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Sunday, August 29th THE UNIVERSE LISTENS 10:00AM Rev. Robin Reiter Join us as we welcome back one of our favorite guest speakers. You will be uplifted and inspired.

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The Evolutionary Council (EC) still needs your input. The EC is asking for your input about how Unity of Melbourne can serve you better. Email the EC at EvolutionaryCouncil@gmail.com.

#### Coming in September:

Unity World Day of Prayer and Silent Retreat September 9th Unity Basics and New Member Orientation September 11th 9:00am Webinar September 12 2:00pm

# **Ongoing Events**

Healing Prayer Service Tuesdays and Thursdays at Noon Open to all. A Course In Miracles Facilitator: Darlene Capinha Tuesdays 7:30pm

Reiki Healing by Appointment Thursdays from 2:00-4:00pm

Reiki Healing Service Facilitator: Lloyd Reiser Sunday August 1st, 4:30pm Sunday September 5th, 4:30pm

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

DIRECTIONS TO US: 1-95 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.

Louise Hay, you will enjoy

# THE GREATEST OPTICAL ILLUSION IS SEPARATION

Publisher/Editor/Layout: Andrea de Michaelis

Andrea de Michaelis

#### Thanks for help this month

Gerald & Rev. Beth Head Jullis Mallis Turner Cha Cha La Belle Morgana Starr Denise Marr

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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

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

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

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# 12 Steps of Spîrîtual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email oneheart@roadrunner.com

I. 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 compared to the flood

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.

the gre divinely guided in all that you do



# This month's thoughts about things...

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

ello and welcome to the August issue of Horizons Magazine. In June I applied for a mortgage refinance. Everything had fallen magically into place for me, yet I had not even anticipated applying an hour before I did. I just figured OK the Universe wants me to get a mortgage refinance, that's why it's all happening so easily. The inspector and appraiser came out within days, I got good reports back and an appraisal within \$4K of my guess-stimate. I did not need any repairs done - it was all good news! But then I began to have second thoughts about having jumped in so quickly with such a major decision. I'd also applied to include a \$5500 loan for home improvements and thought - did I really want to finance that for 30 years? That seemed mega-stoopid.

I felt oddly relieved when I was told they could only refinance the first mortgage and second mortgages. Next I was told that, because of my loan to value ratio, they would only refinance the first mortgage. That felt a lot better, although it didn't serve my original intent. At this point I wasn't sure what my intent was, I was just going with the flow. I still hadn't given the matter much conscious thought. I did a lot of gardening and artwork to keep myself in the vortex while the Universe sussed it all out. I was ok with whatever the bank wanted to do, but I didn't expect to be denied altogether. Which is what happened. For about 5 minutes after getting the loan officer's email, I was confused and wondering *what was my lesson in going through a week of that?*? yet within minutes I felt ok with it and even relieved it was over.

Upon initial reflection, I figured my not being too freaked out about being denied is that even though the appraisal cost me \$500, the loan officer gave me a heads up that my auto insurance seemed high and my homeowner's as well. At his suggestion, I compared other companies and got the homeowner's reduced by \$300 by electing a higher deductible, plus whatever discount I'll get as a result of the wind mitigation inspection I just had done. I ended up with a reduction of over \$700 per year.

Thanks to his advice, I switched my auto insurance from my current company to 5 times the coverage with Traveler's Insurance and will save \$400 for the first year's renewal. If I look at the past week as a mortgage refinance attempt, it was not successful. But if I look at it as having paid for sound financial advice, it was a success that immediately paid off.

What ultimately did me in was debt to income ratio. A year ago I lowered subscription prices and ad rates in Horizons Magazine as an economy stimulus incentive. I figured I could take the hit easier than some of my customers could. In 2004 I incurred \$30k+ in medical bills and in my haste to get them paid off quickly, I'd put \$400-\$500 a month the past 5 years toward them. (Today I'm down to one small bill and the rest are paid!) Since the medicals were interest free, I should have paid a minimum on them and paid more each month toward principal on my interest bearing home improvement loan instead.

I am real aware that what I think is happening is not always what is happening. Sometimes it's not for me to know until later what the reason is when things don't go as I planned. It's not always for me to know until later why I am guided to do the things I do, like me getting the files together without knowing why, and applying for the refinance out of the blue.

#### ...continued on page 34...

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# Good Feels Good and Bad Feels Bad

B ecause you do not understand the Law of Attraction, you have picked up utterly illogical beliefs. And then you try to make those illogical beliefs fit into the framework of where you stand, moment by moment.

We want to assist you in releasing those illogical beliefs by looking to the logic of Law of Attraction and letting it prove out in your own life experience.

When you look out into the experiences of others, and try to make sense of what they're living, from your framework, you are extraordinarily handicapped, because you do not have access to their vibrational meter. You can't feel whether they are in alignment or not. As you try to figure out how it's working for others, by the handful of flimsy beliefs that have been given to you by parents or by churches or by government -- or by anyone who seeks to control you in order to help their experience be better -- you come out of that confused about how it works.

We are here to tell you, simply and purely, how it works: Law of Attraction is the order of this day. It always has been and it always will be. What Law of Attraction says is, "This is a vibrationally based Universe. Everything vibrates, and Law of Attraction sorts it all out." In the same way that when you turn on your radio, you're going to receive the signal that your radio is tuned to,

The thing that is confusing is that you are tuned into lots of different things. And most of you are not aware of what you're tuned in to until it manifests, and then you want to give somebody else the credit for it coming to you, when it is only about your tuning. It's only about where you've got your dial set. And the easiest way to understand where you've got your dial set is by paying attention to the way you feel -- because the way you feel lets you know everything about your vibrational frequency. We are going to give it to you in the most precise way that you will ever need to know: Good means good. Bad means bad.

...continued on page 25...







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CLASSES AND RITUALS AT THE STORE - See website events page.

AUGUST 1 (Sunday, 2 pm) – Palmistry Class AUGUST 1 (Sunday, 6 pm) – Lughnassadh Ritual of the First Harvest AUGUST 21 (Saturday, 1 pm) – De-Mystifying the Left-Hand Path SEPT 12, 19, 26, OCTOBER 3, 10, 17 (Sundays, 2 pm)– Mediumship SEPT 15 (Wednesday 7 pm) – Intro to Karuna Reiki SEPT 18 (Saturday, 10 am - 6 pm) – Fall Festival, Psychic Fair, & Ritual OCT 16 (Saturday, 1 pm) – Ghosts, Spirits, & Hauntings OCT 16 (Saturday, 3 pm) – Accessing the Heart's Desire OCT 17 (Sunday, 1 pm) – Invisible Friends Playshop for Kids OCT 17 (Sunday, 3 pm) – Reiki Share OCT 30 (Saturday, 10 am - 6 pm) – Samhain Festival & Psychic Fair "I learned so much and met so many wonderful new friends." K.M., Los Angeles, CA Hay House, Inc. proudly presents



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# It's never too late!

Scott Christiansen Gabriel is an internationally known and respected Psychic - Medium - Healer - Past Life Regressionist

- Author and Media Personality. Please visit his website www. ConnectWithScott.com to learn more about Scott and his work. 2007 Congressional Leadership Award and 2008 Keynote Speaker at a UN Conference, he now lives on the Space Coast.

ave you ever wanted something yet somehow managed to talk yourself out of manifesting it by using that tired old excuse, "It's just too late for that now," or, "I am too old," etc.?

