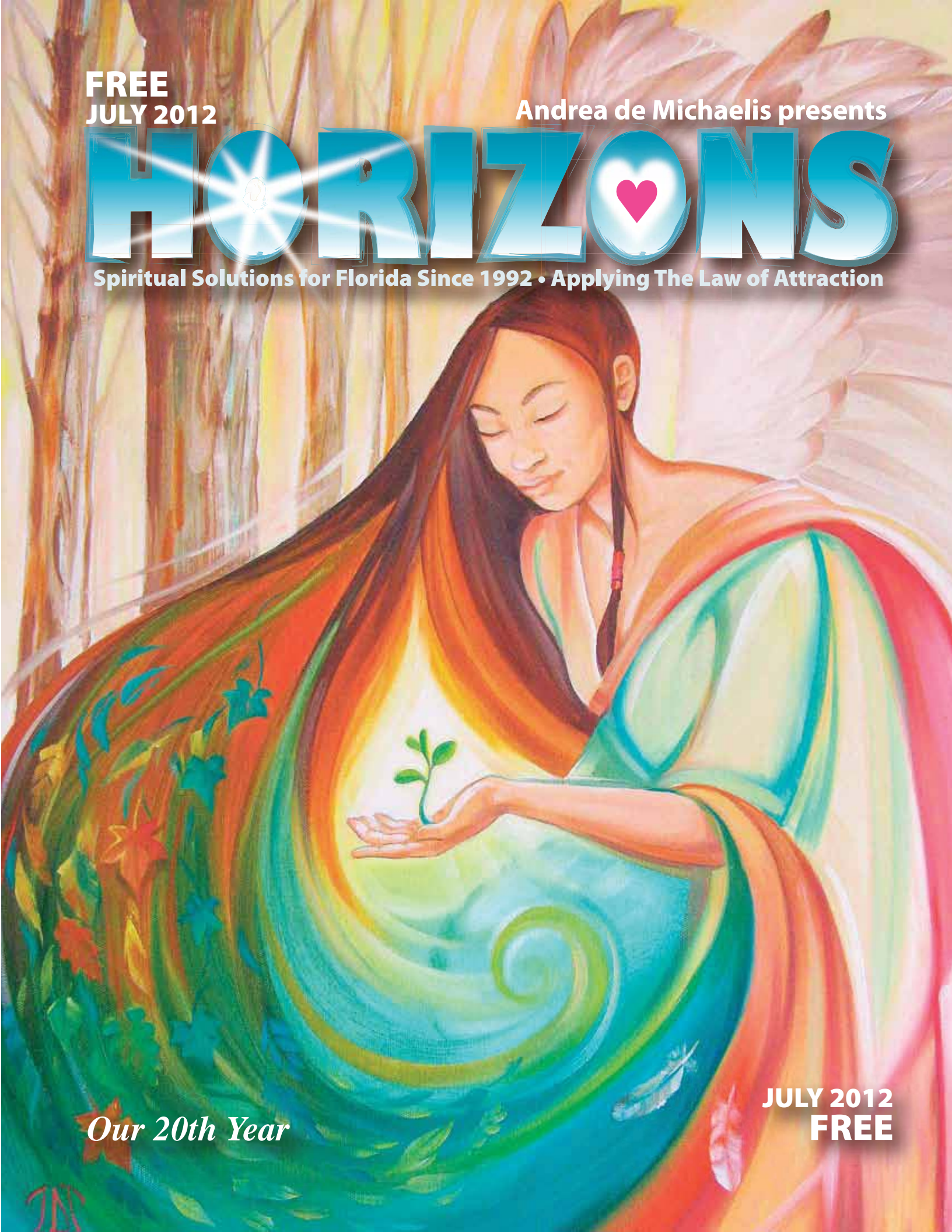


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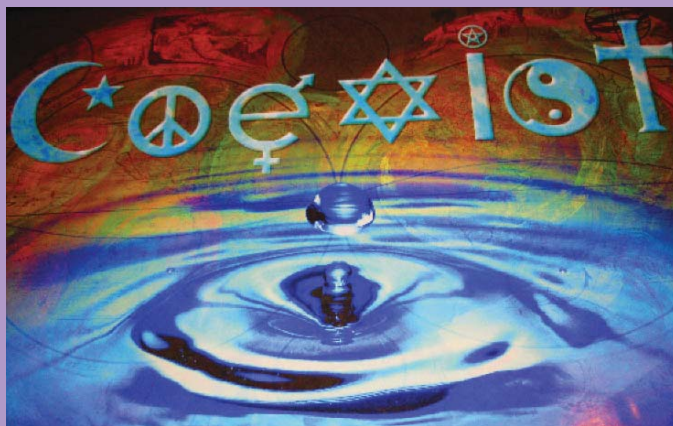
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~Masaru Emoto





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see if what
we offer
nourishes
your soul...**



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SUNDAY Services begin at 10:00am **Share the Love – Share the Light – Bring a Friend**

July Theme: It's a Sizzling Summer

Summer is in full swing and across our nation, it's sizzling, and we are sizzling here at Unity of Melbourne - but not because of the temperature. This month begins explosively as we celebrate our personal and national independence, then we delve deeper each week into hot topics that cause us to sizzle with excitement in Spirit and on the 22nd we will discuss a topic that some say is too hot to handle, which you won't want to miss.

July 1 "Igniting the Fireworks!"
July 8 "Go N.U.T.S."
July 15 "Calming the Internal Sea"
July 22 "Too Hot To Handle"
July 29 "Flexing Our Spiritual Muscle"

AFFIRMATION FOR JULY: *Today I sizzle with spiritual energy and excitement. I celebrate the freedom found in the power of Spirit, and I live from a place of tranquil strength and unruffled power.*

SUNDAY JULY 8TH 12-2PM LEARN THE SKILL OF HAVING A CRUCIAL CONVERSATION. Join us for this webinar: Anytime you find yourself stuck, there are crucial conversations keeping you there. Identify the crucial conversation that you're not holding or holding well, and get better at everything. Skills we will learn will help us: Spot the conversations that are keeping us stuck · Focus on what we really want · learn when a conversation becomes crucial · identify others move too silence or violence · know our own style under stress · make our conversations safe for others to hear · master our stores · share our path · explore others' paths · decide how to decide · Move to action. If you use crucial conversation skills as your best practice, everything gets better.

FRIDAY JULY 13TH FROM 6-9PM PIZZA "CHOPPED" FAMILY FUN DAY
We will be engaging in a Unity version of the food network's show "Chopped". Come join us at 5pm on Friday 7/13 in the hospitality area. Fun for the WHOLE Unity family and a great group building activity.

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SUMMER SMALL GROUP EXPLORATION - CONSCIOUS CONVERSATIONS

- GOING BOTH WAYS -- OUR ONGOING THURSDAY EVENING small group will begin its summer session for 7 weeks starting July 18th from 7-9 pm at Maggie's house. We will be contemplating how we speak the word both to each other and in our intimate conversations with our Christ self. Join us for sacred speaking, silence and prayer. The subject is YOU.

ART AND PRACTICE OF LIVING WITH NOTHING AND NO ONE AGAINST YOU WITH LLOYD REISER



Friday 7/27/2012 7-9pm and Saturday 7/28/2012 9-5:00pm and 3 follow-up sessions (dates & times to be determined by class). This will be offered again Friday 8/24 and Sat 7/25 with 3 follow up meetings to be determined. 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. Workbook available in bookstore \$29.

DURING THE WEEK

Sunday 11:15 - noon. Adult Sunday school - Join us for metaphysical discussion.

