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### **Sundays in August 10:00AM Vacation Time at Unity!**

Even though August in Melbourne is the perfect time to take a vacation, not everyone leaves our fair city. So, for those of us staying in town, we will gather each week and take a collective vacation from those attitudes and beliefs that keep us from expressing God's Love, being God's Light and living God's Truth. Charles Fillmore said, "All thought is formative; all thought has its effect in our lives." As we take a vacation from unsupportive thinking thought this month, we can and will change our lives!

#### **August 7th – Take a Vacation from Scarcity**

Many of us have lived long enough with the belief that there are not enough resources for all of us. Today is the day to eliminate scarcity thinking once and for all.

#### **August 14th – Take a Vacation from Anger**

A seemingly growing challenge our society faces today is anger. More than a problem in society, is it a problem in your life? Today, we will take a fresh approach to anger. Rather than learning how to manage our anger, we will look at taking a life-time vacation from it through deeper spiritual understanding and by allowing that deeper spiritual understanding to help lessen, if not eliminate, the anger in others. Now that would be a vacation worth taking, wouldn't it?

#### **August 21st – Take a Vacation from Stress**

In today's demanding world, everyone feels stressed from time to time. We feel the stress of the job, of family, of the price of gas, of the world situation – the list could go on and on. While we cannot control the outer situation, we absolutely can do something about our inner world. Today we will look at some sure-fired spiritual tools to help us take a permanent vacation from stress.

#### **August 28th – Take a Vacation from Negativity**

In an utterly delightful way, we will bring our vacation month to a close by seeing before our very eyes the meaning of "change your thinking, change your life" as we witness the power of taking a vacation from negativity. You won't want to miss this Sunday.



### **CHRISTIAN MEDITATION:**

**UNSPEAKABLE LOVE with**

**Rev. Elizabeth Stamper, LMHC**

**Classes: Mondays, August 8–29, 7–9:30pm**

**Retreat: Saturday, September 3 10am–2pm**

Explore the mystical practices that have origins in both ancient and contemporary forms of Christianity: including ways to pray and meditate as taught by Jesus himself, the early Christians, mystics of the middle ages and present-day contemplative Christians. As both prayer and meditation help us move into a more centered, expansive and open-hearted consciousness, each class will be a journey deeper into that state. Suggested Love Offering: \$10/class \$25/retreat Elizabeth is a

psychotherapist, energy healer and breathworker. She has been a student of meditation and yoga since she was 19. Her passion is working (and playing) to weave together the threads of psychology and spirituality, of our everyday humanness and our cosmic awareness, into an ever-expanding, joyful and loving experience of LIFE.

Ticket price \$10. A "Voyage to Betterment" began in 2005 for film producer Dave Haas, when he encountered a serious health problem and asked his business partner, Andrew Facca, for advice. Facca issued Haas a 30-day challenge, and he, along with a group of other participants, pledged to follow Facca's "Ten Principle Elements." That challenge turned out to go far beyond eating habits, diving inward to reveal the power that mind and spirit have over total body health. After 30 days, Haas had lost 25 pounds and dramatically decreased his risk of getting serious diseases, and most significantly, reduced his risk of heart disease and stroke by 63%. The film was sponsored by the University of Redlands Meditation Room, which opened in 2007 and was one of the first contemplative classrooms in the country, pioneering a shift in university education towards holistic learning that cultivates body-mind-spirit well-being. - Featured in the film are Dr. David R. Hawkins, MD, Dr. Neal Barnard, MD, Dr. Kam Yuen, DC. See the trailer at <http://voyagetobetterment.com> or visit [www.youtube.com/watch?v=0KYBTDZxO0](http://www.youtube.com/watch?v=0KYBTDZxO0)

### **Movie: Voyage to Betterment**

**Wednesday, August 24th 7:00pm**

**Wednesday, September 21st 7:00pm**

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

**Friday 8/19/2011 7-9pm and**

**Saturday 8/20/2011 9-5:00pm**

**and follow-up next 3 Fridays.**

This class is offered as part of the Transformation Experience. Our goal is to have a significant number of people complete this class to help us realize our vision of a world that works for all. This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. It helps us to be in integrity with who we have come here to be in every aspect of our lives. You can find out more about the Art & Practice program and its creators at: [www.theeffect.com](http://www.theeffect.com). This qualifies as a communication class for Partner Membership. Love Offering.

## **Ongoing Events**

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

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

### **Revolutionary Agreement Groups**

**1st Wednesday (August 3rd) 7pm**

**2nd Saturday (August 13th) 1pm**

**A Course In Miracles - Facilitator: Darlene Capinha - Tuesdays 7:30pm**

**Reiki Healing Service with Lloyd Reiser 1st Sunday (August 4th) 4:00pm**

**New: Chanting with Lloyd Reiser 2nd Sunday (August 11th) 4:00pm**

**Coming Thursday, September 8, 2011 – Unity World Day of Prayer For info visit [www.unityofmelbourne.com](http://www.unityofmelbourne.com) or [www.worlddayofprayer.org](http://www.worlddayofprayer.org).**

**Coming Sunday, September 25th 10:00am REV. EDWENE GAINES service and afternoon workshop**

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

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

**The greatest  
optical illusion  
is separation**

# HORIZONS

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Andrea de Michaelis

**Thanks for help this month**

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Morgana Starr

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Our Advertising Rates ... Low because we're in it for the outcome, not the income .....	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar .....	6
This Month's Thoughts About Things by Andrea de Michaelis .....	7
The Teachings of Abraham by Esther and Jerry Hicks .....	8
What is Enlightenment? by Wayne Wirs .....	11
Liberation Banquet by Vicki Hannah Lein .....	12
Herb Corner with Cecelia Avitable .....	13
Is It Friday Yet? by Dawn M. Staszak .....	14
Ask Whitedove with Michelle Whitedove .....	15
Soul Powered Life by Lynn A. Thomas .....	16
From The Heart by Alan Cohen .....	17
Our Classified Ads .....	18
Our Calendar of Events .....	19
Our Phone Directory *Horizons may be picked up at most of these locations* .....	20
Abraham Fun with Karen Williams .....	24
If It Does Not Give You Peace, Why Do You Believe It? by Armand .....	25
Notes From The Universe by Mike Dooley .....	28
Cover Artist .....	29
Solar & Lunar Celebrations: A Folk Ways Calendar .....	30
Our Mission Statement .....	35
Monthly Horoscopes by Barbara Lee .....	36
Suggested Reading, Watching, Listening .....	37



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

Anais Nin

*Horizons thanks  
everyone willing  
to take the risk*

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

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

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Full page	\$400	\$350	\$300
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Inside back color	\$525	\$465	\$400 color
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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

[www.new-thought.org/](http://www.new-thought.org/) Email [oneheart@roadrunner.com](mailto:oneheart@roadrunner.com)

1. **Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
2. **Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
3. **Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
4. **Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
5. **I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
6. **I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
7. **Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
8. **Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
9. **Persistence.** I persist through faith. I maintain focus and discipline.
10. **Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
11. **Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
12. **Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.





**Andrea de Michaelis**  
Publisher

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

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

**H**ello and welcome to the August 2011 edition of Horizons Magazine. The final shuttle launch *Atlantis* happened last month. I'd driven to Merritt Island four hours afterward to pick up my computer, and there was launch traffic all along I-95, US1 and A1A. Aaaugh, I thought, how to get back home?? I haven't been caught in traffic in years. My computer guy Chuck told me to go home on *South Tropical Trail* from Highway 520. I cruised all the way down to Mathers Bridge seeing only a handful of drivers. The *Indian River* was on one side of me and the *Banana River* on the other. While everyone else was stuck in the shuttle launch traffic, a wise man told me to take the road less traveled and I had a serene and beautiful ride. I love it when friends with more knowledge and experience give me helpful tips like that. Vibrational matches like these are evidence that I continue to attract good stuff.

