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JULY 2011

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JULY 2011
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Enchanted Gifts for the Mind, Body and Soul

Creative Energy

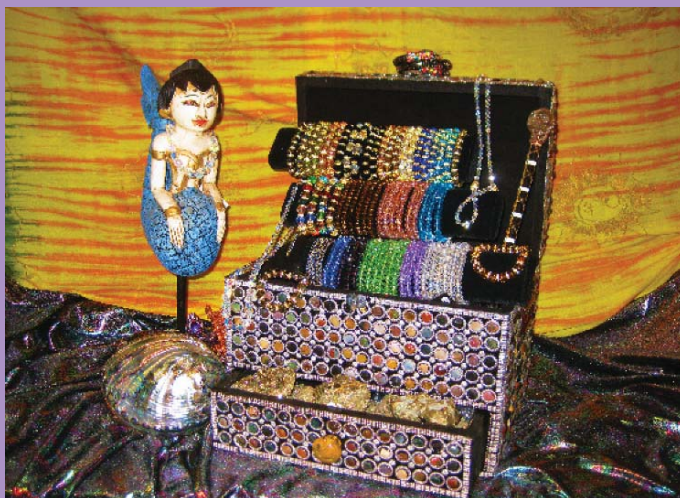
***The sea does not reward those who are too anxious,
too greedy, or too impatient.
To dig for treasures shows not only impatience and greed,
but lack of faith.***

***Patience, patience, patience, is what the sea teaches.
Patience and faith.***

***One should lie empty, open, choiceless as a beach...
waiting for a gift from the sea.***

~Anne Morrow Lindbergh

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Sundays in July 10:00AM

July 3rd – “Freedom to Stand For”

Religious Science founder Dr. Ernest Holmes said: “Find me one person who is for something and against nothing, who is redeemed enough not to condemn others out of the burden of his soul, and I will find another savior, another Jesus, and an exalted human being.” Today, even in the face of so many things in our world we could stand “against,” we will take our place among the exalted human beings as we stand for goodness, love and harmony.

July 10th – “Freedom to Be Me”

It is a fundamental tenet of Unity that we are each perfect, unique individual expressions of God. But, as you were molded and shaped by your upbringing and environment, were you given the freedom to be you? Many of us were not. Today, together, we experience the freedom to stand anew so that we can be who we were meant to be.

July 17th – “Freedom to Experience Peace”

A wise woman once said: “Peace is not the absence of conflict, but serenity in the midst of it.” At every moment of every day, we are free to experience peace – or not. Often we make the unconscious choice for “or not.” How might we change that automatic, conditioned response which creates a less-than-peaceful experience? Find out today.

July 24th – “Freedom to Find Wisdom”

The Jewish Torah reads: “Happy and free are those who find wisdom . . . She is more precious than jewels, and nothing you desire can compare to her . . . Her ways are ways of pleasantness, and all her paths are peace . . . Get wisdom, get insight; do not forget!” Today we explore the power of finding wisdom and our inherent freedom to do so.

July 31st – “Freedom to Love”

We conclude our exploration of “The Freedom Factor” by looking at the greatest freedom of all – the freedom to know ourselves as love and the freedom to choose the companions, activities, and experiences that we love. Be sure to be with us today as we feel the love!

AFFIRMATION FOR JULY:

Freedom is my Divine Birthright. Therefore, I freely choose to stand for goodness, love and harmony. I freely choose to be who I came here to be, I freely choose to experience peace, I freely choose to find my inner wisdom, and I freely choose to love. In this freedom, I am Divinely blessed and I am a Divine blessing.

Transformation Experience Update: Our TE Consultant, Kristi Petersen will be here July 9th and 10th. After our Sunday service we will give an update on progress on our Intentions, Objectives and Goals and Kristi will be available to answer any questions you might have about the TE experience or the Pilot Program.

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

Friday 7/22/2011 7-9:00pm and **Saturday 7/23/2011** 9-5:00pm and follow-up next 3 Fridays
Friday 8/19/2011 7-9pm and **Saturday 8/20/2011** 9-5:00pm and follow-up next 3 Fridays

This class is offered as part of the Transformation Experience. Our goal is to have a significant number of people complete this class to help us realize our vision of a world that works for all.

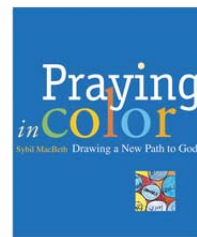
This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. It helps us to be in integrity with who we have come here to be in every aspect of our lives. You can find out more about the Art & Practice program and its creators at: www.theqeffect.com. This qualifies as a communication class for Partner Membership. Love Offering.

“Praying in Color”

A Prayer Workshop for the Whole Family

**Saturday, July 30th from
9:00am -12:00pm**

The purpose of this workshop is for families to discover new ways to pray that help them and their children connect to God. We will learn 6 different ways to pray, including: centering prayer, drawing, casting, counting, walking (using the labyrinth) and music (using Taizé). Love Offering.



Lessons In Truth with Darlene Capinha

Eight Saturdays June 4 thru July 30 11:00AM to 12:45PM

Discover how the Truth principles taught by Jesus will open your life to the reality of our oneness with the Father. Each week you will deepen your personal experience of the Living God within through changes in your consciousness. Are you ready to be released from bondage and return to inner awareness of your Christ self? It also is one of the required SEE classes and may be taken for credit.

ONGOING EVENTS

Adult Sunday School – Sunday, 11:15-noon. Join us as we have a metaphysical discussion. This is a time to ask questions and a time to share.

Healing Prayer Service - Tuesdays and Thursdays
at Noon - Open to all.

Revolutionary Agreement Groups

1st Wednesday of the month (July 6th) at 7:00pm
2nd Saturday of the month (July 8th) at 1:00pm

A Course In Miracles - Tuesdays 7:30pm

Facilitator: Darlene Capinha

**Reiki Healing Service 1st Sunday of the month
(July 3rd) 4:00pm - Facilitator: Lloyd Reiser**

**New: Chanting 2nd Sunday of the month
(July 10th) 4:00pm Facilitator: Lloyd Reiser**

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

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**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Gerald & Rev. Beth Head
Morgana Starr

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

Anais Nin

*Horizons thanks
everyone willing
to take the risk*

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

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

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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

Hello and welcome to the July 2011 edition of Horizons Magazine. It's been a month of expanding perceptions. I'm left knowing that, when anything is happening that irks me, the easiest and fastest way to remedy that is by changing my perception. Like last month. I contacted technical support for my bookkeeping program upgrade and told them my problem. My problem was I could see in the Recurring Transactions List an amount in the far right column. In the old program, an amount there would signal me that there was a balance due. That's not what it means in the new program though. Now it just means that's the amount of the recurring transaction. So I didn't need technical support to tell me how to fix anything, I just needed them to tell me to change my perception and look at the new info with a fresh eye and NOT process it with old beliefs. Isn't that the way it always is? Nothing ever needs to change but my perception. Good to know.

IT DOESN'T MATTER IF IT'S TRUE:

TELLING A WHINEY STORY DOESN'T HELP YOU

Last week, I was speaking with a friend and began to tell a story of an email I'd received from someone. The writer was quoting inaccurate source materials, that is, she was complaining yet talking about something she had no experience of, as she was just repeating what other writers said about the matter. When I mentioned the phrase "the conservative media," to my friend on the phone, he launched into asking me who I considered the conservative media and that segued into him telling me his thoughts on how the liberal media spreads misinformation. He stated unequivocally that there's no evidence anywhere that Fox News ever lied about anything. He believes the liberal media spreads more mis-info; I believe the conservative media does. *It doesn't matter who's right, if we're on this topic, it isn't helping us achieve a happy life.*

Afterward, I Googled to find just one example and found an article entitled **Top Fox News Executive Admits Lying On-Air About Obama**, boasting that he lied repeatedly on-air. Even if a story is true, if the story is critical or complaining, telling it is not helping your case. Telling it isn't bringing you peace of mind. Telling it isn't helping you attract the income and life you're entitled to. Telling it is preventing you from attracting opportunities to yourself.