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

Tuesdays 7:30pm A Course In Miracles

1st Sunday of month (July 1, Aug 5) 4pm Reiki Healing Service with Lloyd Reiser

2nd Sunday of the month (July 8, Aug 12) at 4pm Chanting with Lloyd Reiser

3rd Sunday of the month (July 15 and August 19) at 2:30pm Unity's Licensed Teachers conduct a mini Sunday Service at Carnegie Gardens

Calling All Artists and Crafters to Show and Sell at Fall Inspirational Arts Festival!

In celebration of their 50th year, Unity of Melbourne's popular Peace in the Park Inspirational Arts Festival

will be November 4, 2012, 11 a.m.-5 p.m. on the lovely Unity grounds of Peace Park. Free admission & open to the public, arts & crafts are the centerpiece of this event that also features, live music, family activities, restorative & intuitive arts, and delicious food and beverage. Entrance fee is \$30 per 8'x8' space. Reserve now; space is limited. Download application from <http://www.unityofmelbourne.com>.



Questions? Contact Joan Crutcher through Unity office, 321-254-0313

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

Jeremy Bonner

Morgana Starr

On the Cover (see page 26)

Earth Angel

by Jane Delaford Taylor

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Marlene Buffa

Karen Williams

Jinjer Stanton

Doreen virtue

Barbara Lee

Mike Dooley

Alan Cohen

Tom Sannar

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



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

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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.com

1. Recognition - God Is First. I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.

2. Unification. I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.

3. Willingness To Change. I am willing to assess my life, to honestly look at and face all my fears.

4. Dominion. I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

5. I Live On Principle. I know that I am a Spiritual Being. I live my life with honesty and integrity.

6. I Live On Purpose. I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

7. Forgiveness. I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

8. Positively Present. I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

9. Persistence. I persist through faith. I maintain focus and discipline.

10. Service. I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

11. Gratitude. I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.

12. Tithing. I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE



Andrea de Michaelis
Publisher

This month's thoughts about things...

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

HELLO AND WELCOME TO THE JULY 2012 EDITION OF HORIZONS MAGAZINE. LET FREEDOM RING!

Here in the U.S., we celebrate Independence Day with picnics and fireworks, but how many of us enjoy real freedom and independence? We're told we're free to think and believe anything we choose, but many of us allow ourselves to be programmed by what other people tell us is happening around us. They have their own spin on what The Truth is and endeavor through repetition to program it into us. Everyone has their own agenda for how they want the world around them to work. The media knows the best way to get people to think and act a particular way is to proclaim publicly that people already think and act that way. Let people hear it and see it often enough in print that they begin to believe it's true. An amazing number of voters believe that what they see in print is true and accurate.

If I listen to the media spin on the economy, that doesn't give me thoughts of a hopeful future. So I don't watch it. I don't listen to it. I don't read it. I don't want to vibrate there for a moment. Which is what you are doing when you watch the gloomy news. Let's put it this way, to the extent you want to

attract into your today and tomorrow a financial downswing, to that extent you should watch the news. Or, for that matter, any shows about people in unhappy circumstances.

The media is smart. They know if they can draw enough attention to a particular thoughtform, that thoughtform becomes strengthened and takes on a life of its own. What this amounts to is self fulfilling prophecy. The weatherman talks about gloomy skies and rain and we all get bummed out and attract more gloomy skies. The news anchor talks about everyone pulling out of the stock market, so everyone starts pulling out of the stock market. Someone publicly proclaims a certain ethnic group as terrorists and... you get my drift.

I also know that no matter what changes come about, in the world or in the economy or in my life, that I will without a doubt be guided to do something that allows me to meet my financial commitments and gives me personal satisfaction as well. I could happily do what I do now for the next 20 years and love it, but I am also not so naïve as to be unprepared for change as it comes. I like looking ahead and feeling hopeful about my future, even if I don't know how it will play out.

CULTIVATING MY INNER CHEERLEADER TO MOTIVATE ME

In my work, I wear several hats. Sometimes one area of my life is more active than others and the crossover takes a little modulating. I don't always have the luxury of time to wind down from the last task before I begin the next. It's times like this I work at cultivating my inner cheerleader, to give me some encouragement along the way.

A FAVORITE THING OF MINE TO DO IS HELP ENCOURAGE FRIENDS IN THEIR PERSONAL VISIONS.

I know how crucial it is to have someone care about the process. Often I've not had anyone to care about my process and at those times I learned to cheerlead myself on.

...continued on page 28...

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SEVEN-DAY PLAN FOR HAVING AN ANGEL VISION



The following excerpt is taken from the book *SAVED BY AN ANGEL: True Accounts of People Who Have Had Extraordinary Experiences with Angels . . . and How YOU Can, Too!* by Doreen Virtue. It is published by Hay House (June 2011) and is available at all bookstores or online at www.hayhouse.com.

HERE ARE THE STEPS THAT I TEACH THE STUDENTS IN MY MEDIUMSHIP, PSYCHIC-DEVELOPMENT, AND CLAIRVOYANCE CLASSES.

Usually I suggest that people try one or two of these steps at a time, but I understand that you're very serious about seeing an angel or a deceased loved one, so I'm going to ask you to go into heavy-duty training, and undertake all of the steps in sequence. Just keep going through the days until you have your breakthrough vision.

As I said earlier, it might happen on day 2 or on day 42. But one thing's for sure: if you follow these steps as prescribed, you will eventually have visions. Your determination in adhering to the steps is up to you. If this process is truly important to you, then please perform these steps as long as is necessary. As an added benefit, you may also find that they help you feel lighter, happier, stronger, and healthier.

First, choose a day to begin, and write it on your calendar as "**The Beginning of Angel Visions.**" The day before you're scheduled to begin, you'll need to stock up on some earthly supplies and shop for foods that will enhance your psychic abilities. Go to a health-food store, if possible, for these items. Or, find a local fruit stand or a grocery store with superior produce.

Buy yourself several types of fresh fruit, preferably organic. In sequential order of their ability to support your psychic abilities, purchase: fresh pineapple, grapefruit, oranges, apples, lemons, berries, and melons. Then, purchase some organic, whole-grain breakfast cereal; whole-grain rice; mixed salad greens; natural salad dressing (without chemical ingredients); raw nuts; hummus; and some meat replacements such as tofu, seitan, and veggie burgers, or look through your health-food store's deli and frozen-food section for various meat substitutes. While you're at it, buy one or two vegetarian cookbooks, or *Vegetarian Times* magazine, to guide you through the ins and outs of this eating style.

Maintaining a vegetarian diet is the quickest route to developing clairvoyance. Even quicker is a "vegan" diet, which means that you avoid all meat, fowl, fish, or dairy products, and use meat substitutes and soy milk products. In fact, dairy

products, red meat, chocolate, and alcohol are the greatest blocks to clairvoyance. For further explanation of the link between diet and psychic abilities, please see my books *The Art of Raw Living Food* (co-authored with Jenny Ross), *Chakra Clearing*, and *Divine Prescriptions*.

Note: Each morning's activities will take at least 20 minutes, so you may need to adjust your routine and set your alarm clock 20 minutes earlier than normal. Some of the activities may seem odd to you, and you may wonder if you could skip some of them. My advice to you is to perform them all, and if you feel uncomfortable about any of them, ask God and your angels to help ease your discomfort or give you a substitute activity. The first day, you may feel overwhelmed by all that I'm asking you to do, but you'll soon develop a routine that will take less effort. Besides, any extra effort will be worth it, and you'll find that you have more energy throughout the day as a result

WHAT TO DO EACH DAY

1. Morning meditation. Immediately after waking up and taking your morning bathroom break, engage in meditation before taking part in any lengthy conversation with family members or roommates. Each day, there's a different morning and evening meditation to focus upon. You can combine this with your other regular meditation practices, or use it solo.