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

Author Wayne Wirs (see page 11) and I were talking last week about spiritual practice, and he suggested I change my schedule to expand the time I spent at the healing bench, and shorten the time I spent in personal meditation. "*Just try it for 30 days,*" he said. I love new challenges like that, changing it up. Later he asked: "*How is that hour long selfless meditation mod working for you?*"

I wrote back to him: I like it, although I admit shortening my creative visualization sessions to accommodate. I was doing an hour twice a day personal meditation, then 20-30 minutes twice a day praying for the names on the healing bench, then another hour later doing creative viz on behalf of friends, family, whoever asks me to. Since a lot of the same people are on the bench that ask me to hold a vision for them, I translated your suggestion into that it would be better for me to just pray for them rather than hold a specific (and perhaps limited) vision with them.

The new routine: Now I'm doing an hour morning meditation, just following breath first, some prayers but no visualization. After that I do 20 minutes on the healing bench, reading and picking up the notes and pics and emails and holding them in my mind and thoughts for a moment. I recognize our essential Oneness and ask God/dess to bless them and give them strength and awareness to ease whatever their distress.

In the afternoon, I now do a 30 minute personal meditation (again just breathing/awareness) followed by an hour now at the bench. I do *ho'oponopono* then as well as the prayers and acknowledgement of Oneness. My personal meditation is valuable to me not just because it keeps me centered and sane, but science has proven that mindfulness practice heals the cells in our brain and body. Mindfulness practice does what no drugs can do. It causes neural pathways to grow thicker and more robust, more capable of carrying

*...continued on page 34...*

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## TO BE AGELESS FOREVER WITH DIABETES DIAGNOSIS?

**Q**uestion: There are two areas. One is, I want to be ageless forever! The other is, I have insulin dependent diabetes. And I've been applying your suggestion that I take that "Stick" about how well I'm doing, measuring my blood sugars... and just put it away.

And, indeed, I'm now in a whole new place: I have succeeded, I've accomplished that. I have more vitality. I'm physically active, dancing, and riding horses, I'm a happy girl. And I was really fascinated when you said that a person is 24 hours away from regenerating the tissue in their pancreas. And I'd like to know how to do that.

**A**braham: We were talking about your not wanting to be the boss? And how that's not your job, anyway? That your job is the visionary, and Law of Attraction is the Manager? Well, Law of Attraction is the manager that will orchestrate all of that, too.

There's a tendency to get too actively involved, even in the visualization process. And so, you're better off envisioning the outcome than you are envisioning the regeneration of the tissue, because it's not something that you can see. That's the problem with medicine in your culture. There is so much examination over what's gone wrong that they hold themselves in the vibration of resistance that does not allow the cure, or does not allow the healing.

And so, keep dancing. Keep being the happy girl. That's the answer. Keep trusting this huge, effective manager that is waltzing into your life, on a regular basis, to facilitate anything that you have envisioned.

*...continued on page 26...*

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Level 3, August 24 - 25, 2011

*Hotel del Coronado*

### **Chicago, IL**

Levels 1 & 2, September 9 - 12, 2011

*Hilton Rosemont Chicago O'Hare*

### **Newark, NJ**

Level 3, September 17 - 18, 2011

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### **Fort Lauderdale, FL**

Level 4, November 5 - 7, 2011

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### **Seattle, WA**

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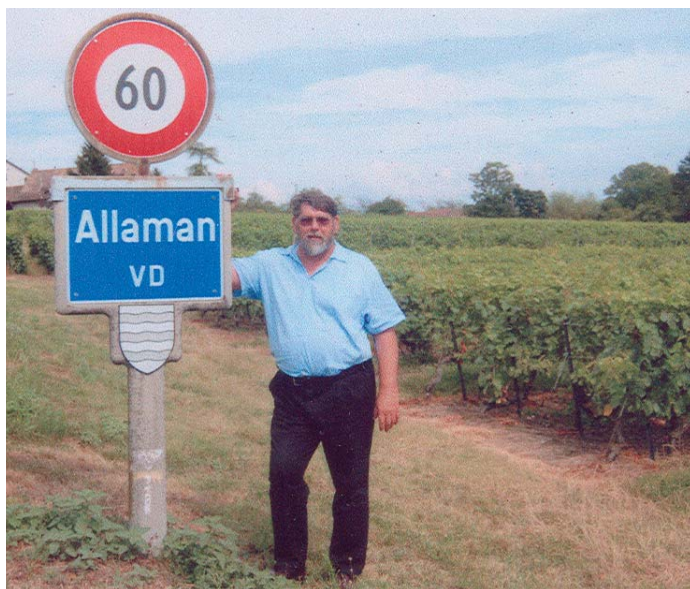
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**Testimonial** I've been thinking about my reading on Sunday, and things just seem to be falling right into place. Thanks for shining some light on the world around me ! I now have an open mind to accept the changes that are about to take place.....Sonya Goff

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## Testimonials

**NELLIE**, you said some things about an uncle my mother had that I never knew about. You mentioned that he was a musician, and that he was very well known. The next day I called my mom in Hungary and she started to cry, she verified everything you said. I never knew he existed up until you told me about him. At the time of the reading, you told me that he was there with me, it was a life turning experience for me. Thank you so much Nellie. **Klara**

**HI NELLIE:** You told me that my great grandmother Gaetano Salito came from the Bari area. I have found a young relative named Roberta Salito from the Salerno area and she will be contacting me about the family. There are many relatives from Bari area and the Salerno province. In Bari are the names of my family members: Grimaldi, Salito, Amodeo, and guess what the Fama family into whom my son Charlie, married! Best Regards, **Eileen Deer**

**NELLIE**, Thank you and Albert for everything. I enjoyed our time so much yesterday – it was hard to believe that 4 hours went by. I love you and Albert – your insight and inspiration is phenomenal. We really do have a good connection – and I am sure now – more than ever – that the highest realms have placed us together. You have both made such a difference in my life – and I feel very blessed for these gifts in my life – meaning you and Albert. I look forward to seeing you again soon. Thank you for your prayers. Love and Blessings, **Diane C.**



Email [alwaysnellie@yahoo.com](mailto:alwaysnellie@yahoo.com)

# WHAT IS ENLIGHTENMENT?



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

**E**nlightenment is when you no longer identify with your thoughts. Since the story of your life, what you think about yourself, and positions you hold dear, are all thoughts, when you "wake up," these thoughts stop feeling like you. They don't necessarily go away, but they do lose their power over you - you stop identifying with them. You stop identifying with the ego story.

Recognizing that you are the witness to all thoughts, sights, sounds, and activities that the brain translates for you, is what I call **Stage I Enlightenment**. You identify with (think of yourself as) **the Witness**. The Witness is a very apt term used in most non-dual communities (enlightenment seekers). Perceiver is another good name. You, as the Witness, lie behind all your thoughts. You are the witness to the thoughts the brain puts out.

Because most people's brains are generating thoughts all the time, and the ego story is the main "character" in those thoughts, people naturally tend to identify with (think of themselves as) their story - rather than the entity who is witnessing/hearing/feeling the story.

## YOUR DREAMS

The easiest way to clarify this is to remember a dream you had. Take the one I had the other day. Imagine you are having that dream. Here you are, walking into a windsurfing shop and the salesman says that you need to buy one of these strange masks/helmets on the wall. Why didn't you tell the salesman, "*No way! If I were to fall in the water wearing that helmet, it would be like my head were in a fishbowl. I'd drown!*"

*...continued on page 27 ...*



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*Rev. Elizabeth Stamper, licensed psychotherapist and Interfaith minister, has been a student of spirituality since 1972, and a teacher/healer for the last 20 years. She has trained and taught extensively in the areas of meditation, breathwork, relationships, inner child work and women's soul/spiritual growth.*





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# LIBERATION BANQUET



Vicki Hannah Lein, MS Counseling  
www.outrageousvisions.com is an international motivational speaker, singer/songwriter, author, humorist, and Aliveness Coach. An enlightened neurotic herself and legally blind as well, Vicki's clear-sightedness and wicked sense of humor helps people find the courage and perspective they need to set themselves free.

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**SEE PAGE 28**

**T**o get the most out of this simply healthy buffet, fill in the blanks with practices you enjoy doing. Wellness and joy are all about discipline and movement. Get that juicy joy flowing through your body, remind yourself daily of whom you are meant to be, and gain support, and you can enjoy the journey and build resilience for when Life's Upsets inevitably happen. Look over this every morning to help you set your sails.

### REMEMBER:

Ask for help.

Don't give up.