As human beings we are programmed into this flawed line of thinking, and it just is not true! The ego, our physical bodies or meat suits, have a limited amount of time on this planet, and they try to convince us that our experiences in this life are limited to those fragile timelines.

Are we just our physical bodies or are we actually more? We know that we are spiritual beings having a human experience. Right? Our true nature is that of our spiritual self. Our spiritual selves are eternal. As spiritual entities we choose different bodies and different lifetimes in order to have different experiences. We also know that God, the Universe, and its expression through nature always follows the conservation of energy and utilizes the path of least resistance. Water doesn't have to have a degree in physics in order to figure out the most direct route to the bottom of the mountain. Does it?

If we are truly spiritual beings, then nothing is ever too late for us. We are eternal in nature so there is always plenty of time for whatever we want to experience. Does God and the Laws of the Universe support us manifesting our desires now? Of course! God is all knowing. Right? So if you want an experience, God knows that you want it. Right? As a spiritual being you can choose new bodies and new lifetimes to have the experiences that you desire.

So the question is not if you will have what you want, but when (which lifetime). You may think, "Well that makes sense but it would be so much work to have it (whatever it is) in this lifetime." Consider for a moment how much more work it is to go through the rest of this life without "having it" than going through all the work between lives balancing the karma of not having "it."; the additional work of creating a whole new life contract; and then getting a whole new body. So God

...continued on page 38 ...



# **Charles Lightwalker**

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3rd Annual Summer Smokey Mountain Retreat May 12th – 16th 2011 ~ Limited to 20 people Relax and be with like minded people in a natural setting. Held @ Terra Nova Center, Cedar Mountain, NC. \$215 if paid by check

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



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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. Call 321-757-7522

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ave you been having trouble remembering names, dates, where you put your keys or why you walked into the room. You might associate lapses of memory as "Senior Moments" but that is not true; people as young as 20 experience moments of memory loss.

Stress is a key factor to memory lapses we don't eat right we don't sleep well there is only so much that can be done in one day and yet we keep adding more things to do to the day.

Ginkgo is the herb of choice when considering memory. Studies show this herb to work with dementia, Alzheimer's and other memory disorders they found the earlier you begin with Ginkgo the better the outcome will be. Ginkgo helps by improving overall circulation bringing needed blood, oxygen and nutrients to the brain, Ginkgo also supports neurotransmitters in voluntary and involuntary nerve transmissions and it provides potent antioxidants to protect and regenerate damaged nerve cells.

Club moss and Ginsengs contain Huperzine-A said to protect brain cells form injury and toxins it has been found to sharpen mental acuity, speech and learning potential. Ginseng lowers homocystine levels, which seems to be higher in people with memory conditions. Plus Ginseng helps the body to better cope with day to day stress and fatigue.

Menthol containing herbs like Peppermint, Spearmint, Rosemary and Basil help the brain hold onto acetylcholine, a neurotransmitter important for memory and learning. Many people who have Alzheimer's, dementia or other memory conditions develop neuritic plaque that causes a breakdown of nerve terminals lowering acetylcholine in the brain.

Gotu Kola improves memory; strengthening mental ability even in children with learning disabilities, it improves circulation to the brain plus it has a calming effect on the whole body.

Since ancient times Rosemary has been know as the herb of remembrance I wear an essential oil locket with Rosemary, Marjoram and Sage when I study or take tests it helps me to remember and it keeps me focused and alert. I also use an herbal formula containing equal parts of Peppermint, Rosemary, Club moss, Ginkgo, Sage, Gotu Kola, and Eluthero either as an extract or as a tincture when I need to be alert and focused. I have a child with ADD he would often use this when he was having trouble focusing.

Some other things that may help the memory besides herbs are exercising your mind read, do puzzles the mind needs stimulation and becomes dull if it's not used. Avoid fatty foods, fats cut off the needed glucose that supplies the brain with energy. Block fluoride and aluminum toxicity by cutting back on foods with additives, preservatives, antacids, deodorants, relish, tobacco and canned sodas. Get more Vitamin A, C, E, and B, folic acid, lysine, COQ 10, essential fatty acids, boron and lecithin from your foods, supplements or herbs to support, protect and nourish your brain.

And don't forget to drink water dehydration is a major factor in "Brain Fog".

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See www.herbcorner.net for a full detailed listing Please stop in for a cup of tea!

# NOT YET

Taking a quiet sideways glance at life, Marlene Buffa offers insight through her words from experiences. A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships. Sometimes playful, sometimes poignant, always thoughtprovoking, her writing inspires readers in meaningful ways. Visit www.wordsofmind.



When asked if she would continue to perform even after retirement, Beverly Sills was reported to have responded, "No. I've done that already."

S o many times we complacently stay within the boundaries of our comfort zones. Predictable outcomes spring from predictable behaviors, and set the tone for the remainder of our life. Job seekers find themselves locked into typecasting deadlocks when work history on a black and white resume indicates a pattern of inertia. Upon spiritually breaking free of the banal routine, the awakened employee finds difficulty in convincing a new employer of capabilities other than his history denotes. Yet, the sense of freedom earned from realizing we are more than our occupation proves addictive and life-changing. Giving ourselves "permission" to be extraordinary, to step away from the limited viewpoints of our past, brings us to fresh experiences and with it, a more fulfilling future.

Do something you never did before. This morning at breakfast a friend shared photographs of a cave in southern Arizona. Peppersauce cave spans 7000 feet and includes 3 large lakes. A few years ago, divers explored one lake and found ancient ladders left there by native people, indicating a rise in water level. After reaching a depth of 300 feet, the divers still did not reach the bottom. While I've never entertained the idea of spelunking, the photographs intrigued me enough to imagine crawling, climbing and creeping through a natural playground.

Rev. Dawn Casseday Phone readings available New office location coming soon New office location Cave exploration on a figurative level takes us within the hidden crevices of essence and to the depths of psyche. Taking the risk to crawl around inside of who you are requires no special equipment or preparation. It harbors little danger and offers great rewards. Poke around in the hidden rooms of your spirit. Take a look at the stalactites of old attitudes and conditions, hanging on tightly to your inner barrier. Move around the obstacles of stalagmites of "I can't" and find the path to your true self.

When approaching the only means of escape in the film the Matrix, Neo asks Trinity "Do you know how to fly this thing?" Looking at the helicopter undaunted, she responds, "Not yet."

So often we approach life within the limitation of what we think we already know. When we dare to speak loudly that we possess all the tools we need for success, the Universe rewards our self-confidence and assuredness with results - sometimes way beyond our expectations. Remember that simply because you haven't done something in your past, you are not restricted to staying there. So what if you've never done something before? Is that it for the rest of your life? Who made the rule that you can't learn or do anything new? You did! Break free from self-imposed limitations and dare, try, and expand your possibilities. The willingness to learn something new compliments our nature with such positive sunshine that our spirit grows into a lush garden of self-expression. Whatever the results, know that the true importance and the true lesson learned appeared when you made the decision to try something new today!

#### BEEN THERE, DONE THAT

Ho-Hum. Sometimes we marvel at how boring life appears. Same old, same old. Same stuff, different day. Stuff happens. Another day, another dollar. We humans profess to detest the status quo, yet seldom do anything to break free from it. We'd much rather whine and complain and suffer that life has "done me wrong." Wait a minute? Who's living YOUR life for you?

