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## GEM SPOT

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

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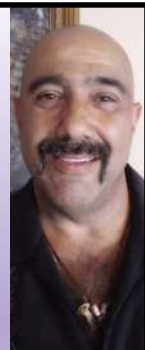
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# HORIZONS

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



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

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

**ARTICLE SUBMISSION:** You may submit articles of up to 900 words on any area of personal growth and practical spirituality to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com). 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 paid for.

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# 12 Steps of Spiritual Freedom

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



**YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE**



**Andrea de Michaelis**  
Publisher

# THIS MONTH'S THOUGHTS ABOUT THINGS...

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

**Hello and welcome to the August 2015 edition of Horizons Magazine. Summertime! Things are heating up and there are a lot of changes going on.**

Have you ever been so emotionally distressed that you wished you could reprogram your brain? There are a lot of natural ways to do it. I love turning people on to how to rewire their limbic system -- their emotional brain -- after a traumatic experience. You'll keep feeling the pain of the old thoughts until you exercise new thoughts to pave over old neural pathways.

A friend had anxiety in anticipation of her divorce. It took 2 years but they reached an amicable settlement in a 40+ year marriage. He'd moved on to someone new. She didn't want to be with someone who didn't want to be with her, but she felt heartbroken and anxious about the future. She'd never had another partner, ever. She knew she'd be fine, she was in several support groups, but she wanted help dealing with her feelings of brokenness and anxiety about the future.

## **YOU CAN DO MENTAL EXERCISES TO REWIRE YOUR EMOTIONAL BRAIN AFTER TRAUMA**

I reminded her that as soon as the final hearing was over, that was by no means the end to their relationship. They had three children together. They would know each other the rest of their lives. It wouldn't always feel like this. I reminded her after the hearing was over, her mind and body would let go of a lot of unconscious stress and resistance. She'd begin forming a new outlook on her life, with new expectations and new perceptions. She'd begin to have a much broader view of her life than before. Sure, she would still have to process her emotional pain and go through the stages of grief, but in the meantime she could do some exercises to rewire her emotional brain - her limbic system. She'd feel the same heartbreak and anxiety until she began consciously exercising new thoughts to pave over her old neural pathways. A neural pathway is a connection between parts of the brain, forged by thoughts and sustained by repeated memories.

She'd begin feeling better and having a more hopeful, optimistic outlook as she paved new neural pathways. The more we repeat something in a focused way, the more new neural pathways are formed, just as walking over tall grass for a period of time wears it down to a visible trail. You're paving a new pathway.

## **HARNESS THE POWER OF YOUR SHATTERED EMOTIONS TO TAKE YOURSELF IN A NEW DIRECTION**

When you've gone through something emotionally traumatic, you WANT to pave new pathways. You can harness the power of your shattered emotions as fuel to take your mind and thoughts in a new direction. When your mind and thoughts go in a new direction, your external 3-D life begins to change as well.

## **YOU BIRTH NEW CONNECTIONS THROUGH MENTAL EXERCISES LIKE MINDFULNESS MEDITATION**

The brain has the ability to regenerate and renew itself through mental exercises such as meditation, solving puzzles, and creative visualization. You birth new connections through mental exercises like mindfulness meditation (see page 12). Personality-wise, you also become who you think you are through repeated thoughts and visualizations. Studies show that such activity programs your subconscious mind to create a new you.

## **WE PARTICIPATE IN CREATION OF THE REALITY WE EXPERIENCE BY EVERY THOUGHT WE THINK**

Quantum physics experiments now prove that you can physically manifest in your life whatever you persistently think about. Your thoughts influence the dance of the atom and therefore, your thoughts create matter. We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak.

## **THAT'S WHAT WE WANTED TO DO WITH MY FRIEND: PRE-PAVE HAPPY NEW EXPERIENCES BY PAVING NEW NEURAL PATHWAYS FOR HER**

She would begin daily meditation and visualization to form new brain connections. She already had a lot of strong emotion going, so she would begin training herself to channel the emotion in a new direction. The way she'd channel her emotions in a new direction would be to have new thoughts at the ready anytime an old or contrary thought appeared, such as:

*She would expect to be delighted. She would expect to run into interesting people.* She'd begin to vibe in a new place by watching romantic movies and thinking *"this could happen to me. I remember what that felt like and I'll feel that again."* She'd look at happy couples on the street or on tv and think, *"this can be me, there can be someone for me. He might be closer than I think."* Other thoughts would surface and you drown them out by repeating to yourself the new thoughts, the new phrases, the replacement thoughts.

