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Andrea de Michaelis presents

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# Rev. Albert J. Bowes

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or

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## HISTORY

Albert Bowes has been a professional Psychic for almost forty years. He lives and works in the Spiritualist community in Cassadaga, FL, a community that has existed for over 100 years as a place where Psychic Mediums and Spiritualist Healers practice. He has devoted his life to helping people find answers to personal problems, save relationships, create businesses or restore them to profitable operations, uncover hidden talents, the list is unending...

## CREDENTIALS

Albert was the subject of the internationally published book, "**Visions of Time**", in which his gifts were validated by double-blind tests done by a college professor in a four year study. He was also a Project Manager and Lecturer for the **Edgar Cayce Foundation** and the **Association for Research and Enlightenment**. Albert was invited to **Russia** to study with Russian Psychics and Scientists. He has taught **Parapsychology 1 and 2** at the **University of Florida**. He has worked with professionals such as doctors, surgeons, scientists, detectives and archeologists as well as companies like oil corporations and real estate developers. Albert has successfully worked with local and national law enforcement agencies. He has helped to find lost and kidnapped persons, missing airplanes and boats, plus solving many types of crimes. He is a real psychic detective.

# Nellie • Cassadaga

Psychic

Medium

Teacher



## TESTIMONIAL

I've been meaning to email you but wanted to wait & see if things were going to happen according to the dates you gave me, and sure enough, they did (again)!! My 1st visit with you was in May 2010. When I asked about job, you said things were going to change in Oct (some co-workers were going to leave, &/or new employees hired, I would start making more money). I brushed this off since we rarely have turnover at my job. Sure enough, 1 co-worker got fired and 1 co-worker announced she was moving out of state! Because of their leaving, MY income increased. =) I also asked about 2 very important men in my life (1 from the past & 1 current boyfriend) and you described both of them to the T! My other question was health, you told me to be concerned about something that may occur between my abdomen down to my knees & you were right again! My medical condition didn't come to fruition until a yr & a half later, but when it did, I was blown away. My 2nd visit with you was July 2012. I asked about job again, you said my bosses were under a lot of financial stress & would continue to tighten their belts for a while longer, but they were not going to close our doors. You were right on the \$ with that! I asked again, about my boyfriend, you explained our relationship right down to the T. Last but not least, I asked if/when you could see me moving & you said I would sell my house by the end of the year, I would definitely be moving no later than the end of the year & IT YOU WERE RIGHT! When I tell people about our visits, they are completely floored & amazed... just as I have been every time! Thank you so much for your insight. Your gift is amazing. I will be seeing you again & hopefully for many years to come. Thank you so much, Stephanie



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Bruce's background includes: spiritual counseling, astrology (since 1971), hypnotherapy, mysticism & healing. Bruce has appeared on The Discovery Channel, was interviewed on "Meetings with Remarkable People", and was a frequent speaker at the United Nations. [www.BruceOrion.com](http://www.BruceOrion.com)



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**Sound Journey** Sunday, July 14, 2013, 6:30-7:30 PM (or when complete)

You are invited to a Sound Journey facilitated by Janine Chimera, CMP. What is a sound journey? It's an experience created through the use of sounds in a positive, loving, and healthy environment. You need do nothing but be still and allow the vibrations of sound from voice and various instruments to bathe you and assist you on a personal journey. Some say it's like a sound meditation. This event is not suitable for children. (Suggested Love Offering \$12.00)

**July Family Day** Saturday July 20th from 10am-noon. Dr. Drew's Discovery Workshops - A Hands on Creative Play and Building Workshop at the Reusable Resources Adventure Center (2255 Meadow Lane Ave., West Melbourne - off Minton, behind W. Melbourne School of Science). Dr. Drew states, "We believe self-active play and art making are sources of creative energy, positive forces for constructing meaningful self-knowledge and revitalizing the human spirit throughout life." Workshop fee is \$5.75 per person (which includes your 'one of a kind' take home artwork). [www.isaeplay.org](http://www.isaeplay.org) or [www.reusecenterbrevard.org](http://www.reusecenterbrevard.org).

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

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

## SUNDAY Services 10:00am

"Living Your YES!" with Travis L. Thomas Sunday, July 21st at 10:00am

**WORKSHOP: "How To Live Your YES!"** Sunday, July 21, 2013, 11:30 AM

Travis Thomas' personal mission statement is... "To inspire myself and others to live joyously, peacefully, and triumphantly in YES." This workshop is everyone (young or old, working or employed). For anyone who asks themselves, "What is my purpose?" And, "How do I live my purpose in every aspect of my life."

**Couples Group** Friday, July 26, 2013 at 6:30 PM Calling all couples, join us on the 4th Friday of every month at 6:30PM. Call Suzie Zenker @ 321-505-6168.

- o **Sunday, 11:15 to noon. Adult Sunday school** - Join us as we have a metaphysical discussion. Childcare available.
- o **Tuesday: A Course In Miracles**
- o **Tuesdays and Thursdays at Noon - Healing Prayer** Service open to all.
- o **Wednesdays: Midweek Meditation** at 6:30 PM
- o **1st Sunday of the month** ( Jul 7, Aug 4) 4:00 PM Reiki Healing Service with Lloyd Reiser
- o **3rd Sunday of the month** ( Jul 21) at 2:30 PM Mini Sunday Service at Carnegie Gardens
- o **4th Friday of the Month** ( Jul 28) at 6:30 PM Couples Group



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optical illusion  
is separation**

# HORIZONS

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Distribution/Billing

Andrea de Michaelis

Thanks for help this month

Morgana Starr

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Celtic Angel by Jane Taylor

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



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

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto: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 2013 edition of Horizons Magazine. Independence! Freedom!

It's been a whirlwind month and now that the mag is done, I get to take time to simply relax alone in the silence. I love being around friends and activity - for awhile. Then I'm ready to get back to my sanctuary and let the energy field smooth itself out. Nature is where I revive myself, where I find myself and come alive, whether working in my veggie garden, walking the enchanted trails through my oak and pine woods, or sitting out at the fire pit at sundown. I can be fanatical when something brings me pleasure and I want to share it. I smile to think of how I tried the past year to drag a pal out into the magic of nature but that wasn't their healing mode, it was mine. What works for me doesn't work for everyone. I can only be inside "the box" (a building full of electricity) for just so long. Then I have to be outside long enough to let my nervous system synapses go back to a harmonious firing routine.

