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JULY 2015

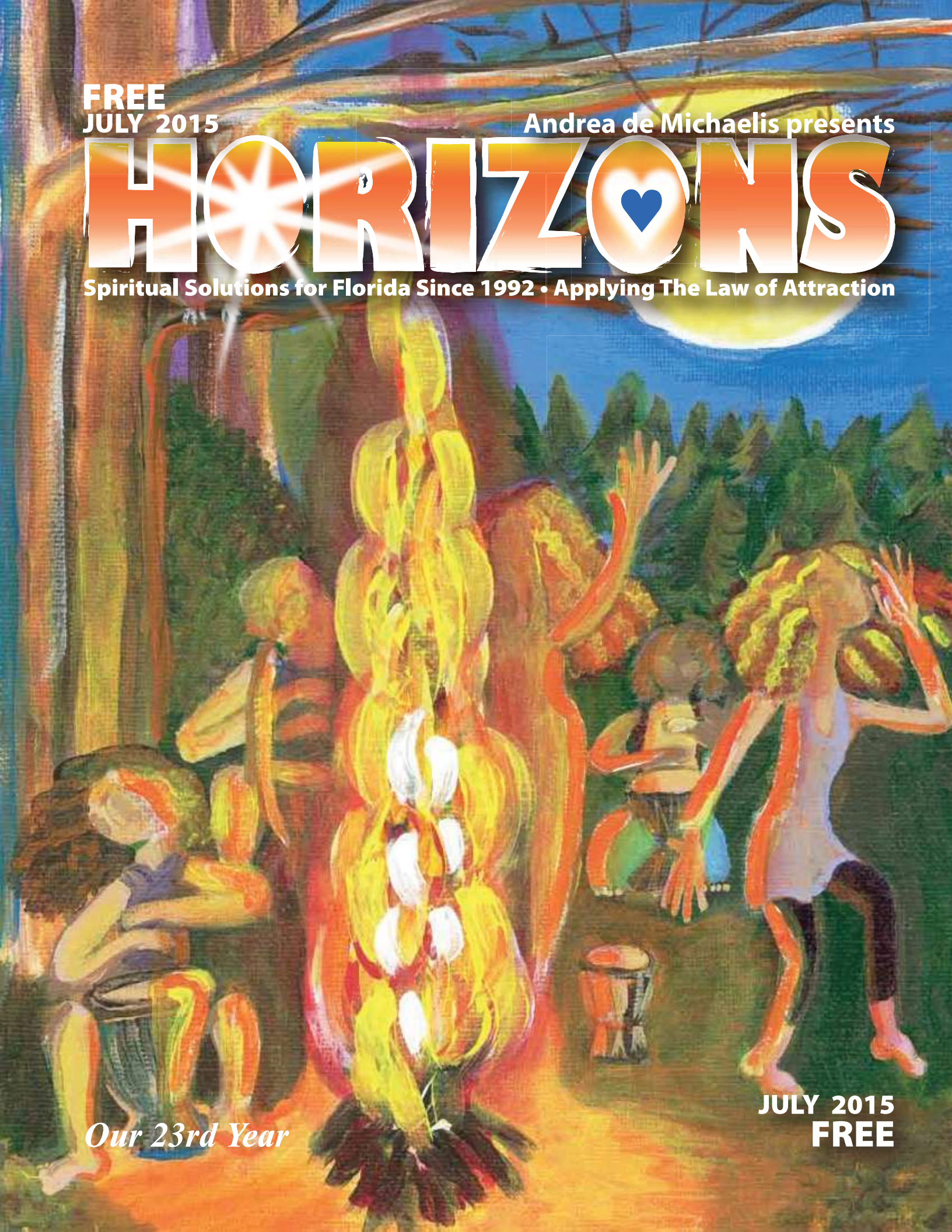
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REGISTRATION INFORMATION

Hotel accommodations are not included in the price of the conference registration. A room block has been established at the Hyatt Regency Orlando, across the street from the Convention Center. The rate is \$219, single or double occupancy. Please mention the I Can Do It conference when making reservations. The cut off date is August 18, 2015.

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GEM SPOT

Margaret Ann Lembo is the author of *The Essential Guide to Crystals, Minerals and Stones*; *Chakra Awakening*; *Color Your Life with Crystals*; and the *Angels and Gemstone Guardians Cards*. She is a spiritual entrepreneur and practitioner, aromatherapist, and owner of *The Crystal Garden*, a book store, gift store, and spiritual center. Visit www.MargaretAnnLembo.com and join her on Facebook.com/MargaretAnnLemboPage

Orange Calcite



Change is the one thing that appears to be constant in life. Sometimes dealing with change can cause stuck emotions or fear of the freedom to move forward. Trust in the process of change and acknowledge and honor your feelings. Take the time to balance your physical, mental, emotional, and spiritual energy. Pay particular attention to the health of your nerves, bones, and muscles. **Orange calcite** is a good stone to use when doing shamanic journeywork. It's a gentle guide to the inner workings of the emotional body through spiritual means. Keep this stone nearby to improve the quality of rebirthing, Reiki, emotional freedom technique (EFT), Integrated Energy Therapy® (IET), and other spiritually aligned healing modalities.

Orange calcite helps you process feelings that have been stored in your consciousness for a long time. The gentle orange vibration of calcite helps you release stuck emotions with a gentle push. This is the perfect stone to install positive thoughtforms, or mental energy, in the emotional body immediately after an emotional release. Use this stone to increase your self-esteem. It is especially helpful when you are learning to set boundaries with others. This stone is good for self-nurturing. **Orange calcite** entices you to use your creativity, which encourages action and play and fosters a fertile life. When you are fertile with ideas, the orange vibration will catapult you into taking the action required to bring your ideas to fruition.

To encourage creative strength and increase your self-esteem, use this affirmation:
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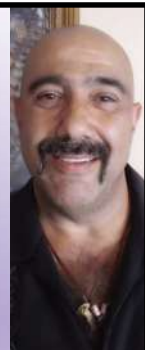
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**The greatest
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On the Cover (page 26)
Campfire Dancers
by Andrea de Michaelis

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Andrea de Michaelis

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



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

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

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- 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.
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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 2015 edition of Horizons Magazine. Here in Central Florida we've been blessed with mild weather. Cool for this time of year, I've only had my air conditioner on a half dozen times. If I can go from October thru April with windows open to the fresh air, without having to run my a/c, I'm stoked. This year I've gotten May and June as well. We've had such a mild winter, that's also a sign we will not have active hurricanes. Remember that when the season starts, it doesn't matter how many they say are forming. As usual, be prepared but don't stay glued to the news and weather freaking out with every blip on the screen.

T'S QUESTION: "Can you enlighten us on what is going on in the earth's energy field? We are feeling unpleasantly strange."

I know that everything is always evolving and changing and our biggest job in life is to surf the environment we find ourselves in and make the most of it. I think it doesn't matter what is happening to the earth's energy field, that we each are personally very powerful vortexes of energy ourselves. My experi-

ence is that our personal energy can override the prevalent energy of any physical locale, that we are indeed the vortex. That by becoming conscious and aware within this powerful vortex of a vehicle, we learn to master it so that body and mind do our bidding. Meaning with practice we can discipline our physical bodies to awaken early and sit for meditation and contemplation, and allow us to form habitual patterns to practice our daily affirmations and visualizations and prepaving our happy tomorrows, etc. In this way we create the space to invite Spirit into our life each day.

Meaning when we discipline ourselves to do the daily work of connecting to Spirit and recognizing we attract into our experience by virtue of our thoughts, we begin to get messages from within that assure us that no matter what it appears is going on in the world, we're going to be led to a place where it's ok and we're moving forward.

I think one reason you are "*feeling unpleasantly strange*" has to do with the nature of the work we all do. We want to help those around us, and we sit and listen to their stuff and try to help them sort it out, at least enough that they can be productive members of society, if not actually happy. And like it or not, some of their *stuff* sticks to us which means it sticks with us. So here we are with a little of our own *sticky stuff* we're working through, now add on the *sticky stuff* of two dozen clients, the *sticky stuff* of our immediate family members and close associates. Add on the *sticky stuff* of anything that is in the news or on tv, add on the *sticky stuff* of every hidden agenda of everyone who isn't confident enough they can make it on their own without cheating and shortchanging family, friends and clients, indeed everyone around them.