You hold all the choices, all the options all the opportunities you need to change your life. The next five years doesn't have to look like the last five years. Really, it doesn't. You don't have to take a vacation in the same place every year - even if you own a timeshare. When he'd take a different route home, my Daddy used to say, "When you take a new road, you open up a whole new world." Explore what's out there - the world awaits you. When you reach the end of your life with your checklist smudged, crinkled and barely legible, then you can rest in the joy of knowing you really did go there, and do that and be your authentic self!

Belief in oneself, knowing you possess everything you need to not only make your life work, but to succeed and experience fulfillment brings you happiness. As far as I know, we're never going to be done learning. Life is a continuum of problemresolution lessons. Daily we face new challenges for which we hold no experience. As best you can, without judgment, examine your hesitations and doubts and then set them aside. Your spirit already knows your capability and your greatness, and it waits for you to set it free. Of course you can do it - you simply haven't done it YET!

# Ask Whitedove



Got a burning question? Celebrity Psychic and Spiritual Teacher Michelle Whitedove is here to help give clarity on topics from Archangels to Zodiac, just ASK WHITEDOVE! Lifetime TV named her "America's #1 Psychic" after showcasing her gifts on "America's Psychic Challenge". WATCH HBO July 5th @ 9pm, she'll be featured in the HBO Documentary "No One Dies in Lily Dale".

# ear Whitedove: I've read that "any" act of Faith will bless us, is this true? Faithful Follower in NYC

Dear Follower: The word FAITH says that you are very hopeful. It's positive but there is an element of reservation or doubt. I'd suggest that you move into a place of certainty and conviction. Your belief is strongest where there's a deep sense of knowing. Once you stop doubting, your blessings will multiply rapidly!

Dear Whitedove: Do Spirit Guides communicate with us in our dreams? When I have a burning issue with someone I get a vivid dream and it usually reveals the truth about the situation. Spirit Seeker in MI

Dear Seeker: Sleep is a time when the soul is set free. We have the opportunity to do much work on the other side as the body is resting. So yes, you are working on your issues and fears in the dream time and are given solutions to your problems. We all do this. Help is given by Great Spirit, Guardian Angels and Spirit Guides. Many times you will wake up with brilliant ideas which are inspired by your unseen support team. This is also the time when your loved ones can come to you to visit you from Heaven, these dreams are actual meetings. So pay attention to your dreams as you awaken, when they are fresh. Write them down before they disappear from your memory because they are an important source of guidance.







## How do you interpret the end of the Mayan Calendar on Dec 21st 2012? What does this mean for us?

The Mayans were advanced in reading the stars and predicting the future based on astronomy and Divine messages. In ancient times they recorded the future up to this specific time. Then they saw that mankind's free-will would determine the future from the point of the Great Cosmic Awakening of 2012. Their calendar marked a time when the entire Universe comes into a state of change. It's not the end of the world, but it's a new beginning. Know that you incarnated during this time to ring-in this special era of human history!

Currently we are at a critical tipping point. We are creating our future as we move forward, so each of us must be

consciously responsible for the part that we play in this Great Awakening. Ask yourself: What do I want to create? Individually your thoughts create your future; the mass consciousness creates a larger reality.

So I encourage everyone to monitor your thoughts because they are the building blocks that help to construct your future. Delete the negative mind chatter. Stay Positive, Pray about the good that you want to bring into the world. Then take action, with kindness and generosity of spirit - help your fellow man. Use your words to bless, educate, and heal. You are powerful beyond measure.

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# Taking Inventory of Your Garden of Manifestation



Mary Christiansen Gabriel is a Success Coach who helps people attain tangible results in their lives through the use of hypnotherapy and practical spirituality. She has worked with different cultures and groups around the nation. Having recently moved to Merritt Island, Florida learn how she might help you by visiting www.succeedwithmary.com.

S everal years ago, I learned about the Law of Attraction. However, when I first learned about it I was taught backwards. Instead of putting out an intention and focusing my thoughts on the things that I desired to manifest, I would place my thoughts on something that I had already created.



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**386-228-0910 Office Cell 386-451-7214** 136 Chestnut Lane Lake Helen, FL 32744 Email IAM1981@aol.com Visit www.internationalassociationofmetaphysics.com The first time that I did this, I was very frustrated with my life and the reality that I was living. At the time, I believed that God created my life, and I was angry at God for creating such a mess. So one night, I came to God in shear frustration and asked the question, "Why!?"

No sooner had the thought left my mind, before I found myself whisked back in time. I was taken back to the very moment that I had planted the seed of creation for the reality that I was currently living. I felt myself in another lifetime placing a thought with an emotion. In that moment my mind was like a child's. I was very innocent, desiring only to experience something that I believed would be different and "good." I then saw how I watered and fertilized that seed by taking action on the thought.

In addition, I found my soul projected forward in time to key energy points that helped to reinforce the growth of that plant or experience. I was even aware of others that came into my life to help me to grow this experience. I could clearly see how each person who was drawn into my reality was linked in with his or her own energetic agendas and how these agendas resonated with mine.

However, as time went by my soul had forgotten about planting the seed and what I was growing, yet the plant continued to grow. In that instant, I understood how God had everything to do with my life's experiences and at the same time nothing to do with them. God revealed to me the power of free will, and the times that he/she had stepped in. God did not hate me! Quite on the contrary, I was loved!

I was loved to such a degree that God allowed me to create and live my own life experiences, yet God was there whenever I would ask for help, even if I was not consciously aware of God's energy, wisdom, or foresight intervening.

After seeing how this wonderfully perfect experience had grown, for now I could see how perfect it truly was when being compared to my original intention, what was I to do now? I no longer desired this experience. My awareness had shifted, and again as in times past I desired something "better."

I did not want this "weed." So I began pruning it, then chopping at it. However, no matter what I did, it had grown to strong and to powerful. The words, "Reap what you have sown," came to my mind. Maybe, my only fate was to just learn to live with it, my karmic punishment for my choices.

Yet, with that thought, God took me by the hand and brought me back in time to the first moment that I had the idea, as I held the original seed in my hand, small and unplanted before it had grown out of control.

...continued on page 31 ...

# From the Heart

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



# Grace Would Serve You Tea

hile visiting Japan I had a breakfast meeting with my Japanese sponsor at a resort hotel. Sitting in a corner of the dining room, our meeting went on beyond the time breakfast was served, and the staff was cleaning the dining room tables. I felt bad about occupying a table during the cleaning period, but no one said anything, so my sponsor and I continued.

Our meeting went on into the time that the lunch buffet opened, and I thought for sure we should leave, since the buffet was expensive and the hotel might think we were trying to stay for a free lunch. At that point a waiter came to us, carrying a tray. I thought he was going to ask us to leave, but when I looked at the tray, I saw that he was bringing us a tea service. "I thought you might like some refreshment," he told us as he served us graciously.

I was deeply touched by this thoughtful act. My mind had gone into guilt about overstaying our welcome, but the waiter's mind went to kindness and consideration.

A Course in Miracles tells us that there are only two belief systems: love and fear. Every thought we have, feeling we feel, and act we do proceeds from one of those worlds or the other. Guilt, owingness, and punishment are the offspring of fear. Innocence, grace, and relief issue from love. At every moment you are choosing between the two and reaping the resultant experience of the choice you have made.

We have heard a lot about the Law of Karma, but not so much about the Law of Grace. I often hear people rationalize their ills by saying, "I guess this is just my karma I have to pay off." Or, "He deserves that. It's his karma." We are too prone to use karma to justify pain, when we could use grace to justify our release from pain.