Laugh at your foibles.

Trick yourself into getting healthy and happy.

Just try to get a little bit better in one category every day.

Add your personal favorites to every category as you get to know what floats your boat.

### 1. PHYSICAL

Take a walk and pay attention to the weather and the season.

Go outside before 10am and increase your metabolism.

Do yoga, Nia- some kind of movement that makes you feel alive. Rock out to a song you love.

Stretch those muscles.

### 2. EMOTIONAL

Tap into a video or a song you like.

Practice being silly.

Write: free-write, dialog with your Angel Committee, Four Questions and a Mantra

### 3. SPIRITUAL

Play.

Meditate.

Go on a Blessing Walk.

Talk to the Universe, God, your Angel Committee.

*...continued on page 35...*

## CASSADAGA SPIRITUALIST CAMP PRESENTS



**Sunday Adult Lyceum 9:30am** Lyceum classes are provided as a forum for those who have a desire to learn more about the Religion, Science, and Philosophy of Spiritualism.

**Sunday Service 10:30am** Join us for our weekly church Service. All are welcome!

**Sunday Message Service 12:30-1:30pm** This is a public message service where our students and mediums demonstrate the continuity of life.

**Wednesday Night Message Service 7:00 - 9:00 pm** Healing will be offered from 7:00 - 7:25pm. The Message Service consists of a brief talk or meditation followed by professional and student messages ending at approximately 9:00pm.

**HISTORICAL TOURS Monday - Saturday 1pm & 3pm. Sunday 5pm**  
Learn about Cassadaga's beginnings, unusual architecture and spirit activity.

**ORB TOURS Available Nightly Except Thursdays 8pm** A walking tour of Cassadaga to explore energy spots. Take your own photo or see pictures taken by your guide.



For more info on activities, workshops or ongoing classes please visit [www.cassadaga.org](http://www.cassadaga.org) or call

**The Cassadaga Camp Bookstore**

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# HERB CORNER

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

## BUG BITE PREVENTION

I always enjoy this time of year; working out in the gardens, family barbecues, trips to the beach. What I don't like are the countless bug bites.

Now I could use a commercial repellent, but I have looked up some of those ingredients and they can be toxic. Thankfully there are many herbs (a/k/a weeds) on our lawns, in our parks or alongside the road that have insect repelling volatile oils. When you crush or rub the leaves of these plants they release their oil. For example, research done on **citrus leaves** found that there are compounds equally as effective as DEET for repelling mosquitos. It was also found that the chemicals released from the leaves of **Peppermint, Spearmint, Lemon Balm** and **Pennyroyal** can also help to repel mosquitos when rubbed on the skin or clothes. (*DO NOT USE Pennyroyal if you are pregnant or planning to become pregnant.*)

When I am planning an outside adventure I take a strong **Garlic** capsule; one that has an odor because as you sweat out the garlic, it repels biting creatures of all kinds. **You can make a spray by mixing 1 part of Garlic juice with 5 parts of water in a spray bottle, then when you are ready to go outside you can spray it on yourself.**

**Citronella** is another plant that I use; the essential oil has a lemony-scent that deters many backyard insects. It's not very strong so it needs to be used often. **I make a mixture using 4oz. of Jojoba oil, 30drops of Citronella, Pennyroyal and Eucalyptus, 20drops of Lemongrass and Lavender and 10drops of Clove essential oils in a glass spray bottle.** Just be careful the first time you use essential oils on your skin they can be very strong.

Besides herbs, choose your clothing wisely. Mosquitos are attracted to water and dark clothing resembles standing water. Floral prints or bright-colored fabrics can fool even the smartest bee, especially if you are also wearing perfume. You may also want to remove as much standing water from around your yard by drilling holes in the bottom of garbage cans, flowerpots or anything else that holds water. If you have a pond or birdbaths try adding some cornstarch to the water, it messes with mosquito larvae but it won't hurt other creatures and its bio-degradable.

Why not try these few simple tips and see what happens this year.

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Aug. 4 -Intuitive Development Class - 6:00-8:00pm

Aug. 6 - Herb Class - Herbs for Female Reproduction - 9:00-11:00am

Aug. 13 - Body, Mind & Spirit Fair - 10:00am-3:00pm

Aug. 20 - Herb Class - Herbal First Aid - 9:00-11:00am

Visit [www.herbcorner.net](http://www.herbcorner.net) for articles, recipes, newsletter, etc.



# "IS IT FRIDAY YET?"

Dawn M. Staszak has worked in commercial and non-profit, large and small companies, both as a permanent and temporary employee for over nineteen years. She holds a Bachelor of Science degree in Business Administration (Sales and Marketing) and two Associate degrees. She is currently a Senior Administrative Assistant in a Fortune 500 company. [www.guruintheoffice.com](http://www.guruintheoffice.com)

## 5 Easy Ways to Feel Great at Work

So many of us in our Monday through Friday, nine-to-five jobs ask this question (or get asked this question) at least once during the work week. Starting with **Monday**, we count the days to **Friday** ("four more days, three more days ..."). **Wednesday** is "Hump Day", **Thursday** is always "well, at least tomorrow's Friday!" Then, **Friday** finally comes and around lunchtime we start counting down the hours ("only four more hours to go, three more hours to go ...!") If you find yourself doing this "weekday countdown" once too often, perhaps it is time to do something about it.

I had to figure out some way to make it better, but without taking up any extra time, because time was something that I lacked, and we have to make do with

the circumstances we are given. Born out of necessity and frustration, the following five sanity-saving "tricks" have proven to work for me, and perhaps may help you as well.

### THE COMMUTE

Normally, you get in your car, put on the radio, and listen to the news or some other background noise while your mind is already thinking about the day's tasks, meetings, and worrying about all you have to do. Instead, use this time as an opportunity to listen to inspirational audio programs or your favorite radio morning DJs. If you car pool or take the train, listen to programs on your headphones or read an inspirational book. This can cost you nothing, because there are several great audio programs and inspirational books available for free at your local library. Especially interesting CDs I enjoy include **Tony Robbins**, **Robert Stuber**, **Gregg Braden**, **Wayne Dyer**, or **Louise Hay**.

However long your commute is, if you spend it connecting to teachers that enrich you, by the time you get to work you are motivated and ready for the day. Also, you are infusing your consciousness with positive thoughts that you will carry with you and possibly influence your co-workers, as well. By the time you get to work, you'll be in a great mood!

### PASSWORDS

This is an easy way to do affirmations! This is positive self-talk. Make your password something like "iamprosperous2" or "thankugod4" so that each time you have to log in, you are forced to say something good to yourself and put a smile on your face!

### E-MAIL

In business, we send hundreds of e-mails a day back and forth to each other. Take advantage of this opportunity to spread a little joy and include a message in the signature line of your e-mails. There are literally thousands to choose from. You can find daily inspirational messages from "Beliefnet" at [www.beliefnet.com](http://www.beliefnet.com), or

*...continued on page 31...*



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**D**ear Whitedove:  
*If one of the key aspects in life is to love and to be loved, why is true love so hard to find? I feel very lonely.*  
*~Frisky in Fort Lauderdale*

Dear Frisky,  
 Real love abounds! It surrounds you in every day opportunities. Give love and you will receive love. Are you showing love to the person that's telephoning you? Do you love the animals that cross your path? Are you showing unconditional love to your family? Love everyone and you will be loved. Romantic Love is out there, don't look for it...be it ^i^

*Dear Whitedove:  
 I just found out that my cousin is gay. My religious family is very upset and they are saying awful things. Do you think that he'll miss out on Heaven because he's gay?*  
*- It's a Drag in Dayton*

Dear Drag:  
 That's what I love about God, it's equal opportunity in Heaven! So don't worry, God loves all of his children regardless of their race, religion, or sexual preferences. Discrimination, prejudice, and intolerance only exist on Earth. Why do so many "religious" people discount what Jesus said, "Judge not lest ye be judged."? I would ask you to be an example of God's love. Be kind towards your cousin, in your words, and your interactions. Truly act in a Christian manner and lead your family by example.