It is for this reason I make it a point to not watch the news or read the paper. It's surprising when any of us can make our way out of that mound of taffy glue globbing down on us all the time, and I believe that might account for feeling unpleasantly strange. Feeling restricted, feeling anxious and

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BOOK AND BEAD OUTLET

Knowledge and Gifts from the Earth
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GETTING TO THE BEST PART



Charlena Miller shelved her marketing career and stripped down her possessions to travel and re-imagine her life and vocation. She chronicles the emotional, spiritual and often comedic journey at www.charlenamiller.com.

I decided to give something a go that I wasn't sure I should or ever would, but when it seemed right, I stepped forward. And it wasn't meant to be. Bam. Decisively clear. And perfect.

Sometimes the door we knock on opens. Sometimes it refuses to budge, or opens for a moment and slams back in our face. Does this mean we were not meant to knock? Not necessarily. At times what we need is only found in the process of going through what gets us to the door, or the experience of having things not work how we thought they should.

In other instances, it's about timing. Things need to happen that don't make sense in the moment. These can be minor, but irritating, delays or inconveniences that put us in a specific place on a specific day, or it can be a longer or more significant series of events for which we only see the design from much farther down the road. At the time, it just all seems unnecessary, or even painful.



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Hiking with my daughter many miles from her home, we ran into someone on the trail whom I knew from my past. This person had betrayed me, and I felt a sense of incompleteness about it. My daughter and I knew running into this person wasn't random. There were many delays that day, and we sensed that something was up. Sure enough. The brief conversation put some things to rest within me, and it was a good encounter. If it had happened years earlier, I wouldn't have been ready, and it likely would have turned out quite differently.

We don't always need to know the reason for things when they are happening, but things happen at their own time for their own reasons. Circumstances come along and remind you that life is not all up to you, nor all about you. And that's a good thing.

Looking back on events, we can see that what seemed like wasted time standing in line, sitting at a stop light, working in a job that wasn't ideal was needed to allow things to move into place for what was coming next. In the present, we aren't stuck. Things aren't stuck. Worry can only see what is in front of it. Worry can't see around the corner. It's short-sighted.

Trust has better vision. It knows we just can't see the things meant for us are around the corner. We haven't quite gotten there, but the opportunity, the breakthrough, the job, the person has been there on our path all along.

What isn't meant for us fades and leaves space for what is.

God help us if we end up with jobs, commitments, or people not meant for us. They can distract us from the life that we are meant to live. Sometimes we are to persevere and stick in for something, and other times we are meant to fold 'em and walk on without looking back. We may feel loss, or we may feel relief, or both. When we trust, let things fall away and allow new things to come to us in their time, our path becomes more solid under our feet. It is so often the case that we look back and can't imagine our life if an earlier door had opened to us. We become thankful. What was at first a sense of loss becomes a blessing.

I have learned that many things come together and make me think I know the way it's supposed to go or the answer that will come out in the end, but I don't. What I do know is that if I have done my part, it is as it should be. It's taking me somewhere. The time has simply come when the river splits and is taking me in a different direction.

Life requires trust. We are meant to live in trust. When one door closes, let it close because there is a different door waiting for you to arrive on the scene. What is truly ours seems to have this way of coming very soon after other things are left behind.

Let go of what isn't for you, keep your heart open and your course clear even when it twists and turns, and baby hold on, because it's only getting to the best part.

ABRAHAM-HICKS



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

I Am the Attractor of My Every Experience

Excerpted from book, "Money, and the Law of Attraction"

You are meant to live an expansive, exhilarating, good-feeling experience. It was your plan when you made the decision to become focused in your physical body in this time-space reality. You expected this physical life to be exciting and rewarding. In other words, you knew that the variety and contrast would stimulate you to expanded desires, and you also knew that any and all of those desires could be fully and easily realized by you. You knew, also, that there would be no end to the expansion of new desires.

You came into your body full of excitement about the possibilities that this life experience would inspire, and that desire that you held in the beginning was not muted at all by doubt, for you knew your power and you knew that this life experience and all of its contrast would be the fertile ground for wonderful expansion. Most of all, you knew that you were coming into this life experience with a Guidance System to help you remain true to your original intent as well as to your never-ending amended intentions that would be born out of this very life experience. In short, you felt an eagerness for this time-space reality that nearly defies physical description.

You were not a beginner—even though you were newly beginning in your wee, small physical body—but instead you were a powerful creative genius, newly focusing in a new, **Leading Edge** environment. You knew that there would be a time of adjustment while redefining a new platform from which you would begin your process of deliberate creating, and you were not the least bit worried about that time of adjustment. In fact, you rather enjoyed the nest into which you were born and those who were there to greet you into your new physical environment. And while you could not yet speak the language of their words—and although you were perceived by those who greeted you as new and unknowing and in need of their guidance—you possessed a stability and a knowing that most of them had long left behind. You were born knowing that you are a powerful Being, that you are good, that you are the creator of your experience, and that the **Law of Attraction** is the basis of all creation here in your new environment. You remembered then that the **Law of Attraction** (the essence of that which is like unto itself, is drawn) is the basis of the Universe, and you knew it would serve you well. And so it has.

You were still remembering then that you are the creator of your own experience. But even more important, you remembered that you do it through your thought, not your

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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 and call 321-757-7522

Overcoming Anxiety

We all go through periods of stress. When this happens our body goes through a stress response releasing hormones that affect and wear out every system of the body. Today anxiety disorders affect about 20% of adults and is the most common form of mental illness in the U.S. Anxiety can come under the categories of panic attack, social anxiety, obsessive compulsive disorders, and phobias. Mild anxiety crosses-over into a mental health problem when it begins to interfere with daily life.

Supplement-wise **GABA** (gamma-amino-butyric-acid) is a naturally occurring amino acid produced by the brain acting like a neuro-transmitters like SSRI's (serotonin reuptake inhibitors) helping to stop the over-firing of the nerves caused by stress, panic and anxiety. **B Vitamins** like **Inositol (B8)**, and **B12** help to enhance and support neurotransmitters such as serotonin and dopamine working like SSRI's reducing the frequency and duration of anxiety attacks reducing mood swings and depression. **Calcium** and **Magnesium** along with the amino acids **L-glutamine** and **L-histidine** help to relax the nervous system helping to bring back the body into a relaxed state reducing stress, anxiety, tension and irritability.

Fortunately herbs are excellent non-narcotic, non-addictive aids to help over-come anxiety when looking for something safe and natural. Some specific herbs for anxiety are **Kava-Kava** which contains kavalactones that bind to GABA receptors like benzodiazepines affecting the limbic system, the area in the brain responsible for emotions. For chronic anxiety, **Skullcap** acts as a nerve tonic helping promote relaxation, reducing nervous tension throughout the body, acting as a mild sedative, helping with sensory stimuli disorders reducing anxiety, mood swings, stress headaches and insomnia. **Lemon Balm** acts like a mood-lifter that is excellent especially when taken at bed-time helping reduce over-thinking so you can fall asleep easier. **Passion Flower** is especially good if your anxiety causes hypertension. It helps to ease worry, anxiety and insomnia soothing the nerves calming a racing mind. **Gota Kola**, **Holy Basil** and **Ashwaganda** are adaptogenic herbs which help keep you calm during anxious situations. **Valerian** works like a benzodiazepine without its addictive effects, helping soothe emotional stress, reduces insomnia and lessens performance anxiety and **Oat Straw** helps tone the nervous system providing many of the nutrients needed to support the nervous system when you are under stress.

If anxiety is a problem for you, instead of medications you may want to consider holistic techniques such as meditation, biofeedback or talk therapy along with exercise like yoga, walking, and gardening. You have options.

TIPS TO DEAL WITH ANGER ADDICTS



Judith Orloff MD is the author of many self-help books including, *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life*, *Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life*, and *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and Love*. visit <http://www.drjudithorloff.com/>

(Excerpt from Dr. Judith Orloff's national bestseller *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life*)

Anger addicts cope with conflict by accusing, attacking, humiliating, or criticizing. Unchecked they can be dangerous and controlling. Anger can tyrannize relationships. One woman I treated had stopped having any male friends because she was afraid of her partner's unrelenting jealous anger. If she went to lunch, for instance, with a male colleague from work her partner would barrage her with cell phone messages during the meal. Initially, unable to set boundaries, she appeased him by giving in. My patient told me she didn't want to "create a war at home" by doing anything to provoke his wrath. Clearly, we had our work cut out for us in therapy. She didn't want to leave her partner but she needed to be strong enough to assert healthier limits in the relationship.