We have made up lots of stories about God, many of which we use to hurt ourselves. Voltaire said, "God created us in His image and likeness, and we returned the compliment." Someone else said, "If God is who we think He is, He could use a course in anger management." Perhaps it is time to make up a new story about God, one closer to the truth of a love.



We are often harder on ourselves than others are harder on us. Friends usually have more space for our humanness than we do. After I had scheduled a massage, another meeting came up and I had to change my massage appointment. Then my schedule changed again and I needed to call my massage therapist John to change the appointment again. "I'm terribly sorry for having to reschedule again," I told him. To my surprise, John answered, "That's all right. If you need to change it again, just let me know."

I was stunned. I had held myself in judgment for inconveniencing John, when he supported me to do what I needed to do. Now, many years later, when someone needs to change an appointment with me and I start to feel disappointed or irritated, I remember the grace John showed me and I try to pass it along to my friends and clients.

To put grace into action we need to reframe what we believe are our sins or those of others. We can see such acts as simply errors or purposeful experiences that help us grow. "Sin" is an acronym for Self Inflicted Nonsense. We make up all kinds of stories about how we are guilty for this and we deserve to suffer for that, when our pain comes not from God, but from our self-fulfilling prophecy. It's time to make up a better prophecy that brings us relief rather than travail.

If you would like to do an uplifting exercise to undo fear, guilt, and blame, take a piece of paper and write down everything you think is wrong about you, your life, and those around you. List physical, relationship, financial, and spiritual issues, and anything else you can think of that you hold yourself, others, or the world under the onus of negative judgment. Then hold the paper between your hands and pray sincerely. "Dear God, please let me be wrong about all of this."

Your prayer is answered instantly because your judgments about what is wrong are wrong. When you are intent on being right about what is wrong, what is wrong stays wrong. When you are intent on being right about what is right, what is right expands and gets better.

You made up the world you see. You can re-make it up if you choose. Love or fear — there are no other options. Fortunately, what you see through the eyes of love is real, and all that you see through fear is born of illusion. When fear is ready to kick you out, grace would serve you tea.

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

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

Saturdays ORLANDO Pranic Healing Circle 2-4pm Meditation, healing at Christ Church Unity 771 Holden Ave. Call 407 852-3940

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

Sundays MELBOURNE 10:00am Sunday Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (see ad pg 4)

Sundays MELBOURNE 10am-11:30am The Spiritualist Chapel of Melbourne with Rev. John Rogers, 1924 Melody Lane, behind the Melbourne Auditorium. Everyone Welcome! 321-733-1555 Visit www.spirit-chapel.org

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"By allowing ourselves to BE Love in every situation ... we allow that Love to shine from us. By doing this we become a magnet drawing to us similar vibrations of Love that are embodied in other people." ~Archangel Anael~

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# NELLIE



Roger Coleman is the Principal Minister of the Church of Iron Oak, ATC. He is also the East Coast Presiding Elder with the Aquarian Tabernacle Church, an international Wiccan Church. He loves nature and finds Spirit among the trees and flowers, even after having lived in Florida for thirty years. He can be contacted through the church at (321) 722-0291 or through the web page at www.ironoak.org or www.ironoak.us

# August 2010

August - Because Emperor Augustus Said So.

mong the month's celebrations is one for a goddess who was worshipped by ancient Greeks and Romans, perhaps even earlier by the Egyptians. Today, more than two thousand years later, Her worship continues among modern Pagans and Greek polytheists. The goddess Hecate brings interesting lessons about how we encounter the divine. Ancient writings of Hecate are powerful messages, both in legend and in history. In those analytically clinical descriptions you find in Wikipedia and other sites, you find that Hecate, or Hekate, was a goddess of witchcraft, the night, the crossroads, the moon, and other things mysterious and perilous. Early Greek homes had Her statue called a Hekataion for protection against baneful witchcraft and the evil eye. This might seem surprising considering that She is the goddess of witchcraft. Witchcraft was historically not considered either inherently evil or good. It depended on what was done with it. A hammer can build a home or kill a person.

Hekataions were also placed at entrances and where three roads meet. Roman poet Ovid wrote "You see Hecate's faces turned in three directions so she can protect the triple crossroads."



The Sprite then gan more boldly him to wake, And threatned unto him the dreaded name Of Hecate: whereat he gan to quake, And lifting up his lumpish head, with blame Halfe angry asked him, for what he came. The Faerie Queene: Book I, Canto I by Edmund Spenser

In religions past and present, you will find gods and goddesses that represent death, rebirth and protection from the forces of evil. These are often referred to as a 'dark god' or a 'dark goddess'. Some, like the goddess Kali, are depicted in fearful form. What is it about the dark god or goddess that gives solace and a feeling of protection? Modern theories based on a history of marginalization of other religious paths will not provide that understanding. Sometimes it takes a crisis of life to help a person understand the role of the dark goddess or dark god. As we approach November, I hope to explore the meaning of this most powerful form of divinity from the ancient world.

> Night, most faithful keeper of secrets, and those stars which, with the golden mode, succeed the flames of day, and you, triformed Hecate, who know of my undertakings, come assist me... Medea's Prayer to Hecate, Metamorphoses, Ovid, 1 CE.

For now, sleep tight. We will return...

# August 2010

Aug 1<sup>st</sup> - Wiccan: Lammas or Lughnasadh. Also Blodeuwedd's Day (Welsh)

Aug 1<sup>st</sup> - Aztec: Festival of Xiuhtecuhtli, Aztec god of the calendar

Aug 6<sup>th</sup> - Egyptian: Festival of Thoth (Djehuti), neter (god) of literature and the calendar

Aug 9th - New Moon at 1108 PM, EDT

Aug 9<sup>th</sup> - Greek: Start of the week celebrating the Goddess Athena

Aug 11<sup>th</sup> - Look Up! It's the peak of the annual Perseid meteor shower while moon is new!

Aug 13<sup>th</sup> - Roman: Festival of Hecate (originally Greek), Goddess of Underworld and Crossroads Aug 23<sup>rd</sup> - Roman: Volcanalia, Festival of Vulcan, god of fire and the smiths

Aug 24<sup>th</sup> - Hinduism: Raksha Bandhan (Rakhi), celebration of the sacred thread given to Indra

Aug 24th - Full Lightning Moon at 1:05 PM, EDT

# Abraham-Hicks

#### ...continued from page 9...

If it feels good to you, you're in alignment with something you desire. If it feels bad to you, you are not. If it feels good to you, you're in alignment with something you desire. If it feels bad to you, you are not. Don't let anybody else's determination of what is good or bad, mess up your ability to know what's good and bad.

If your house is on fire and the firemen come, and take their hoses and spray the water into your house and extinguish the fire, everyone says, "Good job, firemen. Let it be known that the firemen who came and broke out your windows and sprayed the water into your house are forevermore known as heroes." But if they come on a day when there is no fire and break out your windows and spray water into your house, you say, "It must still be good, because it is written that that action is good."

Well, that one was easy, because it's easy for you to say, *"Fire. Firemen. Good. No fire. Firemen. Not good."* And yet you dig up histories of long ago, where major pieces of the information have been left out, and you still come to the conclusion, *"Firemen, good under all conditions."* 

We are appealing to your logic. We're wanting you to use the guidance that comes forth from within you to determine the appropriateness or inappropriateness of any thought, word or deed -- in your now. Not because there is some outside arbitrator who's getting his feelings hurt if you go astray, but because, in this moment, you may be pinching yourself off from the Life Force that is so natural unto you, so much what you want, and so much what you deserve.