2. Journal. Next, write (on a notepad or in a formal journal or diary) a letter to whomever you want to see. It could be a carte blanche letter to "Whoever is my guardian angel," to a specific deceased loved one, to Jesus or a saint, or to God asking to see whom you're supposed to see. Your letter needs to be from your heart, where you pour out your feelings. Remember that all of the stories in this book showed the correlation between a person having strong emotions and then later seeing a deceased loved one or angels. So, let your feelings out in your letter! Don't worry about grammar, spelling, or proper syntax. Just write from the heart.

3. Chant. In this next step (you may need to go outside to do this and the following step), you will use the ancient science called "toning" to open up your third eye. Chant the sound of God or Creation seven times, preferably out loud. If your family is skeptical, you can chant quietly, but in general the louder, the better. If you have reservations about chanting, or fears that this may be a spooky occult practice, please read the section at the end of this chapter entitled "About Chanting." You'll read one woman's remarkable story of having an angel vision after she began this practice.

Close your eyes and say "Aaaahhhh, Uuuuhhhh, Mmmm" seven times. While you're chanting, place your focus on the area between your two physical eyes, and hold the positive thought, It is safe for me to see angels. Concentrate on seeing whoever it is you want to see. If you have any negative or frightening thoughts, please don't fight them. Instead, mentally ask your angels to take the thoughts away.

...continued on page 12...

ABRAHAM-HICKS



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

USING SELF TALK TO KEEP YOURSELF IN THE VORTEX

A belief is nothing more than a chronic pattern of thought, and you have the ability—if you try even a little bit—to begin a new pattern, to tell a new story, to achieve a different vibration, to change your point of attraction. The Law of Attraction is responding to your vibration, and you can easily change your vibrational point of attraction by visualizing the lifestyle you desire and holding your attention upon those images until you begin to feel relief, which will indicate that a true vibrational shift has occurred.

Each and every component that makes up your life experience is drawn to you by the powerful Law of Attraction's response to the thoughts you think and the story you tell about your life. Your money and financial assets; your body's state of wellness, clarity, flexibility, size, and shape; your work environment, how you are treated, work satisfaction, and rewards—indeed, the very happiness of your life experience in general—is all happening because of the story that you tell.

TELL YOUR STORY AS YOU WANT IT TO BE...

If you will let your dominant intention be to revise and improve the content of the story you tell every day of your life, it is our absolute promise to you that your life will become that ever-improving story. For by the powerful Law of Attraction—the essence of that which is like unto itself is drawn—it must be.

...continued on page 20...

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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



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**Trust me,
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FOR CENTURIES THIS TREE ALSO KNOWN AS EUCOMMIA HAS BEEN USED FOR MEDICINAL PURPOSES. When its inner bark is sliced and boiled in water it makes a mild tea. This inner bark contains iridoid and lignan glycosides along with a liquidy latex-like compound that provides **Eucommia**'s healing properties.

Eucommia traditionally has been used to strengthen the lower body especially the back and the knees. It strengthens the tendons and ligaments, it helps strengthen bones, and it helps reduce inflammation and lubricates the joints; mending bones and torn tissue providing stability and flexibility as we age. This makes **Eucommia** good for arthritis, osteoporosis, lower back and hip pain, leg pain and stiffness.

It also detoxifies and strengthens the kidneys helping when there is fluid retention especially to the ankles and legs. This can also help lower blood pressure caused by fluid retention. Just be careful if you have severe heart or kidney disease because it can be to stimulating. You also need to be careful if you are already taking medications for water retention because this can remove too much fluid.

When it comes to weight management, as a hot tea **Eucommia** was found to reduce weight by reducing abdominal adipose tissue, it helps stimulate thermogenesis helping to burn calories and it invigorates the digestive system. Plus it suppresses the appetite by inhibiting parasympathetic nerve activity. Just don't over-do this tea; too much especially on an empty stomach can cause stomach aches. Start with one cup with meals and see how that works before taking any more.

Some of the other traditional uses for **Eucommia** are for boosting the immune system and for strengthening, toning and cleaning the liver, urinary tract and colon. It's a little known herb with great health benefits.

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Seven-Day Plan for Having an Angel Vision

...continued from page 8...



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4. **Spin.** After you have chanted the AUM sound seven times, stand up and spread your arms straight out from your sides. With your eyes open, find an item or a shape on the wall, a nearby tree, a curtain, or some other interesting eye-level object. This is your "visual anchor." Then look at that object and slowly spin your body to the right (clockwise). Your body will get to an angle where you can no longer see your visual anchor. Just keep spinning clockwise, and turn your head to the left to spot your visual anchor again, and guide your body back to face the visual anchor.

Do this spinning exercise three times each morning. If you feel dizzy, it means that your third-eye chakra (the window of clairvoyance) is dirty. As you cleanse your chakra through meditation, chanting, light eating, and spinning, you'll be able to rotate more times without feeling dizzy. For now, though, spin slowly during each rotation. You can also stop at the end of the three spins and put your hands in a prayer position (or "Namaste" position) in front of your chest as a way to stop the dizziness.

5. **Eat in the light.** You should eat a vegetarian or vegan diet (no meat or dairy) to the extent that you want to have angel visions. In other words, the more vegetarian foods that you can eat, the more readily your angel visions will come. So, a 70 percent vegetarian diet would yield a 70 percent chance of seeing an angel or deceased loved one, and so on.

In addition, mentally ask your angels to heal any cravings you may have for the two substances that block psychic abilities the most: alcohol and chocolate. If you're really serious and sincere about seeing angels, you'll abstain from these two things for now. The angels can release you from desiring alcohol or chocolate so that you won't feel deprived. Just ask for their help by saying something such as:

"Angels, I want to see you, so I ask you to enter my body, mind, and heart, and heal away any fears or sense of emptiness that leads me to crave mood-altering food or drinks. I am willing to release the need to eat chocolate or drink alcohol. I know that these substances are poor substitutes for Divine love and energy. Thank you, and amen."

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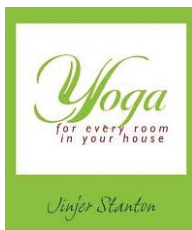


*...continued on
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Yoga for Every Room in your House: *Breathing*



Jinjer Stanton lives and teaches yoga in Minneapolis, Minnesota. She is also the author of Midwest Book Award Finalist *Yoga for Every Room in Your House* a practical, fun guide to building yoga into your life. www.jinjerstanton.com



We all know how to breathe—sort of. Our bodies just do it and very little consciousness is involved in the process unless something happens that makes breathing difficult. Singers and musicians who play various horns and flutes are a bit more conscious. They've had to learn to control their breathing in order to get the best from their instruments and voices. Our lungs are smaller at the top and larger toward the bottom, and when they are full they can hold around eight quarts of air. However, most of us use nowhere near our full lung capacity. Many exchange as little as two quarts of air in a given breath. Yoga practice helps us regain our optimal lung capacity.

Singers and musicians who play various horns and flutes are a bit more conscious. They've had to learn to control their breathing in order to get the best from their instruments and voices. Our lungs are smaller at the top and larger toward the bottom, and when they are full they can hold around eight quarts of air. However, most of us use nowhere near our full lung capacity. Many exchange as little as two quarts of air in a given breath. Yoga practice helps us regain our optimal lung capacity.