The common dynamic with anger addicts is that they use anger to cope with feeling inadequate, hurt, or threatened, whether the person acts out occasionally or not. Anger is one of the hardest emotions to control due to its evolutionary value of defending against danger. When you're confronted with anger, your body instinctively tightens, the opposite of a surrendered state. It goes into fight or flight mode. Adrenaline floods your system. Your heart pumps faster. Your jaw and muscles clench. Your blood vessels constrict. Your gut tenses. In this hyper-charged condition, you want to flee or attack.

Instead of running or retaliating, try my approach. First, take a breath to calm down. Tell yourself, "Do not respond with anger. That will just make things worse." If the person is being abusive excuse yourself from the situation. If you can't escape, say with a boss, try to stay centered, non-reactive, and not feed the anger. Later, when you can address the anger more fully, admit your unedited reactions to yourself or a supportive person. This prevents anger from building up. You can't start the process of surrendering anger until you've acknowledged the raw emotion.

When you're exposed to anger, here are some steps from my book *The Ecstasy of Surrender* to calm your system and have a clear head. Without this you're trapped in reactive behavior which gets you nowhere at all.

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PURIFY YOUR SPACE



Excerpt from "Your Hands Can Heal You" by Master Stephen Co, John Merryman, Eric Robins MD. www.pranichealing.com/

Below are easy to perform techniques used in Pranic Healing to quickly purify your environment.

Certain places are intrinsically less clean than others. If you spend time in these surroundings, you may need to practice energetic hygiene more diligently and more regularly – for example, cutting cords and performing general self-sweeping. You can also directly clean the area.

1. Burn incense. Burn a stick or cone of incense in the rooms of your house or work area. Sandalwood is the most common cleansing incense; it contains much high-quality green prana. If you prefer different fragrances, however, lavender incense contains blue-violet prana, and sage incense contains green, blue and violet prana.

2. Chant "OM" or "Amen." Chant the mantra "OM" or "Amen" in the room for 20 minutes. This mantra disperses dirty energy, which is why it is universally used as part of many meditation routines to clear the mind of thoughts. As an alternative, play the **Grandmaster Choa Kok Sui OM CD**.


3. Open all windows and curtains to let fresh air and sunlight in. An easy way to clean a house or room energetically, opening windows and curtains allows cleansing solar and air prana to flood a room or house. An hour or two a day should be sufficient for moderate residual contamination.

4. Spray the area with salt water from a sprayer. Mix a few tablespoons of salt with a cup of water in a sprayer with a fine misting capability. Shake to dissolve the salt. Walk through a room spraying the salt and water into the air, allowing the droplets to filter down to the floor. Just as salt water breaks down the dirty energy that you sweep from your own aura, it also effectively cleans a room or building. Holy water of the Catholic Church is essentially salt water with the priest's benediction.

5. Loud clapping. Loud, purposeful clapping with intent can break up and disperse dirty energy in a room. Go into a room, form a clear intent to dispel the dirty energy, and walk through the area clapping about 10 to 30 times, depending on the size of the room. One clap per second is a good pace.

It may be difficult to perform some of these routines in your work area, so here is a technique that can be employed for either home or work: **Project Electric Violet Energy** to the room or area. Visualize your house or workplace very small, about a foot in total area, in front of you. Make the visualization as clear as you can.

Form the intent that you are scanning the house or area to determine if there is any dirty energy and then scan it. Be aware of any sensations of stickiness or heaviness, just as you did when you scanned your own body.



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SOULSONGS ABRAHAM FUN



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 FB and like her FB page, "Soulsongs." karen@karenmoneywilliams.com.

I may have become skillful at remembering what went wrong in the past, noticing what's not so great now, and contemplating what may go sour in the future, telling myself it's prudent to be wary and watchful for problems. But I pay a price for such habits, for I actually entice trouble by thinking about trouble. My thoughts are magnetic.

As I learn to trust life, life will prove to be trustworthy. As I learn to love life, life will love me back. As I learn to focus on the half-full part of that famous half-empty glass of water, my cup will runneth over.

Imagine Electric Violet beam projecting from your palm as you focus on your Crown Chakra. Flood the house or area with the Electric Violet beams -- flushing out all negativity into the earth. Project for a minimum period of 5 minutes or until you feel the area feels lighter. Repeat as necessary. You can also pray as you project Electric Violet. Many will feel strong vibration or 'buzzing' sensation on your Crown and Hand Chakras. **Then, rescan the house.** It should be much cleaner than it was before you started.



WHEN TO PRESS SNOOZE

Sonia Choquette is the bestselling author of several books including *Traveling at the Speed of Love*, *True Balance* and more. She

teaches workshops all over the world empowering thousands of people to feel and live the magnificence of their spirit. Visit www.SoniaChoquette.Com

This morning I overslept. I spent the weekend teaching a workshop on the east coast and then caught a flight home that landed at midnight. By the time I collected my luggage, got to my car and drove home it was two a.m. I didn't mind. I still felt exhilarated from the workshop and the happy, joyful response, which emanated from the people who attended. Their love carried me home on such a vibrational high I didn't feel tired at all. That was until the alarm clock went off at seven a.m. this morning and a wave of exhaustion swept over me as I reached over and pushed the snooze button. I immediately fell back into a deep sleep for another ten minutes until the alarm went off again.

Struggling to wake up I forced myself to open my eyes, stand up, and find my way to the shower. The deep satisfaction I had felt the day before still lingered, but my body was having none of it. It was tired and not ready to dive into another day's work quite yet. Ignoring my body's needs, my mind pushed forward and thus began a head versus body struggle that lasted all day. I had made commitments that I wanted to keep and yet physically I was running on empty. I pushed through to four p.m. then found my way home where I could no longer put out any more effort, good intentions or not. I fell deeply asleep until now, 9 p.m.

I realized as I pulled out of the heavy fog of such deep sleep that if I want to live in the highest vibration I have to give my body more of a vote in how I pace myself, or I will not succeed. My mind loves to create and loses all sense of time and space when I enter the creative vibration. My heart loves to connect and share and engage with others. And my body wants to share in the vibration of love as well by "suiting up and showing up." But unlike my mind and heart, my body has a different set of requirements to keep up the vibration that the heart and mind want to maintain. And embarrassingly, I often forget to take these requirements fully into account as I arrange my day. And when I ignore what my body needs, my loving vibration takes a nosedive. I become agitated. I feel cranky and irritable. I have more difficulty listening, or being present for others; and I overreact to noise and other dissonant energies around me.

I can't tell you how many times my family members, who witness me in an over extended, exhausted and crabby state, have said, "I wish your clients and students could see you now — the way you really are!"



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Every time this happens I cringe a little inside because they are right. Coming off the vibrational high of an intense effort of work, even work I absolutely love, does often catch me by surprise with a negative mood and no love or patience for anything.

If we try to do too much or have too many obligations snipping at our heels, the best of our loving intentions can implode into stress, irritation, and even depression because we simply cannot catch our breath.

This is a tricky challenge, especially for the more ambitious among us, me included. I love life and don't want to miss any of it; not a single moment. And yet, if I cram my days chock full of activities without allowing for the three-dimensional physical needs of my body, I may be publicly loving, but quite guilty of downloading my stress and negativity onto the people closest to me.

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FROM THE HEART

Alan Cohen is the author of many inspirational books. Join Alan's Life Coach Training Program, beginning September 1, to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's Hawaii Retreat, books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com.



THE ALCOHOLIC SAINT

I had a neighbor I regarded as a nasty alcoholic. Brenda would sit around the kitchen table with her husband, drink, and complain. I did not see any good in her. Then she and her husband took in a young fellow to live with them. Mark helped the couple around the house and stayed with them for years. When Brenda passed away, Mark told me, "Brenda was one of the kindest people I have ever known. She and her husband treated me like a son. I will always remember and love her." In that moment I realized how skewed was my interpretation of Brenda. I was focusing on one aspect of her that brought me pain to consider. Mark, on the other hand, focused on an aspect of Brenda that brought him

joy. Each of us was reaping the result of our interpretation. From that moment on I began to think of Brenda as a kind person, which has brought me peace.

No person is one thing only. We are multi-dimensional beings, with traits that we judge as good or bad. **The Law of Attraction** ensures that we will always see more of what are choosing to look at. See the good and we will find more good. See the bad and we will find more bad. Perception is a choice.