If you think in terms of your connection to Source, first, your life will align. If you will let the thing that is most important to you be your alignment to who you are -- your alignment to Source -- then every desire that is born out of this magnificent contrasting experience will flow easily unto you.

Many of you are standing in a place different than you really would like. Sometimes you have physical conditions that you would like to release. Sometimes there are things not in your life that you would like to draw into your life. Sometimes your life is feeling very good, but you are wanting more of that which feels very good. And the Art of Allowing is your key to living happily ever after.

Now, when we say, "Happily ever after," we're only talking about "Happily ever after," here in this physical body, because happily really ever after is a sure thing. You cannot help





but really live really happily, really ever, really after, because you are Eternal Beings. And you are destined to joyous experience.

Sometimes you are not living happily ever after, here and now. The only reason that any of you is not living happily ever after, in the here and now, is because you are holding incompatible vibrations within you -- that have been given to you by others, and by your own exposure to life conditions and experience, erroneous conclusions that do not measure up to Law of Attraction as we know it to be.

... continued on page 32 ...

# Abraham \*Fun\*



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

# How do I boost my self esteem?

may have felt like a klutz, dolt, or outsider much of my life. And other people and circumstances probably reinforced the view I held of myself. In fact, they may have helped me start my downward spiral way-back-when.

So what? Even the most deeply rooted patterns can be changed. It's never too late to be a "late bloomer."

I need not try to dissect my self-concept, figure out where things went wrong, and then try to put myself back together. Arduous and counter-productive.

I simply want to begin treating myself with respect and appreciation, and that will automatically occur when I stop pummeling myself with negative thoughts that cause negative - and painful - emotions.

I wouldn't feel good about myself if I walked around slapping myself throughout the day. And as I commit to releasing the unpleasant thoughts with which I browbeat, even torture myself, my relationship with myself will transform.

I'll feel less of a need to incessantly please others. I'll begin to discover my own internal standards by which to live. I'll make peace with the past. I'll see things from a broader perspective. I'll start to feel comfy in my own skin.

As I consistently reduce negativity, I'll feel increasingly free and light. New opportunities will find me; problems will diminish. The world will open its arms to me as I knock off the self-sabotage.

I have everything to gain and nothing to lose - except that silly "kick me" sign.

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From LIFE 101: Everything We Wish We Had Learned About Life In School But Didn't PART FIVE: Tools For Successful Doers- To Have Joy And To Have It More Abundantly

#### GROW UP!

Ever watch someone have a temper tantrum? Or go on and on about how unfairly the world treated her? Or cry over the loss of a love he didn't much like anyway? Ever watch a fit of jealousy, pettiness, or vindictiveness? On those occasions, didn't you want to quote Joan Rivers: "Grow up!"

I'm not talking about childlike qualities--joy, playfulness, spontaneity. I'm talking about childish traits--spoiled, infantile, inconsiderate.

This sort of immaturity hurts and offends not just those around us; it hurts and offends us. Even while we're doing it, we know, "This isn't right." Even through the anger, fear, and separation, we know, "This isn't necessary."

And it's not. It's time to mature, to ripen, to grow up.

#### HEAL THE PAST

What hurts about the past is our memory. We remember the pain of an event, and we hurt again. Fortunately, we can heal the memories of the past.

One technique is to go into your sanctuary (remembering to let the light at your entryway surround, fill, protect, bless, and heal you for your highest good), sit in front of the video screen, and, on the screen, watch the memory that is causing the pain. The "halo" around the screen is dark. Let the memory play itself out. (If the images are difficult, you might ask your Master Teacher to join you. Master Teachers are great for holding hands, giving comfort, and instilling courage.)

Then let the image fade. Let the white light around the screen glow brightly. Then see the same scene the way you wanted it to be. What do you wish had happened? See it. What do you wish you had said? Hear yourself saying it. How do you wish others had responded? See them responding that way. What would you like to have felt? Feel that.

Replacing a negative memory with a positive one heals it. You can also use your health center. Perhaps there is a special memory-healing device or magic elixir or a master with a touch that heals. Whatever you wish medical science had that would heal the past, imagine it in your health center, use it.

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If the hurt involves other people, you can invite them into your sanctuary. Under the guidance and protection of your Master Teacher, you can tell them whatever it is you want them to know, forgive them (and yourself), and let them go into that pure, white light of the people mover.

There's no need to dwell on the past, remembering every little painful detail and then healing it. Just heal what surfaces on its own, and move on with your life--your present.

#### HEALTH

Health is more than just the lack of illness--health is aliveness, energy, joy. By always focusing on eliminating illness, few of us learn how to enhance health--or even that enhancing health is possible. It is. You don't have to be sick to get better.

Health is not just for the body. Health includes the mind, the emotions, the whole person. Health is the amount of vibrant, peaceful, loving energy flowing through your being. The more energy, the greater the health.

Let that energy flow in you, through you. Health is not heavy. Health is light work.

...continued to page 30...

# Reverend Albert J. Bowes in Cassadaga

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Albert, professional psychic over 35

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Cayce Foundation and Association for

Research and Enlightment. He hosted a

TV show, and made many television guest

appearences. He taught Parapsychology

1 & 2 at the University of Florida and was

invited to Russia to study the Paranormal

with Psychics and Scientists.

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# TESTIMONIAL:

For

Readings

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for

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Hello Nellie. I was so impressed with you when we met in March for a reading that I felt I had to see you again. You told me many personal things about family and friends that only I knew about. You also told me about changes that would happen that would effect my business. One by one the changes did start happening just as you described. You have a wonderful gift, Nellie and I am looking so forward to our next appointment in October! Thanks, Janette

# 386-228-0168

www.cassadgapsychicmedium.com

Email alwaysnellie@yahoo.com

# **NOTES** from the Universe

An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book The Secret, Mike Dooley has found his calling. Mike runs TUT's



Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit www.tut.com to sign up for free daily Notes from the Universe!

One of the secrets to not worsening a condition or circumstance is to never, ever talk about it.

Of course, exceptions can be made for doctors, counselors, and, on rare occasions, ice cream store hostesses.

**Double chocolate**,

The Universe

Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement.

www.cassadgapsychicmedium.com

# **COVER ART** Compassionate Pele by Francene Hart



Francene Hart is an internationally recognized visionary artist whose work is widely published in books and magazines and hangs in the homes of art collectors and the offices of healers and seekers planet wide. She employs the wisdom and symbolic imagery of Sacred Geometry, reverence for nature, and experience of our interconnectedness to create watercolor paintings of beauty

and spirit.

She is artist and author of the Sacred Geometry Oracle Deck and Sacred Geometry Cards for the Visionary Path

Visit www.francenehart.com Email francene@francenehart.com 808-328-7344

#### Compassionate Pele

Pele is the passionate volcano goddess of Hawaii. Traditionally she is depicted as powerful yet selfish, contrary... even vengeful. This painting, utilized as one of the cards in the Sacred Geometry Cards for the Visionary Path represents an alternative depiction coming from shared visions of her compassionate side. She is, as we are, maturing and becoming more loving and compassionate.

Compassion is not passive. It is actively opening the heart through the awareness of the interdependence of all things, including other creatures, nature, and the inanimate world. At our core essence, we exist as pure unconditional love, realizing empathy and concern for others. We sometimes forget this essence or in our emotional immaturity or act as if we have. Compassion is the embodiment of emotional maturity and a clue to better understanding our humanness.