I got a cool synchronicity last month! A pal lives around the corner yet I didn't know it. For two years he's done a daily walk around the block, right past the house. My place is wooded, so if I'm looking that way, I can see someone is walking by, but not who. He just never got around to stopping in, the brat. I thought he was **The Tilted Boy**. **The Tilted Boy** walks by every day too, he's tall and tilts way over to one side.

I was taking the trash to the street **Thursday** when my pal was walking by and we connected. Life is always ticking me pink. It's cool when a pal lives within walking distance, works from home as I do, and we have similar habits, lifestyle, interests and cultural idioms. It gives us that automatic shorthand that makes conversation so effortless, revelatory and satisfying. For someone with as little free time as I, that's a big plus.

My ideal relationship with a man is that of a brother on the Path, someone interested in connection to Source - whatever that looks like to them, personal growth, yoga, fitness, meditation. Someone who likes their quiet, contemplative time, someone aware of their own psychic connection and the power of each holy instant. It's a plus when they know the east Indian culture, terminology and the sacred music. When there's similar background, it lets you move quickly into the **Now** because you're not having to catch each other up on unfamiliar concepts and ideas. You can move right away into that subtle, nuanced dance of words and ideas that to me is far more of a romance than any physical relationship. You're facing each other yes, but more so together facing forward in the same direction toward the same Light. I've been asked **why I go so many years between intimate relationships**. That's why. When my soul is fulfilled otherwise, I don't need a person to rub molecules with. There's nothing missing. My relationships historically fail because I'd rather work, but it's also my mission, so that's collateral damage. If I had to choose between a romantic love and a brother on the path, the brother would win every time. That's why I never go looking for love. **There's no place that Love is not**. But that's hard to explain to someone not asking that question, and not living that life. Not having to explain that stuff: priceless.

I attracted him out of hiding because I'd only recently become a vibrational match. Last month for a week, I gave over the master suite in my home to a yogi friend so he had his own garden entrance and bath. Since 2001, I'd stored some boxes for him, so he removed those and organized the shed for me.

*...continued on page 28...*

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# ABRAHAM-HICKS



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the Law of Attraction and their dvd, The Secret Behind "The Secret." Visit [www.abraham-hicks.com](http://www.abraham-hicks.com). (Excerpt from the newest Abraham-Hicks book "The Vortex".

## QUESTION: WHAT CAUSES MY FEAR?

**Abraham:** Fear is the feeling sensation that is present within you when you have both a desire and a belief that contradicts it. Fear is a response to the state of your vibration. You are a vibrational being, and every moment offering a signal. Your vibration could be called thought, it could be called memory, it could be called fantasy, it could be called imagination, it could be called Energy. In other words, your vibration could be called, "As I stand in my now, and I think about the present, or I think about the future, or I think about the past -- all of that is thought. Whatever it is I'm perceiving is causing me to offer a vibration, and that vibration is being answered or matched by All-That-Is.

So when I feel fear, what it always means is, I am offering a thought that you might call desire and a thought that you might call belief that are contradictory. The presence of fear always means the presence of resistance. The presence of resistance always means not allowing the Energy of desire to flow through me--always, without exception. Same with confusion; same with vulnerability; same with anger; same with unworthiness; same with guilt. All negative emotions mean the same thing. You just call them different things because they play out differently in your experience -- but they all mean the same thing.

The vibration of fear is usually a very strong vibration, which usually means there is the presence of a very strong desire within you. Often, when you feel fear, it is because you have a belief that contradicts basic elements that are natural to you. Your natural instinct, from your broadest Nonphysical perspective, is to know your power. Fear is a vibration when you feel powerless. Your natural instinctual Nonphysical vibration is to know your worthiness, know your rightness, know your value. And the feeling of fear is always when you are contradicting that thought.

We would want you to say, "Quite a bit of the time I feel fearful or vulnerable or limited, and what that feeling means is: I'm in that moment holding a desire that contradicts my past thought, or my beliefs..." Remember that a belief is just a thought you keep thinking, it's just a habit of thought. It's just sort of the way you've always thought it, and so it is the way you are now thinking it.

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# SOUL SHAPING

A former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," and the just released "Ascending with Both Feet on the Ground," endorsed



by authors Elizabeth Lesser, Oriah Mountain Dreamer and Katherine Woodward Thomas. He is also the producer and key journeyer in the new spiritual documentary - Karmageddon- also starring Ram Dass, Seane Corn, David Life, Deva Premal and Miten. [www.soulshaping.com](http://www.soulshaping.com)

## SACRED DYNAMITE

**I have never been one who believed that human births are accidents, or that we are little more than random concentrations of stardust.** I

believe we are all here with a divine purpose at the heart of our birth. As we deal with the challenges, pressures and distractions of daily life, it is all too easy to lose sight of this purpose and become spiritually unimaginative, momentarily forgetting that there is a well spring of magnificence laying in wait within us. This week, I invite you to remember.

My divine purpose first appeared like a distant flute, hints and whispers of something deeper that called to me in the night. And then it became clearer, a little voice that whispered sweet somethings in my inner ear whenever I dared to walk a false path.

I heard it when I was planning to open a law practice, involved in an unhealthy relationship, sitting in traffic on the way to work: "No, not that way Jeffrey, walk this way." Although it challenged my seeming stability, the voice had an odd sense of authority to it, as though it carried the blueprint for a karmic destiny I had long forgotten. The little voice that knows...

I somehow trusted this voice and followed it home, embarking on an intense spiritual journey through challenging emotional and economic terrain. Fifteen years later, with trial law long behind me, I found myself in the back room of my house writing a book I was destined to write. As I wrote, my soul's voice rose to the rafters of consciousness and I learned that who I had previously identified as Jeff was only a small part of my story. Below my misidentifications was an essential self, bridged to deeper callings and eternal rhythms. The voice was right. I had found my way to true-path, my in-power point, my place of purpose and meaning.