A friend and I were having lunch at the restaurant of a tropical hotel where a parrot sat in a cage near our table. When I went over to say hello to the Macaw the restaurant manager saw me and grew nervous. "Stay away from that bird!" he called out. "He might bite you." Although I was confident with the bird, I didn't want to ruffle the manager's feathers, so I stepped back.

During our meal I mentioned the bird to the waitress. "Oh, Keoki is the sweetest bird. He will give you a kiss if you approach him." She went to the parrot and he gave her a sweet kiss on the cheek. I was stunned. Were those two people talking about the same bird? Then I realized that the restaurant manager was worried about liability, while the waitress valued connection more. Each person was seeing the bird through their own lens of perception—one based on love and one based on fear. Each experienced the result of the perception they chose.

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ASK WHITEDOVE



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Dear Whitedove, As a psychic reader, I'm confused by the fact that many people believe that Time is an Illusion? I'm here now, and I give info on the past and into the future so please clarify. I've heard you say it, too. - Time Sensitive in Tulsa

Dear Sensitive, Here on Earth we measure time in a linear way, with each sunrise and sunset marks a new day. We recognize this going forward and backward in history. Although if you expand your mind and think universally by placing your soul's awareness elsewhere in the galaxy, you will realize that our sunrise is irrelevant. Therefore Time is an Illusion. Astronauts are keenly aware of this and quantum physics has come to understand that the past, present, and the future are all happening simultaneously. This is a concept that can be difficult to wrap your brain around and challenging to grasp. When I do readings or future predictions, as I look out into the so called future, I have come to realize that time is shifting with the mass consciousness. That's why a psychic medium is never one hundred percent accurate because we are seeing the most probable future. What do I love about that? When we SEE something that would be viewed as negative, we give that info to a client and we can be confident in saying: "This is what I see, but you have the power to change the outcome!" God has bestowed us with a great gift of creating our reality by using our free-will choices to influence our future. Time is in flux and we have the power to greatly make a positive impact while here.

Dear Whitedove, I have a lot of self-help books but I seem to be stuck. Do you feel that we can change our life by using the power of positive thinking? Big dreamer in Denver

Dear Dreamer, Positive thinking is a good beginning but there are more action steps needed to truly create change. Start by deleting self-defeating mind chatter or negative self-talk and replace it with positive affirmations. Each morning when you look into the mirror start with loving self-talk, be gentle with yourself. Create affirmations that begin with: *I am. I am healthy, I am wise, I am financially secure, I am abundant, I am in service to the highest good of all, I am worthy.* These I AM's easily assimilate into your consciousness and affect your belief system. Know this; you can only achieve what you believe yourself worthy.

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Creating a new life begins with belief, self-worth and your intent. Then once you have mentally prepared, get emotionally and spiritually ready too. Feel the emotions of the outcome that you are looking for. If your goal is to create a center for underprivileged children - ask yourself, what would that feel like? Visualize yourself walking through the door of your center and see the beaming smiles of the kids. Recreate that feeling often, emotionally feel and live as if the Children's center is a reality. Visualize it, Talk about it, Pray about it, giving thanks because you know that it is manifesting. All the while, get busy with your action steps - create a plan, and put it into action. We are co-creators of our reality and anything is possible with the Law of Attraction!



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 tut.com

6 Guidelines for Creative Visualization

Here are the six visualizing guidelines that I personally follow when I visualize that allow me to get into the details. They’re not rules. You can come up with your own and develop your own patterns and habits. For me, these are what work and I’ve got some rationale behind each that I’ll share, but I don’t want you to think that these are rules. I’m always making exceptions to them and so can you. This exercise is simply based upon our thoughts becoming things, which is really the only “rule” there is.

1. VISUALIZE ONCE A DAY. Once a day is all that’s necessary. Of course, you can think happy thoughts on your way to work, or falling asleep at night, and you might even visualize a second or third time every now and then, but overall let this be an exercise that you do one time each day and then let it go.

2. VISUALIZE NO LONGER THAN FIVE TO TEN MINUTES AT A TIME. If you try to visualize longer, no matter who you are, you’re going to start day-dreaming...probably about sex! Or something else equally distracting. And then you’re going to get mad at yourself. You’ll label yourself, thinking you must have adult ADD. You’ll then draw the false conclusion that visualizing doesn’t work for you. It does work for you and it’s easy, just cut it off at no more than five or ten minutes. I visualize every morning before work for just four minutes.

3. IMAGINE EVERY CONCEIVABLE DETAIL. Playfully create imaginative, elaborate scenes in your mind’s eye that depict your changed life. Imagine the sights, sounds, colors, textures, and aromas. Make the image in your mind as real and vivid as possible. Of course, I’m not talking about attaching to those details. Just use them to get excited about all the amazing changes that will soon be happening in your life. This how the details are valuable—priceless, even.

4. FEEL THE EMOTION. Feel what you’d expect to feel, experiencing the life you dream of experiencing. Feel the joy, the confidence, the satisfaction. No matter how silly it seems in that dark and quiet room when you’re shouting “whoo-hoo-hoo-hoo,” do it! How badly do you want what you want? Chances are you want it bad enough to feel a little silly, to get a little “stupid” in the dark quiet privacy of your own home when you’re visualizing.

Emotion is truly the turbo-charger of change; it’s as if our emotions supercharge the thoughts associated with them and that extra charge gives them power over your other competing (or sometimes contradictory) thoughts, drawing circumstances into your path that facilitate your big dream’s manifestation. I tell anybody who wants to bring about major life changes that they should begin with a visualization program; however, I tell anyone who wants to bring about major life changes quickly to visualize with emotion.

5. PUT YOURSELF IN THE PICTURE. You’ve got to be there, in the picture, if you want your manifestation to include you. For example, let’s just say one of the details you’re visualizing is a new car. Right before you close your eyes, look at the back of your hands. Your hands are different than anybody else’s: your fingers, finger nails, the hairs, wrinkles, and even the rings you wear are unique. Visualize your hands in your mind’s eye wrapping around the steering wheel of whatever it is that you most want to be driving.

This was confirmed beyond doubt by someone who wrote me saying, “Mike, I’m having trouble visualizing. I want that new Volkswagen Beetle, retro-design, sapphire blue!” And of course I replied to her that this is not asking the Universe for too much; you know, there are a lot of those out there, you can have it, visualizing shouldn’t be hard. “Mike, you don’t understand. I was recently involved in a traffic accident...” Unh-oh, I thought. “I was rear-ended...by a sapphire blue, retro-design Volkswagen Beetle.” Ah-ha! “And, Mike, that’s just the half it...this morning...” (I could almost hear her crying between the words) “I watched my neighbor drive to work in her brand new, sapphire blue, retro-design Volkswagen Beetle!”

The moral of this story? Put yourself in the picture. And for that matter, while we’re at it, include happy, smiling pictures of yourself on your vision board and scrap book! Feel your toes in the sand at the beach, or feel your hand in the palm of another as you walk together on a moonlit night. Smell the aromas of the scene you’re imagining, perhaps the salt in the air or the smoke from the fireplace. And of course, again, feel the joy. Emotions are powerful for yet another reason, as they automatically put you in the picture.

6. DWELL FROM THE END RESULTS—OR BEYOND. This is just one more way to say what I’ve already said many times: do not mess with the cursed hows. When visualizing go to the finished, completed picture—your dream already come true. Do not visualize how it will come true! The cursed hows are the banes of our primitive existence. Yet we’ve all been told since we could crawl that we should mess with the hows, that we’re irresponsible and reckless if we don’t. The truth of the matter, however, is that messing with the hows is what slows us down, tying the hands of the Universe and leading us to think that we must carry the weight of the world upon our shoulders.

Incidentally, should you be wondering how it’s possible to take action while not messing with the cursed hows, that is addressed specifically in chapter four. For now, we’re talking about visualizing, and when you do this don’t even think about thinking about anything else.

This article was excerpted from the New York Times Bestselling Book, *Infinite Possibilities: The Art of Living Your Dreams*.

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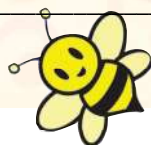
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The Miracle of Mindfulness

Thich Nhat Hanh writes: The instant you sit down to meditate, begin watching your breath. At first breathe normally, gradually letting your breathing slow down until it is quiet, even, and the lengths of the breaths are fairly long. From the moment you sit down to the moment your breathing has become deep and silent, be conscious of everything that is happening in yourself.