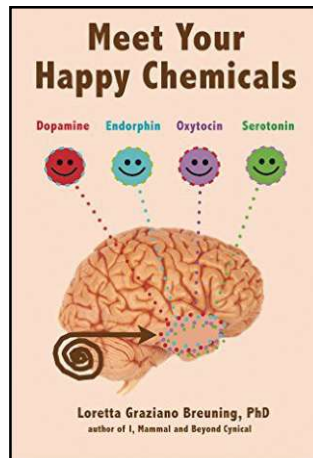
She knew it didn't have to be a romantic partner. She knew she could be fulfilled by a deep friendship. She could watch *Will & Grace* and think, *"This could be me. I can have fun, entertaining friends who love and support me uncondi-*

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



# MEET YOUR HAPPY CHEMICALS

Excerpted from Meet Your Happy Chemicals by Loretta Graziano Breuning, PhD



**The feeling we call “happiness” comes from four special brain chemicals: dopamine, endorphin, oxytocin and serotonin.** These “happy chemicals” spurt when your brain sees something good for your survival. Then they turn off, so they’re ready to spurt again when something good crosses your path.

Each happy chemical triggers a different good feeling. **Dopamine** produces the joy of finding what you seek- the “Eureka! I got it!” feeling. **Endorphin** produces the oblivion that masks pain- often called “euphoria.” **Oxytocin** produces the feeling of being safe with others- now called “bonding.” And **serotonin** produces the feeling of being respected by others-“pride.”

## FOUR HAPPY CHEMICALS:

Dopamine -- the joy of finding what you seek  
Endorphin -- the oblivion that masks pain  
Oxytocin -- the safety of social bonds  
Serotonin -- the security of social dominance

Each of the happy chemicals motivates a different type of survival behavior. **Dopamine** motivates you to get what you need, even when it takes lots of effort. **Endorphin** motivates you to ignore pain so you can escape from harm when you’re injured. **Oxytocin** motivates you to trust others, to find safety in companionship. And **serotonin** motivates you to get respect, which expands your mating opportunities and protects your offspring.

The mammal brain motivates a body to go toward things that trigger happy chemicals, and avoid things that trigger unhappy chemicals. You can restrain yourself from acting on a neurochemical impulse, but then your brain generates another impulse. You are always using neurochemicals to decide what is good for you and what to avoid.

A hungry lion is happy when he sees prey. His **dopamine** surges, which revs up his motor to pounce.

A thirsty elephant is happy when he finds water. The good feeling of quenching his thirst triggers **dopamine**, which makes permanent connections in his neurons. That helps him find water again in the future.

But happy chemicals don’t flow constantly. The lion only gets more happy chemical when he finds more prey, and the elephant only spurts when he meets a survival need. Good feelings evolved because they get us to keep doing things that promote survival.

Your feelings are unique. You have unique ways to turn on your happy chemicals because you built neural pathways from your unique life experience. When something made you feel good as a child, the happy chemicals built connections. When something felt bad, your unhappy chemicals seared that information, too. Over time, some of your neural pathways developed into superhighways because you activated them a lot.

## **Your existing neural highway system makes it easy for you to like some things and dislike other things.**

Often, we find ourselves liking things that are not especially good for us, and fearing things that are good for us. Why would a brain that evolved for survival build such quirky pathways? Because the brain builds on the pathways it already has. We evolved to store experience, not to delete it. Most of the time, experience holds important lessons. It helps us go toward things that helped us in the past and avoid things that endangered us. But a huge surge of happy chemical builds a huge pathway. A big surge of unhappy chemical builds a big circuit that lasts even when the threat is gone.

## **You built circuits effortlessly when you were young.**

Building new circuits in adulthood is like trying to slash a new trail through dense rainforest. That’s why people tend to stick with the pathways they have. You can build new trails through your jungle of neurons, which can turn on your happy chemicals in new ways. The electricity in your brain flows like water. It finds the path of least resistance.

*...continued on page 20*



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**Guest:** I have huge desire regarding my inventions but feel so much despair at my unfulfilled dreams.

**Abraham:** You want to come into alignment, and the way to do that is to find a way to be ok with the dreams as yet un-manifest. You have to feel exhilarated before you can open doors. You have been trying to take action before the energy lines up. Line up the energy first, then the dollars and promoters will become available to you. You are not unsuccessful, you are a *not yet recognized genius creator*. Convince yourself you are it.

Most of you don't buy our sales job about who you are yet. You have to feel great - feel the power of your inventions. Beat the drum of the powerful you. When you feel bad, you feel the energy drain out of you. Only a spattering of you allow your brilliance so far. Some of those inherited a sense of allowing. Some have had strong contrast and with the great rocket of desire launched from that, somehow learned to allow.

Most just look at what is and get more of it, and get more of it, and get more of it! You compare statistics of what already is and think it applies to you. It doesn't unless you look at it. Set all of it aside and make peace with where you are. Speak what you know about yourself now.

**Guest:** I have a lot of great ideas, bridging science and art in leading edge creations that can make the invisible visible.

**Abraham:** So far, that is a pure vibration. In that pure knowledge, you are already there. Beat that drum. Make these statements over and over and make this the activated and then the dominant vibration. When you do that, the world will find out! Investors with billions will find you. Law of Attraction will match you up. We wish we could give you an arial view, how Law of Attraction just delivers it to you.

**Guest:** But...

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



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# Herb Corner

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

## Health Benefits of Ginger

**Found in the produce section of your grocery store**  
**Ginger originated in Asia and now grows in most areas of the world.** This spicy flavored herb has been used as a food more than 4000 years and has been used as a medicine dating back 2000 years.