"Compassionate Pele" now becomes an example and guide for those who are intentionally remembering their soul essence. Hearts created from Sacred Geometry's golden spiral inform movement toward emotional maturity. As we mature together we will realize hope for the human race. Let this image be a reminder to walk the path of peace and compassion in every way, every day. Know that your every thought, word, and action has an effect on the whole and touches the Spirit of every other being.



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



#### ...continued from page 27...

#### PARENTS

Why, just when we were feeling all joyful, did I have to bring them up? Well, they brought us up, so, for a moment, allow me to bring them up.

It may seem that I have been harsh on parents in my writing. When explaining why we feel unworthy, think negatively, or aren't happy, I often returned to the childhood, and there loomed Mom and Dad.

Yes, I am guilty of that, and I now make my amends with these thoughts:

1. Your childhood is over. You are now in charge of your life. You can't blame the past--or anyone in it--for what you do today . Even if you can formulate a convincing argument to the contrary, it does you no good. Your childhood is gone. It's past.

Blaming the past is like blaming gravity for the glass you broke. Yes, without gravity, the glass would not have fallen. But you know about gravity and you know about glasses and you know what happens when you combine gravity, a falling glass, and a hard surface.

Your childhood is like gravity. It was what it was. Your life today is like the glass. Handle it with care. If it breaks, clean up the mess, and get another glass (your life tomorrow) from the cupboard.

2. Your parents did the best they could with what they knew. Like you, your parents weren't given an instruction manual for life. They had to learn it as they went along. They had to learn how to make a living, run a home, get along with each other, and raise a baby (you) all at the same time. No easy task. Along the way, they made lots of mistakes. They weren't the perfect parents. But, let's face it, you weren't the perfect child, either.

3. How you turned out is mostly a result of genetics anyway.

4. Your parents gave you the greatest gift of all: Life. Whatever else they did or didn't do, if not for them, you wouldn't be here. They deserve a big thank-you for that.

You don't have to like your parents. But it feels better if you learn to love them.

You Can't Afford the Luxury of a Negative Thought

# Taking inventory of your garden of manifestation



...continued from page 16...

There, God said, "From the things that you have learned from this experience, what would you like to plant now?" With some hesitancy, wondering if it was that easy, I spilled out of my heart every dream that I could think of. When I finished God said, "In this moment, plant this new seed of energy instead, then watch as it grows, and feel the energy of its fruits... Is it good for you?" So I watched and saw myself live in this new reality, and it was good. I felt myself happy, peaceful, and excited about life. Knowing what I was experiencing, God responded, "Therefore, allow it to be so, know with each day that your magnet of attraction has shifted, and look for evidence of it in your physical world, and when you are called to take action do so in my name with love and peace of mind, remembering and knowing how it resonates with your very own piece of "Heaven on Earth"."

Since that time I have walked through life uncovering my creations, no longer blaming God for my reality, but opening up my awareness in becoming more aligned with God's. In doing so, life seems to flow almost magically. It is not something that I have to force myself to remember or focus on; it just is, as I watch and live my Divine reality.

My reality is no different than anyone else's. So start taking inventory of your own garden of manifestation, uncover the seeds that were planted, long ago. You may find that you want to do a little pruning or weeding yourself. Each person has the power and knowledge to do so. The Universe desires for you to live your Divine reality. So if you do not believe that you are living in "Heaven" start asking yourself or God, "why not?" When was the seed of your current reality planted and why? Then plant something different. If you do not want to uncover the truth alone, look around, there is a wealth of tools and people around to help you.



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# Abraham-Hicks



...continued from page 25...

You know you're in alignment with Source Energy when you feel good. So let's say you're remembering something about your behavior from past experience. Maybe it happened yesterday. Maybe it happened when you were 16. And as you remember it, you feel uneasy. You feel guilty. You feel uncomfortable as you think about this.

Now many would say to you, "Well, that means you are guilty. That guilty feeling is because you did something really, really bad. And that guilty feeling is what it feels like when you've done something really, really bad." And we say, that guilty feeling doesn't mean you've done something really, really bad. It may mean you think you've done something that is really, really bad. But what it really means is, right here and now, you are choosing an approach to a thought that is not consistent with your Source Energy.

Your Source Energy adores you, and, in this moment, you are choosing not to. You are choosing to remember something that someone else said. You are concluding that you are inappropriate, while your Inner Being concludes that you are appropriate.

Now, some feel uneasy as they hear us express this, because they believe that the only way that the society can ever be contained, to not be outrageous foolish victimizers, is by holding them down with restraints or laws, or worrisome things like promises of punishment after death. And we say, any individual or a society who is, in this moment, allowing Source Energy to flow is not something that you need fear -but something that you would all revere.

You put yourselves in an impossible situation, because you live in an environment where there are lots of different approaches to life. And then you wrestle one another to the ground, eternally, as you are warring over whose beliefs are really the right ones. As if there could ever be one set of beliefs that is right in all cases.

Were the firemen right, or wrong, to put out that fire? Were the firemen right, or wrong, to break out those windows? And if they were right under that condition, then are they right under all conditions? Of course not. The condition has a lot to do with it, doesn't it? You must be allowed to make your determination, in the moment. You must be allowed. And you are. You are Eternal Beings, eternally moving forward. You cannot get it done, and you cannot get it wrong because every place that you stand is a new place of conclusion.

So let's say something happened when you were 16, or yesterday. And you are uncomfortable about it having happened. Your work, today, is to bring yourself to a place of comfort. So, we ask you, do you think that place of comfort will come to you by further condemnation? Do you think it would come to you by going back and reliving the event? Or is it even possible to go back and relive the fact over again? You can't go back and relive it. And it has nothing to do with your now.

The only thing that has anything to do with your now, is, are you letting it in? Are you letting in your Inner Being who adores you? Are you allowing God Force or Creative Life Force, or whatever it is you're wanting to call it, flow through you here and now? Or are you using some flimsy excuse of something that happened when you were 16, or something that happened last week, as your excuse to not let in who you really are?

Accept yourselves as the eternally evolving, blessed beings that you are, who have only one question to ask, and that is, "Here and now, am I lettin' it in? Never mind what happened back then. I can't go back there and let it in. I can remember not letting it in, or I can remember letting it in, but here and now, the question is, am I letting it in or not?"

When you let in who you really are, you feel so very good. When you look at yourself and say, "These are positive aspects of me," you feel wonderful, (when you mean it). When you look at your mother or your sister or your mate or a friend, or at an enemy, and you look for positive aspects, you feel good. Because when you choose a positive aspect, you choose a point of view consistent with the GOD within you.

When you say, "He makes me so angry, I could kill him!" you are choosing a point of view not consistent with who you really are. And it's not ever going to serve you, no matter how much he deserves your wrath. He might really be a rascal, and he might really have disappointed you, and he might really have done something that by most standards is considered to be wrong, really wrong. He might have broken out the windows on a day that there was no fire, and sprayed water all over the house. He might have done that. He might be wrong by most standards. But our question to you is, why would you use him as your reason to not let something so important in, here and now?

You're not ever going to get them all lined up. That's the approach that so many physical beings take. They think, "If I can just get everybody behaving well, or being happy, then, once and for all, I can be. But as long as they're not happy, or something's not going well with them, then I cannot."

...continued on page 34...

Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



Andrea de Michaelis has designed this audio series just for you.

# Connecting with Your Angels, Guides & Teachers

Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.