A Guide to Meditation

For some of us, that's easier said than done. You start focusing on your breath, and after a brief victory, in comes the growing wave—oh shoot what about getting cash out for lunch, I totally forgot to tell Dan that I'd be late, wonder if Susan replied to my email. Hanh offers the simple, straight-ahead counter:

If (following the breath) seems hard at first, you can substitute the method of counting your breath. As you breathe in, count 1 in your mind, and as you breathe out, count 1. Breathe in, count 2. Breathe out, count 2. Continue through 10, then return to 1 again. This counting is like a string which attaches your mindfulness to your breath. This exercise is the beginning point in the process of becoming continuously conscious of your breath. Without mindfulness, however, you will quickly lose count. When the count is lost, simply return to 1 and keep trying until you can keep the count correctly.

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Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location. \$10 extra for color or box around your listing

Tuesdays - PALM BAY - Reiki Share 6pm. at Mystic Gems and The House of Enlightenment 2280 Harris Ave. #5 321-327-8996

Tuesdays Noon to 1:00pm Prayer Service Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

Thursdays Noon to 1:00pm Prayer Service Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak email scribe@ironoak.org 321-722-0291

Thursdays, 7-8:30pm The Artist's Way with Fred Goodnight at Unity of Melbourne 2401 N. Harbor City Blvd 32935

2nd Saturday CASSADAGA Tea Leaf class 5-7pm with Torre LaRock at Cassadaga Hotel \$25 per person RSVP 386-228-2323 www.venusinvelvet.com

Sundays PALM BAY Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

Sundays, FT MYERS 9:15 am and 11am services at Unity of Fort Myers, with Rev. Jim Rosemergy. www.unityoffortmyers.org

Sundays MELBOURNE 10am Service Unity Church of Melbourne 2401 N. Harbor City Blvd Melbourne, FL 32935 321-254-0313 (pg 4)

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melbourne Auditorium 321-266-2117

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast 602 Brevard Avenue 321.474.2030 www.cslspacecoast.org

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church at 1108 N. Dixie Highway (US 1) Visit dbcuuc.org

Sundays MELBOURNE Metaphysicians' Circle held at 5120 Sutton Avenue Melbourne, FL 32904 7-8:45pm \$3 321-474-7348

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair 5120 Sutton Avenue Melbourne, FL 32904 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348

Thursday, July 2, 6:30 pm to 8:30 pm, Spiritualist Chapel of Melbourne, Jerry Forney, "Costa Rican Spiritual Journey" - Members \$3.00, Non-members \$5.00, 1924 Melody Lane behind Melbourne Auditorium (321) 321-266-2117

Sunday, July 5, Spiritualist Chapel of Melbourne, Dr. Rev. Louis Gates, "Spirit Tree" readings following 10:00 am service - Members \$10.00, Non-members \$20.00, 1924 Melody Lane behind Melbourne Auditorium (321) 321-266-2117

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SOUL SHAPING



Former criminal lawyer/psychotherapist, Jeff Brown is author of *Love It forward*, *An Uncommon Bond*, *Soulshaping*, *Ascending with Both Feet on the Ground*, *Apologies to the Divine Feminine* and the spiritual documentary - *Karmageddon* - which stars Ram Dass, David Life, Deva Premal & Miten. See soulshaping.com

Yes, it is often a choice we make as to whether we are a victim, or a victor. In many situations, there is a way to look on the bright side, to take responsibility, to focus on the lesson, in our efforts to grow forward.

But let's not throw the whole victim out with the bath water. Because sometimes there are victims. Sometimes there are people who did not choose their suffering. Sometimes there are people in such horrifyingly difficult situations that positivity is not enough to save them.

And sometimes people actually need to express their victimhood as part of their healing. They need to express it, and they need to be heard. And sometimes they need our help before they can become victors.

When we tell them they have a choice, sometimes we forget that WE have a choice too. We can sweep their pain into a swamp of feigned positivity, or we can help them up. We can ignore their challenges or we can support their liberation. Yes, we have a choice, too.



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Gainesville ~ Saturday, July 11th
2:00-4:30 PM

Orlando ~ Monday, July 20th
7:00-9:30 PM

Jacksonville ~ Wednesday, July 29
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Jacksonville ~ Thursday, July 30th
1-3:30 PM & 7:00-9:30 PM



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. tut.com

There are only miracles, and to one degree or another they all soothe, pamper, and enrich.

However, to avoid blowing too many minds at once, some are disguised as unpleasant surprises, botched circumstances, and twisted acquaintances that can rarely be seen for who or what they truly are until the pendulum has fully swung.

Yes... don't I think of everything? Duck!

The Universe

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5 SPIRITUAL MYSTERIES IS KARMA FAIR?



Deepak Chopra, MD is the author of more than 75 books with twenty-two New York Times bestsellers including *Super Brain*. Join the weightlessproject.org to eradicate obesity and malnutrition. Visit deepakchopra.com

Even at a time when religion is declining in the West, most people remember the Biblical saying “As you sow, so shall you reap.” they cling to a belief taught in childhood, that good is rewarded and evil punished. In the first post we started to look at the possibility that what was learned in childhood is correct. The universe balances right and wrong, good and evil. In the Indian spiritual tradition this simple notion was developed into the **Law of Karma**. But common experience offers endless examples of good that isn't rewarded and evil that is never punished. So is karma really fair or not?

In his famous encounter with **Albert Einstein** in 1930, the great **Bengali** poet **Rabindranath Tagore** argued against the random universe of quantum physics in favor of a “human universe” where harmony prevailed despite the evidence of unruly passions and bad deeds. Tagore meant this quite literally, not metaphorically. The universe was an expression of divine consciousness, and human beings, who express the same cosmic consciousness, belong within the grand scheme. In fact, the universe mirrors human destiny and vice versa.

This is the classic view of the world's wisdom traditions (with some exceptions - certain strains of Buddhism come to mind, which do not accept a divine essence or creative agency in the cosmos). They describe a worldview that looks inward for justification, not outward at events in the physical world. A consciousness-based view of karma can take two forms.

* Evidence of the balance of good and evil can be found through insight and intuition.

* The doctrine of the afterlife, with or without reincarnation, can be accepted and justified.

I think both approaches have merit, but the second one depends on viewing life before birth and after death. That's not tenable until you establish a theory of cosmic consciousness. In any event, it doesn't benefit someone here and now who has suffered innocently; it brings no justice today, only tomorrow. So we're left with the other alternative, looking inward for such things as divine mercy, compassion, forgiveness, salvation, and grace.

To discover whether life is fair or not requires this inner journey. Needless to say, skeptics who scoff at such a journey will continue to declare that existence is essentially determined by random events and mechanical processes.

What makes the inner journey viable? It's not viable simply as an escape, turning to some unconscious state in order to stop seeing how bad the world really is. It's also not viable as a kind of **Pollyanna** attitude: Everything is beautiful if only we see it that way. The inner journey is only viable as a means to connect with reality. In other words, we are pointed - by **Jesus**, **Buddha**, the **Vedic** rishis, and many others - to transcend ordinary reality, the world of appearances to pure existence. In a state of higher awareness, the bonds of suffering are released, and one realizes that the true self, which is at the core of every person, has no dealings with good versus evil, right versus wrong, because those are products of duality.

To summarize what transcendence actually does:

1. It removes a person's deep attachment of pain and pleasure. There is an eternal cycle between pain and pleasure, but it pertains to individuals who see themselves as separate. The true self is open, free, self-aware, and a participant in the world of duality as a witness only.
2. When someone is established in the true self, there is no fear. This subdues the grip of physical suffering and death.
3. Consciousness flows without boundaries, so that “I” is no longer the insecure ego.
4. Once unbounded or unity consciousness is achieved - in the state generally called enlightenment - a person is in the best position possible to help others out of the bondage of their suffering.
5. From the vantage point of the true self, the play of good and evil, darkness and light, is seen as perfectly balanced. The Law of Karma is justified.

It's important to state that none of these things are intellectual conclusions. You can't mentally jump to #5 and decide that the universe is perfectly balanced. As the **Vedas** constantly repeat, this is knowledge that you become, not knowledge you learn. That human beings are capable of such profound transformation is the message of the world's wisdom traditions. In that light, the greatest gift of grace is that having created our own tragic circumstances, we are simultaneously capable of liberating ourselves.