All by itself healthy breathing has a powerful impact on our lives in terms of our general health and well-being—not to mention our mental and spiritual functioning and development. Healthy breathing increases life expectancy and helps alleviate medical conditions like asthma, poor digestion, insomnia, low energy, high blood pressure, stress, panic attacks, heart disease, and more. Healthy breathing also helps us metabolize food more effectively. That's why I encourage proper breathing and integration of breath in the practice of yoga.

We can trick ourselves into breathing properly by lying on our bellies and resting our foreheads on our arms. Try this to see how it feels. Notice how your belly expands and lifts you upwards as you inhale then lowers you back down as you exhale.

Recently, a student ... who has only been studying with me a few months went on a mountain vacation with her husband (who is not practicing yoga). Because of her increased lung capacity from her yoga practice she was comfortable and vigorous at the highest altitudes while her husband was panting and forced to take frequent breaks!

TO TRAIN YOURSELF TO BREATHE PROPERLY

1. Stand or sit upright with your spine straight. If you have developed a habitual slouch, consciously pull your shoulder blades together and lift your chest.
 2. Inhale slowly and deeply while consciously expanding your belly until it is round and tight.
 3. Continue to inhale while filling your chest until it is full and tight. You can even tilt your head back a little to make sure every bit of lung space is full. You may feel slight discomfort from being so full of air if it's been a while since your lungs were really full.
 4. Begin exhaling slowly from top to bottom so that your chest empties first, then your abdomen.
 5. When you think your lungs are empty, continue to exhale while rounding your shoulders and back to squeeze out any stale air still hiding in the corners. Now, you don't need to do this step for every breath you take, but it's a good idea to empty the lungs completely at least once a day.
 6. Repeat from Step 1 several times.
- If you get light-headed, stop. Try again tomorrow, and the next day and the next. Little by little you'll increase your ability to breathe well and deeply and will become healthier and healthier. Add side bends to your practice. This will stretch the muscles between your ribs and help you cultivate greater lung capacity (see in the Bedroom or in the Living Room for how to do sidebends).

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Seven-Day Plan for Having an Angel Vision

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In addition, keep your caffeine, sugar, nicotine, and processed-food intake to a minimum during this seven-day period. Instead, drink plenty of room-temperature spring or artesian water (not sparkling, purified, distilled, or tap water); or rainwater that you catch in bowls during a rainstorm. Or, drink freshly squeezed citrus juice, especially if it comes from organic produce. You'll find that natural water and fresh, organic juices boost your energy much more than any caffeinated beverage.

6. Nature time. Five minutes a day, take off your shoes, socks, or nylons, and stand with your bare feet on Mother Earth. Let your flesh connect with soil, grass, or sand. You and the earth need to touch each other in a "mystical meeting" to psychically exchange vital information—as well as playful love—with one another. By keeping this Divine daily appointment with your Mother, you will feel more of a kinship with all of life. And part of opening your psychic visions is knowing that you are one with everyone and everything.

In addition, make sure that you're surrounded by healthy, live plants in your home and office. Plants absorb the energy of our fear and stress in the same way that they absorb carbon dioxide. It is especially important to sleep next to a live plant. The broad-leafed varieties, such as pothos or philodendrons, are best at absorbing negative energy.

7. Exercise. Every day, engage in some sort of heart-opening physical activity, such as yoga, brisk walking, running, swimming, biking, or any other exercise that elevates your pulse for at least 30 minutes. Aerobic exercise clears away fear's toxic residue, which builds up in the body.

8. Evening chant. Chant "AUM" seven times, as discussed in Step 3.

9. Evening meditation. Spend at least ten minutes alone, even if you have to lock yourself in the bathroom, and take several deep breaths. Focus on the evening meditation corresponding to the particular day of your seven-day plan.

10. Evening angel discussion. As you fall asleep, mentally talk to your angel or deceased loved one. Pour your heart out about your feelings, about what happened to you during the day, and any issue that you need assistance with. Ask your angel or deceased loved one to enter your dreams or visibly appear to you. Ask for help in losing your fears so that you can stay calm and centered. Ask for help, also, to remember any dream encounter that you may have with your angel or deceased loved one (although most such encounters are so vivid that they are unforgettable).

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Dear Michelle:

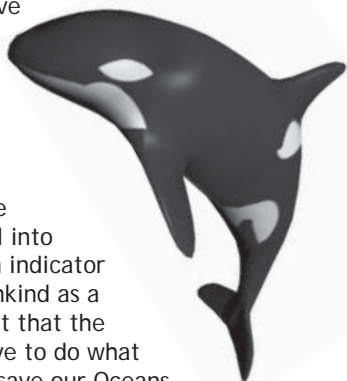
After watching a documentary on whales, I came to the realization that their intelligence is much like the Dolphins. When looking into their eyes you can see something almost magical, what is it that we need to know? *Whale Watcher in Maine*



Dear Whale Watcher:

You are so right! Whales are so intelligent. They are the largest mammals on the planet that have been here for eons of time. The Native Americans call them "Record Keepers" because they record human history and the journey of our planet Earth. They sing the song of creation.

Whales have the ability to move through ocean portals and travel into the next realm. Whales are an indicator of the health of the oceans. Mankind as a whole fails to recognize the fact that the oceans sustain us. We each have to do what we can to raise awareness and save our Oceans.



Dear Whitedove: I'm really trying to work towards becoming a better a human being. My current issue is about judging people, especially someone that I just met. Even though this person had a big smile on his face, I had an adverse reaction that gave me the creeps. My gut feeling - I don't like him. I'm wondering is this an unfounded judgment or am I sensing something more? From No guts, No Glory in S.D.

Dear Guts and Glory,

When you first meet someone in-person, you step into their aura as you stand face to face. You are feeling their vibe on an intuitive and energetic level. Do you get a warm fuzzy feeling? Do you feel uneasy? Your gut reaction is your intuition at work. It's important to listen to these signals, interpret and act on them. When you have strong reaction to someone that you've just met, it's usually one of two reasons. It could be a karmic relationship; you know this soul from previous lifetimes. Or as in this case, you are sensing that this person's energy is very different from yours. Police call it a gut instinct or a hunch. Women call it Mother's intuition. When you feel an innate warning; act on it. This is not unfounded judgment; it is your intuition giving the cue to move away from that person. If people would rely on their gut instincts more often, it would allow them to be taken out of harm's way. So please don't let your niceness jeopardize your safety. Your intuition will serve you well.

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The Paint Can of Life

I RECENTLY PAINTED A DECK ON MY HOUSE. I ENJOY PAINTING, A MEDITATION IN BEING PRESENT THAT DOESN'T REQUIRE MUCH THOUGHT BUT LOTS OF ATTENTION. If you tend to live in your head, paint something.

Your hands may get dirty but your mind will stay clean. With just a few planks left to color I noticed I was almost out of paint. Looking back and forth between the paint can and the unfinished boards I wondered if I would have enough paint to finish the job. I dipped my brush in the remaining paint and made sure I didn't drip any unnecessarily. I repeated the process until I was swirling the brush around the inner sides of the paint can to make sure I absorbed every ounce of liquid. After several minutes I was amazed at how much paint I had "squeezed" out of the remaining supply. By the time I finished, the inside of the can was completely dry.

It's amazing how much you appreciate things when there is just a little left, and how much more use you get out of them. I have had the same experience with the end of toothpaste tubes. You can get a lot of toothpaste out of the last few squeezes! The same goes for writing postcards. Have you ever written a postcard while on vacation and filled the space with large letters of banal words? Then, when you realize you're running out of space, you start writing what you really wanted to say in little letters around the margin. Or have you phoned someone, gotten their answering machine, greeted them with pleasantries, and just when you were ready to deliver your message you got cut off by an annoying beep?