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

# Healthy Eating Habits

By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding interesting and fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen to this recording, you can experience a new and healthy vital energy flowing through body and mind. Thank you! I downloaded the mp3 file in June and have been listening every night as I go to sleep. I'm down 15 pounds and I no longer have the urge to snack in front of the tv. I also find myself wanting to walk and be more active. Who knew it could be this easy? I don't know how it works, but it works. Thank you. Dee Watson, Tampa

# Company of the second s

# Sleepytime Recharge

Science now knows that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear around us. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and thus create a profoundly positive effect on our bodies Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health. I listen to Sleepytime Recharge every night as I fall asleep and sometimes let it repeat over and over. I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you. K. Crane, Cocoa

**STOP SMOKING** 



# OOBE You Are Not The Body An astral flight out of the body

Being out of your body is a completely natural state that happens every night whether you recall it or not. With this recording, you will suspend yourself in the awareness of your physical body being "not there." Of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely and to remember what happened. You have the ability to become conscious and lucid when your astral body is out at night.

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# Thoughts about things...



... from page 7...

So, if I know how law of attraction works, how did I attract the denial of my application? I can drive myself crazy trying to figure that out, or I can just reach for the better feeling thought instead. I admit there was no prepaving on my part to line up the energy ahead of time; that could be a factor. I was doing no creative visualization on it, since it seemed to be flowing fine without me directing it to a particular end. That could be a factor.

I can lament that I allowed myself to get vibrationally wrapped up in some conflicts several friends were having; that could be a factor. But I realize that everything around me serves to show me where I am vibrating. Whatever catches my attention shows me what I am in vibrational resonance with. I have to bless it and either move away from it, or take the consequences of what I attract because of paying attention to it. So, no, I don't think I attracted a denial because I gave attention to friends complaining about friends, making judgments about them myself, then beating myself up for making judgments. Hmmmm, or did I?

I know not to beat myself up now for coulda-shoulda-woulda. Had I chosen to apply law of attraction to getting my refinance, doing my visualizations and prepaving, I could have had a very different outcome. Maybe the Universe just wanted me to meet a hunky mortgage loan officer and have him give me advice that instantly saved me the \$500 I paid him, and ultimately saved me twice that per year. Or maybe I just need to have a current appraisal on hand for my future refinance with some magical unicorn mortgage company in the sky for 4%. I'm open to anything. In the meantime, I'm going to work to pay down my bills so I can reapply in a few months - after some prepaving work - and have a better debt to income ratio. I'll bet I can do this lots sooner than I think. Things always seem to fall into place for me. That's my story and I'm sticking to it.

#### I GET MY MORTGAGE REFINANCE!

A few days after being denied my mortgage refinance and writing the above, galpal ChaCha LaBelle asked me when I could reapply. That reminded me this was not a halt, this was just a delay. I got a referral to another mortgage lender and was told that each lender has their own criteria about percentages and ratios of loan to value and debt to income. I had nothing to lose, so I called and got them my paperwork. I was glad to learn that my current appraisal could be transferred and I would not need a new one.

At the time I was declined, I had a raging chest cold and was also in final layout with the July Horizons. Final layout means a week of 12-16 hour days, nose to the grindstone, no time to goof off. So at my busiest

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# Abraham-Hicks



... from page 32...

And we say, you can't help them unless you stay Connected. If you're not Connected, you don't feel good and you have nothing to give them.

So who does it serve by joining the ranks of the condemning? It serves nothing. All it does is spread the disconnection. Disconnection and resistance are not letting it in; allowing, love, appreciation, and looking for positive aspects does.

We've been talking about the power of bridging beliefs: Looking into my experience and finding something that allows the Energy to flow, now, relative to something that, maybe, I have not been allowing Energy to flow about.

As you move through your day-to-day experience, you cannot help but absorb philosophies and attitudes that surround you. And it's a very confusing thing, because the greater your sphere of influence -- the more contradictory information comes to you.

When you're little, if your parents are in absolute agreement, you have a sort of sense of stability. And as long as you do what they want, provided that they're consistent in what they ask of you, then you have some measurement that you can measure your life against. But if your parents were in disagreement, and one of them said one thing, and another one said another, and one of them took you aside and said, "Well, don't worry about that, we'll work it out between us," then you began to get a little confused early on. And when you went to school, and your teachers had different philosophies than your parents, and then, when you got that boyfriend who really had a different philosophy than your parents, you began to feel like you did not know what to believe.

Most of you have bounced around like corks on a raging sea trying to find your place. When all along, the place has been within you: good feels good, bad feels bad.

"Good for who?" Good for you. "Bad for who?" Bad for you. In other words, when you allow Source energy to flow through you, you thrive. When you pinch it off, you thrive to lesser degrees.

# Thoughts about things...

... from page 34...



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

time of the month I am dealing with the refinance, calling around for insurance quotes and changing carriers and coverage, as well as a giant chest cold that is kicking my butt. I was in a time crunch and feeling it - on all levels. I was not surprised when I began having the stress factor red patch.

My stress factor red patch is my mysterious tell-all stress indicator. When I get stressed, my body gets a hot red patch about 1" x 3", in a particular spot, which disappears as soon as the stress is gone. I only get it every few years. It showed up the day before Wachovia declined my refinance. It disappeared the day after I sent my information to the new lender. I knew that my mysterious, tell-all stress indicator knew something I didn't know, something that meant stress had already been lifted for me.

Then 3 days before the magazine was due at the printer I got a call that my refinance had been approved. I was told I can close in two weeks and all they need are my profit and loss statements year to date - aaaugh! I only had the first 3 months done since the second 3 months don't usually go to the tax accountant until next month and it's a several hour job to get the documents together. Hours I didn't have right then since I had 3 days to get the mag done! Also I was in the midst of a big chest cold which was taking my energy, but the prospect of getting the refinance motivated me. Two hours later, I'd gathered and speed copied and speed scanned almost everything and took it to the accountant. When something needs to be done, I am glad I always find the energy to rise to the occasion!

They were able to offer me a fixed rate of 4.875% for 30 years. Yay for an 802 credit score! That was better than the 5.25% that Wachovia had offered before they declined me, so Wachovia lost the 6.74% I was paying on my first mortgage and the 7.99% I was paying on the second. I predict that Wells Fargo will buy my mortgage.

So this is one more confirmation that I can trust my mysterious tell-all stress indicator. It's more evidence that prepaving and momentum can come together in surprising fun ways when I allow myself to release resistance. It's more evidence that if I stay hopeful and optimistic and expect things to turn out better than I expect, they do.

It's evidence that if I pray for direction and listen closely, I will be guided at each stage what next step to take. Maybe I won't get all the steps in advance, but I'll always be guided to the next step. It's evidence that if I believe that who I am and what I do is enough, it will be. I love my life.



Enjoy our offering this month. Hari Om. Ainit V e A

# OUR MISSION STATEMENT

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

# OUR PURPOSE IS:

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

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

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

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

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

> From my heart to yours, Andrea de Míchaelís



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

Aries: March 21 to April 19 "I Am". Don't believe everything you hear this August. Transiting Neptune in Aquarius makes an easy sextile to your Sun, affecting you in unusual ways. There may be thieves lurking close by but the protection by your angels make any theft impossible, you can never lose what's yours.

Taurus: April 20 to May 20 "I Have". Once again your head is nagging for your attention. Venus in Virgo is telling you to avoid sweets and loose your belly fat. Any excess weight that you are carrying around will deplete your stamina and make you lazy. So get off the couch and get moving, you little bull you.