This, in essence, is the whole reason for the **Law of Karma** to exist - as a means of insuring that there is enough equipoise between light and darkness that no one is every truly lost, damned, or devoid of a path to enlightenment. Tagore's argument for “the human universe” expresses how profoundly he understood the transcendent possibilities in human life.



TAP INTO THE POWER OF SUMMER SOLSTICE

New York Times best-selling author, health & wellness expert, and spiritual teacher Deborah King was a successful attorney in her twenties when she was diagnosed with cancer, which began a quest for healing that would radically change her life. Her amazing recovery led her to leave the corporate arena for the field of energy medicine, where she mastered ancient and modern systems. Visit deborahking.com

Here are a few great tips for tapping into the Summer Solstice energy:

1. DETOXIFY YOUR SPIRIT.

Like all seasonal changes, the transition to summer is about letting go of the old to make space for the new. With the sun's energy being about power and expansion, this is the time to rid yourself of anything or anyone that diminishes your personal or spiritual power—a spiritual detox.

That includes tapes in your head from your parents or religious authority figures, self-doubt and self-flagellation, beliefs that you are not worthy or undeserving of love. It includes “friends” who put you down to build themselves up or partners who “love” through control or abuse.

If you've studied energy medicine, you know that anything that diminishes your power also diminishes your spirit. As a teacher, I tell my students not to give away your personal power, but it's hard to avoid completely. Now you can use this Summer Solstice energy to help you take it back!

2. SET INTENTIONS FOR THIS NEW ENERGY.

After you have released all your old patterns of behavior and thought processes that are crimping your spirit and energy flow, you need to prepare for the new fresh solstice energy to come and replenish your inner strength and power. Meditation is my first recommendation for slowing down, opening up and allowing for the sun's power to fill you up. Make sure you also get plenty of rest, eat well, and keep up your other energy healing techniques as well so that your chakras are free and clear. This is a powerful time of transition, so you want to give yourself time and space to adjust.

You also want to set your intentions for this new phase of your life. What do you truly want? What is your true soul calling, and what steps can get you there? Journal, meditate, go for walks in nature, whatever you need to help you set your hopes and goals so that this new powerful energy has a focus. Remember, it's strong and active, and wants to hit the ground running, so making sure you know where you want it to take you is important.

3. TAKE ACTION!

Now that you have let go of whatever was holding you back, and decided exactly what you want to accomplish, it's time to take the necessary actions to reach your goals. In other words, just do it! This Summer Solstice energy is fast-paced and ready to go, so its influence will gear you up for this step. Allow the power to encourage you, increase your confidence, and give you the strength to get moving.

If you are following your true path and living in service of the light, then any action you take will help to raise your vibration, and therefore raise the vibration of the planet. Some worry that power is synonymous with selfishness, but it's not. Power doesn't have to be cruel. Power includes acting from a place of love, being your true self, and living the life you came here to live. That is the most powerful thing you can do.

The great gift of the energy of the Summer Solstice is that it's designed to move you from one phase to the next on your terms. So figure out who you are, what you want, and what you need to get it. Tapping into the power of the Summer Solstice will vastly improve your efforts and give you the strength to move toward positive change.

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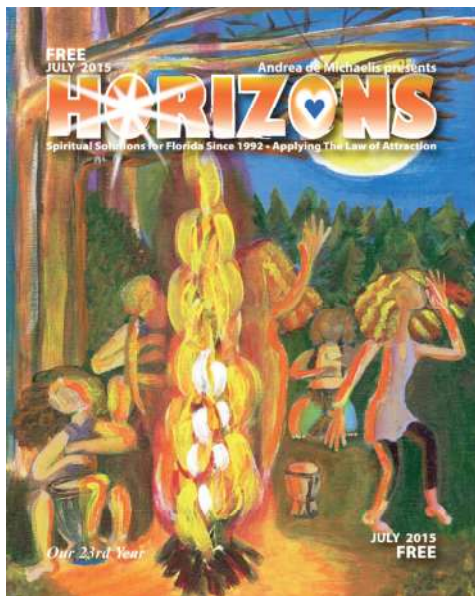


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COVER ART

Campfire Dancers

By Andrea de Michaelis



Andrea has published Horizons Magazine since 1992.

As I paint, I enjoy watching what unfolds on the canvas during my journey, and what unfolds within me as I work on it. I use painting as a medium for my spiritual path work. I take everything as a sign and a metaphor having to do with my personal growth. The moon appears often in my work. It has to do with not only illumination and reflection, but with doubt, obscured vision, illusion, dreaming, mystery, the emotions. The forest represents that wild, fertile place within me where life thrives, free from control and cultivation. Many times I've danced with friends under a full moon, offering to the campfire what I was ready to release. The fire represents new life. We chant and drum the past back into the past and bring ourselves fully into the Now. The act of sitting with a group of friends with the same focused intent is a powerful practice. You're casting a powerful spell, releasing the past, and beginning fresh with every 28 day cycle of the full moon.

"You have noticed that everything an Indian does is in a circle, and that is because the Power of the World always works in circles, and everything tries to be round..... The Sky is round, and I have heard that the earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nest in circles, for theirs is the same religion as ours... Even the seasons form a great circle in their changing, and always come back again to where they were. The life of a man is a circle from childhood to childhood, and so it is in everything where power moves." Black Elk - Oglala Sioux Holy Man 1863-1950.

Read Horizons at <http://horizonsmagazine.com>
Andrea's blog -- <http://horizonsmagazine.com/blog/>



Alan Cohen

...from page 14...

Even if you have chosen a fear-based perception, you can shift to a more rewarding perspective. This is the hidden gift of relationships that trouble us. When you aren't getting along with someone, you have chosen to see that person through the lens of fear. The relationship as it is will persist (or another one like it will take its place) until you choose love instead. **A Course in Miracles** tells us, "Trials are but lessons that you failed to learn presented once again, so where you made a faulty choice before you now can make a better one, and thus escape all pain that what you chose before has brought to you."

My partner had a friend named **Cynthia** who used to visit our house and chatter endlessly. I found her quite annoying. One day while I was standing on a ladder fixing a window on the second floor, **Cynthia** stood opposite me and blabbed while I was working. I fantasized about tossing her through the window, but, being a sensitive new age guy, I restrained myself.

Then one day while I was receiving a massage, **Cynthia** came to mind. In my relaxed state my resistance was diminished, so I thought about her from a more peaceful vantage point. I realized that **Cynthia** was actually a very nice person. Aside from her chattiness, she had always been very kind to me and she was a good friend to my partner. I had been basing my judgment of her on one particular trait, and when I looked beyond that trait, I saw someone I truly liked. From that time on I enjoyed her.

Everyone is our teacher. Some teach us through joy and others through challenge. Reframe challenging people as angels who have come to help you clean the glass of your perception. Everyone is potentially loveable, but we must choose to claim the potential of our relationship rather than the limits we have superimposed over it. When we reframe relationships as opportunities to experience love, they shift in our favor.

All perception is selective. Out of an infinity of choices of what we may see, we choose but one. If you do an Internet image search for "spectrum of light" you will discover that the physical eye sees but a tiny range of the many different frequencies of light available. Our vision is quite limited compared to what is out there. **William Blake** said, "If the doors of perception were cleansed every thing would appear to man as it is, Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern."

Devils and angels are less about ultimate reality and more about choice of perception. We cannot change the people around us, but we can change how we see them. Then, regardless of what they do, we find inner peace, the only perception worth choosing. To love thy neighbor is to see your neighbor clearly.



6 TIPS TO DEAL WITH ANGER ADDICTS

...from page 11

Step 1. Surrender Your Reactivity. Pause when agitated. Take a few slow breaths to relax your body. Count to ten. Don't react impulsively or engage the anger even though your buttons are pushed. Reacting just makes you weak. Though you may be tempted to lash out try not to give in to the impulse. Focus on your breath, not the angry person. You may still feel upset but you'll be calm and in charge at the same time!

Step 2. Practice Restraint of Tongue, Phone, and E-mail. Do not retaliate or respond at all until you are in a centered place. Otherwise you might communicate something you regret or can never take back.

Step 3. Blend, Relax, and Let Go. Resistance to pain or strong emotions intensifies them. In martial arts, you first take a breath to find your balance. Then you can transform the opponent's energy. Try staying as neutral and relaxed as possible with someone's anger instead of resisting it. At this stage, don't argue or defend yourself. Rather, try to let their anger flow right through you.