*...continued on page 32 ...*




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# Soul Powered Life



Lynn Thomas is a nationally published author and intuitive writer who blends the practical with the mystical, bringing wisdom and insights to her readers to help inspire and overcome life's challenges. Receive your copy of "Unleash Your Intuition" at: [www.SoulPoweredLife.com](http://www.SoulPoweredLife.com)

## Want to Rewind Your Life for a Do Over?

**D**issatisfied with life, or lamenting your past? If so, how far back in time would you have to travel in order to wipe the slate clean?

To what point would you need to rewind?

Would it be back in years or just the last hour?

Are you regretting something you did or said?

Do you really think you screwed up?

If we are not careful, we can get quite fixated in replaying something over and over again in our minds. "What did she mean by that?" "Why did I say that?" "Why didn't that work out?" "Why did I make that choice?"

And as we stew and ponder in the past we can build resentment, stress and dis-ease.

Perhaps you are pondering what ifs... "What if I had made a different choice?" "What if I could do that over?"

If we are looking over our shoulder, mulling over our past ... we are not watching where we are going now.

By rutting into the past, we sap our joy, energy, strength, vitality and peace of mind.

*Let go of the stone*

*If you don't want to drown*

*In the sea of heartache*

*That's draggin' you down*

*It's pulling you under*

*And you keep hangin' on*

*If I'm ever gonna save you*

*Let go of the stone*

*~ John Anderson "Let Go of the Stone" Lyrics*

INSTEAD OF TRYING TO FIX THE PAST OR FIX WHATS WRONG  
DROP THE STONE- LET GO OF THE PAST AND ELEVATE ABOVE IT

Even if you could change the past and get on a different path - who knows that it would be better? You would most likely have the same experience if it's something you need to work through - even if it was with different faces and places. Maybe you are exactly where you need to be.

The past is over. Whatever you would change - you can't change the past. Let go of the past and start fresh today - from this moment.

A friend of mine has health issues related to smoking. He regrets that he ever started smoking, but no matter how deep his regret, he cannot go into the past and change that he started smoking years ago. The past is done. His power is in the now. He need not think about quitting smoking the rest of his life, or even the next day. But by taking a walk, drinking water, chewing gum, or whatever gets him through just his next craving, he takes control. As he gets through that moment, he feels empowered. Each time he breaks through the craving, he builds upon his success and soon finds that he likes feeling empowered more than he likes smoking.

We live moment by moment, feeling our way along. Decide to feel better now. Get into your center and align with your inner knowing and allow.

Allow the best to come in. Allow the best to be resolved. Allow the future to unfold in the highest order for the good of all concerned. Elevate your thoughts by releasing and letting go as you declare: Divine Order is now established in my life.

Divine Order is now established in my world.

Drop the resistance and let go by elevating your thinking and feeling state. Use whatever tools work for you to break the pattern of thought, release the resistance and elevate your thinking: journal about it, exercise, yoga, meditation, visualization, affirmations, prayer, affirmative prayer treatment, seek counseling or go take the dog for a walk.

Acknowledge the present moment and decide to live from this moment in alignment with your highest good.

Stop living with regrets. Let go of trying to figure everything out. Allow the good to flow in to you and all concerned.

Let go and drop the resistance and set yourself free. Get in the good flow by thinking of something that you are grateful about. Take a deep breath in.... and out. Feel at peace, as you feel you way into your center. Feel your power as you go within.

Feel joy to align with your good. Think about something that makes you happy, hopeful or elated. Align with your peace and practice holding onto that feeling.

Feel joy as you establish divine order. Let go.



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# From the Heart

Alan Cohen is the author of many popular inspirational books, including his newest, *A Daily Dose of Sanity*. Listen to Alan's weekly radio show at [www.hayhouseradio.com](http://www.hayhouseradio.com), and join him for Life Coach Training beginning September 1, 2011. For info about Alan's books, programs, his free daily quotes via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or 1-808-572-0001.



## The Tailor's Secret

**A**re you concerned about how you look in your bathing suit? Do you worry you don't look as good as you did last year, or ten or twenty years ago? Are you struggling with friendships or business ventures that once worked for you, but do not offer the reward they once did?

If so, **George Bernard Shaw** might show you the door to peace: "The only man I know who behaves sensibly is my tailor; he takes my measurements anew each time he sees me. The rest go on with their old measurements and expect me to fit them."

To plumb to the core of happiness and success, we must recognize the difference between the present and the past: The present exists. The past doesn't. If you have ever tried to go back and relive or rekindle the past, you have probably discovered that you can't. What was, was. What is, is. If something is now, it is because it has life now. If it isn't now, it doesn't exist.

Since the advent of the Internet and Facebook, I have received many contacts from people I once knew. My best buddies from elementary school, high school, and college have reached out to say hello. I have enjoyed hearing from them, and in most cases we corresponded by email for a bit, and even got together for lunch. Yet in nearly all cases, those connections did not last very long. When this occurred, part of me felt disappointed, since these friends represented some of the best times of my life and I hoped they would renew. Instead, I found that we no longer had as much in common as we did years ago. While our new times together were pleasurable and rewarding, after reminiscing over old times, we simply did not have that much to say to each other now.

Every relationship exists for a reason, a season, or a lifetime. You intersect paths with some people for a momentary experience, and that is the purpose of the meeting. You were not meant to be together for a longer time. Ken fell in love with Cindy, and several months later she got pregnant. The couple married and had a beautiful little boy who became the light of their lives. A few years later Ken and Cindy divorced and chose different paths. Yet they both love their son very much, and to this day over 20 years later, he is the best thing that ever happened to them. Ken and Cindy came together to have that child, but they did not have a purpose as life partners.

Some relationships exist for a season. You might have a friend, business colleague, or romantic partner for a number of years. Then you grow apart and the relationship changes form or dissolves. You may believe you made a mistake or something went wrong. But it did not. If the relationship

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*Psychic Readings by: Miss-Donna*

lasted for seven years, that was the true lifespan of the relationship. If you tried to stop it before its appointed time, or you try to prolong it after it is complete, your efforts would not work. Its appointed time is perfect.

Some relationships last a lifetime. These might include family relationships, marriage partners, significant friendships, or career colleagues. Such relationships are a blessing, for they run deep and the loyalty and support you share is a true gift. Appreciate such relationships with all your heart. Such people are genuine soul partners.

In truth, all relationships last forever. The nature of relationship is eternal. It's just the earthly form that goes through changes. If there was once love, there is always love. The part of us that gets hurt, upset, or angry, or turns its back on another person is not our true self. Our reality is love. Likewise, if someone leaves this world, that is not the end of the relationship. As spiritual beings, your relationship goes on and continues to blossom. Only love lasts.

There are several ways we hold onto the past in self-defeating ways. One is by clinging to past hurts or resentments. "We bury the hatchet but then we remember where we buried it." Someone hurt you a long time ago, and that is all you remember about this person or relationship. Or you hurt someone and you cannot forgive yourself. Since then the other person has remarried, or passed away, or has left your life. Yet you prolong the pain by focusing on the past hurt.

Another way we keep the past alive is through a sense of indebtedness. Someone helped you with a loan, job, or act of kindness, or they got you out of a jam. Since then you hold them on a pedestal as a kind of savior and you feel forever indebted to them. Or you helped someone and you believe they are indebted to you. Yet Plato said, "True friendship can occur only among equals." *A Course in Miracles* tells us, "Miracles are performed by those who temporarily have more for those who temporarily have less." It is holy to ask for help, and holy to give it. But that interaction lives in that moment, and afterward we must release it as giver or receiver.

We also keep ourselves small by holding onto an identity related to a past success. You achieved something admirable long ago, but you milk it forever. Yet there are new and equally wonderful things about you now. Can you stand in today's magnificence as well as yesteryear's?

You don't need to resurrect the past because the Power that made the past beautiful is making now wonderful. That's why they call it the present.



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Thursdays PALM BAY Tai Chi for Seniors 2:00pm Palm Bay Community Center Port Malabar Blvd email [wmiddlee@earthlink.net](mailto:wmiddlee@earthlink.net)

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 offering appreciated. Hield Rd is off Minton Road, just north of Palm Bay Rd, go west a mile or so, on the right, look for mailbox

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

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

Sundays MELBOURNE Metaphysicians' Circle meets in a new location in Melbourne 7:00-8:45pm \$3 321-474-7348

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At times it seems too hard to shake free of our beliefs. We cannot forget the opinions of the world. Everything rises up in our imaginations to keep us from using the keys that we have. We are afraid that our fictions of reality will crumble, leaving us with nothing, yet this crumbling, this falling apart of everything we've been taught is the threshold to truth.