*...continued on page 29*



Rev. Andy Conyer




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Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Visit [www.herbcorner.net](http://www.herbcorner.net) and Call 321-757-7522

## NATURAL APPROACHES TO CATARACTS

As we age, the supply of blood, oxygen and nutrients needed for the health of the eyes gradually changes. This can cause proteins and tissue to clump together clouding of the lenses of the eyes. Excessive sun exposure, smoking, a diet lacking in fruits and vegetables diabetes can all increase the rate of developing cataracts. Beta-blockers, SSRI's, pain killers, cortico-steroids and statin drugs can also play a role in the formation of cataracts. Fortunately nature has provided us with **Bilberry**. It helps strengthen the capillaries and the small veins surrounding the eyes improving circulation. It also helps reduce plaque buildup in the blood vessels of the eyes protecting the lenses, retina and the back of the eye. **Bilberry** also provides the body with magnesium, calcium, bioflavonoids, phosphorus, potassium, selenium, zinc and vitamins A and C, these essential nutrients needed for the health of the eyes. It also contains anthocyanidins; a constituent that helps cataracts as well as retinopathy, diabetic eye disorders, night-blindness, macular degeneration and retinitis pigmentosa. **Eyebright** is another powerful herb for eye health. It has been used for eye health since the Middle Ages, strengthening all parts of the eyes and providing greater elasticity to the nerves and components of the eye that are responsible for sight. In addition to being helpful for cataracts it is also useful for eyestrain and eye infections. Just like **Bilberry** it contains many nutrients necessary for eye health. Most people think of **Ginkgo** as an herb for memory. However its powerful antioxidants also benefit the eye, especially the retina and the surrounding tissue of the eye. This makes it beneficial for retinopathy, and macular degeneration as well as cataracts. **Turmeric** can also be useful in the prevention of oxidative damage delaying the development of cataracts. In 2003, **Tokyo** studied **Chorella** and found that its strong antioxidants have the ability to help prevent diabetic related cataracts. **Antioxidants are important to the eye because people who have lower antioxidant levels in the eye have a greater risk of cataracts. Beta-carotene is also essential for eye health because it converts to vitamin A, which helps destroy the carcinogens that can damage the eye. Zinc is another nutrient essential to eye health, as it is necessary for the transformation of beta-carotene to vitamin A.**

In addition, vitamin C and E, selenium, Lutein, alpha-lipoic acid and flavanoids all help protect the eyes against cataracts by protecting the cell membranes in the eyes from oxidative damage. This slows down the formation of cataracts and preserves the clarity of the lenses, which is especially important if you spend a good amount of time out in the sun the ultra-violet rays of the sun can be damaging to the eyes.

It is also to note that many of these nutrients can be gotten can be gotten from foods as well as herbs. These include dark colored berries, sweet potatoes, dark leafy green vegetables, broccoli, apricots, tomatoes, squash, peaches, spinach, kale and carrots.

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If you are ready to take your health into your own hands because you are tired of the many side effects and the outrageous costs from your medicines then I hope you will join me in these classes.

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Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. You can join Karen's "Abraham Fun" group on Facebook and like her Facebook page, "Soulsongs." karen@karenmoneywilliams.com.

## What About Ethics and Morality?

**As I make it top priority to feel emotionally good, and as I accomplish that goal by thinking thoughts that cause me to feel emotionally good, will I become selfish? Will I transgress societal and religious moral codes?**

No, quite the contrary. At the heart of time-tested moral codes is the "golden rule": Treat others as you, yourself, would like to be treated. This principle will shine forth as I work with my thoughts. In the interest of feeling good emotionally, I'm learning to choose thoughts of appreciation, not criticism. I'm learning to release resentment and to give the benefit of the doubt. I'm learning to look for the positive aspects of people in order to draw more of that from them. I'm learning to focus on abundance, not lack; on my innate security, not threat. I'm learning there are no bad people - only people who might play that role in my experience due to my own distorted thinking. I'm changing my habits of thought in my own self-interest, but everyone with whom I interact stands to benefit. As I increasingly choose better-feeling thoughts, I'll be a better partner, parent, neighbor, and citizen. As I practice choosing happier thoughts, I'll become the happy person I've always known I could be, and I'll begin to draw countless happy situations to me via Law of Attraction. And joyful good things will spill over to others, everywhere I go.

--From Soulsongs Volume 4 e-book: Exploring the Law of Attraction

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See page 31

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*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."*

**Andrea de Michaelis 321-722-2100**

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# YOGA: NATURAL PATHWAY TO GODHOOD



Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. 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](mailto:yogashaktipb@yahoo.com) visit [www.yogashakti.org](http://www.yogashakti.org) (321) 725-4024. 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. Page 31 for map, more info.

## Bombs of Joy

**Who is God? All beings are a part of God. All people are bodies of God. I see no-one else in this world except God. Feel you are a part of that glory.**

If you don't have anything to give your children, you will give your vices. You are distributing vices everywhere unless you improve your consciousness. The same energy with which you are making yourself a slave of your addictions can be used for positive ends.

Let energy flow and find its own healthy, happy direction. When you have released some energy with joy, it will carry joy with it. When you release your energy with a bomb of joy or creativity, it will carry further. Wherever you go, throw bombs of joy.

The story says that Ganges came down from heaven but none except Shiva could stand the force of the flow. Due to ego, Ganges was lost in Shiva's hair for a long time. After she prayed, Shiva released the water. We have to release the energy of the Soul, which is Ganges, but it has to flow on a foundation of rock.

Electricity creates a magnetic field. You can create a magnetic field, but you have to do it. Nobody else can lend it to you. You have to generate it within you. You are meant to use your energy.

Respect your body. If your car is very expensive, don't you take care of it? Likewise the body is a very valuable instrument and you have to take good care of it.