HOROSCOPES

Gemini: May 21 to June 20 "I Think". All your issues this August will be centered around your relationships; marriage, children, coworkers, siblings, you name it, the checker at the store, the mail man, your cat and dog, enemies, employees. You have been put on notice to be kind to everyone. If you love yourself, others will also love you. Work the magic.

Cancer: June 21 to July 22 "I Feel". This month your focus takes you on a mysterious journey into the unknown realms of your inner self. Your will power is strong and you are determined to transform your life the way you intend to have it. Regeneration of your health is the key to your success and happiness this Summer.

Leo: July 23 to August 22 "I Will". Happy Solar Return!! This marks the beginning of a new year for you with new lessons and new opportunities. You may be feeling a bit adventurous lately, be bold and go for the gold. Get your bucket list out and set your intention for what you want to accomplish this year. You will be spending more time alone than usual, that is not a bad thing, sometimes it is easier to do the task yourself than to wait for others to even get started.

Virgo: August 23 to September 22 "I Analyze". This month you have many literary opportunities to soar like an eagle. Learning is your main focus and attention to detail is your game. Now is the time to edit your life and make amends where healing is needed. In your relationship with your Mother first, she is waiting for you with open arms and an open heart!!

Libra: September 23 to October 22/23 "I Balance". You are at your best this month as your ability to be determined, disciplined, self-reliant, and very likely to manifest your hearts desire. Because of what you have been through lately, you are especially motivated to make necessary changes in you life because of this anniversary month.

# August 2010

Scorpio: October 23 to November 21/22 "I Transform". The hot nights of August will purge your mind in ways uncommon to your personality. Your tendency to keep secrets will continue to drive you crazy. The mind is a wonderful thing when put to good use. Take a break and dive into a romance novel to whet your appetite and excite your imagination.

Sagittarius: November 22 to December 21 "I Perceive". This month will be a flipping good time for you if you allow yourself to let go and relax. Generous to a fault you can be counted on as being honest, enthusiastic and benevolent. Like your Taurus friends, be careful of self indulgence and focus on your strong religious beliefs and stay away from loose women.

Capricorn: December 22 to January 19 "I Use". You are the fortunate sign that has transiting Pluto on your Sun sign for at least 13 years depending on what degree your Sun sign is. What this means is a greater sense of power and focused intensity will be yours. What ever you want can be yours now with this much will power. You will feel everything to the depths of your soul.

Aquarius: January 20 to February 19 " I Know". Right now you are focused on earning a living and communicating. The two should come together and be manifested as a book. If you have ever thought of writing before now is the time to get it done. A steamy romance novel is what comes to mind. At least you couldn't get in trouble for that. Your intuition is also getting scary strong, you may even want to start keeping a journal.

Pisces: February 19 to March 22 "I Believe". This August you have really taken a step back in time to review all the important people in your life that have helped shape who you are today. The emotion that keeps coming up over and over again is gratitude. Your heart is open and you will continue to be very thankful for all that you are and all that you have.



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#### WWW.DRSHA.COM

The Power of Soul: The Way to Heal, Rejuvenate, Transform, and Enlighten All Life by Dr. Zhi Gang Sha

#### WWW.DAILYOM.COM

DailyOM: Learning to Live by Madisyn Taylor

<u>WWW.HEALINGSOUNDS.COM</u> The Divine Name The Sound That Can Change the World By Jonathan Goldman

#### WWW.MIGUELRUIZ.COM The Fifth Agreement by don Miguel Ruiz and don Jose Ruiz

WWW.THEVOICEFORLOVE.COM When God Spoke to Me by David Paul Doyle

#### MUST SEE DVDs

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

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

The Living Matrix-Science of Healing www.thelivingmatrixmovie.com



# It's never too late

# ... continued from page 11...



or the Universe and all its laws that we know of support the conservation of energy. By that way of thinking, the whole Universe wants you to have whatever it is that you want right now. It is infinitely easier and requires so much less energy to give you something that you will have at some point anyway!

The only thing that is preventing you from having whatever it is that you want to experience right now is you, your ego, and your old way of thinking. The good news is that you have the free-will and the choice to change that thinking anytime you want. Right now might be a good time for that! Remove the limitations!

I have had several fathers in this lifetime (because of multiple marriages and divorces, and a childhood adoption). However, I had never really experienced someone wanting to be my dad. I craved this experience wholeheartedly. I went through the normal motions of trying to earn a father figures love, attention, affection, acceptance, and support for most of my childhood and adult life.

Then I had this thought... It is not too late! If everything that I understand about the Universe is correct, then I do not have to miss out on that experience in this lifetime. If everything that I have just written is true,

> a whole new life just to have the experience that I so deeply desired? I realized that I did not have to wait!

About seven years ago my mother remarried and I got a new step-father. This wonderful man and I connected and got along famously! Now in my late 20's, I was finally getting to have that experience. He was an incredible step-father!

About six months ago I was making preparations to marry the woman of my dreams when I received a very interesting phone call. It was my step-father on the line. He opened up his heart and shared with me that he always considered me to be his son and told everyone as much. He then asked if I would consider allowing him to adopt me. He was already the Dad that I had always wished for, now he offered to make it legal and official.

I was honored, loved, and excited! But was it too late for me? Why would a 36-year-old man choose to get adopted? I seized the moment of realizing my lifelong dream and proceeded forward with passion. About a month ago the adoption was complete and I received his last name, Gabriel, as my own (as did my wife). The only thing that would have kept me from realizing my dream was me, the same person who brought it into existence! The same is true for you!

It just proves the point that it is never too late for any of us! If you want it, you can have it in this lifetime and every Law of the Universe lends its full support!



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then why would I have to wait for this life to end and create

# YOGA SHAKTI MISSION



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August 7th Vegetarian Lunch - Dishes from Mali

August 15 - Sunshine Lecture by Dikki Jo Mullen on "Cosmic Zodiac Messages - Astrology for You from the Moon and Earth Signs" 9 - 10 AM

August 22 - Presentation on Yoga and the Endocrine System. 9 - 10 AM

# Sunshine Lectures Sundays 9 - 10am Talks on Spiritual Topics

# YOGA CLASSES

\$7.00 Per Class

\$25/month unlimited

evening classes

Monday Gajendra - 7:00-8:00 p.m.

**Tuesday** Maryann and Jim Loafman 7:00-8:00 pm

> Thursday Val Anderson 9:00 -10:00 am

Thursday Chip & Shyama Iacona 7:00-8:00 pm

# First Saturday at noon Vegetarian luncheon \$10 donation (children free)

April 3 will be: Punjabi cooked by Puja Virender and will include chole batura - spicy curried garbanzos eaten with crispy sour dough "rotis"; aloo mutter - curried peas and potatoes; chilli panir - spicy fresh Indian cheese with bell peppers; dehi bhata dumplings of urad dal in yoghurt and dessert.

Ramayan Chanting Sundays

10:15-11:15 am

Bhajans/Kirtans First Wednesday of Month 6.45- 7 45 PM YOGA SHAKTI MISSION 3895 Hield Rd NW Palm Bay 321-725-4024

> yogashaktipb@yahoo.com www.yogashakti.org

**BOOKS BY MA YOGA SHAKTI** 

Yoga Syzygy Guide to Hatha Yoga \$15 E Techniques of Meditation to Enhance Mind Power \$10 Shri Satya Narayana Katha \$5 Hanumaan Chalisa \$5 A Spiritual Message \$5 The Seven Invisible Psychic Lotuses \$10 Yoga Aasana Chart \$2 Chandogya Upanishad \$5



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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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