Step 4. Acknowledge their position. To disarm angry people, you must weaken their defensiveness. Otherwise, they'll dig in their heels and won't budge. Defensiveness stifles flow. Therefore, it's useful to acknowledge an anger addict's position, even if it offends you. From a centered place say, "I can see why you feel that way. We both have similar concerns. But I have a different way to approach the problem. Please hear me out." This keeps the flow of communication open and creates a tone for compromise.

Step 5. Set Limits. Now, state your case. Request a small, do-able change that can meet your need. Then clarify how it will benefit the relationship. Tone is crucial. For instance, calmly but firmly say to an in-law who's yelling at you, "I love you but I shut down when you raise your voice. Let's work this out when we can hear each other better." Then you can discuss a solution. If people persist in dumping toxic anger, you must limit contact, define clear consequences such as "I can't see you if you keep criticizing me," or let the relationship go. You can also use "selective listening" and not take in all the details of an outburst. Focus on something uplifting instead.

Step 6. Empathize. Ask yourself, "What pain or inadequacy is making this person so angry? Then take some quiet moments to intuit where the person's heart is hurting or closed. This doesn't excuse bad behavior but it will allow you to find compassion for the suffering behind it, even if you choose not to be around the person. Then it's easier to surrender resentments so they don't eat at you.

Gathering your power before you respond to anger takes awareness and restraint. Admittedly, it's hard to surrender the need to be right in favor of love and compromise. It's hard not to attack back when you feel attacked. But, little by little, surrendering these reflexive instincts is a more compassionate, evolved way to get your needs met and keep relationships viable if and when it's possible.



WHEN TO PRESS SNOOZE

...from page 13

Living in the spirit of love is for the long haul. We must slow down and pace ourselves so we avoid the emergency mode of breathless overwork and exhaustion. As I write this I'm shaking my head and smiling because this is so clearly a lesson I must learn. I know my Higher Self is writing this through me to me.

I've read that the Dalai Lama is very mindful of the importance of keeping a sensible pace so he can live in the spirit of love everyday. One time a reporter asked him how he remains so calm, so grounded, and so loving when his life can be so stressful and demanding.

He paused, gave the question some serious thought, and then answered, "I leave early for appointments." How sane. How realistic. How intelligent. And how loving to himself and the people who look to him for leadership that he pace himself realistically. It is only when we refuse to allow our ambitious and overly active minds to bury us alive with its endless "to do" list that we can genuinely live in the spirit of love for more than a sprint or mad dash.

So like everyone else I'm learning, and remembering to practice what I already know. In the spirit of that intention I've taken the day off to just relax. I slept in, and have nothing to do but enjoy life all day. It's a challenge, but I am committed to rising to the occasion.

This reminds me of something my teacher Dr. Tully once said to me. "Sometimes the most powerful thing you can do is nothing. This doesn't mean nothing is being done however. It simply means when you step back, the Universe can step in and do its part for you."

So, with a cup of coffee in one hand, a novel in another, and nothing on my agenda all day, I send you all my love from my relaxed and peaceful heart.



This month's thoughts about things...

... 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."*

insecure, feeling a little disoriented, a little out of sync. For me, the saving grace is being disciplined enough to meditate and the security and guidance unfolds for me from there. If it were me, I'd amp up the prayer and chanting time, with each session dedicated to the illumination of my consciousness on the topic. I'd ask to be guided to a solution then keep my eyes and ears open in each moment for signs of my next step.

B'S STORY: It can be scary to drop our weights when we've grown used to the burden I've been mediating a conflict between several business partners, each with a different story, no one acting particularly conscious. I feel a desire to jump into this with them and make everyone come clean and stop the hating and bad mouthing. But it's not my job to do. Each party is passing along stories that they don't know are true. All they know is this is what their "friend in the know" told them. And then everyone takes sides. I have been betrayed by my share of *friends* in my lifetime, and each time it happens it just serves as a springboard to even higher understanding. The closer the friendship, the greater the karmic weight to drop, allowing your balloon to soar higher and higher.

It gets scary when we drop our weights. When familiar people begin to fade from our life, or when friends and lovers betray us, we can tend to see it as being abandoned if we don't recognize that we were growing vibrationally apart from them for a long time, and this was a blessing in disguise. It can be scary to drop our weights when we've grown used to the burden. There's a difference between what grounds us and what holds us down.

Just because something feels familiar and comfortable doesn't mean it's good for you. When people go from one toxic abusive relationship to another, for instance, it's because that is what feels normal, it's what feels familiar to them. Being able to adjust to an abnormal situation isn't always healthy. Begin training yourself into more daily joy and see what begins feeling good and comfortable thirty days down the road.

R'S STORY: BUT WHAT ABOUT WHEN YOU'RE DOING ALL THE "RIGHT" THINGS AND STILL GET SLAM DUNKED BY KARMA? *"What about the issue of karma/karmic debts that we have to repay in our lifetime? Sometimes I honestly feel that "bad" or seemingly unjust things occur regardless of all the positive vibrational energy we send out into the universe. What about when you're doing all the 'right' things and still get slam dunked by karma?"*

Good question. When you're in a good place and doing all the "right" things and still get hit by a karmic backlash, that's simply past momentum coming back around. Soon enough you will work thru it all. It is often well into midlife before people wake up and begin taking responsibility for how they perceive life and how they respond to it. At the same time, they have

to deal with the momentum of their past catching up with them. So the situation is someone who has suddenly woken up to the realization of connection, to the realization of another way of being, another way of living more gently and cooperatively upon the earth. They realize some of their past behaviors and responses were less than stellar, and they want to do things differently this time around. But even though their heart and mind and ways have changed, there is still the backlash of the past momentum catching up. So they need to just surrender, trust and do their best in each moment, tie up loose ends, make peace with the past, and ride it out until it's over.

MY STORY: Last month I was contacted by someone who wanted to be hired to increase my ad sales. She said there's no reason *Horizons* couldn't be twice as big with twice as many ads. She compared it to a popular franchise mag whose focus is on health and nutrition. While I appreciate her interest, that's not what *Horizons* is all about. Through the last 20+ years, the magazine has fluctuated between 32 - 64 pages, depending upon how much effort I put into it. *Horizons* pays for itself but wasn't designed to create income. My income is derived from my psychic reading practice and phone sessions.

What I've come to realize is I don't need to be the biggest magazine out there, I don't need to have pages upon pages of ads. I just need enough space to share the articles I find worth sharing. I just need to be able to connect with the people who are attracting the information I have to offer. I'm not out to build an empire. I get a lot of email feedback so I know the impact I have on readers. Maybe I'm just lazy, but I'm happy with the way it is.

Horizons is unlike any other free mag on the stands. It's not for everyone. I create it on my own the last 20 years. Its focus is to promote the reality of the mind / body connection and the fact that 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.

Horizons promotes 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.

With *Horizons*, our focus is waking up your consciousness to enable you to perceive more of the world around you, and to help you recognize your powerful place in it. I get that not everyone is into that. It's heavy stuff. And you're not doing it wrong if you keep doing it your way.

I've found that if I do what satisfies my soul - whether I make money at it or not - then my life is filled with joy. When my soul feels satisfied, other streams of joy and income start coming in as if from nowhere. But the feeling satisfied part has to come first. My job is to find out what satisfies my soul. All else will follow. And it has, the past 20+ years. It can do the same for you. All it takes is for you to begin looking for what lights a fire in your soul. Need help with that? Email me at horizonsmagazine@aol.com

Enjoy our offering this month.
Hari Om.

Andrea



ABRAHAM-HICKS

...continued from page 9

action. You were not uncomfortable being a small infant who offered no action or words, for you remembered the Well-Being of the Universe; you remembered your intentions in coming forth into your physical body, and you knew that there would be plenty of time for acclimating to the language and ways of your new environment; and, most of all, you knew that even though you would not be able to translate your vast knowledge from your Non-Physical environment directly into physical words and descriptions, it would not matter, for the most important things to set you on a path of joyful creation were already emphatically in place: You knew that the Law of Attraction was consistently present and that your Guidance System was immediately active. And, most of all, you knew that by trial, and what some may call “error,” you would eventually become completely and consciously reoriented in your new environment.

The fact that the **Law of Attraction** remains constant and stable throughout the Universe was a big factor in your confidence as you came into your new physical environment, for you knew that the feedback of life would help you to remember and gain your footing. You remembered that the basis of everything is vibration and that the Law of Attraction responds to those vibrations and, in essence, organizes them, bringing things of like vibrations together while holding those not of like vibrations apart.