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# OPEN MIND ZEN



Al Rapaport is Director of Open Mind Zen Center in Melbourne, FL. He is an authorized Zen Teacher who continues to experiment with melding ancient eastern and modern western techniques for awakening. For more information, email [openmindzen@aol.com](mailto:openmindzen@aol.com) and visit [www.OpenMindZen.com](http://www.OpenMindZen.com). The following is excerpted with permission from Open Mind Zen A Guide to Meditation by Al Rapaport.

**Why Meditate? When an individual has direct experience of the fact that he or she is one with others and indeed with the entire universe, a host of ills dissipate on their own without direct, conscious intervention of any sort.**

Ever hear the expression, "If you have to ask the price, you can't afford it?" In a sense, if we need to ask the question, "why meditate?" we are not yet ready to begin the journey. Chances are, if you are reading this page you already have

some attraction to or desire to meditate. Those who wish to learn meditation seem to have some type of feeling, no matter how vague, that looking within can provide the answer to the mysteries of life and death, as well as what to do in between.

Of course, meditation can bring many benefits, including better health, increased ability to concentrate, stress reduction and the like. But ultimately what Zen is about is the quest for enlightenment, or the gaining of true understanding about what it means to be a human being. When an individual has direct experience of the fact that he or she is one with others and indeed with the entire universe, a host of ills dissipate on their own without direct, conscious intervention of any sort. The experience of enlightenment, which has been a part of all esoteric religious traditions for thousands of years, is truly the one real answer to the question, "Why meditate?"

The main point in Zen teaching is that we must make this experience our own, that we must experience it in the very marrow of our bones! One thing is for sure - we can't learn about meditation by talking or reading about it. We can get a good intellectual foundation this way, but to really learn about meditation we must simply do it. In this way, meditation practice is similar to virtually any other human endeavor. For instance, we can read a thousand books on swimming and still drown in deep water. All our intellectual knowledge in that case wouldn't do us any good, as the knowledge of swimming must be ingrained in our body and mind in order to save ourselves from drowning. When learning to play a musical instrument, we can't just read about how to do it, but must spend time practicing with our body. Likewise, we must commit our minds and bodies to our meditation in order to experience its true effects.

As we progress along our meditation path, we find that our life changes radically. Although the effects vary somewhat from person to person, inevitably most find that they are much better able to observe the difficulties in their lives rather than being brought down by them. Watching the mind in meditation, the rising and falling away of thought, feeling and emotion, gives us an internal strength which we can apply to any life endeavor. Many find that their creativity increases as they link up with the true source of all creativity, the unborn mind, and that their concentration is much stronger.

But inevitably, what meditation is about is being able to face life and death with understanding and a clear conscience. Learning to let go of past and live in the present moment is the invaluable lesson of Zen practice.

Let's talk about types of meditation:

*...continued on page 21...*

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## Dear Whitedove:

My life has gotten off track. I'm not where I want to be in my love life or my career. I wish there were a way for me to create more success and happiness in those areas. Any advice? Lost in Louisiana

## Dear Lost,

First, you need to understand that you are right where you are meant to be. Every step that you have taken has taught you many valuable life lessons. Great Spirit tells us that we are co-creators of our reality. So once that you have a clear idea of what you want to improve upon; it's time to take action. Begin with goal setting. Create a specific list of what you want in your work life and love life, these are your new goals. With pure intent, create action steps to manifest this new scenario. Your thoughts are energy; they are the building blocks of creation. So as you plan, think about each step, visualize it in your mind's eye and then speak the words out loud. Your words have power; the energy of your words invoke matter into being. Also it's important to generate the feeling of a new love and a wonderful new career. Step into that energy, this will open you up to already BEING that which you desire. While being that happy and driven individual, know with great certainty that your new life is attainable. This goes beyond mere faith, it's a knowing. Then go through the physical motions to make it happen; work towards your goals every day. You'll be surprised how quickly that your life will begin to shift. God helps those that help themselves - we just have to do the work to make our dreams into reality.

## Dear Michelle:

My Aunt passed over this week and the Catholics in our family went to church to light candles for her. When a loved one dies, does it really help to light a candle for them? **Christian from Kentucky**

## Dear Christian,

I am sorry for the loss of your Auntie; I see that she was the matriarch of your family and will be greatly missed. Please know that lighting a candle for a loved one is a wonderful tradition. This custom of candle lighting is practiced in combination with prayer; it is faith in action. As you light the candle, you are sending your love and prayers to that

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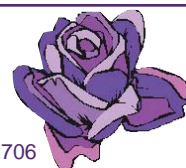
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soul. Whether the person is alive or on the other side, your prayers do make a difference. When you pray for the dearly departed, your love and intent is felt by that soul. You see, prayer is much like telepathic communication; it transcends time and space. Candle lighting is way to show honor and remembrance. This is not to be confused with praying TO a loved one because souls on the other side are limited, you should only be praying for them. Always take your prayers to the top!

## Dear Whitedove,

Last year I was so depressed over the loss of my home that I considered suicide. My life has much improved since that time but I often wondered - what if? **Happy and healthy in Hyannis Port**

## Dear Happy,

Thank goodness! Suicide is never a solution because your soul contracted to come here and learn some tough lessons. If you cut your life short, well guess what? Your soul would still need to learn those important lessons and you'd just reincarnate to do it all over again. Congratulations are in order; you came though the test with flying colors. The loss of your home and many possessions was an important experience for your soul's growth. No matter how big or how small those worldly possessions are only things, they don't define you. What is important: the love that you give and the people that you help - those are the deeds that you take with you to heaven! Spread the word! No one takes their money to Heaven.

# From the Heart

Alan Cohen is the author of many popular inspirational books, including *Enough Already: The Power of Radical Contentment*. Join Alan beginning September 1 for his acclaimed Life Coach Training to become a professional life coach or incorporate life coaching skills in your current career. For more information about this program, Alan's other books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone (800) 568-3079 or (808) 572-0001.



## Truth or Sabotage?

**I work with a rental car agency that gets me good deals. When I began to use the agency I phoned in an order to the owner, who is a friend of mine.** When he emailed me the confirmation, I discovered he made an error on the pickup time of the car. I called him back and he corrected it. This happened not just once, but three times. Hmmm.