So tell that story, debate that point with friends, get pissed off and think the government is bringing the country down and going to hell in a handbasket. But keep that info to yourself and let me live in my happy world where none of that matters. If God wants me to have a happy life, Man isn't going to stop that from happening. If Man lets a thousand man-eating tigers loose in my neighborhood, if it's God's will — and my expectation and belief — the whole incident can pass without me ever being aware of it. That happens all the time with disaster striking just inches away from where survivors stand. Don't tell me to expect the worst when I know what's possible.

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MORE JULY WORKSHOPS AND CLASSES

July 15th 6pm-8pm Come get "stoned" with Jodie Bellis!! Jodie will be holding a crystal workshop this night! Learn the different energy's and uses for all the different type of crystals and stones! This workshop will be \$25

July 23rd 1pm-3pm Intuitive Watercolor reading with Morgana Starr! She will give us insights into what intuitive watercolors can show about us. We will also be creating a watercolor and learning how to read each others paintings! This will be a wonderful class, as all of Morgana's classes are!! This class is \$25

July 23rd 12pm-5pm Reiki II with Jodie Bellis. Join Jodie for the second class of Reiki in her workshops! Jodie is our in house Karuna Reiki Master/Teacher. She is an amazing healer and teacher! This class will be an extension to the class that she is holding on July 9th! This class is \$125

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

DOES A CORN KERNEL ENVISION PROGENY EARS?

Q JERRY: *Does A Corn Kernel Envision Progeny Ears? Does a grain of corn envision itself as a pollinating, reproducing, grain bearing, ever-living being, or are only humans able to envision?*

A ABRAHAM: No, the corn does not envision all of that, because all of that was set into motion from the Nonphysical Perspective. But the being that is the corn does not disallow it, either. The corn is different from the fully functioning human, because it is not here deciphering contrast and giving birth to desire in the powerful way that you, the human, are. It is more in the state of allowing the intentions that were set forth from Broader Nonphysical Perspective.

Every particle of the Universe, no matter whether it is a cell in your body, or whether it is a cell in a kernel of corn, has the ability to perceive. And where it is perceiving, it can feel, "*This is preferred to this.*" All consciousness, no matter how fantastically focused, or how it, by human standards, is insignificantly focused, has the ability to perceive and discern preference. And the preference is an "*asking*" that is answered by the Universe.

The difference in the kernel of corn, or the clam (which we've discussed is always happy, really is happy) is that that being is not finding things to focus upon that are causing it to disallow the Energy that is flowing.

From Broader, Nonphysical Perspective, you set forth, as did the corn, intention. The difference between you and the clam, or you and the corn, is that once you get into this body, your consciousness is fully functioning and continuing the discerning. You have the ability to know, by the emotion that you feel, whether you are summoning and how much, and whether you are allowing and how much.

Tom Arcuti
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Every consciousness perceives where it stands. Whether it is the clam, or whether it is the human, it has a perception of where it be's. And in its perception, it knows preference, and in its preference, it is asking, and in its asking -- it is answered. The big question here is, which beings are practicing the Art of Allowing? The corn does. The human sometimes doesn't.

JERRY: Esther and I got a handful of chickens a few years ago. They came to us as baby chicks right out of an incubator. They'd never known a mother or a father. And yet, when the little chicks were outside, and a butterfly flew over, I heard the little rooster chick go "....." a little sound like they make when they're big roosters. And all the little hen chicks, (still only days old) went scurrying for cover. Just like grown hens would do.

It gave me the impression that somehow they had learned, perhaps in a previous life, that when a hawk flew by, and when the rooster did this, all the hens should take cover, as

...continued on page 26...

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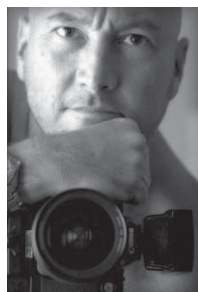
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Today I Almost Died (A Lesson on the Primal Ego)



Wayne Wirs is the author of "Fading Toward Enlightenment" and "The Implications of the Soul." He has been blogging continuously—before, during, and after enlightenment—for over nine years. Wayne's complete works—his five books, photography and online journal—can be found online at <http://waynewirs.com>.

FLAGSTAFF, AZ—Yesterday, as I was finishing up my last blog post (The Soul Ego), I was wondering where instincts fit into this "multi-layer ego" I've been writing about.

To help me find the answer to this question—to show me via experience rather than theory—She, in Her divine wisdom and love, sent forth a semi tractor trailer to kill me.

HOW MY BODY REACTS TO DANGER

Of course She didn't INTEND to kill me, but at the time I didn't realize that.

Driving westward along I-40 today, I was passing an eighteen wheel semi tractor trailer when, as I was about half way along its length, the driver began to pull into my lane in order to pass an RV.

During this lifetime my body has been blessed with very good reflexes, and more than a few times those inherent reflexes have saved my life. Today, they saved me again.

When extreme danger is present, for me, time seems to slow, my mind clears, and I experience a sort of hyper-clarity as Life lives through my body in its purest sense. There are no "word thoughts," just rapid, pure and somehow "deeply-connected-to-the-situation" reactions.

As sick as it sounds, I love it when I almost die.

THE UNFORTUNATE TRACTOR TRAILER INCIDENT

As the rig slid into my lane, that purity of reaction somehow knew that if I slammed on the brakes, I wouldn't have time to get out of the way of the rig and I'd be run over by the back four wheels of the semi running over the top of my humble Ford Escort.

...continued on page 27 ...

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IF YOU WANT TO BE HAPPY

Vicki Hannah Lein, MS Counseling www.outrageousvisions.com, is an international motivational speaker, singer/songwriter, author, humorist, and Aliveness Coach. An enlightened neurotic herself and

legally blind as well, Vicki's clear-sightedness and wicked sense of humor helps people find the courage and perspective they need to set themselves free.

HAPPINESS TIPS

If you want to be happy, I have a few happiness tips that I have worked for me.

- Grossly Under-schedule. Whatever you think a full schedule is for you, do half of it for a month and see what happens. You will have to say no to fun events. Your children won't be able to go to all the parties and lessons and movies and shopping trips they want, but that will be good for them anyway. They could use a little down time, creating their own entertainment.
- Be an easy laugh. Delight in the unexpected. Laugh at your mistakes. Trust everyone until you have reason to distrust them.
- Make every stranger you meet smile or laugh: grocery clerks, waitresses, door-to-door salesman. This is easy to do because people doing these kinds of jobs are ready to laugh or smile at just about anything. Try it for a week and see if it doesn't significantly change your life.
- Over-tip. Let that abundance flow through your fingers and into someone else's. Have you ever worked in a restaurant? If so, you will over-tip the rest of your life.
- Clean out a closet or a drawer every week and throw stuff away or give it away. Forget the garage sale. Give your stuff away to someone who needs it more. It's good karma.
- Bless those who traffic against you. Remember at all times that you are not a perfect driver and that you sure hope someone is as alert as you are when that SUV slips in front of you and you have to slow down to avoid a collision. Bless that driver and hope that someone will save you when you traffic against someone else.

...continued on page 35...

HERB CORNER



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

HERBAL SUMMER SURVIVAL

It's time to get ready for summer mis-haps; if your family is like mine, you 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 soothes all types of burns especially sunburns. Besides being a pain reliever, it 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 blister. A **raw potato** draws 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.

RECIPE: 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, Cedarwood 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 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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SPIRITUAL INDEPENDENCE

Taking a quiet sideways glance at life, Marlene 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.



In America, we look at the month of July as the celebratory beginning of our nation's independence from King George of Great Britain. As children of the world's then-superpower, we revolted against the constraints of the remote royal family and declared our path, thus forging a life based on freedom of the individual and of each state. When we step back and look at our spiritual choices, we see that our beliefs, long held and practiced, provide a sense of comfort, yet also keep us close in a circle and cycle of ritual and acquiescence. Daring to step away from aspects of our beliefs to explore new territory of self-expression, we declare our Spiritual Independence and develop a new understanding of our own essence as we operate as sovereign beings in the world.

WHAT WOULD IT LOOK LIKE?