All of these experiences lead to a poignant lesson: Do what's important first. As **Thoreau** suggested, "Live deep and suck out all the marrow out of life."

The trick, of course, is to make every moment count before it is your last one. One of the gifts of facing death is to gain the appreciation of life. Many people who have been given a terminal diagnosis shift their life to enjoy every moment so richly that their disease disappears. My friend **Shin-ichiro Terayama** was a physicist who was told that he had cancer and but a short time to live. **Shin** went to a **Japanese** garden to meditate on the purpose of his life. There he decided to dedicate his life to appreciation and celebration. He began to say "thank you" for everything, including his cancer as a wake-up call. A few months later Shin was pronounced cancer free. That was 25 years ago. Now **Shin** teaches the power of appreciation. He is like a light bulb, always smiling and shining, teaching by radiance more than word.

My friend **Bruce** told me that he remembers his first thought as a child. When I asked him how old he was at the time, he answered, "the moment of my birth." What was the thought? "Don't forget," **Bruce** told me. "My soul was branding my purpose into me as I crossed the threshold from the other world to this one: Don't forget who you really are. Don't forget that you are born of spirit. Don't forget what you came here to do."

Of course **Bruce** forgot, as we all do. Like all of us, he fell under the hypnosis of earth, the belief that we are alone, limited, mortal, and separate from love. It is a rare soul who remembers truth in the face of illusions. Yet **Bruce**, also like the rest of us, at some point began to consciously remember. He began to reclaim his identity as a spiritual being and recognize the presence of love in a world gone crazy with fear. Exactly what we all need to do and, each in our own way, are doing.

Why, then, if we live in a universe of abundant supply, do we experience lack and limits? A sense of limits helps us focus on what we have and use it wisely. People who have little means generally appreciate their assets more than people who have boundless means. My mentor **Hilda Charlton** lived in **India** for eighteen years. She told me that some people in that country are so poor that if they get a tin can they appreciate it as a treasure. They use it over and over again and cherish it. By contrast, I know people who have extraordinary volumes of stuff, but appreciate them little. Who is closer to heaven?

I'm not suggesting that we need to live poor or labor under lack or limits. I am suggesting that we need to celebrate what we have and make the best use of it. A woman called in to my radio show (www.hayhouseradio.com) and asked me the difference between right use and consumption. I told her that if you value what you have and use it to help yourself or others, that is right use.

If you can apply the paint carefully and lovingly even before you get to the last drips in the can, the paint has served you well and you will be at peace with your project. While we seem to have many different projects in life, one theme is the deck on which they all sit: You always have enough if you are using well what you have. That's what not to forget.

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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.



A chain email circulating around these days tells the story of a woman planning her own funeral.

In her directions to the undertaker, she mandates that her right hand hold a fork. When the inquisitive mortician asks why, she answers, "My mother always said to 'Keep Your Fork,' so I'm going to do just that!" Those oft-told clichés and truisms from childhood and culture provide practical as well as spiritual advice for both the moment and the rest of our lives. Our interpretation of them provides colorful insight as well as acknowledgment that those who cared about us as children had our best interests in mind.

GOOD THINGS COME IN SMALL PACKAGES

As children, we associated small packages with gifts of little value. The larger the wrapped box, the more desirable - or so we thought. Anticipating gifts at both Christmas and birthdays, as children we wondered and imagined what the large packages held inside for us. We shook the box, listened intently as the contents shuffled around. If no sound arose, we assumed the package contained clothing - a safe yet disappointing assumption if we really wanted toys. Depending on the rattle or noise inside we guessed with minimal points of reference for such a young age, yet happily speculated what treasures lie within.

Just as our parents cajoled, "Good things come in small packages," the Universe presents its treasures to us not only in the grandiosity of the planet and stars, but in precious little gifts, as well. A sparkling example of a tiny earthly treasure, a diamond is the result of years of perfectly compressed carbon atoms, and is one of nature's strongest bonds and hardest materials. More personally, our parents referred to their children as the small packages in which the priceless gift resided, further affirming our value and their love for us. As we move through life when we meet others, we attempt to get to know one another by listening to what they say and who they are (proverbially shaking the box), before making assumptions based on outward appearances.

SAVE ROOM FOR DESSERT

Many of life's colloquialisms revolve around food. Our parents reminded us life didn't consist of solely the main course and that other things - more desirable things - were on our plate

for later on. They taught us to pace ourselves, to plan ahead and to look forward knowing fully that better things awaited us. Always saving room in our soon-to-be-filled tummies for the sweetest part of the meal, we learned that all of life offers us a delectable reward - we need only to know it exists and to make room for it in our lives.

Life offers us countless depictions of holding a space for good. When we are joyful and happy and fulfilled, we can't imagine any more good could come to us. (Many of us doubt we deserve more good, but that's another issue entirely!) Alternatively, when we experience fear, anger and resentment, we can't imagine there is any good that could come our way! Nonetheless, if we allow for the probability of a "cherry of top" of life's dessert, we hold a space for the spiritual possibility and invitation for life to serve us even more.

KEEP YOUR FORK

Just as the woman planning her final ceremony, as children we heard, "keep your fork" at the dinner table. Looking back, the practical direction often meant there weren't two sets of silverware to go around, so in order to eat dessert without having to wait for the first set of flatware to be washed, you should keep your fork. It also indicated that dessert was a fork-event. Unlike a spoon event (ice cream or pudding) a fork usually meant cake or pie or something baked. So many unsaid interpretations of "keep your fork" ran through our minds and we ultimately knew it meant good things were imminent!

When Spirit offers us tools to use in the feast of Life, we make use of them every day. Internally or externally, our observations and processing thereof, provide us with many tools and often implied meanings and insight. By holding on to the tools we learned to use throughout our life, we can master the use of them and also know that more, quite possibly the best part, is yet to arrive. Life gives us the place setting of relationships, consciousness and communion with Spirit by which to fulfill our needs and desires. Our experience on the planet may be quickly gobbled or slowly savored, yet the tools remain the same.

As American as Ben Franklin's "Poor Richard's Almanac," proverbs, truisms, 'old wives tales' and family sayings pervade our childhood memories. Popping into our heads at the most appropriate times, we hear our parents and elders in our memory, remind us about the little things in life which turn out to be major components if we pay attention.

We heard "Never judge a book by its cover," and coupled with dimensions, they remind us not to judge one another based on physical appearance or merely by how the person presents himself - there is usually more to each of us than meets the eye! When we save room for dessert, we learn to plan ahead for the good that life offers us. Allow for the probability that Spirit brings gifts to the party of your life and you simply need the capacity to receive it.

So, Keep your Fork - life isn't done with you yet!



CALENDAR OF EVENTS

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 - call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location. Just \$10 extra for color or a box around your listing

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

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

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

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melbourne Auditorium 321-733-1555

Sundays Rockledge 10AM Sunday Celebration, Wednesday Life Enrichment Series 7PM, visit www.cs1spacecoast.org for more information. Center for Spiritual Living-Space Coast, 835 Executive Lane, #136, 321-338-2990

Sundays MELBOURNE Metaphysicians' Circle NEW 307 E. Lincoln Avenue downtown Melbourne 7:00-8:45pm \$3 321-474-7348

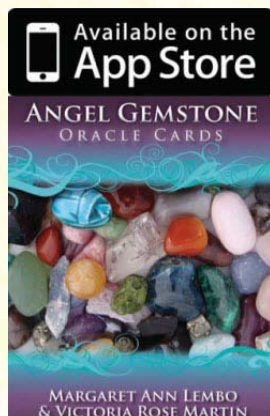
1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair NEW LOCATION 307 E. Lincoln Avenue 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348

Friday, July 20: Satsang with Gurudev Nityananda. An inspirational talk, followed by chanting and meditation. 7:00 to 9:00pm. Daytona Books and Metaphysics. 125 International Speedway, Daytona. By free will donation. Call: 845-649-1394 or email GirijaQ@aol.com.