I told the agent that I planned to recommend his service for participants of my residential retreats. He told me, "Great! Just be sure to have them book online—that's a lot easier for me than processing a phoned reservation."

Suddenly I realized why the agent had consistently messed up my orders. He didn't want to take phone orders. His errors were subterfuged ways of saying, "I don't want to do this." When he finally told me the truth, I was happy to change the way I ordered. But he had to tell me the truth first.

We all seek to express our truth. We all must express our truth. There are two ways to express your truth: directly or indirectly. If you do not express your truth directly, it will come out in odd, aberrant, and damaging ways. Self-sabotage or sabotage of others occurs when you don't speak your truth directly. Honest expression of truth ends sabotage.

I had an office assistant whom I asked to pick up a laser printer cartridge on her way home from work one day, and she agreed. The next day when she came to work I asked her for the cartridge. "I couldn't find the shop," she told me. We found a map to the shop and she went off that day after work to find it. The following day she again returned empty-handed. "I got there after they closed," she reported. I let her off

work early that day to make it to the shop on time. The next day she told me, "I forgot to bring the company credit card." Finally I picked up the cartridge myself without a hitch. The truth my assistant resisted telling me was, "I don't want to do this." I wish she would have told me that up front; it would have saved both of us time and trouble. When you don't tell the truth up front, your truth comes out in weird ways that make more trouble for everyone.

We all have the ability to do anything we choose to do—IF we choose to do it. The story is told about Joe, who came home from work one day quite tired. As he was unwinding in front of his TV during the evening, Joe's buddy phoned him and asked Joe if he would help him move his refrigerator. "I'd sure like to," Joe answered, "but I had a tough day at work and I'm beat. Maybe another time."

Ten minutes later Joe received a phone call from his girlfriend, who had just gotten back into town after being away on a business trip. "I'm back, honey," she told Joe. "I just got a new Victoria's Secret lingerie outfit. Would you like to come over and help me try it out?"

Did Joe suddenly have energy? You bet! He wasn't lying to his buddy when he said he was too tired. He was too tired because he wasn't motivated. We all find the energy and means to do what we choose to do. We find no energy to do the things we do not want to do. If we are forced to do things we do not want to do, we will find a way not to do them. That's how powerful we are. The question is, will you express your preference honestly, or will you create veiled situations to get your point across?

You don't have to get sick to get out of school, have an accident to get out of work, or have an affair to get out of a marriage. You can simply, clearly, directly express that you do not wish to do this. You might ruffle some feathers, but the cost will be far less than illness, accident, or a nasty divorce. Yet there is a hidden value in direct communication. You might create a solution that surpasses simply staying unhappily or leaving dramatically. By expressing your feelings you might be able to change schools, transfer departments at work, or deepen your intimacy, connection, and reward in marriage. Truth has ways of getting to solutions that sabotage does not.

Ceanne Derohan wrote a classic book entitled, *Right Use of Will*. We are always using our will. But we may not always be using it in alignment with our good. Your will is like an automobile with its engine running and the gearshift in drive. You can steer the car onto the main highway and take the most direct route to where you want to go. Or you can drive it through many detours and byways, over bumps and through walls. Ultimately you will get to your destination, but one path is a lot more direct and fun than another.

The universe rewards authenticity. Things are supposed to go right, and they usually do. When you say yes to what you choose, and no to what you do not choose, you are living in alignment with yourself. Life asks no more—or less—of you than this.



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

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body will hold? I am committed  
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**a possibility of drowning in the deep  
end of your passion, to seeing if  
my self indeed evaporates within**

**the all of you.**

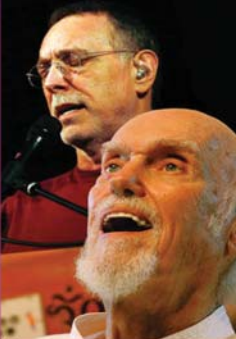





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## ABRAHAM-HICKS

*...continued from page 8*

And so, as you are feeling fear, all it means is, "I've got a desire that my belief is not agreeing with. Now, what thought feels better about this? I've got hold of this stick, where my desire is here, my belief is here. What thought feels better?" And as you just softly talk to yourself about that subject, reaching for the thought that feels better, what happens is you shift the Energy.

It's like the teeter-totter on the fulcrum, and it's clearly down here, and you would like it to be up here. And so, you reach for the thought that feels better, and you reach for the thought that feels better, and you reach for the thought that feels better...and it doesn't look like anything's happening. And then, all of a sudden, one more time, you reach for the thought that feels better, and there it goes! The fear is gone without even knowing it, just by reaching for the thought that feels better. There is so much reward in just feeling better in your "now". Because, so often, you're wanting to reach for the thought that feels better because, "Whoop-de-doo, this is big time good fun!" In other words, "I want to get there! I would like every effort to take me there. I would like every thought that I think, and every time I go to a workshop, and every time I make a little bit of effort, I would like it to take me there!" And it's irritating that it doesn't take you there, to that manifestation.

We want you to not get so hung up on the manifestation, and start taking pleasure in the incremental relief. Pleasure in the fact that this feels a little better. Pleasure in the fact that you can actually, with your own will power and your own determination, choose a thought that feels better.

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### IT IS UNNATURAL TO NOT FEEL GOOD

We offer an analogy, about the cork bobbing on the body of water. It's up here floating, floating, floating. And in our analogy this cork is bobbing in the place of Pure Positive Energy. When you take hold of the cork and hold it under the water, that's what negative emotion is. You're not allowing the natural quality

of the cork, you're doing something that does not allow the cork to do what it usually would do. You're holding it in an unnatural place with your attention to this thought of something that you do not want.

But when you withdraw your attention from it, and you let go of the cork, it bobs right back up there. It is natural for you to be in this pure positive place. It is unnatural for you not to feel good. But what happens in your physical environment where you've been trained by other humans who didn't feel so good either, is that you've come to accept the way you feel as being the natural way that you feel.