The population of America in the 17th and 18th Century comprised of people seeking religious freedom, as well as those desiring an opportunity for prosperity. The "great experiment" in which people governed themselves, shone as a new and unfamiliar concept in the known world. Almost impossible to imagine, the notion of a country not ruled by a church, or a monarchy, proved fearful for most, including early settlers. While most emigrated to the new world for a better life, in many cases, the adjustment demanded they

forfeit their prior limitations of thought and action - for others and themselves.

In our spiritual lives, true independence also takes a toll on our reality. While we learn and stretch our belief systems to seek new ideas and considerations of philosophies, we often revert back to the well-rutted synapses of our past thinking. Even though we open ourselves to the possibility of looking at our spiritual centers in a different way, we compare and contrast the new information we gather against our old thought patterns and beliefs. In short, we judge ourselves based on our past thereby limiting our opportunity for something new to enter our lives. In short, it proves difficult to imagine moving completely away from our old ways to operate entirely in a new set of beliefs because we simply don't know what it looks like.

WITCH TRIALS

From the self-imposed limitations of Calvinism in the new world, to the oppressive dogma of Puritanism, our young country experienced some hypocritical growing pains. Borne from the flexed muscles of religious freedom, our young country operated under the strong arm of the Crown, wielding its power thousands of miles across the ocean. Desperately seeking the ability to choose one's interpretation of spirituality, the early settlers found themselves in the new world but stuck in archaic concepts of governance. In one glaring instance, the Witch Trials in New England provide a clear example of a small group of transplanted religious revolutionaries unwilling to embrace the rebels within their own faction. While taunting their heroic separation from the church in Europe, small communities of settlers practiced the very same unforgiving methods of intolerance from which they fled.

...continued on page 31...

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Dear Whitedove: One of my dearest friends is newly engaged. In confidence, she said that her fiancé is not her soul mate but he's a Twin Flame. What the heck is a Twin Flame?? **Scorched in Stockton**

Dear Scorched: Twin Flame is an advanced concept so I'll tell it as I understand it. We are multi-dimensional beings made of pure energy. Science tells us that energy can divide. Sometimes highly evolved souls will divide their energy and come to Earth and experience two incarnations at the same time. This means that one soul will have two life experiences simultaneously. The soul will divide its energy and may choose to be born as a man in London and then also be born in Hawaii and a female. Of course this is only an example.

To further explain, if by chance these two people meet each other, then they would have met their Twin Flame, the other half of themselves. This occurrence is unusually rare. Why would an advanced soul want to divide? The answer is two-fold: so the soul can work out karma at a much faster pace and/or for one soul to have another person to help them in a very important mission. It has been said that Mother Mary was Jesus' Twin Flame however, it is not known if this is true; only God knows.

Dear Whitedove: Brought up as a Christian, the concept of reincarnation is totally foreign to me. Why do most religions scoff at the notion but you believe that we have more than one life? **Questioning in South Dakota**

Dear Questioning: Many religions debate whether Reincarnation is fact or fiction. Eastern philosophies have maintained their belief in reincarnation and soul migration throughout the centuries but in the Western world it's a newer concept. As we individually evolve and grow spiritually it's important to examine our core beliefs. Through my connection to Spirit, I discovered that reincarnation is truly a central element of our eternal journey.

...continued on page 32 ...



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Giving Thanks to Those We Love

"A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words."

My husband is my best friend ever. Before I met him I had no plans to marry, but the night we met I fell in love. Within six months of meeting, we were married. And in over thirty years of marriage I never expected to experience such love in my life. How wonderful. Thank you. I love you dearly.

There are events in life that a mother hopes to experience with her daughter, that in having sons I never expected to be part of. My daughters in law have blessed my life in these and other ways, greater than I could have imagined. How wonderful. Thank you. I love you dearly.

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When I first met my father in law, he gave me a big bear hug. Over the years, I could always turn to him and talk to him about anything. He was a wise, patient, kind and loving father. How wonderful. Thank you. I love you dearly.

I've been blessed with some great friends, and some ... including my sons and grandchildren... within my own family. The friends I cherish most are the ones that relate at soul level. Those who allow mutual expression of who we really are. Those who have been a positive influence in my life — and hopefully, I in theirs. Some I've met recently and some I have known for decades. Some I haven't seen for a while and some I saw just the other night. I am always grateful to meet and have such valued friends. How wonderful. Thank you. I love you dearly.

"A friend is someone who understands your past, believes in your future, and accepts you just the way you are."

Over the years, there have been ministers who have helped me to lift my thoughts and deepen my beliefs. Spiritual teachers who have been instrumental in my experiencing a deeper sense of guidance, trust and validation. Extraordinary healers who have helped me to align and receive healing on multiple levels. How wonderful. Thank you. I love you dearly.

Each friend is a part of the love I hold in my heart and the love I return to the world; are part of who I am; are a part of how I see and process my life. They are an integral part of this life experience.

All of my friends are in my life voluntarily; some have entered in some unexpected - seemingly magical way. I am grateful for those who have contributed and uplifted and expanded life; while allowing for mutual growth and realization of Divine Truths; and who have nurtured parts that had hungered for light and love... Thank you. Thank you for being a part of my life.

We may sometimes take the people in our lives for granted, but we need to take time to value, appreciate, give thanks and be grateful for them.

Why not take a moment now and think of those who have influenced your life in a positive way, who have lifted your wings, who have helped you discover and express your true self - your divine nature - who have helped enlighten and uplift - who have in some way made your journey easier or more interesting and enjoyable.

Give thanks for their part in the tapestry you weave, for they are each a thread of love.



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From the Heart

Alan Cohen is the author of many popular inspirational books, including his newest book of uplifting messages, *A Daily Dose of Sanity*. Listen to Alan's weekly radio show *Get Real* on Hay House Radio at www.hayhouseradio.com, and join him for Life Coach Training beginning September 1, 2011. For more information about Alan's books, programs, or his free daily inspirational quotes via email, visit www.alancohen.com, email info@alancohen.com, or phone 1-808-572-0001. Atomic Contrast



Competency Hypnosis

While presenting a seminar in Japan, I asked for a volunteer to tell the group why he or she deserved to have good things. A woman named Sachi rose and explained in English that she is bilingual and bicultural. Sachi had spent years living in America and had just returned to Japan. Sachi shared her "deserving" list in English, and then began to translate for the group members who spoke only Japanese. After a few sentences, Sachi stopped speaking and a pained look overtook her face. "That's weird," she commented. *"In English I can easily explain why I deserve the things I want. In Japanese I feel ashamed and I can't find the words."*

Sachi's predicament represents not just the difference between cultures, but between two contradictory mindsets we all live in. One mindset is big-thinking, visionary, and deserving. The other is small, apologetic, unworthy, and prone to guilt and shame. When you are in the deserving mindset you know you can do it all and you can have it all. When you are in the worthless/useless mindset you feel like a nothing and a nobody. Each mindset feels real when you are in it. The question is, which reality are you speaking from? Who is home today?

This disparity takes on monumental implications when you consider the power of multiple personalities. Psychologists have documented contradictory manifestations in the lives of people who experience multiple personalities. One of the personalities is allergic to oranges and breaks out in severe physically observable hives if that person eats an orange. When that person is in a different personality, she can eat a dozen oranges without any adverse symptoms. Who is the person really? Do oranges cause hives, or is the belief in hives more powerful than oranges?

Many people experience a related issue called *fraud guilt*, the unspoken belief, *"If you knew the truth about me, you would realize that I am a phony and you wouldn't want me or love me."*

The odd thing about fraud guilt is that most people have it, even if they are experts and huge successes in their field. When a group of Hollywood movie studio CEO's was asked, "What do you most fear?" the most common answer was, *"I am afraid that people will find out that I don't really know what I am doing."* Ironically, these executives were extremely successful, turning out multi-million-dollar grossing blockbusters. Still, many of them felt like frauds.



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A Course in Miracles tells us that all defenses do what they defend against. So the voice that tells you that you are a fraud is the fraud. The answer to the voice of fraud guilt is to simply keep on doing what you are doing as if you deserve to be doing it. Just do it anyway. "The dogs bark, and the caravan moves on."