Saturday, July 21: Meditation Intensive with Gurudev Nityananda. 10:00 to 2:00pm. Cost: \$51.00. Please bring a vegetarian dish for pot-luck and fellowship. 1990 Spruce Creek Circle No. Port Orange. Call: 845-649-1394 or email GirijaQ@aol.com.

Saturday, July 21: Devotional Chanting with Gurudev Nityananda. 7:30 to 9:00pm. 1990 Spruce Creek Circle No. Port Orange. By free will donation. Call: 845-649-1394 or email GirijaQ@aol.com.

Sunday, July 22: Satsang with Gurudev Nityananda. An inspirational talk, followed by chanting and meditation. 10 - 12:00 noon. 1990 Spruce Creek Circle North. Port Orange. By free will donation. Call 845-649-1394 or email GirijaQ@aol.com



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ABRAHAM-HICKS

...continued from page 9

ACHIEVING SUCCESS IS MY NATURAL BIRTHRIGHT...

You are meant to succeed, and failure should feel bad to you. Life is supposed to go well for you—and when it does not, there is something wrong. But what is wrong is not something that is outside of you over which you have no control. What is wrong is within you—and you do have control. And taking control is not difficult to do once you understand the basis of who-you-are and the basics of the Law of Attraction and the value of your personal Emotional Guidance System.

MY EVERY STORY IS ATTRACTING ITS VIBRATIONAL MATCH...

Every thought that you think is vibrating at a very personal frequency . . . and by the powerful Law of Attraction (the essence of that which is like unto itself, is drawn), that thought is now attracting another thought that is its Vibrational Match. And now, those combined thoughts are vibrating at a frequency that is higher than the thought that came before; and they will now, by the Law of Attraction, attract another and another and another, until eventually the thoughts will be powerful enough to attract a “real life” situation or manifestation.

SOME SELF TALK PHRASES YOU’LL FIND HELPFUL

This morning I woke up in the vortex and I felt satisfied. This morning I woke up in the vortex and I felt eager. I love waking up in the vortex and feeling eager. I like the feeling of eagerness. I like the feeling of satisfaction. Today, I looked at someone and I felt such appreciation for them. I really enjoy the feeling of love today.

When I’m in the vortex I feel satisfied. I like being in the vortex because things feel clearer. When I’m in the vortex I feel clear minded. I feel sort of elated. When I’m in the vortex, it’s like my heart is singing. When I’m in the vortex, I feel satisfied. When I’m in the vortex I feel ease. When I’m in the vortex I feel sort of energized. When I’m in the vortex I feel like doing stuff. When I’m in the vortex my body feels good.

When I’m in the vortex I like taking a walk. When I’m in the vortex my dog licks my face. When I’m in the vortex I just feel good. When I’m in the vortex food tastes good. When I’m in the vortex I like being in the vortex. When I’m in the vortex I know my power. When I’m in the vortex I feel more sure about things. When I’m in the vortex I know my own goodness. When I’m in the vortex I just feel good about me.

When I’m in the vortex I trust that things are going to go well. When I’m in the vortex I feel optimistic about things. When I’m in the vortex I feel ready for more. When I’m in the vortex I feel like I can do about anything.

When I’m in the vortex I feel more sure of myself. When I’m in the vortex I let people off the hook more. When I’m in the vortex good things happen to me. When I’m in the vortex I can feel I’m in the flow.

When I’m in the vortex I feel ease about life. When I am in the vortex it’s like the universe cooperates with me. When I’m in the vortex I know my goodness, because it sort of surrounds me. When I’m in the vortex the universe gives me evidence that I’m in there. Not as a reward, but as a consequence of my alignment with who I am. When I’m in the vortex the indicators that surround me in conversations and in my own emotions, and in outright manifestations, they represent my being in the vortex.

...continued on page 29



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ABRAHAM *FUN*



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

ALL BOTTLED UP?

If life isn't giving me what I want - enough love, respect, friendship, appreciation, money, leisure, or health - and I'm downright aggravated and frustrated, I pause to ponder this point:

Life is giving me exactly
the amount of good
that I am allowing
into my experience.

Life is ever ready, willing, and eager to give me more of what I want. This is the very nature of existence.

It's as if I'm a bottle with a funnel on top through which my deepest desires are ever being poured. But I and I alone control the opening and the degree to which it is clogged.

Every critical, negative, complaining, dissatisfied thought contributes a tiny bit to the clogging process. Every optimistic, trusting, grateful, accepting, don't-sweat-the-small-stuff thought helps to open up the flow of good.

Today I deliberately fill my mind with the happiest thoughts that I can muster. Today I clear some clog.

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

ARE YOU IN SPIRITUAL EMERGENCE-Y?

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

Have you had a major life upheaval such as	hurt
paranormal or mystical experience	angry
near-death experience	irritable
death of loved one	fatigued
change of location	restless
job change	resentful
marriage	melancholy
disability	mentally foggy
divorce	over or under fed
illness	sleepless or overslept
	using addictive substances?

Are your spiritual needs not being met in the churches?
You know your spiritual needs are being met when you have a sense of stillness within you, and a feeling of connection to the *Creator/Source/Universe/Energy/God/Goddess* of your understanding. Spiritual emergence-y is a form of identity crisis where you undergo drastic changes to your belief system. This is a sign that deep work and purification are unfolding. It can be uncomfortable and painful, not easy to function in society and to continue with daily tasks and responsibilities. As we pursue a spiritual path, we all deal with the same issues,



"Who am I?"
"What am I doing here?"
"What is my purpose?"
"Why is there so much pain & suffering?"

These questions arise from contemplation of something that does not fit into our present belief system. In order to break through, you have to burn away your current limited view of the world and of your place in it. There are rules to navigating this smoothly and I can teach you those rules, so you can live a more expansive life. So much of my practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Together we can discover more of who you came here to be. \$60 for one hour by phone at your schedule, and affordable because this is important work.

"How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe myself. Thank you."

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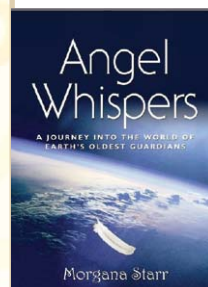


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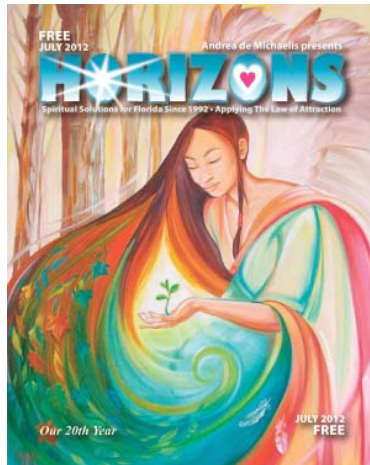
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COVER ART

Earth Angel

by Jane Delaford Taylor



'The Earth Angel was commissioned by a Canadian healer, to go with another painting I'd done in a similar style. She specifically requested the earthy greens and brown shades, and somehow I felt a little bit of Pocahontas crept in there too - which I feel is very ok actually! (We are still watching Pocahontas here on a regular basis because the children love it - and they love repetition too, don't they?)... However the message in the Disney Film is exactly the same as the one in this painting, so it's certainly

worth repeating endlessly to our children and to each other, that **Mother Earth**, our **Pachamama**, is sacred and to be treasured and nurtured as she in return nurtures us. So the angel is holding a glowing seedling which, for me, represents the **Divine Earth**.'