And now, through meditation, or through consciously reaching for the better feeling, you set higher standards. Until then it becomes consciously uncomfortable for you to dip into the lower Energies. You will never be at a place where you won't feel negative emotion. Nor would we ever want you to be at that place, because that would be like shooting Novocaine into your fingers so that you don't feel anything hot or sharp. You say, "Well, it sure is a lot better now that I can bang my hands on things. You know, I can shut my hands in car doors and it doesn't even bother me any more. I feel no pain." But it's not good for your fingers. Pretty soon you have flat, little flabby hands flapping around. You've destroyed your hands, even though it was painless.

And so, that's what that fear is. It's sort of an acquiescence. It's submission to a vibration that's not natural to who you really are. And you're awakening now to those higher standards.

Take mood checks and ask yourself, what is my mood? Well, I'm feeling fearful. And then ask yourself, well overall, do I have reason to fear? And as you reach for the more general statement, you recognize, you don't have anything to be fearful about.

We think what you're doing is sort of very specifically, channeling the worries of a larger mass consciousness. You are susceptible to Energy. And so, for example, if you were living in a retirement community where there were many people who were feeling vulnerable about their money, or feeling worried about what their future would provide, and you are sensitive to Energy, you could very well be picking up on the consensus of the group around you, even though it has nothing to do with who you are.

But you must have a little spattering of that within you, or you could not be finding harmony with that greater consensus. Every thought that has ever been thought exists. And then, by Law of Attraction, those thoughts coalesce, so that there are pockets of Thought Forms. And so, very often, just driving from city to city, if you are sensitive to vibration, you can feel different Energies in different cities. Well, what we are wanting you to do, is get so good at setting your own Tone, that it doesn't matter what the fluctuations of Energies are around you, you are always holding a steady course.



## OPEN MIND ZEN

*...continued from page 14*

### TYPES OF MEDITATION

It is clear, even in an intellectual sense, that neither the past nor the future actually exist, except in thought. It is scientifically impossible to be anywhere but in the moment, but somehow we don't feel as if we are. From the very beginning we are already totally present and fully enlightened, but just don't realize it.

Throughout human history many forms of meditation have been developed, and yet all deal with the same basic issue: the problem of the human mind and how to become free. In investigating many meditation systems, it seems there are three basic ways of categorizing their techniques. These 3 categories are: concentration, awareness and just being. Of course, awareness has a component of concentration, and just being has a component of awareness, etc. The following information is meant to help clarify the bewildering number of methods now available to the modern-day seeker.

### CONCENTRATION

All of us face the problem of how to quiet the mind when we sit down to meditate, or when we attempt to do anything in a focused manner. We often feel that our mind is out of control or that we cannot quite bring things into focus, and as a result most forms of meditation are the concentration type. Now if we examine the word, concentration, it normally means to condense or narrow - focusing on one thing to the exclusion of all others. So essentially what is happening in all concentration type exercises is we are trying to take the mind or the attention and narrow the focus, thereby excluding distracting thoughts. Ultimately, concentration forms of meditation are designed to narrow our focus to such an extent that we are able to concentrate on one thing only. We eventually reach a point in concentration where we are able to keep one thing in front of us exclusively during our meditation. Although this is not the end goal of meditation, it is always a major step, and can take years to accomplish.

*...continued on page 27*

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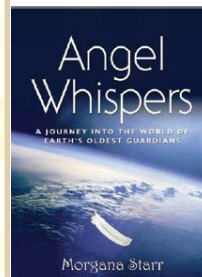
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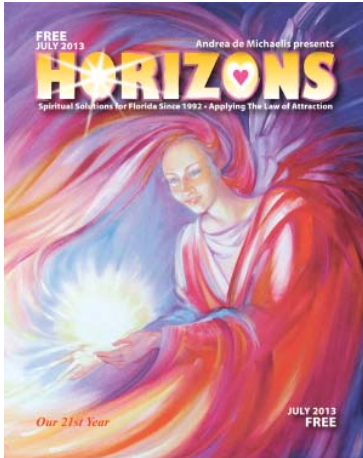
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# COVER ART

## CELTIC ANGEL

by Jane Taylor



This painting was produced as a commission for an Irish healer - one of the first of many angels I have painted recently. I wanted to produce an image of healing light, and I found, as I began to paint the face, that the angel's expression just came through quite naturally without very much effort on my part at all. Almost as though she was just waiting to express her energy through the medium of paint and canvas! This angel particularly seems to resonate with many people, I think because of the light

and happiness that comes through. Each angel I paint is different, the overall energy will vary in character with the angel, but the qualities of light and serenity have to be there for the painting to work. So when I begin an angel painting, I have to make sure I'm in a quiet, unrushed frame of mind and that I'm not going to be interrupted... and I ask the angels to come along and help too! And they often seem to do just that!

I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years, but am now doing far more of the thing I love best - painting in oils on canvas. I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) Most of what I do nowadays is what's termed 'inspirational' art.



That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.

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 rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website, which you may like to check out just for fun - you can find my work at <http://janetaylorart.weebly.com/> or email me at [chalicewell@hotmail.co.uk](mailto:chalicewell@hotmail.co.uk)



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## OPEN MIND ZEN

*...continued from page 21*

There are numerous systems of meditation that employ the technique of concentration, including mantra, TM, visualizations, and in Zen, beginning koan practice (see chapter 15 for more on koans). Any type of meditation where we are focusing on one specific thing to the exclusion of other things and using our force of will and energy to achieve that purpose or goal could be in this category. Some visualization techniques use this method also, such as envisioning a flower or a pleasant scene.

Naturally, there are advantages and disadvantages to any form of meditation, so we must find out by trial and error which is best for our particular nature. When we find a good method, it is important to stick with it and not hop around too much from practice to practice. So, the weakness of the concentration form of practice is that it is very difficult to devote oneself exclusively to concentration for any amount of time in this culture and with the life-style that most of us have. The strength of this form of practice is that we tend to get rapid results. Concentration forms of meditation work best in a kind of lifestyle where we are living in a very segregated environment like a monastery or meditation center. For the most part, in those situations things are being taken care of for us and there is a set schedule that encourages us to drop our everyday lives and just do the practice. If we devote ourselves totally to a concentration practice it can have very powerful results very quickly. However, it is very difficult for most beginning meditators to progress with concentration unless they are in the proper environment, and the unfortunate result of over-adherence to concentration is often frustration, leading to discontinuation of meditation altogether.