In all of my years working with people who experience fraud guilt, I have never met one person who is truly a fraud. People who are frauds generally do not stop to consider if they are fraudulent. Usually they are unconscious about their lack of integrity, or they rationalize it, and fraud guilt does not bother them. Only people of integrity worry about being a fraud. Yet the integrity that they demonstrate by asking the question is also the answer to the question.

Fraud guilt is not inherent in the human psyche. It is entirely learned. Another name for fraud guilt is "competency hypnosis." I like this term because it indicates that a spell has been cast over you by people who were also hypnotized to believe in their smallness. A religion told you that you were a sinner before you were even born. A parent or teacher told you that you were stupid and incompetent. An elder sibling told you that you were ugly or annoying. At a young age you believed them, but you never stopped to question if they were correct.

Yet the time comes in every life when you begin to question the reality that was taught to you. If you are reading these words, that time has likely come for you. You and I have been told a few things about reality that are true, and a lot of things that are false. Now your job and mine is to figure out what is real and then live from that awareness. Tom Stoppard said, "It's the best possible time to be alive, when almost everything you thought you knew is wrong!"

The next time you start to feel small, stupid, ugly, wrong, or incompetent, ask yourself, "Who is home right now?" Have I stepped into a hypnotized reality of emptiness, error, and evil, or by contrast can I claim a reality of wholeness, well-being, competence, and love? You can break the spell of smallness by consciously focusing on wholeness. Keep remembering why you are loveable, beautiful, and deserving. That will be easier to remember than your adopted dark identity because those noble attributes are your true nature. Over time you will become more comfortable in your worthiness than your smallness. Then, when someone asks you why you deserve to have what your heart desires, you will be able state your claim with dignity, clarity, and confidence.

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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. Karen's blog: www.abrahamfun.com.

You Can Chill Out Now

Soulsong #251 - Taking a Breather

Sometimes it may seem difficult to choose thoughts other than those that naturally pop into my cranium. Maybe I've been trying intensely to think more about what I want and less about what I don't want, but all I'm getting is...tired. Some days, it may seem nearly impossible to shift my mental focus, as old-habits-of-thought defy me to evict them from my noggin. In addition, now that I know how my overall thought patterns magnetize my daily experience, my thoughts can actually begin to scare me.

At times like this, I draw back from the whole process for a while, aware that my general intention to choose better-feeling thoughts and thus a happier life is simply enough right now. I shrug it off, knowing that loving, benevolent forces are carrying me along.

I'm indisputably on the right path with my change-your-thoughts-change-your-life program. But sometimes, it's fine to just kick back by the side of the road and chew on a weed.



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2011 TIME DILATION FIELDS

Gillian MacBeth-Louthan is a Visionary, a Seer, born with the gift of knowing. She lived in Florida for 27 years and then moved to the

Smokey Mts of East Tennessee. Join Gillian August 6, 2011 in Melbourne for a Powerful Workshop: TEACHINGS OF LIGHT From the Light Masters & Star-People. The day will consist of ancient and future truths. Learn how to awaken and align your light vibration, Channeling with the Star-people and Light Masters. Crystal bowl activation, working with time, Pre-Defining the future you, Opening the third eye meditations, create inter-dimensional fields. and more!

Father Time makes Himself known again rerouting the very best of intentions, sidestepping the 24 hr day and running us around in circles. Time as we know it cannot be forced into pigeon holes nor trained to do our bidding. Time has grown its own wings and takes flight into previously unknown patterns, reconstructing the highways and byways of what was. The sextants of humanities DNA demand that it fly in a direction that brings a quickening. Do not take for granted what is etched in sand on the hourglass of time. For what once was instructed and carved in stone has shifted in context. The timelines cannot be tamed nor ridden into submission.

What was taken for granted is challenged non-stop, what you know to be truth is challenged, what you believe in your heart is challenged. The body has received so many mixed signals, it feels like a long island ice tea. All of humanity is in overload. All circuits are in busy. Senses are so overworked they are taking a leave of absence which creates that fuzzy disconnected feeling. Earth is at an intersection of time with no clear directions. The playing field of earth is being changed forever. It is becoming a clearing house of light and information for all Universes.

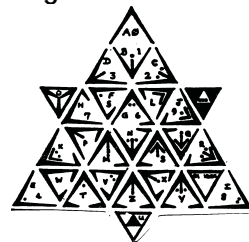
We are traveling in and out of time sequences, past present and future, no longer are we anchored and docked in 3-D. The time fluctuations are accelerated when the sun shakes her golden locks and her explosive nature is seen by all who are brave enough to look. We are being escorted into different time portals of experience and this will continue in a dramatic fashion for the next several years.

Earth is experiencing a Timestorm which is one of the side effects of disrupting the flow of time itself, caused by something altering the timestream. When a wormhole travels close enough to a star during a Solar flare, its timepath may be altered. A side effect of this is Time Dilation. Time Dilation slows down or advances the speed of time, reversing time in a localized field. Time is only altered within that field and not throughout the entire universe. This can slow down the progression of time to the point that one year would equal a thousand years outside the field. If we all think time has sped up and slowed down simultaneously this is the reason.

...continued on page 29 ...

Gillian MacBeth-Louthan & TheQuantumAwakening.com

TEACHINGS OF LIGHT From the Light Masters & Star-People



August 6, 2011
Melbourne Florida

All the stars and stellar vibrations that come from deep space are here to assist us in embracing a vibration that has never existed on Earth. This August the Energies line up to show us the way home as we look for a portal of escape leaving the harshness of the world behind. The fearlessness of the next step of our journey is nonnegotiable and not refundable. It addresses all that sits at the foot of our heart and still casts a shadow of doubt.

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Workshop Saturday August 6, 2011
10 am - 5 pm Cost \$65 includes lunch

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Payment via Paypal or Check Seating Is Limited



Abraham-Hicks

...continued from page 9...

the rooster had a better chance of defending the hens against the hawk, perhaps... At any rate, somehow they knew, in this next life that they had somehow learned and then carried that learning.

ABRAHAM: That is not the way it was at all. The chick is not recalling from past life. The chick is connected to Source Energy in the now, and being guided, as to his experience, now.

JERRY: *What do we learn in this life that we don't have to learn all over again the next time we live in physical?*

ABRAHAM: Nothing. This is the reason that you don't all come and go at the same time. The environment that is around you is knowing, and then, when you come forth into the environment -- you are guided to information.

Every now and again we get this question. Someone will say, "Abraham, I've banged around in this physical experience for a very long time, and now I understand about Nonphysical, and I understand about Inner Being, and I understand about emotions, and I know how to hold myself in a place of allowing. And now, my life is so wonderful... When I croak and I'm reborn, do you mean I have to go through all of that again?" And we say, to differing degrees you are resistant to allowing this knowing that comes forth, but you are, every time, every

one, born with a Guidance System. And if you are selfish enough to listen to the way you feel, you always can feel when you are on your path. The better you feel, the more you are in concert with the Source Energy. The worse you feel, the more you've pinched it off. It has always been true.

Have you noticed that as you are coming forth as a human species, you are coming with a greater and greater sensitivity and intent to be selfishly driven? And this is a magnificent thing. People keep telling you it is not good to be selfish. And those people who are telling you it is not good to be selfish, are those people that want you not to satisfy your selfish desires -- but instead, to answer their selfish desires.

They say, "Don't be selfish and do what you want. Be unselfish and do what I want." And so, the selfishness that is coming forth, it is about individual beings coming to recognize the guidance that is coming forth from within. Because we do not know any of you who want anything, whether it is a material object, a relationship, a state of being, whether it is a physical condition... There is nothing that you want that is for any reason other than that you believe that you would feel better in the having of it.

And so, as these little beings are coming forth, they are driven with this desire to feel good. And they are, more and more, finding themselves unwilling to participate in those things that you've decided are perfect for them that don't feel good to them. And so, what is at the heart of your coming into fuller, faster connection to Source Energy, is this selfish drive to feel good.