This struggle, this dark night in our lives is the shadow before the inner gift arrives.

From *The Silent Questions, A Spiritual Odyssey* by Doug Marman  
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## ABRAHAM \*Fun\*

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

## How Can I Help the World?

**A**s astounding as it may seem, every thought that I think is eternal. For thoughts are energy, and energy lasts forever.

The greatest gift that I can give to humanity is the same as the greatest gift I can give to myself: happy thoughts and joyful feelings. When I feel good, I release good to the planet. Automatically. Easily. Just like that.

While I may not know how my inner peace and joy impacts the world, I can be certain that it combines with others' good-feeling thoughts to help where good is needed and ready to be received.

Today I watch for opportunities to feel happy: a neighbor's greeting, a proud parent with a stroller, a cool song on the radio, a compliment, a goal achieved, a cuddly pet. I relax more, stress less, and find ways to pursue what I love.

I do it for myself. I do it for others. My happiness is a blessing sent forth to the world.



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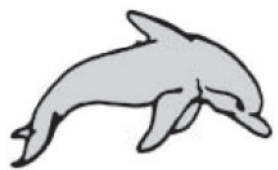
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# IF IT DOES NOT GIVE YOU PEACE, WHY DO YOU BELIEVE IT?



Armand Della Volpe - ordained musical minister, singer/songwriter/pianist/Native American flautist and Angelina - classically trained vocalist/classical guitarist travel across the country sharing their World Popera Music. The tour is called "Our Neverending Story" and its purpose is to remind of our oneness and help the world to experience "Heaven on Earth." They appeared in July 2011 on American's Got Talent. Visit the websites [www.armandandangelina.com](http://www.armandandangelina.com) and <http://armandangelina.blogspot.com>

**M**ore and more I am becoming convinced that we are all making everything up. If this is true, then why do we spend so much time making stuff up that feels bad? I guess it's what E.T. calls the "pain body". If your "pain body" is hungry, then it will inspire you to make something up that feels bad.

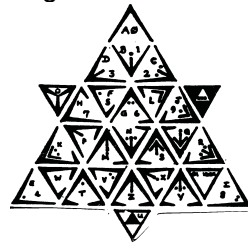
The more I make up that this world is a wonderful, meaningless playground, the more fun I have. The more I see all people as playing out their perfect roles, whether pleasant or not, the more peace I feel. The more I act as if I cannot fail, the more free I feel. The more I surrender to the perfection of everything, the more faith I feel. The more appreciative I am for the people in my life, the more love I feel. The more I see myself as equally wonderful as anyone else, the more in-love I feel.

If it's not bringing you peace, joy, freedom, love, fun and faith, Why are you thinking or doing it??? I'll give you the most common reason....because we have been lied to and not told that we have the choice to make up what we want. We were told that this world is "real" and we must do the "right" thing in order to be "good." We were told that things that happened to us in our childhood were "bad" and the people who did them were "bad." The mind does not know the difference between ourselves, events and others so the minute we say something is "bad," a part of us feels "bad."

A heavenly experience can truly occur when we let go of all this judgment and see the divinity and/or illusion of it all. Look at any area of your life that is not happy and free and you'll find an underlying "negative belief" that can be replaced with love through forgiveness and making something else up. In the movie "A Beautiful Life", the little boy pretended/made-up, with the coaching of his dad, that everything was just a game. As a result, he had a good time even though there was apparent insanity all around him. I aspire to be more like him. Some may say..."that's not realistic". I would agree, but would you rather be realistic and miserable or idealistic and happy?

Gillian MacBeth-Louthan & TheQuantumAwakening.com

## TEACHINGS OF LIGHT From the Light Masters & Star-People



August 6, 2011  
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All the stars and stellar vibrations that come from deep space are here to assist us in embracing a vibration that has never existed on Earth. This August the Energies line up to show us the way home as we look for a portal of escape leaving the harshness of the world behind. The fearlessness of the next step of our journey is nonnegotiable and not refundable. It addresses all that sits at the foot of our heart and still casts a shadow of doubt.

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# Abraham-Hicks

*...continued from page 8...*

Think about it: You have this really good manager in place... who delegates really effectively to other managers, who delegate really effectively to other managers... and the whole thing runs like a well-oiled machine. All you have to do is occasionally point it in a direction here or there, through the power of your thought, and you have absolute confidence in those abilities of all of those managers and sub managers and sub managers, everybody playing the role that they play...

Now, in the same way, once you get that worked out in your mind -- where you are trusting that the **Law of Attraction**

will orchestrate all of that, relative to that -- then you can start applying that same process to your body. Actually, it's easier relative to your body than it is relative to others, because the cells of your body are actually operating in much greater cooperative fashion than the people in most organizations. But it is the same process.

**QUESTION:** So, I delegate to my manager that, in addition to my desires, and I have a multitude of desires. I delegate all of them, basically, and I say, "I'd like to generate insulin inside my body?"

**ABRAHAM:** We wouldn't even go that far. We would say, "Manager, you know what to do. You know what this body needs. The cells are giving you the indicators on a regular basis. Go to it. And I'll do my role, which is to hold myself in this light, fluffy, good feeling, rampage of appreciation, place, so that you can do your work in a non-restricted manner."

Have you ever known managers who over-managed to the point that the people who knew what to do couldn't get it done? Where, if they'd just been left to their own devices, they would have figured it out? So worried about things not happening, that they sort of over-managed -- until they created an environment that did not allow the work to be done?

Well, that's the sort of thing that happens relative to your physical body when you get too consciously involved in trying to orchestrate.


You don't need to tell your body that it needs to produce insulin, but you think you do, because you're taking it externally. And so, you're saying to yourself, "Well, since my body doesn't produce this, and since I'm now utilizing it in order to bring myself into balance..." And we say, that is too involved. That is too much management.

Instead, what you're wanting to say is, "I'm doing this, in the meantime, but my body knows what to do. The cells of my body know what to do."

If you knew then what you know now, this diabetes would have never begun, and certainly would not have been able to be perpetuated. But you didn't know then what you know now, and so, in your Energy misalignment, that's what got started. That was a crack of least resistance. And then, once it has manifested, now, what has manifested has your attention. And that's the only reason it's remaining.

The Energy of your Being would not produce it today. So if the Energy of your Being would not produce it today, why is it remaining today? For one simple reason: It exists because you continue to observe it. That's the only hook.

*...continued on page 33 ...*




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## What is Enlightenment?

*...continued from page 11...*

Why didn't you say that? Because you weren't thinking - your conscious mind was unconscious, unresponsive, asleep, AWOL. (Note: I'm not talking about lucid or semi-lucid dreams where the conscious mind is partially awake.)

The key part is that you witnessed the dream, but that no thoughts were going on. You were witnessing the salesman, the masks, even yourself, but you weren't thinking. If you were thinking, you would have realized it was a dream.

What is my point? Since you witness your dreams without thinking, you therefore cannot be your thoughts. Something (You the Witness) sees your dreams while you (ego) are unconscious!


You are the witness to what goes on in your head, not the contents of what goes on in your head. Recognizing this is the first step to seeing your thoughts, and more importantly, seeing your ego story as just a collection of thoughts.

Try to recall a memorable dream. Try to see how you watched that dream, much like a movie. Try to get in touch with You as the **Watcher/Witness** of that movie.

Now if you look closely at You as the Witness, you will see that you have never changed. Since your earliest memory, you have always been there watching. You were there watching as you learned how to tie your shoes, ride your bike, or learn to speak. You probably don't remember it, but you were even there watching at the moment of your birth.

Your brain and body were changing and growing, but You were always there watching, always constant, always the same. You were the same because You as the Witness are not your ego, your memories, or your story - all of those are just thoughts. You as the Witness are constant, clear, open, radiant and wonderful awareness.


What's fascinating is that you can even see the Witness when you look into a baby's eyes. Their brains are dumb as rocks, but you can still see and sense the life/love/wonder gleaming behind their eyes. That gleaming is their Witness shining forth.