### AWARENESS

In awareness forms of meditation, rather than creating something that is not already happening we simply become aware of something that is actually happening. For instance, all of us at this very moment are either involved in an inhale or an exhale. Even in deepest sleep we are involved in inhaling or exhaling - we are breathing all the time we are alive. So, in breath awareness meditation we are simply being aware of something that is already occurring in a given moment. In awareness practice we may be observing something we are doing, such as breathing, that we are not normally conscious of, or it may be something such as just listening to sounds around us.

*...continued on page 29...*

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**Tampa Bay Ballroom**

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**Free admission!**

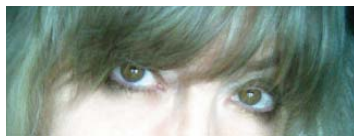
**This seminar has a \$150 value.**

Voluntary donation of \$10+ a 501(c)(3) non-profit event





## This month's thoughts about things...



Andrea de Michaelis, Editor

... from page 7 ...

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

There's workshop space now! He was on silent retreat and it reminded me of living in functional silence in the ashram years ago, sharing space yet no voices. That's a familiar and comfortable place for me. It was inspiring to share space with someone who has the same daily *sadhana*, or daily practice, that I have. Twice a day we did yoga and meditation together. We don't speak, but simply sitting and stretching together is a powerful interaction. Attuning our breathing to each other, our body movements in the poses, with complete awareness yet in complete silence. Sitting side by side to meditate, there's a definite difference in the energy of the room, with two rather than one. Part of the silence is also not making eye contact, to give each other complete privacy. It's a powerful practice, forcing one to choose carefully what needs to be said and what does not. It's amazing how much does NOT need to be said. I'm not talking about a vow of silence forever, this is just taking a week's break at a time to reboot the body, mind and spirit.

I began the month with a breath workshop with Zen Master Al Rapaport (see page 14.) I knew it would keep working on me for days, and it did. I'm sure it was a factor in me having bouts of ecstasy later in the week, during times that others often consider it distractive to have them: *at the market, when driving*. I've been in the kundalini management field long enough to honor it as I would any substance that alters consciousness and perception, because you're drunk on *Love for the Universe* and that can make you do and say things others might consider silly. Especially strangers. **That's why you have a daily meditation practice:** to practice surfing the thoughts and feelings that arise in you. Plus that way you don't scare the straights out in public.

Sensei Al is letting me excerpt from his book *Open Mind Zen* and when he sent me the file, I had to convert the pdf to text and ended up with the text having extra spaces in the middle of some words. Everything being a metaphor for a life lesson, I told him perhaps it came in that way so I would have to literally go word by word and sentence by sentence to remove the extra spaces. I always think I need a lot of white space, a lot of quiet time, a lot of space between my molecules, so of course I attracted the article with a lot of white space as well. The Universe continues to delight me. Al writes, **"Why Meditate? When an individual has direct experience of the fact that he or she is one with others and indeed with the entire universe, a host of ills dissipate on their own without direct, conscious intervention of any sort."** It changes your world in a heartbeat, that is for sure.

HER EFFORT TO CLEAR UP THE PAST GAVE HER A CLEAN SLATE  
A friend asks me business advice. She can't get ahead financially. Her credit is poor, she owes everybody. She chooses to not address it. She's been working odd jobs, off the books. She lives looking over her shoulder. My suggestion was that everything is related and her financial woes in the now can be greatly alleviated by making peace with the past, including doing forgiveness work and taking steps to become legit with licensing, taxes and insurance. To contact the creditors and see what her options are. **Financially, psychologically and emotionally: if the past is not resolved, then you can expect that when things are going very well, it can all be yanked out from under you. That's why you get it all resolved when you're down in the muck of it and have far less to lose.** That way you don't spend your life looking over your shoulder and waiting for the axe to fall when things are going well. That way the only momentum you have to be concerned with is forward momentum.

She called me today, two years after our last conversation. Two years after she unfriended me on Facebook, she thanked me. She's very in debt but making progress. Business is good, she's making money and everything is legal and on the books. She said it began happening the first year but she was angry with me because at first everything fell apart. I'd warned her ahead of time that's how it works. She didn't realize to what extent. She felt tricked. I told her she would. It made her angry that I was right. I told her it would. Today she was awarded joint custody of her children. I told her she would. She knew that her having made sincere effort to clear up her past had a lot to do with the favorable outcome. Her future is bright and she can thank herself because she's the one who attracted it. That is why I'm never bummed when someone gets irked at me or unfriends me for showing them to themselves: because everyone wants to live their best life. It often takes awhile for it to sink in and so we can't take score too soon.

**FEAR SPEAKS:** "Once there was a young warrior. Her teacher told her that she had to do battle with fear. She didn't want to do that. It seemed too aggressive; it was scary; it seemed unfriendly. But the teacher said she had to do it and gave her the instructions for the battle. The day arrived. The student warrior stood on one side, and fear stood on the other. The warrior was feeling very small, and fear was looking big and wrathful. They both had their weapons. The young warrior roused herself and went toward fear, prostrated three times, and asked, "May I have permission to go into battle with you?" Fear said, "Thank you for showing me so much respect that you ask permission." Then the young warrior said, "How can I defeat you?" Fear replied, "My weapons are that I talk fast, and I get very close to your face. Then you get completely unnerved, and you do whatever I say. If you don't do what I tell you, I have no power. You can listen to me, and you can have respect for me. You can even be convinced by me. But if you don't do what I say, I have no power." In that way, the student warrior learned how to defeat fear." Pema Chödrön



Enjoy our offering this month.  
Hari Om.

Andrea



## SOUL SHAPING

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

At the heart of every human birth is such a place. I use the term “soul-scriptures” to describe the callings, lessons and archetypal pathways that live at the heart of our transformation. By excavating and honoring these scriptures, we expand our souls one step closer to the Godself.