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.



"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."

Jane's new work is available <http://janetaylorart.weebly.com/>
Email Jane at chalicewell@hotmail.co.uk



SUGGESTED READING WATCHING LISTENING

CDS:

Relaxation Zone by Dean Evenson www.soundings.com
Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

Courage: Overcoming Fear and Igniting Confidence by Debbie Ford
The Bond: How to Fix Your Falling Down World by Lynne McTaggart
Walking Behind the Moon by Elizabeth Owens
Paranormal, My Life in Pursuit of the Afterlife by Raymond Moody, MD
Emotional Equations, Simple Truths for Happiness by Chip Conley

Wabi Sabi Love by Arielle Ford
Spiritual Partnership by Gary Zukav
The Well That Never Runs Dry by Joann Davis
Be Love Now, The Path of the Heart by Ram Dass
The Seeker, the Search, The Sacred by Guy Finley
The Bushman Way of Tracking God by Bradford Keeney, Ph.D.
The Physics of Miracles by Richard Bartlett, DC. ND
The Wisdom of a Broken Heart by Susan Piver
The Now Effect by Elisha Goldstein, Ph.D.

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 by Marianne Williamson
The Hidden Spirituality of Men by Matthew Fox
Do It Anyway by Kent M. Keith
365 Prescriptions for the Soul by Dr Bernie S. Siegel
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MUST SEE DVDs

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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 also, it just left out the actual "Secret" with the deletion of Abraham-Hicks.

YOGA: A Natural Pathway to Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. She has been greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email yogashaktipb@yahoo.com visit www.yogashakti.org (321) 725-4024. See inside back cover for info. Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the sanskrit word "Yuj" to unite. It means union or identification, The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga.



RECIPE FOR HAPPINESS

"Kam khao, gain khao" is a Hindi saying that I love. It means, "Eat little and eat patience". Control your diet and control your emotions and you will be the wealthiest person in the world.

Many people think that what we eat will make us healthy and happy, but eating is not the source of health and happiness. We should eat little and only what the body needs.

We have to distinguish between real and artificial needs. It is usually the mind and not the body that needs to eat. If we take too much, our digestive and mental systems become weakened. We have a right to take only what we need..

"Gain khao" means control your emotions: Eat your passions, your impatience and your sorrows

Chew your emotions. Never be unhappy. You must have patience to resist the temptations of retaliation. It is easy to retaliate or retort. The first reaction of the mind is to retort.

Put a restraint on your reactions. Horses have reins to restrain them The mind., which is powerful, also needs a restraint. Somebody should ride over it and it should be you. Don't let your mind. run away.

Body should be given what it needs and not more than that. Mind should. be given training and. restrained.. These are two basic principles of happiness and health and that is why I like the saying, "Kain khao, gain khao".

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See page 39

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OOBE • YOU ARE NOT THE BODY

An astral flight out of the body

A \$10 mp3 file by Andrea de Michaelis (see page 10)

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Thoughts about things...

... from page 7...



Andrea de Michaelis, Editor

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

I learned to ask myself, "what would I do and say if I were my own best friend involved in a new project?" Then the answer becomes clear and the thought activates the helpful self talk of my inner cheerleader.

She knows what to say to keep me motivated. She reminds me of what I already know. She reminds me that I'm doing the work I love with people I enjoy. She reminds me that every step along the way is part of my mission and grist for the mill. She reminds me that my income does not come from whoever I sell my stuff to, my income pours out of who I am and what I pour out onto others, and what I allow them to pour onto me. She reminds me of what's real and what really matters. (Jewel was right, *in the end, only kindness matters...*)

My inner cheerleader knows that the way to happiness is through training myself to think thoughts that bring me joy and give me hope. The way to think thoughts that bring me joy is to look for the good in every person and situation I encounter, to look for things to appreciate in each Now moment. The way to have hope is to bring to mind all the good times and know they can be again. To cheerlead myself on to it with my self talk and internal dialog until I believe it and expect it. That's how I attract my happy and purposeful life. No secret. It just takes practice.

AS A JOURNALIST, I DRAW THE READER'S ATTENTION TO THE GOOD THAT IS HAPPENING

I've learned to stay away from the news, simply because I don't care to vibrate there. As a journalist, I recognize the hype. Journalists, by definition, put information in their own words and make it creative in their own way so it will draw attention. Personally, my attention is never drawn to doom and gloom. I've learned to be prepared for change. To pre-pave into my future that I will feel hopeful and have deep faith, belief and expectation then as I do now, so that my happy tomorrows will be there waiting for me, they will take on lives of their own and call ME to THEM. My attention is drawn by the most hopeful "what if?" My attention is drawn by demonstrations of unwavering faith in the face of adversity.

IF, AS A JOURNALIST, IT IS MY CHOICE AS TO WHAT I WISH TO DRAW THE READER'S ATTENTION TO, THEN THIS IS IT:

What I'd like is for everyone to realize you are a soul encased within a body, a body which is your vehicle to use for this lifetime, This means keep the vehicle running efficiently. You'll save on repair costs and get a longer run. A soul encased within a body also means you have control of the mind, and it is yours to use and command. Your mind operates outside the physical brain and survives it after physical death of the body.

What I'd like is for everyone to realize is keeping the vehicle running efficiently also applies to keeping your mind active with interests, goals and curiosities. You bored? Unmotivated? Oh, so you're the one? Well, yeah, we all are, just get over it and do something about it.

What I'd like is for everyone to realize they participate in creating the reality they experience. This means you. You create and attract into your own experience. Not that of your mother or your father or your ex or your mate or your children or your coworkers. Just you. Stop wasting energy thinking about what's going on with them and begin to delve deeply into getting your own act together. They will then miraculously also fall into place.

What I'd like is for everyone to realize is that no matter what is going on with anyone around you, you can have a different experience.

No matter what the media says is happening to the economy, you can have a different experience.

What I'd like is for everyone to realize is that if you simply keep your attention focused on what is going RIGHT in the world, in your community, in your neighborhood, in your home, you will bring more of that to light and you will help it increase and grow.

This is what is meant by participating in creating the reality you experience. Look for the positive aspects, think the more hopeful thoughts, daydream the most fanciful, fun "what if" best case scenarios. Don't worry about what anyone else is thinking or doing. It's a tall order but you can do it. You're up to it. You have nothing to lose and a great happy life to gain. The best is yet to be.



Enjoy our offering this month. Hari Om.

Andrea



ABRAHAM-HICKS

...continued from page 20

When I'm in the vortex I like being in the vortex. When I'm in the vortex it seems easy to stay there. When I'm in the vortex I want never to leave. When I'm in the vortex it feels natural and normal to contemplate creation. When I'm in the vortex I feel unlimited. When I'm in the vortex I'm glad for all I've lived and what I've put in the vortex. When I'm in the vortex I have a clear view of what I put here.

When I'm in the vortex I feel satisfied about my life. When I'm in the vortex I feel ready to go and do more. When I'm in the vortex I love my life. When I'm in the vortex I love me. When I'm in the vortex I love the people who helped me put stuff in the vortex. When I'm in the vortex I do better financially. When I'm in the vortex I leverage time and effort in a better way. When I'm in the vortex things line up for me better. When I'm in the vortex it's like, time slows down and satisfaction speeds up.