When you are willing to follow your bliss, you are in the place of allowing who you really are to flow through. You see, the little chick follows his bliss. He goes where the next bug leads him. He does not feel guilty about not making sales calls. He does not feel angry about somebody taking his parking place. He does not feel unhappy that a future employer does not understand his true talents. He just be's who he is, and follows his bliss. And in his less complicated vibration -- he allows Well-being to flow.

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Why You Shouldn't Waste Your Time Fixing Yourself

...continued from page 11...

As I started to jog to the left to get out of the way, my eyes fell on these mysterious steel guardrails that ran right along the edge of the road (I swear they weren't there a second ago), and which, if I hit them, would slow me down just enough to go under those said four wheels above.

As I started to swing back away from the rails, my body somehow knew that if I overreacted and swung too far to the right, I'd STILL go under those damn wheels.

My foot, completely on its own, floored the gas. My hands jiggled the wheel like a NASCAR driver to keep some space between the still-sliding-into-my-lane-semi and the immovable-steel-guard-rails-of-doom and, like the Millennium Falcon shooting through the closing blast doors of the Death Star, I shot through the rapidly shrinking gap with a good inch or two on each side of the car to spare.

And—just like Hans Solo—my body shouted a loud “Whooh Hoo!” and my arm pumped a vigorous victory celebration.

MY POINT

It would be easy (and egotistical) to say that I did all the above, but that isn't true.

It's not true at all.


My BODY did all the above. I had nothing to do with it. I was just a helpless passenger watching it all happen. If I had jumped in and gotten involved and tried to take control, that quarter of a second hesitation would have sent me under those damn wheels and killed me. A semi running over a little sub-compact car at 75 mph tends to do that to a guy.

Body knowledge—whether they are reactions in emergencies, or lusts, or hungers, or addictions, or instincts—can easily be mistaken for SELF. They can be easily mistaken for ourselves... but they are not.

You can call this mistaken identity our Primal Ego; yet another layer to the amalgamation that many spiritual teachers and psychologists call simply The Ego.


The Primal Ego becomes “us” when we mistake our body's natural desires and self-preservation instincts for our Self, but—as the example above demonstrated—the Primal Ego is just a collection of traits, reactions, and inherited skills that go along with having a body.

Read Andrea's daily blog at
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You are not smart, or dumb, or lustful, or nervous, or agile, or clumsy. You are not your body.

YOU AND THE PRIMAL EGO

Where does the Primal Ego fit into my elegant map of Ego Layers? Hell if I know—it looks like I'll have to do a little rewrite—but I suspect it may be below the Mortal level (the Body Level?). What I do know is that the Primal Ego is just another layer of the ego that we need to transcend in order to fully adapt to the Soul level.

Your body and its traits, good or bad, aren't you. They're just more clothing that you'll end up having to discard at the end of your Mortal life.

You are not smart, you are not wise, you are not good looking or ugly.

You are so much more than all that...

You are Divine.

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 to sign up for free daily Notes from the Universe!

There comes a time in every life, when the valiant choice is made to take a courageous stand for oneself, in spite of consequences, against those who have behaved irresponsibly. And this is good.

Sometime afterwards, it ultimately dawns on all, however, that what they might be most concerned with are their own responsibilities. And this is trebly good.

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COVER ART **Endless Summer** by Jane Taylor



Jane Delaford Taylor is an inspirational British artist whose work is now sold worldwide to collectors who love the depth of colour, movement and soul energy in her paintings. Already an established freelance illustrator, who has worked on over 200 books during the last two decades, she has recently returned to her first love - painting in oil on canvas, - and her new work is now available via her website at <http://janetaylorart.weebly.com/>, or email her directly at chalicewell@hotmail.co.uk for an updated slide-show of newly available artwork.



"For me painting is one of the necessities of life, I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush! What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings

them a great deal of joy - and selling my work like this is so much better than just plonking it in a gallery! I organise delivery myself, and get fantastic feedback and I know that the reason I painted a specific piece was because it was meant to be owned by just one special person - it closes the sacred circle of creativity in a very beautiful way.

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



2011 TIME DILATION FIELDS

...continued from page 25...

Solar cycles always play an important part in the ungratification of human consciousness. Solar activity is a catalyst for our evolutionary process. Solar light stimulates change in matter, energy, and consciousness. It pushes us into a higher position of knowing and the ability to integrate and use that knowledge for the betterment of all Universes. Evolutionary change is Sun driven. New energy is coming from deep space via this Solar portal.

Our Sun as the pulsing heart of this solar system, sends a twelve-faceted geometric light into every atom of its solar universe. The Sun is a portal which streams information in the form of light from other light/solar systems and worlds beyond ours. It is a storehouse of vital energies and is considered to be the Great Heart.

Stars like our sun are the visible raiment's of celestial beings. Their inner aspects are invisible, just like ours. The sun is

simply the heart and brain of our little Universe, The mighty heart of the solar system beats to a different drum disrupting and erupting time at any given moment. With each beat, the sun expels its accumulated light and energy through sunspots projecting to the remotest corners of the solar system. The sun feeds its family: just as the heart feeds the body.

Earth and all her inhabitants are living receivers and transmitters. Solar flares affect the Central Nervous System all brain activity (including equilibrium), and all human and animal behavior. Solar flares can cause us to be nervous, anxious, worrisome, jittery, irritable, and lethargic, have short-term memory loss, lose time, feel nauseous, headaches, trouble with all forms of communication--both human and technological. Solar activity illuminates consciousness causing old patterns to be consumed in Light, just like a phoenix making way for the new prototype.

A Folk Ways Calendar



JULY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	3 Independence Day	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Ancient people saw the flow of time as circular, not linear, and the changes were understood as a great wheel. Woven together with the solar cycles are the monthly lunar cycles, which affect all life on Earth from the tides of the oceans, to the fluids within our bodies, to our emotions, to our unconscious. Many folk/ethnic/Indigenous religions and other traditions have been lost through time, destroyed by men who sought to establish a new God. Which is interesting since Christianity and most of its rituals is based on Egyptian mythology, whose source is pagan.

I recognize that much myth and tradition isn't about worshipping gods or goddesses, rather about recognizing and honoring archetypes in a way that can be useful in our daily lives. Much can be rediscovered through folk customs, legends and folktales. Our ancestors found comfort in the cycles of the seas and the stars. It gave them faith that when the sun left the sky, the moon would appear. It gave them faith that when a season of snow passed, a season of sunshine would follow. They learned by the phase of the moon and the cycle of the seasons the best times to plant and to harvest.

My experience is that being in tune with the natural rhythms of our Universe helps me find my place in it. It helps me feel connected and supported by the natural world around me, no matter what human chaos may be happening at the time.

When we feel ourselves to be separate from nature, we feel fragmented and frazzled by our daily lives. If we're to change this, it helps to begin seeing ourselves and our relationship to the Earth, the moon and the sun with new eyes. To look for the natural patterns and cycles, and see what relevance they might have in your life.

As a gardener and one who studies weather patterns, I find the cycles very relevant to my daily life. At new moon and full moon, I do a moon ceremony, to celebrate the last 14 days and welcome in the next 14. Observing the natural cycles teaches that every one and every thing is valuable and sacred.

You might want to Google the unfamiliar names you read here and see what some of the ancients believed, and how they celebrated the cycles.

-- Andrea de Michaelis, Editor

July 1 **Renewal of devotion to the Sacred Heart of Jesus** in the Catholic Christian faith

July 9 **Martyrdom of the Bab** - An event the Baha'i consider with no parallel in history save the crucifixion of Jesus

July 11 **St. Benedict Day** - A favorite saint of the publisher of this magazine. The Catholic Christian considered him to have exercised the greatest influence on monasticism in the West. After shifting from hermit to community life, he had an idea of gathering various families of monks into one grand monastery to give them the benefit of unity,

Jul 15, 2011 6:39 am Full moon in Capricorn • The Full Buck Moon when the new antlers of buck deer appear. Also called the Full Thunder Moon. The pagans called this the Mead Moon, which occurs when the beehives are heavy with honey. The perfect time to make mead.