Although the ultimate romance is with our own soul, it is our experiences together that give birth to the essential lessons. We join together in a dance of sacred imagination, stepping on each other's toes and turning each other toward God one clumsy step after another. If one of us steps off the dance floor, we postpone others' lessons too.

This week I ask you to believe that you are needed for what you bring and to never lose faith in your brilliance, whatever the world sends your way. Although it is all too easy to forget, the Divine Mother continues to breathe you because you are essential here. She would take you back in a soul-beat if you had no role here. Our divine purpose may be hidden from view, it may be covered in dust, but it's still in there, sparkling with infinite possibility, waiting in the wings for its opportunity to be “humanifest.”

We may have to work hard to bring it to light, but we must never give up on our profound nature. Below the surface, we are all sacred dynamite, waiting for that just right spark to ignite our divine purpose. Once ignited, we explode into a realm of unlimited possibility. What seemed profound before, becomes just the tip of the iceberg. When you are ready, look inside and your magnificence will rise to the surface on the wings of the inner dove. I tell you, it's that close.



## OPEN MIND ZEN

*... continued from page 21*

What we start to find when we do this type of exercise is how much of the time our attention is not focused on what is actually happening in a given moment, but rather in our thinking, fantasizing, and projecting. The mind is always going, going, going! This becomes painfully obvious to beginners - all of a sudden we realize how little control we have. It can be very disconcerting, and it keeps many people from continuing to practice. But the fact is that we have to start somewhere, so if we really see this problem and want to do something about it, we have to take the bull by the horns and deal with the difficulty. As we gain more experience, things get better, just as when we are learning to play a musical instrument we sound terrible at first, but after a few years of practice it goes more smoothly. After awhile we don't have to think about the instrument at all, we just do it. It's the same with meditation.

Awareness meditation is often the best method for most people to begin with. It is used extensively in many schools of Zen and other forms of Buddhist meditation. Undoubtedly the best-known way of doing this form of meditation is what is called watching the breath, or breath awareness, as was previously mentioned. In this practice, when we are sitting and involved in the meditation process we actually turn our attention inward with our eyes closed and observe the rising and falling of the breath. It's truly amazing how powerful this practice is! It sounds very simple, but when we do it for a length of time we find that our mind keeps getting off track. At a deeper level:

When we inhale, the air comes into the inner world.

When we exhale, the air goes out to the outer world.

The inner world is limitless, and the outer world is also limitless.

We say “inner world” or “outer world”,  
but actually there is just one whole world.

In this limitless world, our throat is like a swinging door,

The air comes in and goes out like someone passing through a swinging door...

What we call “I” is just a swinging door which moves when we inhale and when we exhale.

-Zen Mind, Beginner's Mind by Shunryu Suzuki



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

## HOROSCOPES JULY 2013

**Aries: May 20 to April 19 "I Am"** To be or not to be; this is nothing new for you, the willingness to be nothing in order to be what you want to be. Lose yourself in what you do and you will surely find your true calling. If you want others to understand you then live your life creatively.

**Taurus: April 19 to May 19 "I Have"** Your relationships will be strained if you continued to show your stubborn side. Power struggles don't lend well to intimacy. If a partnership is important to you, then stop keeping secrets and acting single. Being critical of your partner will only send them into the arms of another!

**Gemini: May 20 to June 20 "I Think"** Your lesson this month is all about projection. Deal with your own issues and when you do, you will stop blaming others for the very same things you are guilty of. Realize where you are affected, then change it. Hypnotherapy would do you good.

**Cancer: June 20/21 to July 22 "I Feel"** This solar return month is your psychic awareness of the needs of others is especially keen. You will mother many in this life time but more family members will be especially in need of your nurturing spirit now. Lots of family gatherings this Summer.

**Leo: July 22 to August 22 "I Will"** You may have a double edged sword; you want prestige and power but will not get it until you find within yourself a loving attitude. Do the work necessary to be what you need to be and you will be rewarded fruitfully. Yes, bask in the limelight your favorite spot, just make sure you are happy about it.

**Virgo: August 22 to September 22 "I Analyze"** This month you are in a state of discernment over what is really important to you. Re-evaluation of your goals, friends, objectives, hopes and dreams seem to cover most areas of your life. Be happy you are about to recreate yourself, put yourself first this time!

**Libra: Sept 22 to Oct 22/23 "I Balance"** Your biggest goal this month is to bring your body back into balance, as well as make time for play. Karma has chosen you to learn many lessons around relationships; so God has deemed you a wonderful Libra. Learn the lessons of cooperation, fair play and you will be granted a lifetime playmate.

**Scorpio: Oct 22/23 to November 21/22 "I Transform"** You radiate intensity this month more than usual! You will be driven to finish projects and tie up loose ends, because you do not want to feel encumbered. You are moving forward and freely into the future free of struggle and emotional garbage.

**Sagittarius: November 21/22 to Dec 21 "I Perceive"** Your resources have been hidden away for all to see for some time now. You may be contemplating how to break the news, it could be any news. Keep in mind that if you are in a relationship do not try and change the person, they may be just the perfect fit for someone else if you are willing to let them go.

**Capricorn: December 22 to January 19/20 "I Use"** This is the Summer for you to get out and meet your neighbor, you just might find a lot in common, like friendship. Don't be a prisoner to your own concepts and ideas, allow yourself the freedom to do some things that you have been wanting to do but have been talking yourself out of.

**Aquarius: January 19/20 to February 19 "I Know"** This month, throw away the rules in the relationship arena! Stay true to the one you love, but trash the games of manipulation. Be yourself and don't allow anyone else try to mold you into what their idea of what you should be. Delve into the realm of limitless possibilities. Be creative.

**Pisces: February 19 to March 20 "I Believe"** If you are willing to take the first step in any journey, you will be guided along the way. It is always one step at a time. Remember that there are no guarantees in life, you just have to be willing to live your fullest dream of what you want and day by day go after it.



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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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REGISTRATION: In advance before August 10th - \$120 per person, families \$170. At the door \$130 per person or \$190.00

for families. **WHEN:** 4 pm on the 30th of August - 2 pm on the 1st of September 2013. **WHAT TO BRING:** Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen, notebook.

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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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