea

## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions.

To remind you that you are far more powerful than you can imagine.

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*





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

**Aries: March 20 to April 19/20 "I Am".** The most valued asset you own right now is your stamina and the drive to pursue goals of health and well being. In your desire to achieve your destination, be mindful of what your body says in relationship to what your mind wants to create.

**Taurus: April 19/20 to May 20/21 "I Have".** This July, your main focus has to do with your most important relationships. Past issues of jealousy have caused feelings of insecurity and lack of self esteem. At the next family activity, you will have a chance to heal the past and understand your place in the family.

# HOROSCOPES

**Gemini: May 20/21 to June 21 "I Think".** The focus for you this month is all about education and learning. Your mind is active and alert and it is hard for you to keep up with all the ideas that run through your head. Take note of what thoughts make you feel empowered because those are the ones you are to implement.

**Cancer: June 21 to July 22 "I Feel".** Your emotions have over overwhelmed you lately. Do what you can to soothe your pain and ease your mind. Yoga, meditation, and epsom salt baths will help you in these tough times and rejuvenate you towards recharging your stamina.

**Leo: July 22 to August 22/23 "I Will".** Your drive for states of wealth will become an overwhelming obsession to succeed. You will have success in dealing with the opposite sex. You will achieve your goals as well as help your friends achieve theirs in the process.

**Virgo: August 22/23 to Sept 22/23 "I Analyze".** Your focus is on target for this July, and as hot as the Sun gets can sizzle like never before. Being the perfectionist that you are, just remember not to allow critical thinking to get in your way. As you learn to be more accepting, your happiness will be easier to sustain.

**Libra: Sept 22/23 to Oct 23 "I Balance".** Now is the time for all good things to come forward in your favor. You will be granted the time to contemplate your future and what will make you happy. Forget about all the head trips and release the drama, and focus on the positive.



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# July 2010



## SUGGESTED READING WATCHING LISTENING

**Scorpio: Oct 23 to Nov 22 "I Transform".** I take it you know by now that there are no shortcuts to success. In the past you have looked for an easy way out, only to find yourself ten feet behind from your original starting point. So now you know. Experience is always the best teacher.

**Sagittarius: November 22 to Dec 21 "I Perceive".** Your mind is racing with new information, people to meet and places to visit. Communication on all levels is your focus right now, in forms such as teaching, studying and learning new skills; on fire with desire is your action motto.

**Capricorn: December 21 to January 19/20 "I Use".** The recent choices that you have made have created your present reality. You have no one to blame but yourself for the way your life is right now. You are the only one who can change it, go into meditation and you will find a way out of this present drama.

**Aquarius: January 19/20 to February 18 "I Know".** I know it can be hard to accept the embryo of non-activity. If you want to be successful and proactive, you have to allow for times of inactivity to recharge your battery. There is a time to sit tight and rest, then there is a time to forge ahead. It is up to you to figure out what time it is.

**Pisces: February 18 to March 20 "I Believe".** Being the romantic that you are, when it comes to being in love you are the lover everyone wants to have. Who wouldn't want to live your fantasy. You can make a dream come true, in and out of the bedroom. So get busy dreaming!

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# Help Me To Change the World

*...continued from page 11...*



We represent a whole legacy, and when I say "we," I'm speaking for all humans. Our legacy is love; it's joy; it's happiness. Let's enjoy this world. Let's enjoy one another. We are meant to love one another, not to hate one another. Let's stop believing that our differences make us superior or inferior to one another. Let's not believe that lie. Let's not be afraid that our different colors make us different people. Who cares? It's just another lie. We don't have to believe all the lies and superstitions that control our lives. We can return to the truth, and be messengers of truth. We can change our whole way of thinking, and have a wonderful love affair with life. It's incredible what we can do if we really want to do it. All we need is to be aware of what we are doing, and to return to the authenticity we were born with.

Help me to change the world is an invitation to be authentic, to follow your heart, to be free of superstitions and lies. And I'm not asking you to try to change the world. Don't try; just do it. Take the action today. By adopting the Five Agreements, you will create peace in your head, in your own world, and thereby help to create peace in the entire world.

## THE FIVE AGREEMENTS

### BE IMPECCABLE WITH YOUR WORD

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

### DON'T TAKE ANYTHING PERSONALLY

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

### DON'T MAKE ASSUMPTIONS

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.

### ALWAYS DO YOUR BEST

Your best is going to change from moment to moment; it will differ when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

### BE SKEPTICAL, BUT LEARN TO LISTEN

Don't believe yourself or anybody else. Use the power of doubt to question everything you hear: Is it really the truth? Listen to the intent behind the words, and you will understand the real message.

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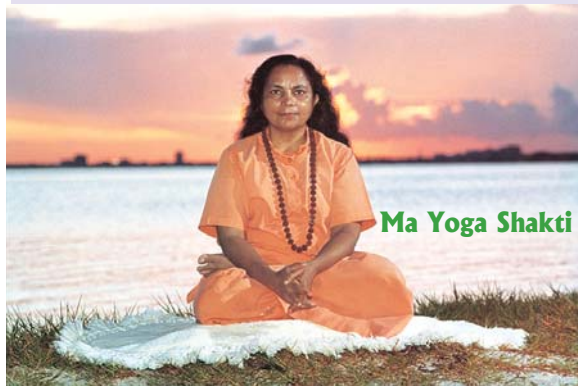
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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