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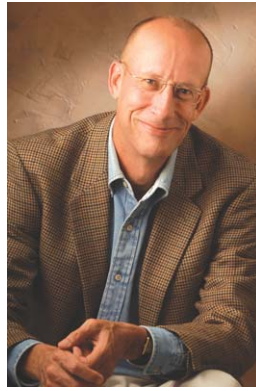
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# NOTES from the Universe



An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book *The Secret*, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit [www.tut.com](http://www.tut.com) to sign up for free daily Notes from the Universe!

**Laced throughout every day of your life are hidden highways of opportunity, invisible crossroads of time, and golden avenues for personal transformation that if only traveled upon would reveal the extraordinary, the sublime, and the unexpected.**

**Yet most slip by undetected until there's first a childlike wonder at the ordinary, the routine, and the expected.**

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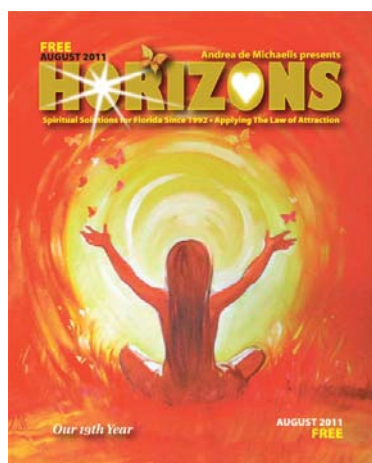
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# COVER ART Golden Moment by Jane Taylor



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



*"For me painting is one of the necessities of life, I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead*

*but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush! What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so much better than just plonking it in a gallery! I organise delivery myself, and get fantastic feedback and I know that the reason I painted a specific piece was because it was meant to be owned by just one special person - it closes the sacred circle of creativity in a very beautiful way.*

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



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# A Folk Ways Calendar



## AUGUST 2011

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

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

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

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

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

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

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

-- Andrea de Michaelis, Editor

**I'M A MOON WATCHER.** I like to follow the cycle of the moon as it travels across the sky each night. Knowing what cycle the moon is in and when the tides are high and low helps me feel connected to **Mother Earth** in a more expansive way. No matter who we



are or where we came from, ancestors from every culture across the world and throughout time had mystical ways of honoring life's important moments by rites of passage and special celebrations. Rituals are one way we intentionally create meaningful connections with special events and people in our lives. When we have celebrations to mark events, our life is transformed into something magical and wonderful.

**Full Moon in Aquarius Aug 13, 2011 at 18:57**

### FULL MOON RITUAL

The full moon completes the cycle, representing death, change, or tying up loose ends. The full moon symbolizes the end chapter, shedding light on the things that we no longer need to hold on to.

**Full Moon is an opportune time of the month for purging rituals to take place.** The light the full

moon offers illuminates those things that are interfering with our spiritual advancement. Once we have been made aware of ways that are blocking us, the easier to let go. The full moon ritual is for releasing or purging the things in our lives that no longer serve us such as addictions to food, drugs, or sex, relinquishing suffering involved in hurtful relationships, discharging physical and emotional pains, etc.

Full moon ceremonies I have participated in have been pretty simple. You can do them alone, or each person in a circle takes his turn throwing scraps of paper into a fire that is then watched turn into ashes. The scraps of paper have words written down on them of those things we were releasing or vowing to change in our lives. Or even speaking into the flame of a fire or lit candle, "Bad habit, begone." Yes, a full moon ceremony can be as simple as that.

**Supply suggestions:** fire proof chimnea or cooking pot to toss the burning paper inside, candle with matches or lighter, water (to put out the fire afterwards), and smudge sticks for cleansing.

**New Moon – August 29, 2011 at 03:04**

The new moon is the birthing cycle of the moon's various phases. The new moon phase is an optimal time for planning and seeding your intentions. Seedlings need a period of gestation before they break through the soil and reach for the sunlight. This is also true for our ideas and our desires.





# Is It Friday Yet?

*...continued from page 14...*

Wayne Dyer at [www.drwaynedyer.com](http://www.drwaynedyer.com), or comforting affirmations from Louise Hay at [www.louisehay.com](http://www.louisehay.com). It's a nice gesture to share with the people you connect with every day, and yet another small way to filter positive energy into the corporate world.

Another way to use e-mail to uplift you is to sign yourself up to receive daily messages. The websites previously mentioned (as well as several others) have a feature where you can get a daily inspirational message e-mailed to you. This won't be a popular idea among managers or your IT department, but if the few seconds you use to read a short inspirational message when you first open your e-mail for the day gives you such a boost that you are more motivated to do your job with greater peace, happiness, and mental clarity, I'm sure the results would be hard to dispute.

## USING SOFTWARE

One tip that has helped me remember things throughout my work day is to use my Outlook Tasks feature. I put private "appointments" on my calendar to myself (marking the time as "free") with reminders to relax, breathe deeply, stretch, massage my shoulders, drink water, do an affirmation, etc. You can do this on your phone, your PDA/Blackberry, or any other kind of technical device you have with a scheduling feature.

This has proven invaluable for me because it is automatic and I can start or stop it whenever I like. I put my appointments on, then I don't have to think about it again until I see the reminder pop up on my screen! I will continue to do this until it becomes automatic for me. Stretching at my desk, getting up for more water, and taking deep breaths have kept me

healthy and balanced so that I am doing my job to the best of my ability. Be creative with your reminders and have fun with it!

## USING YOUR PLANNER

I devised a coding system for myself so I can keep track of when I have done the things in my life to keep me in balance, such as meditating, journaling, exercising, etc. Then, when I find I'm particularly anxious, I can look at my planner and see at a glance what my week/month has been like and see what areas I need to work on to keep myself in check. Plus, it motivates me to see my progress. I don't have to do everything everyday, but if I am in a regular routine, it is clear in my health, my relationships, and ultimately, my work performance.

My "legend" is this: M=Meditated, J=Journaled, E=Elliptical, T=Treadmill, W=Walk. After I came back from maternity leave and my baby started sleeping through the night, I'd put stars on the days I got a full night's sleep. You can make up your own code for anything!

My message is to teach people that when they are stressed out at work, they have to be their own "guru." It is in your best interest to learn how to calm down and uplift yourself to do your best in spite of the chaos. With creativity and persistence you can learn what works for you and then you can learn to love Mondays too!

Excerpted from A Guru in the Office: 50 Ways to Remember Your Spirit in the Corporate World, by Dawn M. Staszak, published by Reality's Books, June, 2009, available at Amazon.com and BarnesandNoble.com, and through most retail bookstores. Dawn can be contacted via her website [www.guruintheoffice.com](http://www.guruintheoffice.com)

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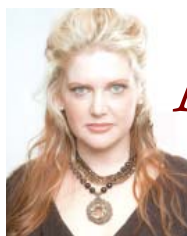


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## Ask Whitedove

*...continued from page 15...*

*Dear Whitedove:*

*The Ghost Investigating TV shows on right now are cool, but they never seem to capture any phenomena. These programs seem a bit contrived although I enjoy them. Obviously the hauntings continue after the ghost hunters leave. But wouldn't it be more helpful to stop the haunting instead of just trying to witness it?*

*~Ghost Believer in Billings*

Dear Believer, I have been brought in to remove many a Ghost. For me, it's about bringing closure to the wayward soul so that it will move into the Heavens. As a Medium, first I must find the specific motive that the soul decided to stay. I've found many reasons: attachment to their home, fear of judgment, confusion, to stay with a loved one, or to seek justice. Once I know their issue, only then I can usually convince them to move forward in their journey. When this happens, then there is newfound peace for the family that has been sharing their space with the Earth-bound spirit. It's always my goal to get the soul to cross over to Heaven.

*Dear Whitedove,*

*My mom went to one of your events and told me of your x-ray vision and ability to see her medical issues. I'm studying to be a nurse and I'd like to have an understanding of how this gift works.* ~LPN in Lauderdale

Dear LPN,

The gift of intuition is one that we all have. Through the years, many people have come to seek explanations for their medical mysteries. I've been able to fine tune my ability to psychically see into the body, scanning it for issues. I can see tumors, cancers, blood deficiencies, spinal ailments, neurological issues, nerve damage and hormonal imbalances too. As a health intuitive, I successfully use this God given ability of medical intuition to direct people to see the correct medical specialists based on their needs, but I am not a Doctor.