July 15 **Asalha Puja Day - Buddhist** Asalha Puja is celebrated on the full moon day of the 8th lunar month (approximately July) It commemorates the Buddha's first sermon in the Deer Park in Benares and the founding of the Buddhist sangha. In Thailand, Asalha Puja is a government holiday. The day is observed by donating offerings to temples and listening to sermons.

July 15 **Saint Vladimir Day - Christian** Considered a great day for the Russian land and her people - her entire life considered a result of the deeds of St. Vladimir. He is the establisher of the Russian nation; before him there were only alliances of peoples made by local leaders. St. Vladimir bound the people morally and spiritually with the ruler, and the tribes to each other. Now scattered apart, we find in him unity and a way to union.

July 16 **Lailat al Bara'ah - Islam/Muslim** Lailat al-Bara'a is significant for a few different reasons. According to Shias, Lailat al-Bara'a is the anniversary of Imam al-Mahdi's birthday. According to Sunnis, Lailat al-Bara'a celebrates the day that Allah saved Noah's followers from the flood.

July 23 **Birthday of Emperor Haile Selassie** - the holiest day of the year. Rastafarianism is a unique Jamaican syncretic religion that combines themes from the Hebrew Bible with the veneration of Haile Selassie, a former Ethiopian ruler, as a messianic figure, believing that Haile Selassie was descended from King Solomon and that he is the incarnation of God.

July 24 **Pioneer Day - Mormon Christian (also archaically called the Day of Deliverance)** commemorates the entry of Brigham Young and the first group of Mormon pioneers into the Salt Lake Valley where the Latter-day Saints settled.



Spiritual Independence

...continued from page 14...

Our own personal and figurative witch trials provide us with divine insight into our spirituality. Often, we stretch our limits, test new methods and thought patterns, yet use the same tired concepts to measure the distance between the old and new experiences. Punishing ourselves through negativity and doubt, suffocates our potential and dares to challenge our quest for advancement. As we recognize the enemy within ourselves, we discover the forces at work against us are superficial and weak, and like the witch trials, based on fear and the unwillingness to move away from our suffering and the status quo.

RECOGNIZING FREEDOM

A dozen or more generations removed from the brave souls who set out in wooden boats to dare seek a better life - a free life - we often take for granted the comforts our freedom affords us. We move peaceably between state lines, speak freely for/against our government, reserve the right to work at vocations which inspire and please us, and freely associate with one another. Many countries, even today, do not allow these freedoms to citizens, yet some people take risks to exercise their choices in spite of their laws.

With basic freedoms and rights in place in North America, we enjoy the luxury of pondering more esoteric concepts of expression. In every port of freedom docks an armada of lessons. Waiting to be called ashore to our present moment, our earthly education waits patiently, riding the tides of our indecision, the unfathomable depths of our doubts and the

choppy waters of fear. With our practical needs met, our spirit breaks free to entertains such philosophical preponderances with the liberty to recognize coincidences in our lives; the freedom to develop and grow without restriction; the freedom to accept life's inevitable lessons and understand the impact; the freedom to integrate each lesson and thrive from it; the freedom to release and let go.

In the timeline of human history, man's inherent freedom appears as a mere moment on the scale. Comfortably ensconced in suffering and spiritual slavery, we fall back into the rocking chair of old thoughts and practices. When we dare to set forth on new adventures to seek the freedoms endowed by our Creator, we break the chains of restrictions imposed on our delicate souls and dare to cross the vast ocean of lessons to reach the promised land of understanding and spiritual sovereignty.

Today, think differently. Measure your progress not from the first knot of old thinking you towed with you from your past, but from right now - this moment. Leave behind all the old trappings and thought patterns which brought you here to the banks of possibility, and dare to venture forth into new worlds of independence. You'll never know what it looks like until you step onto the shore.

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What is Homeopathy? Homeopathy is an effective and scientific system of medicine that has been in use for over 200 years. It works by stimulating the body's own natural tendency to heal itself. Homeopathy recognises that all symptoms of ill-health are expressions of disharmony within the whole person and that it is the patient who needs treatment, not the disease. The homeopath seeks to observe a pattern in this disharmony which is reflecting the complete individual. It is a truly holistic medicine that treats the individual on all levels – mind, body and emotions.

What Can Homeopathy Treat? Many diseases respond well to homeopathic treatment and it is an ideal preventative medicine as it strengthens the immune system and the body's natural defences against disease. It treats both mental and emotional conditions as well as physical ones. It can help where other forms of medicine may have failed or the side effects have caused additional problems. It maybe that there has been no definitive diagnosis but YOU know you are not feeling right. Homeopathy has a gentle action well suited to the ailments of babies and children and in pregnancy. It is also effective in treatment of stresses, bereavement, accidents and depression. If you'd like to know whether Homeopathy can help you, please feel free to call and ask

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Ask Whitedove

...continued from page 15...

Even though the Christian Bible has been edited and translated through the centuries, you can still find traces of reincarnation. In John 9:1-3 The disciples observe a man who was born blind, and asked of Jesus whether the man himself or his parents sins, that caused his blindness. ~~ (This question asks: if a baby was born blind, was it his previous sin that caused it...or his parents. Previous Sin ...would mean previous life karma...since a baby could not sin.)

Then in Matthew 17:11-13 The disciples tell Jesus: the scribes say that The True Son of God will not come until Elijah returns. Jesus replied: " I tell you that Elijah has already come, and they did not recognize him." Then the disciples understood that he was speaking to them about John the Baptist." ~~ (This is a reference by Jesus... that Elijah was the reincarnation of John the Baptist)

I've come to realize that my personal belief system is ever evolving. I know that The Law of Reincarnation is the journey of the soul, lifetime after lifetime of polishing and refining our spirit to perfection on Earth.

Dear Whitedove: So many celebrities are into the trendy religions, the newest being Kabala. Is this a part of the Jewish religion or something entirely new? **Inquisitive in Idaho**

Dear Inquisitive: It's interesting that this ancient study is now considered trendy. Kabbalah is the study of the mystical interpretations of the Hebrew holy books that are said to be transmitting sacred knowledge.

In times of old, Kabbalah teachings would not be revealed until the male student was at least forty years old and considered spiritually developed by the Rabbi due to the complexity of the concepts.

It is the examination of the Divine and the spiritual secrets of the Universe. It explores hidden knowledge most notable; how to know God including the female aspect, the concept of reincarnation, the spiritual characteristics of the Universe, humans ability to co-create through God's gift of Free-will, and the power that resides in words, letters, and symbols known to be true magic. The depths of these sacred teachings are limitless as is the knowledge of God.



Abraham-Hicks

...continued from page 26...

DISCUSSING THE "SURVIVAL OF THE FITTEST" CONCEPT

JERRY: *What is it about a rooster that he's not willing to share his hens with another rooster? When we have two roosters, we have to separate them, or the one that has all the hens just runs the other rooster off. And they'll just fight 'til one of 'em's almost dead over those hens.*

ABRAHAM: Do they fight 'til one is dead? Or do they fight until one is acknowledged to be the fittest?

JERRY: *I've never seen them fight 'til one's dead, one usually ends up the fittest.*

ABRAHAM: And so, then the rooster that is the strongest is the one that perpetuates the herd of birds?

JERRY: *That's the survival of the fittest theory, isn't it? But it's not a selfish thing on the part of the rooster?*

ABRAHAM: It is a selfish thing on his part, and a selfish thing on the part of the other. So here you are, physically focused, and you have this combining of the physical environment and the Nonphysical environment that make up your physical experience. And so, as the Nonphysical Energy is pouring forth, it is pouring forth into that which is physical. And the structure that is physical is the structure that is actually evolving.

In other words, it is a structure that is in a state of becoming. Even that creature that is standing there, let us say it is the rooster that you are talking about that ultimately is determined to be the one that is the fittest of all of them. As that rooster is standing there evaluating the contrast, and summoning, the Nonphysical Energy is pouring through.

And as for the rooster who ultimately becomes the looser in this situation, he is doing the same thing. The contrast is causing him to summon the Nonphysical Energy.