When I'm in the vortex I savor more. When I'm in the vortex I sit and contemplate and my thoughts are pleasing to me. When I'm in the vortex sometimes I just ponder just for the satisfaction of pondering that thought. When I'm in the vortex it's like I only have access to the memories that are pleasing and to the current environment that is pleasing.

When I'm in the vortex I can feel that the whole of me is integrated with the source that is me. And I know my power, and my well-being, and I sort of want to shout it from the rooftops. I want to say, *bring it on world*, because I can handle it. I want to say, *whatever it is I'm up for it*. I want to say, *I signed on for sifting through contrast, and I'm good at it*. I want to say, *I know how to direct my thought. I've trained myself there. I'm really good at what I do. I'm a powerful focuser. I have been for a long time*.

I love to focus upon good feeling thoughts. I love to focus myself into alignment. I love being in the vortex. I love who I am. I love this experience of creation. I love the source energy part of me and lining up with it. I love the fact that I was willing to depart from source, to stir things up. I love how much I stirred up. I love how much I've put there. I love the power of my desire. I think it's my time **Abraham**. I think it's time. I think I've paid the price of contrast, and I think I've put plenty there. And I think I'm willing to let go of the resistant aspects of my life experience.

I think I'm ready to just start trusting, to start trusting the laws of the universe, and really putting this vortex thing to a test. I am going to stop struggling and striving and I'm going to let my undivided attention go toward whatever it takes for me to get into the vortex.

I want to announce to everyone listening to the entire universe, who is vibrationally out there somewhere, picking up on pieces of this in some way. I want to announce to every thing and everyone who exists, that I hear now proclaim my determination to release my resistance once and for all. I give up. I give up. I give up. I give up.

I've given it more effort than anybody that you know, in all of the people that you have been teaching. I have given it more effort. And in my struggles from outside the vortex I have not managed what I want. And so now I see the light a little bit.

I see why you began depicting a vortex as a vivid reality with a line that I could cross. I am beginning to understand that your request for me to get into the vortex is the only thing that will ever work for me.

I have to let go of all of those pieces, because in my interaction with all of those pieces I just hold myself out, and hold myself out and hold myself out, and my frustration is huge when I hold myself out, as I'm trying to explain, but I'm only out because of this reality and this reality and this reality.

Abraham, I now understand that you were never trying to say to me that those realities didn't exist. You were only trying to say to me that those realities do not serve me when I focus upon them. You've convinced me, Abraham, that it's time for me to tell the story of my empowerment. It's time for me to tell the story of my worthiness. It's time for me to tap the benefit of my knowledge of the law of attraction. It's time for me to understand the vortex, whatever in the hell it is and get into it.

It's time for me to begin finding my way. To begin feeling my way. I'm gonna feel my way into the vortex, and I'm gonna stop thinking my way into the vortex. I'm gonna feel my way in. It feels good here. It feels like clarity. It feels like power. It feels like love. It feels like solutions. It feels like answers to questions. It feels like something that I have been looking for, for a very long time.

Abraham clearly, you're in the vortex. You have demonstrated that you're in the vortex. Your words reflect that you're in the vortex. I will not admit that I am in the vortex, but I like the sound of the way you sounded from inside the vortex and it will be my eternal quest to give up whatever I have to give up in order to spend more of my time in the vortex. It's my time. It's my time to reap the benefit of the work I have done. And now I'm going to turn my undivided attention toward getting into the vortex as best I can.

See the YouTube video at
<http://www.youtube.com/watch?v=BaRDIBWfANI>



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

Aries: March 21 to April 19 "I Am."

Everything about your day to day life is about to change, some changes you can expect, some will be planned and some will be a wonderful surprise. The one issue that should not go unnoticed is your health! Be sure and eat plenty of fresh fruits and vegetables and drink plenty of water and your nervous system will be prepared for anything.

Taurus: April 20 to May 20 "I Have."

This month in particular you need to take a good hard look at who you are in relationships. The old you of playing the devil's advocate and sarcastic negative attitudes will have to be weeded out if you are to be happy in love. What you really want is to have steadiness and stability and nurturing communication in a love interest. Give it your best!

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

Transiting Jupiter in your sign for a full year is going to really help your attitude as well as your relationships grow. During the year you may even benefit from financial gain through inheritance or marriage. Also take a deeper look at your shared resources to be sure someone is not skimming off the top for their own concerns.

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

You have a very strong desire to have fellowship with others of like mind. Don't settle for less, give yourself the time necessary to find the right people that you feel comfortable with. You may want to take classes at something that you have wanted to do for some time now. These classes would be where you will meet your new friends and associates.

HOROSCOPES FOR JULY 2012

Leo: July 23 to August 22 "I Will."

Your career presence is all heart, you speak with your heart and are very optimistic, a visionary on how to greet the rest of the world. Everybody loves you and enjoys the stories of your life and experiences. Your health and money issues are good, as long as you continue to do what you love you will be healthy, wealthy and wise.

Virgo: August 23 to September 22 "I Analyze."

Even now you still strive to achieve your ambitions and are pretty close to being a workaholic. Now more than ever you will need to separate your emotions from what needs to be done. You are driven to succeed and accomplish your goals. If life gets too scary it is okay to take a break and integrate the new changes.

Libra: September 23 to October 22/23 "I Balance."

If you work in the public eye you never know who you are working with so it is always good to treat everyone with respect. You understand the importance of establish long lasting relationships. The lesson here is for you to learn cooperation in order to develop long term relationships.

Scorpio: October 23 to November 21/22 "I Transform."

Lessons after lessons in learning to conquer your lower energies will mold you into a very fine healer. Possible birth of a child in your family circle. You may also be feeling a huge power surge and with this new energy in your life you will be able to accomplish all your dreams.

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

Your energies are being directed towards culture and the arts, you may take up painting, cooking classes and maybe even a psychology class. To your relationships you say: don't fence me in, give me room to grow and I will love you always. Trust yourself first and you will forever be happy.

Capricorn: December 22 to January 19 "I Use."

You are being rewarded for your seriousness in regards to your career goals. Soon you will hear good news that your raise has been activated. All that you have been working for is now a reality. You are surrounded in luxury and emotional contentment and enjoyment, living the good life.

Aquarius: January 20 to February 19 "I Know."

From what you have been through lately, the worst is over now. It is now time to be creative and artistic and come full circle with what you want in life. Trust your instincts and don't settle for less. You have a happy family and home life to look forward to, thanks for hanging in there.

Pisces: February 19 to March 22 "I Believe."

You will feel like spending more time at home lately than usual. It is also important that you protect yourself at home, and in your car and psychically. There is much to tend to on the home front, you need to rejuvenate your senses. What better way to do this where by gardening, redecorating and being creative.



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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak.

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

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

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

*From my heart to yours,
Andrea de Michaelis*

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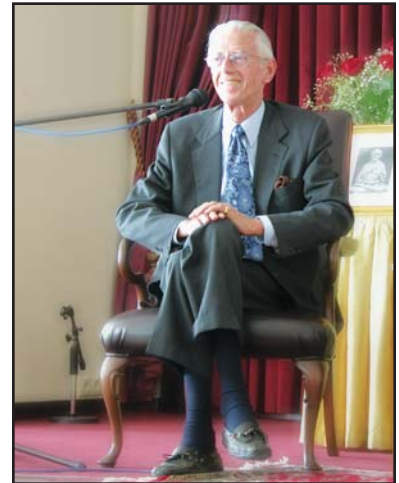
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

Center for Spiritual Awareness world headquarters and meditation retreat center is in the northeast Georgia mountains. Our spiritual director is Roy Eugene Davis, a disciple of Paramahansa Yogananda.



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