And so, you were not concerned about not being able to articulate that knowledge right away or to explain it to those around you who had seemingly forgotten everything they knew about it, because you knew that the consistency of this powerful Law would, soon enough, show itself to you through the examples of your own life. You knew then that it would not be difficult to figure out what kinds of vibrations you were offering because the **Law of Attraction** would be bringing to you constant evidence of whatever your vibration was.

In other words, when you feel overwhelmed, circumstances and people who could help you get out from under your feeling of overwhelm cannot find you, nor can you find them. Even when you try hard to find them, you cannot. And those people who do come do not help you, but, instead, they add to your feeling of overwhelm.

When you feel mistreated—fairness cannot find you. Your perception of your mistreatment, and the subsequent vibration that you offer because of your perception, prevents anything that you would consider to be fair from coming to you.

When you are buried in the disappointment or fear of not having the financial resources that you believe you need, the dollars—or the opportunities that would bring the dollars—continue to elude you . . . not because you are bad or unworthy, but because the **Law of Attraction** matches things that are like, not things that are unlike.

When you feel poor—only things that feel like poverty can come to you. When you feel prosperous—only things that feel like prosperity can come to you. This Law is consistent; and if you will pay attention, it will teach you, through life experience, how it works. When you remember that you get the essence of what you think about—and then you notice what you are getting— you have the keys for **Deliberate Creation**.

WHAT DO WE MEAN BY VIBRATION?

When we speak of vibration, we are actually calling your attention to the basis of your experience, for everything is actually vibrationally based. We could use the word Energy interchangeably, and there are many other synonyms in your vocabulary that accurately apply.

Most understand the vibrational characteristics of sound. Sometimes when the deep, rich bass notes of your musical instrumentation are played loudly, you can even feel the vibrational nature of sound.

We want you to understand that whenever you “hear” something, you are interpreting vibration into the sound you are hearing. What you hear is your interpretation of vibration; what you hear is your unique interpretation of vibration. Each of your physical senses of seeing, hearing, tasting, smelling, and touching exist because everything in the Universe is vibrating and your physical senses are reading the vibrations and giving you sensory perception of the vibrations.

So as you come to understand that you live in a pulsating, vibrating Universe of advanced harmonics, and that at the very core of your being you are vibrating at what could only be described as perfection in vibrational balance and harmony, then you begin to understand vibration in the way we are projecting it.

Everything that exists, in your air, in your dirt, in your water, and in your bodies, is vibration in motion—and all of it is managed by the powerful Law of Attraction.

You could not sort it out if you wanted to. And there is no need for you to sort it out, because the **Law of Attraction** is doing the sorting, continually bringing things of like vibrations together while things of different vibrational natures are being repelled.

Your emotions, which really are the most powerful and important of your six physical vibrational interpreters, give you constant feedback about the harmonics of your current thoughts (vibrations) as they compare with the harmonics of your core vibrational state.

The Non-Physical world is vibration.

The physical world that you know is vibration.

There is nothing that exists outside of this vibrational nature.

There is nothing that is not managed by the Law of Attraction.

Your understanding of vibration will help you to consciously bridge both worlds. You do not have to understand your complex optic nerve or your primary visual cortex in order to see. You do not have to understand electricity to be able to turn on the light, and you do not have to understand vibrations in order to feel the difference between harmony or discord.

As you learn to accept your vibrational nature, and begin to consciously utilize your emotional vibrational indicators, you will gain conscious control of your personal creations and of the outcomes of your life experience.



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, or email barbaraleellc@gmail.com

HOROSCOPES JULY 2015

Aries: May 20 to April 19 "I Am" This month think of your relationships like a flower bed; the seeds you plant this Summer will grow into a beautiful garden of bounty, if you tend to their needs properly. Your relationship is ready to take the next step. Keep the weeds cleared and give your garden plenty of nourishment, water, love and light.

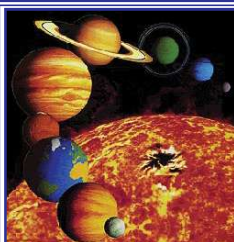
Taurus: April 19 to May 20 "I Have" You may be taking a long road trip this Summer; it all depends on you and what you really want for your life. Once again there are distant ancestors knocking on your door to dispense wisdom if you are willing to listen. Be open to what the Universe has planned for you, it will be what you have always wanted.

Gemini: May 20 to June 21 "I Think" You have been given the gift of time to be creative; enjoy the opportunity to work on all aspects of your life that have the potential to nourish and fulfill you. Is it a book, a painting, a relationship, a yard, whatever it is will be filled with light and purposeful intention for happiness.

Cancer: June 21 to July 22 "I Feel" This Summer a profound change comes over you in such a way that your male and female aspects of you will merge into one. You will find that you know things that you had no way of knowing. Your psychic channel is opening and your day to day life has deepened. Enjoy the next step in your spiritual evolution.



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Leo: July 22 to August 22 "I Will" Empowered is your middle name this month! Your creativity channel is on high, don't spin your wheels, there is way too much electricity moving through your body now. Breath, yoga and finding time for sacred space will assist you in downloading all this expansive energy.

Virgo: August 22 to September 22 "I Analyze" This time of year is a very productive time for you, carve out some space to play, dance and sing your heart out. Working with your hands will give you extra pleasure as well as energy to do things you thought you never could. Amongst the flowers you will find your heart once again.

Libra: September 22 to October 23 "I Balance" There are many changes heading your way, be aware that your life will look totally different from what it is a year from now. That does not mean that it will be bad, whatever is out of balance will come into balance. Just remember to be gentle with yourself as you continue to grow, and expect the best.

Scorpio: October 23 to November 22 "I Transform" The financial flow in your life has increased because of your hard work and diligence, prayers and complete will power dedicated to your goals. You can have what you want as long as it has meaning for you. Take care of what you love and it will take care of you and feed your heart.

Sagittarius: November 22 to December 21 "I Perceive" Your ambition and inspiration are infectious to everyone around you. You are the gate keeper, there is so much that needs to be said and you are the one who can communicate the facts effectively. You can hear the guidance clearly and are capable of following your passion.

Capricorn: December 21 to January 19 "I Use" Your emotions are intense now because you have been living in the fast lane, and have not been taking time for yourself to play and rest. This month is all about play and traveling for rest and vacation. The key message is to recharge your battery, create memories and new possibilities.

Aquarius: January 19 to February 18 "I Know" It is time for you to be serious about creating new boundaries and get clear about what you want! Your foundation is shifting, keep talking to your Angels they are there to help you find your new home and take you to the next level of knowledge. Keep affirming the positive and everything will slide into place.

Pisces: Feb 18 to March 20 "I Believe" Are your dreams sending you messages about a career shift or maybe a new way of being in the world? Have you lost touch with your body lately? It is time to be out in nature more, gardening, hiking, learning about herbs and eating more organic fruits and vegetables. Your world has become more expansive, enjoy the riches of life.

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*

YOGA: A Natural Pathway to Godhood



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Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga 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.

We have a loving family throughout the world. Learn to appreciate. If you find fault with everyone you will have no place to live because you are finding fault with your own self.

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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

When we think that the
world has unlimited
resources, our world
becomes unlimited.
Ma Yoga Shakti

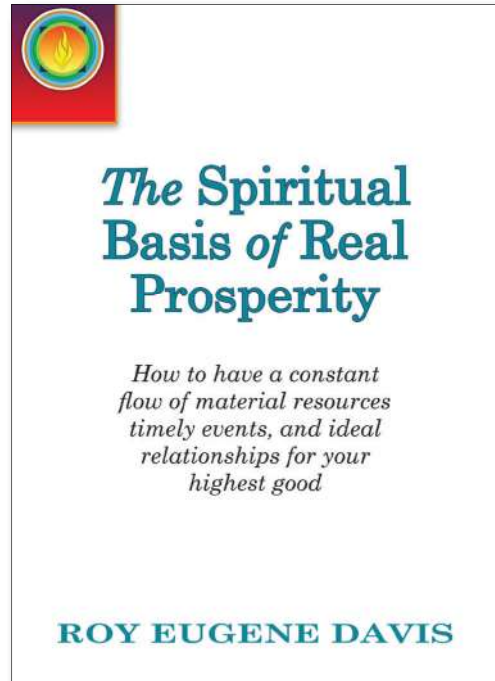
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