JERRY: *'Cause I've always felt really sorry for all the bulls and the roosters that aren't allowed in on the herd. And this I've been wanting to understand for a long time. Another thing: Are we going against nature when we try to protect that which isn't surviving? When the fittest try to help the*

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less fittest survive, are they going against the nature of the whole thing?

ABRAHAM: Yes. What does your chicken do?

JERRY: *It pecks on the weak chicken. It takes the weak chicken's parking place, that's what it does.*

ABRAHAM: The reason we ask is because you're really onto something that is important. You see, the thing, that humans often forget, that the beasts of your planet are fully aware of, is that there is no competition. The beasts of your planet understand that all is well.

Very often, physical beings think of themselves as this clump of physical flesh, and there is, by their logic then, a clump of Nonphysical Energy that is pouring through them. That's why you think in terms of being dead or alive. You think in terms of a soul that pours itself into physical body.

It is not a clump that is assigned to a clump, it is a Stream of Consciousness. The Stream of Consciousness, while it is

...continued on page 34...



Abraham-Hicks

... from page 33...

certainly expressing itself individually, it is a Stream of Consciousness that is expressing itself multidimensionally. And so, the Consciousness that is projecting through the beast or through the chicken, is same Consciousness. In other words, there is this Consciousness that is rooting for the survival of all of that.

With something like the chicken, it is coming forth, certainly, intending to have a lovely life, and wanting the best experience. But it is coming forth with a different set of intentions than you, the physical human, come forth with. And so, as it comes forth, it is not pushing against the idea of being someone's lunch... It is not feeling any competition. It is focused powerfully in the now. It is letting the contrast produce desire. It is allowing the Non-physical Energy to pour through in a very powerful way. And even though -- by your standards, you might disagree -- it truly is living happily ever after.

And so, getting back to your roosters fighting: the chicken that is battling and winning its feeling of dominance, is not leaving the other chicken feeling broken and defeated. That's a human characteristic that you are laying over the top of it. In other words, the chicken is as a species rooting for its survival first and foremost.

JERRY: *It's the survival of the species, is that it? As opposed to the individual?*

ABRAHAM: Yes. And so, the way that you might look at it, is that it is Nonphysical Energy that is projecting itself into both chickens. Or into all chickens. And the competition is about a bigger game than this individual moment in time that you are thinking about.

In other words, the Energy that is pouring through you is talking about the bigger game. The Nonphysical Energy that is flooding through you is not worrying about the parking places that you are scrapping over. The Nonphysical Energy that is pouring through you, is about Life Force itself.

If we were standing in your physical shoes, whether they were physical chicken shoes or physical human shoes, there would be nothing that would be important enough for us to lose our connection to Source Energy. And, eventually, even the chicken figures that out and goes off and lives happily ever after. Even though he did not turn out to be the dominant chicken, he does not worry his life away over it.



Thoughts about things...

... from page 7...

And it's not just possible in this situation, it's not just possible that I can avoid a man eating tiger, it's not just possible that I can thrive despite whatever the government is doing or not doing. It's possible I can attract a happy and fulfilling life despite anything that is going on around me. I've seen it happen far too often to not believe it.

What I'm most surprised at is my friend, a fairly spiritual man, believing that anything **Man** says or does can have more sway over how his life unfolds than whatever plan **God** has for him. As long as he believes that, he is living in a very small world. Another friend said it well, "*If you identify with your body, then you are controlled. If you identify with your source, then you are in control. When you know you're more than all this and eternal, then you have no government.*" So tell me what you think **AFTER** you are able to attract a life you like, a job you love and the income you want. **DO** it, **THEN** tell me about it.

I wrote on **Facebook** this week, "Don't you love it when you have a momentary, minor misunderstanding with someone important and, although you immediately forget it, they keep bringing it up to remind you how ticked off you should be until all you can think about is what a f*ckup they are? Yeah, me neither. If you've got your ears on, boo, kindly **STFU**. Trust me. You'd rather me see **YOU** through **MY** eyes than yours. "

Todd has a habit of being unsure and coming down on himself, and I realized afterward that I'd sounded like a bully with my words. I'm rereading a book from 1975 called **The Structure of Magic**. It's about the therapeutic effects of language and what is currently called *neurolinguistic programming* - how we get programmed by the language we use and how our perception is programmed and distorted by what we're taught is "the norm." It's one reason I try to be mindful about the written and spoken word - I've learned the power of it.

A good example is someone who is a really neat and valuable person, like my pal **Todd**, but he's been programmed to believe he's a loser, so he acts like he's a loser and all his talk about being a loser finally gets to you and you have to cut him off. He can't get past apologizing for imagined deficiencies and pretty soon you're tired of hearing it because he's convinced you to start seeing him through his own filter, which isn't a pretty picture.

The book asks: "How is it possible for different human beings faced with the same world to have such different experiences? Our understanding is that this difference follows primarily from differences in (the model they grew up with.)

...continued on page 38...



IF YOU WANT TO BE HAPPY

... from page 12...

- Stop listening to the news. Try it for a week and see if it doesn't make a difference.
- Breathe out twice as long as you breathe in every now and then. This will clear out the dead air at the bottom of your lungs.
- Decide to do something you have always wanted to do. Then later, figure out how you will do it. This is how we manifest our dreams.
- Nap. Thomas Edison would take a nap when he got stuck. Nap for those who think they are too busy.
- Get rid of anything remotely negative or hateful on your car, in your office, or in your home. Much of what passes for humor makes joy more difficult.
- Sing like you are in the shower. Sing every chance you get, everywhere you can. I promise you no one will stroke out because you hit a sour note.

Your Turn

What do you believe? What do you take a stand for? What is your bottom line, even if people misunderstand you, judge you, laugh at you, leave you, dislike you?

What word are you hesitant to apply to yourself: Musician? Artist? Worthwhile Human Being? Let yourself believe for a moment that you are something wonderful you would like to be. Pretend for a moment that you can join The Musicians' Club and no one can throw you out.

You might feel as if lightening should strike you. That is a good sign. It means you are occupying more space.

I know the real writers do it the right way, not the way you do it. The real poets use more imagery. The real artists can draw like Leonardo when they are six. But maybe, just maybe, you are wrong about that. Let yourself entertain an outrageous idea and see what happens to your body and your spirit.

How happy are you willing to become? How much joy can you stand?

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, or email barbaralee21@roadrunner.com

HOROSCOPES

ARIES: MARCH 21 TO APRIL 19 "I AM".

In the recent past, one on one relationships have been a major battleground, fighting over this and not agreeing with anything anyone has to say. You have been playing the devil's advocate until recently your anger and resentment issues have moved into a more spiritual and love-the-one-you're-with mode of behavior.

TAURUS: APRIL 20 TO MAY 20 "I HAVE".

Finally you have reached the monetary jackpot. So far the past several years you have been working very hard on creating the life you intend to live. Sweat and tears of joy and self acceptance have been the key to releasing the fear of success that was pounded into you as a child. This is your life, so what do you want to do with it?

GEMINI: MAY 21 TO JUNE 20 "I THINK".

This month, intimacy is a different color and a tastier flavor than what you have been used to. Deep heartfelt and philosophical communication with a special loved one has led to profound self understanding. A tantric ecstatic renewal of vows of love and regeneration will affect your Summer nights.

CANCER: JUNE 21 TO JULY 22 "I FEEL". This month you will spend some time far, far away from your homeland and very close to the Sun. Family will also be a major focus, hearing from long lost relatives and communicating with people from all over the world. Others close to you may be embarrassed by what comes out of your mouth lately, but you are committed to truth and authenticity.

LEO: JULY 23 TO AUGUST 22 "I WILL". You must know what it feels like to be on top of the world. Lately you have been true to your goals and your intentions have really manifested you exactly what you wanted. Keep up the good work and the results will far surpass your efforts. All in Divine order and for your highest and greatest good.

VIRGO: AUGUST 23 TO SEPTEMBER 22 "I ANALYZE".