For you, as a nurse I'd highly recommend developing your intuition. When you utilize medical science with your innate guidance system/intuition then you can help your patients on a new level. You'll gain great satisfaction from this.



# Abraham-Hicks

...continued from page 26...

"Because it has manifested, and now I see it, or now I experience the repercussions of having it -- now that holds me in vibrational harmony with it." And so, that's why we say... "The more things you can do to distract yourself from it, the better."

**QUESTION:** And let go of the time reference, as well? 24 hours is immaterial?

**ABRAHAM:** It doesn't matter at all. You're an eternal being. Why not let this be the opportunity of feeling the ecstasy of bringing yourself into alignment? Why not experience the thrill of getting an idea, and holding it purely in your mind, and watching the cells of your body? Why not let that be an adventure, or a journey, that is delicious for you?

## CAN I GET OVER THERE FROM HERE?

As you stand here and you say "I'd rather be over there," what you're actually saying is, "I want to go from here to over here." And we say, that's not very likely, is it? There is some distance to travel from here to there.

"I don't want to have to get over there. I want to be over there." And we say, "Well, the way you be over there is by getting there in your mind." And so, how do I get from here to over there, without that feeling of having to traverse the distance? And we say, by feeling that you are already over there.

When you are very clear that you are here, and equally clear that you would like to be over there, there is a tendency to sort of be in both places at the same time.

In other words, "Here I am, I want to be there. Here I am, I want to be there. Here I am, I want to be there. And so, the consensus of your vibration is not making much movement.

Where, if you could stop feeling so profoundly where you are, and start feeling more about where you're wanting to be, then your vibration is purer about this.

Now, that's not an easy thing to do when it has something to do with your physical body or your physical experience, or the stuff you see around you. In other words, "Here is where I am. How can I not recognize that I am here?"

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We're not asking you to stop recognizing that you are here. We're just asking you to spend more time thinking about where you want to be than you do about where you are.

You just have to make where you are going feel more familiar than where you are. And we think that if it really, really mattered, if you were really in a place of strong discomfort, that you might spend more time doing that. We think that we would make it a non-issue. We would start saying, "I'm happy where I am. I'm happy where I'm going. I'm happy along the way. I'm happy eternally. I'm not trying to get from here to there because I'm not happy here -- I'm just going from here to there because that's the natural process."

## DIFFUSING ANY SENSE OF LACK OF WELL-BEING

You're wanting to diffuse any sense of lack within your experience. "I would like my body to produce insulin, but it's not a big deal, because I have plenty of insulin available to me. And so, my body is maintaining its balance. And whether I'm getting it this way or that way, I'm already where I'm wanting to be."

...continued on page 34...



## Abraham-Hicks

*... from page 33...*

For example, if it's relative to dollars, Certainly I'm wanting more dollars, but I'm not wanting more dollars because I'm in a place of lack, or of not enough dollars. There are plenty of dollars coming."

Your dominant work is to diffuse any feeling of lack, or any feeling of pushing against anything. That's the way you hold yourself in this place of greater allowance.

We want to find ways to convince you that the Well-being that you've been asking for is being answered. Your wish is granted. Now it's time for you to start accepting that it is done.

In other words, "The financial institution has granted my request for a home loan. The school I have chosen for my child is fantastic. My body feels great. The money is flowing. My mate truly adores me. I have creations within me that are expanding. There is beauty before me. Every day of my life will be delicious. My future is bright.

There is no such thing as decline. I am a vessel continually infused with powerful Energy. Well-being truly abounds. The earth spins in its orbit. The tomatoes continue to grow. My cells know what to do. My breathing mechanism is perfect. My metabolism is perfect. My elimination system is perfect. My blood knows what to do..."

In the same way that you don't put the sun coming up on your To Do list, don't put creating insulin on your To Do list. Just appreciate yourself into the Well-being that is natural to you.

**GUEST:** I've had a really long To Do list, haven't I?

**ABRAHAM:** Yes, because you've been trying to justify your worthiness through it. And nobody's watching. That's the important thing. All that worthiness you've been striving for is misguided.

**GUEST:** Well, every statement you've made, I fully feel and agree with. And I'll just enjoy myself



## Thoughts about things...

*... from page 7...*

signals. Anyone can benefit from this. Childhood trauma can cause neurons connecting critical thinking with emotional control in the brain to wither and die. Mindfulness heals these connections. Compassion, empathy, understanding, acceptance and other benefits come from daily sitting practice of mindfulness.

Here is a tip for parents from gong musician/therapist/healer Richard Hite: Daily sitting 25-30 minutes a day heals the neurons connecting critical thinking with emotional control in the brain. No beta waves means no words, no words means no story. Nothing better than a direct experience of the universe that is beyond words. The real universe is so much bigger than can be defined by words or contained by thought we let go of the basis of thinking to experience it in all its magical glory. It is akin to being reborn fresh and new when thought returns.

In the early evening, I do my creative vidualization sessions. I bring out the list of projects I'm working on with friends and partners, as well as notes and emails people have sent me. I spend a few minutes on each, sending some energy toward their vision, with the intent to help prepave their future experience. Then my personal just-before-bedtime-routine is a quick nightly review of what happened that day, and some personal creative viz toward what I'd like to happen tomorrow or next week or next year.

I like changing up my routines. It always starts the domino effect of other things happening in my life. Things that need shaking up, get shaken up. Old structures fall away so new ones can replace them. I wrote at my blog: "Let's see what happens next."

Within a week of changing up my schedule, my tenant of nine years notified me she was moving out of the mobile home I own at **Holiday Park in Palm Bay**. It's in an over-55 park on **Malabar Road** right off I-95 and it's light and bright, 2 bedrooms, 2 bathrooms, washer and dryer in the laundry room, screened porch and good neighbors. Health concerns require surgery and she will be moving in with her children, so I will have an opening for a new tenant. A friend asked me why that could happen to me -- my tenant leaving without notice -- since I'm "such a positive thinker." I always have to laugh when I get that question because *why would someone assume that me losing a tenant is a bad thing?*

*...continued on page 38...*





# LIBERATION BANQUET

... from page 12...

## 4. ENVIRONMENTAL

Clean out a closet or drawer.  
Give stuff to Goodwill.  
Clean one room.

## 5. FINANCIAL

Pay attention to what you spend; is it truly of benefit to you?  
If you need a job, do something to move toward getting one.

## 6. NUTRITIONAL

Decrease sugar intake.  
Eat fresh vegetables.  
Drink two quarts of water every day.  
Eliminate another unhealthy food choice such as soda pop.  
Replace with lemon water which makes you feel full.  
Eat lean meat, red meat for energy if you are low energy.  
Replace white food with whole grain bread, quinoa.

## 7. REST AND REPLENISHMENT

Meditate.  
Grossly under-schedule.  
Breathe deeply once every hour.  
Nap every day for twenty minutes.  
Write, walk, drink water.  
Go to bed by 10pm and get 7-8 hours of sleep.  
Drink Valerian Root tea two hours before you go to bed to help you sleep without medication.

## 8. HAPPINESS HABITS

Begin and end your day by naming 3 things you're grateful for.  
Pay attention to what brings you joy.

## 9. INTELLECTUAL STIMULATION (ALZHEIMER'S PREVENTION)

Dance. Nia is especially great.  
Read something challenging.  
Watch TED videos on the internet.

## 10. GET SUPPORT

Join a support group.  
Find a Success Buddy.  
Get a coach.  
Ask for help and receive graciously.

## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

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

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

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

This frees us to begin to live more fully, in every moment, now.

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

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

*From my heart to yours,  
Andrea de Michaelis*



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# HOROSCOPES

## **Aries: May 20 to April 19 "I Am."**

During the hot and steamy nights of August beware of any tendencies towards domination where love and children are concerned. With transiting Uranus in Aries retrograde since 7/9/11, your life is in the clean up stage. August 17, and 18 are good days to finish up any last details.