Now is the time for you to nurture your creations so your creations can nurture you. Take notice, don't be too busy to spend time in your creative mind. Allowing yourself to have universal life force energy nurture you is the very key to your happiness. Be bold and ask for what you want and know that you deserve all the best life has to offer.

LIBRA: SEPTEMBER 23 TO OCT 22/23 "I BALANCE".

At a crossroads again when it comes to being completely honest with yourself; having courage to face demons and the parts of you that you don't like is a big step to loving yourself. When you sit by the water's edge and watch the water flow by, you can visualize how important it is to allow the water to go where it needs to go free from judgment. Be like the river and flow.

SCORPIO: OCTOBER 23 TO NOV 21/22 "I TRANSFORM".

Tenderly responsible can help you access many avenues of riches. The sky is the limit as well as your imagination. The time to move forward has come, stay busy creating your dream and expect wonderful results. You are at a place in the road where you can make great progress. Much help surrounds you from other dimensions.



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July 2011



SUGGESTED READING WATCHING LISTENING

SAGITTARIUS: NOVEMBER 22 TO DEC 21 "I PERCEIVE".

Now is a good time to find tools for self transformation that can help you come to terms with the events of this past year. You will continue to be drawn to practices like yoga, astrology, prayer and meditation. Something deep within you is stirring and wants to come up to the surface to be revealed. There will also be issues with siblings, maybe even secrets from the past now will come forward, or maybe even a secret half sibling will come out of the woodwork. Just remember to stay in your heart and treat others as you would want to be treated.

CAPRICORN: DECEMBER 22 TO JANUARY 19 "I USE".

Don't ignore the important stuff, like taking a break to play with your child, read a book and get a massage and make your kiss's last longer. When you are on the go all the time you don't give your nervous system long enough to rest. Education of all kinds right now is favored, whether it is you or someone close to you. The signs are real, pay attention to the birds and the butterflies, they have a message for you.

AQUARIUS: JANUARY 20 TO FEBRUARY 19 "I KNOW".

Your home is where your heart is. You may be involved in some major remodeling, like bathrooms and fences. After this many years it is getting finished. You have also regrouped and rested and now you are ready to get started on several of those other projects that have been tugging at your energy. Be sure and pace yourself and stay focused and all will be accomplished.

PISCES: FEBRUARY 19 TO MARCH 22 "I BELIEVE".

Healing your heart has been the hardest thing to do, being so sensitive and open has made it seem so daunting. As you step into your creativity it has a way of helping you let go of all the old resentments and the people that you need to forgive. If you have children, these relationships will also be healed this month. They came from you but belong to God and they have their own life to live and their own path to walk.

CDS:

Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

Be Love Now, The Path of the Heart by Ram Dass
The Essence of Tantric Sexuality Mark A. Michaels, Patricia Johnson
Ecoshamanism by James Enndredy
Change your Life, Change the World by Ryuho Okawa
The Well That Never Runs Dry by Joann Davis
Yoga For Every Room in your House by Jinjer Stanton
Free to Bloom by Jill Green freetobloombook.com

FROM WWW.LLEWELLYN.COM

Chakra Awakening by Margaret Ann Lembo

WWW.HAYHOUSE.COM

Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles Marianne Williamson

WWW.NEWWORLDBIBLIOTHECA.COM

The Hidden Spirituality of Men by Matthew Fox
The Denim Diet by Kami Gray
Do It Anyway by Kent M. Keith
Saying goodbye to your Angel Animals by Allen & Linda Anderson
Why Walk when You Can Fly by Isha
365 Prescriptions for the Soul by Dr Bernie S. Siegel

FROM WWW.SIMONANDSCHUSTER.COM

How to Be Compassionate by His Holiness the Dalai Lama
The Secret Life of Water by Masaru Emoto
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Money & Manifestation
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The Law of Attraction: Teachings of Abraham
From Grief To Joy: Moving Up The Emotional Scale
Money and the Law of Attraction: Learning to Attract
The Vortex, Where Law of Attraction Assembles All Relationships
Getting into the Vortex Guided Meditations CD and User Guide

MUST SEE DVDS

The Secret Behind The Secret www.abraham-hicks.com

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



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

Thoughts about things...

... from page 34...

Thus, the question becomes: How is it possible for human beings to maintain an impoverished model which causes them pain in the face of a multi-valued, rich and complex world? The difficulty is not that they are making the wrong choice, but that they do not have enough choices - because they don't have a wide and richly focused image of the world. One mechanism which we can use either to cope effectively or to defeat ourselves is Deletion. Deletion is a process by which we selectively pay attention to certain dimensions of our experience and exclude others. Deletion reduces the world to proportions which we feel capable of handling. The reduction may be useful in some contexts and yet be the source of pain for us in others."

My friend Todd distorted and deleted so much from his range of opportunities that he thought he didn't have access to anything other than his miserable world and his miserable life. What was available for others was not available to him, so he didn't even dare dream it or consider it. Easier just to go to work every day to feed your family, keep one foot in front of another and don't expect too much else. That's no way to live. It's good to know you can make other choices and have a better life.

IF YOU FEEL BOXED IN, THAT'S A GOOD SIGN

Another friend, Domino, said it feels like his old life is trying to box him in to prevent him from moving into the new life. I told him "It's good news when you begin to feel boxed in, that just means you're beginning to occupy more space than you did before. Like being nervous to leave junior high for high school, or high school for college. The change makes you nervous and excited at the same time. This anxiety is just the greater part of you getting you in position for expansion." And you want to be more expanded, to have a more expanded experience available to you, to perceive a wider range of choices. That's when the fun begins. When you expand your perception, you expand your world.

FACEBOOK, LINKEDIN AND FLORIDA TODAY ALL DOWN AT THE SAME TIME? MUST BE THE ECLIPSE. HOWEVER, IF THIS IS MY LAST DAY...

After meditation on morning last month, I sat down at the laptop as usual to check Facebook and see what I'd missed overnight. No Facebook. Hmmmm. So I went over to Twitter to see if anyone was talking about why Facebook was down and didn't see anything about it there. Then I went over to LinkedIn and it was down as well. I switched from Google Chrome to Mozilla Firefox 4 in case it was a browser problem. Still down. I went over to Google News and clicked on Space Coast news, and Florida Today newspaper was down. I decided for whatever reason, the Universe doesn't think I need to be at the computer at 6:00am, so I went back to bed. I thought: "Maybe it's just the eclipse. Maybe it's the rapture. Whatever, I'll be somewhere when I wake up. And if this is my last day on Earth, it's been a blast and I'm thrilled I'm the one who got to live my life."

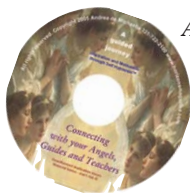
Enjoy our offering this month. Hari Om.

Andrea

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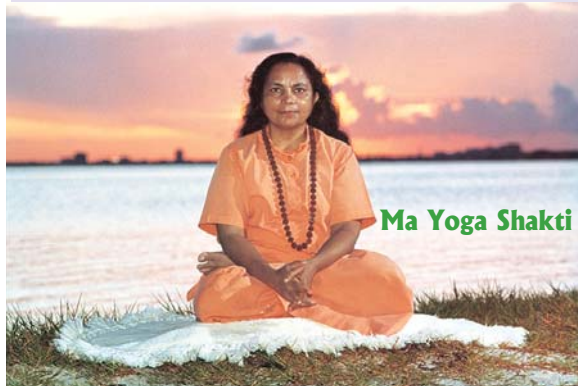
Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic writing that has helped me focus myself careerwise,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

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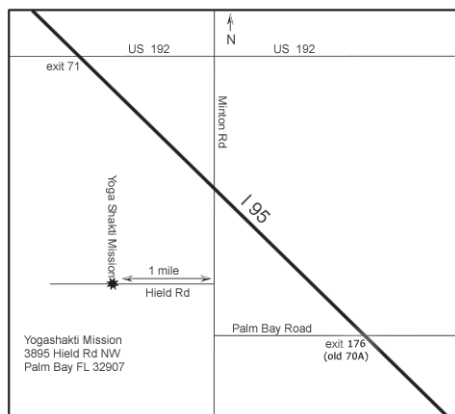


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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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