## **Taurus: April 19 to May 19 "I Have."**

What is really going to make you happy this month is to focus on service, and helping others be their best. Your stamina is strong because you have made a commitment to your health by exercising and eating right. Really the key to your happiness will be to do what you love. August 20th and 21st are great days to focus on fun.

## **Gemini: May 20 to June 20 "I Think."**

What ever you find yourself doing this August you will be energized beyond belief with transiting Mars in Gemini on your tail. August 23rd is a mercury day; because the Sun enters Virgo while the moon is

in Gemini and the sun leaves Gemini, take time to realize what is important, and get a clear picture of what your future holds. A powerful day of clear thinking and contracts.

## **Cancer: June 20/21 to July 22 "I Feel."**

Lately you have felt very uncomfortable with yourself without knowing why. But seriously it all has to do with your present reality, change your thinking and you change your belief system. Childhood memories have left a mark on any future thought forms wanting to be manifested. August 24th and 25th are perfect days for you to rejuvenate yourself.

## **Leo: July 22 to August 22 "I Will."**

This month is a time to realize how your beliefs have shaped your life. You thrive on being the center of attention just like the sunflower that needs to be planted in direct Sun. Whatever you do this month, make sure you do your best because you will be in the limelight, nothing can be hidden. What you see is what you get.

## **Virgo: August 22 to September 22 "I Analyze."**

Mental and emotional awareness is like having your cake and eating it too! For the month of August transiting Mercury in your sign will be affecting the way your mind works. What is worse is that Mercury goes retrograde in Virgo on August 2, 2011. Many challenges, needing lots of clarity towards more understanding.

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

You have a need for balance in your life especially this month. Transiting Saturn is still in your sign for two more years. Now is the time to buckle down and really focus on the important things in your life that matters. Stay clear of indecisiveness and vacillation and set your sights on a successful future.



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# August 2011



## SUGGESTED READING WATCHING LISTENING

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

You greet life with passion and an enthusiasm that tells people to get out of the way. The battleground of the conscious with the subconscious self is huge. Some where along the way you must find your middle ground. Who are you and what do you want to do when you grow up. You are at a crossroads with many choices; it is up to you!

### Sagittarius: November 21/22 to Dec 21 "I Perceive."

Sagittarius ruler of the hips is the energy of moving forward. Your greatest lesson is perception and understanding with a desire for a well rounded life style beyond your dreams. You know by now that if you want anything you have to get up off the couch and go get it yourself. Passion is about moving forward in life, as well as being fulfilled.

### Capricorn: December 22 to January 19/20 "I Use."

Even though your approach to life is very practical and down to earth you still seem to be in the clouds as far as your goals are concerned. This month will be about your ability to focus and steady your mind, communication will be very important with family members.

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

You may be the one that your relatives think is too far out, but act as a catalyst for your friends and family. Your world may seem lonely at times just because you have been so isolated from your family; that is all changing for the better. You know the future and now you just have to catch up with it.

### Pisces: February 19 to March 20 "I Believe."

Your emotional nature is strong and sensitive and with that said you are very close to your family. It is time to stick your feet in the dirt and really get grounded for what is coming. You are healing at the very core of who you have been so the new you can come out to play!

#### CDS:

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

#### BOOKS:

Be Love Now, The Path of the Heart by Ram Dass  
The Essence of Tantric Sexuality Mark A. Michaels, Patricia Johnson  
Ecoshamanism by James Enndredy  
Change your Life, Change the World by Ryuho Okawa  
The Well That Never Runs Dry by Joann Davis  
Yoga For Every Room in your House by Jinjer Stanton  
I'm Not Dead, I'm Different: Kids in Spirit by Hollister Rand  
Fading Toward enlightenment by Wayne Wirs [www.fade2e.com](http://www.fade2e.com)

#### FROM [WWW.LLEWELLYN.COM](http://WWW.LLEWELLYN.COM)

Chakra Awakening by Margaret Ann Lembo

#### [WWW.HAYHOUSE.COM](http://WWW.HAYHOUSE.COM)

Question Your Thinking, Change the World by Byron Katie  
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Getting into the Vortex Guided Meditations CD and User Guide

#### MUST SEE DVDs

The Secret Behind The Secret [www.abraham-hicks.com](http://www.abraham-hicks.com)

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





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

## Thoughts about things...

*... from page 34...*

And it wasn't really out of the blue. I always know when things are shaking up for me that I've done something to attract it. I'd written earlier this week that I bought a new bed and re-arranged furniture in the bedroom and sitting room areas. I also changed up my spiritual practice, and re-did the altar in the living room fireplace. My life experience tells me that anytime I start moving stuff around like that, that is the butterfly wing that puts the waves of change into motion.

It's times like this that the Universe lets me show myself how much faith I actually have. I choose to bring to mind the fact that I've never had anything taken from me that wasn't replaced by something better. It's always an upgrade as far as personal happiness. That's my story anyway, and it works. I remember that whatever story I'm telling on a regular basis is going to become my reality. And my experience has been that nothing leaves my life without it making room for something better.

So how can I stay in the flow when one source of income is scheduled to stop? I remember that I have multiple sources of income and that if one dries up, another can begin. It's always been so and it's never been a problem. Because of that, I don't worry and freak out about it. Plus, I have good landlord/tenant karma (smile.) Plus I can always scrub floors or work at McDonald's if it came to that. It's all good.

I don't worry about it because I remember that my dollars flow out of who I am. Just as the giant oak tree comes from the tiny acorn, just so do my dollars flow out of who I am, and what I am being and doing. I recognize that God/the Universe is my supply and it is their good pleasure to give me the kingdom. And if I have faith, I can stay in the vortex and what I want will be laid at my feet. Every time. It helps to remind myself what I want and what I like.

I know that when I am in the vortex, if I just go with the flow, it will all work itself out. If I allow myself to be pulled out of the vortex as a result of anything that anyone around me is saying or doing, it's my fault. I'm in charge of where I let my thoughts lead me. They either lead me in or out of the vortex. It's as simple as that.

So, yes, I've been stirring up the chi at home and within days I have evidence of it shaking up my physical world. But none of it is bad news. To me, it's like drawing the tarot card of **The Lightning Struck Tower**. It means the breakdown of the status quo and the opportunity to rebuild again fresh a life that is more relevant to me now. The result is always something I prefer emerging from the ashes of what was no longer satisfying my soul.

I will be on the lookout for opportunities to become aware of, for people to connect with, and do whatever work shows up in front of me. I am so blessed to lead the life I do, I have no complaints whatsoever.



Enjoy our offering this month.  
Hari Om.

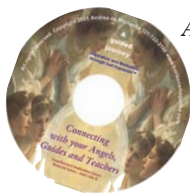
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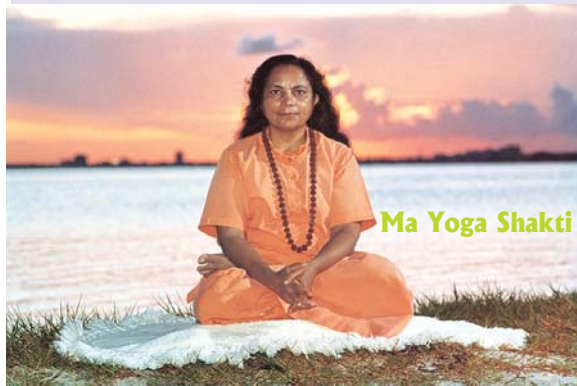
*Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic writing that has helped me focus myself careerwise,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

## Listen online

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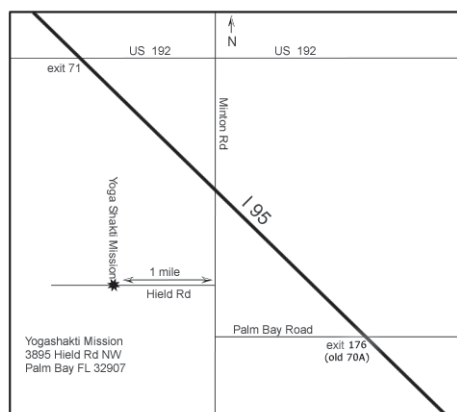


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*Talks on Spiritual Topics*



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Maryann and Jim Loafman

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**WHAT TO BRING:** Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook.

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

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