As a food it is edible raw or cooked. It can be made into syrup, grated, chopped, powdered, diced or sliced and added to many types of foods. I like to cook some slices and add it to sugar to make crystalized ginger. You can also pickle it in vinegar or infuse it in honey.



Centuries ago people used **Ginger** to treat pain. Today, researchers at **Georgia State University** have found this to still be true based on the anti-inflammatory compound **paradol**, which inhibits the production of **cytokines**. These are chemicals that promote inflammation making **Ginger** useful for the pain associated with **arthritis, tendonitis, rheumatism, muscle soreness, and even menstrual cramps.**

It has been used throughout history to treat stomach ailments. The **gingerols and shogals** in **Ginger** are antispasmodic and soothing to the whole digestive system making it the herb of choice for easing digestive complaints such as **IBS, gas, constipation, indigestion, diarrhea, abdominal cramps** (this is when I like crystalized Ginger). It also relieves **motion sickness, nausea, vomiting and chemo-induced nausea.** The gingerols also inhibit **helicobacter pylori** a bacteria that can cause ulcers. And because **Ginger** stimulates saliva and digestive fluids it aids digestion in the breakdown of proteins. Another compound **zingibain** in **Ginger** is known to kill parasites; this may be why sliced **Ginger** is served with foods like sushi.

When it comes to cold and flu season a nice cup of **Ginger tea** can ease **coughs, congestion and the chills.** I like to add **ginger** to soups or to baths for these also. The terpenes and oleoresin in ginger help support the immune system by encouraging **lymphatic system** to rid itself of toxins.

Finally in the **circulatory system** **Ginger** helps relax the muscles within the blood vessels improving blood flow throughout the body, this can help lower blood pressure. It also benefits people with **cardiovascular disease**, reducing LDL's; the bad cholesterol, triglycerides. And because it prevents platelets from sticking together it reduces blood clots. Just be careful if you are taking blood thinners, beta-blockers or you are planning to go for surgery since **it may increase bleeding.**





# TAPPING THE POWER OF DREAMS

Judith Orloff MD is the author of many self-help books including, *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life*, *Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life*. Visit <http://www.drjudithorloff.com/>


**As a psychiatrist, I believe that dreams provide extraordinary insights into improving your health, relationships, and career.** I consult my dreams for all important decisions using a technique which I describe in "Emotional Freedom" and below. You'd be surprised at the invaluable advice that your dreams give, either spontaneously or on request. Science magazine reports that sleeping on something or "unconscious thought" can result in smarter decisions than over-thinking--especially with important choices. For instance, if you're going crazy analyzing the pros and cons of a relationship, the Science study says that won't get you very far. Rather, it proposes that you think less and sleep on the dilemma, an opportunity for your subconscious to solve the problem.

I subscribe to the "sleep on it" school of decision-making which involves drawing on the wisdom of dreams. Why do we dream? To find answers, resolve emotional conflicts, and discharge negativity. Also to stabilize our biochemistry and mood. But, to me, another interesting question is, "Why do we wake up? Native American and Aboriginal cultures revere dream-time over waking life--they base tribal law on information obtained there. The Maoris believe that when we die, we return to the dream world. Kalahari Bushmen say, "There is a dream and it is dreaming us." So, in your own life, your dreams can contain advice that goes beyond the Annals of Internal Medicine.

## 6 STRATEGIES TO REMEMBER DREAMS

1. Keep a dream journal and pen by your bed.
2. Write a question (just one!) in the journal before sleep.
3. Wake up slowly. In the morning, spend some quiet moments remembering your dream. Luxuriate in a peaceful feeling between sleep and waking, what's called the "hypnagogic state." Those initial moments provide a doorway.
4. Record your dream immediately--otherwise it will evaporate. You may recall a face, object, color, scenario, or feel an emotion. It doesn't matter if it makes perfect sense. Do not censor anything. Nothing is too "strange" or "weird."
5. See how the dream answers your question. Act on this answer and see if your life improves
6. Try this every day for a week. You are programming your subconscious to remember. Soon it will be second nature.

How do you interpret dreams? One key to is to notice the most highly charged emotion in the dream—for instance, anger, fear, or joy. Next ask yourself "where in my life am I feeling these emotions?" Then, consider, how you can heal the situation or else celebrate a success.



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Here are some common dreams and their interpretations.

## A GUIDE TO INTERPRETING COMMON PSYCHOLOGICAL DREAMS

You're standing naked in front of a group of people.  
 Meaning: You feel exposed, vulnerable, and unsafe about a situation.

You're taking a test and panic that you don't know answers.  
 Meaning: You feel unprepared to meet a challenge or solve an emotional dilemma.

You're being chased by a horrifying pursuer.  
 Meaning: You're trying to escape a scary person or emotion (past or present) instead of facing it.

You lose your wallet and are stranded without funds.  
 Meaning: You're afraid you're without the emotional resources to cope with one or more aspects of your life.

You're wandering around lost, unable to find your way home.  
 Meaning: You lack a sense of inner or outer direction. You don't know how to get back on track with a situation or relationship and don't feel emotionally supported.

Dreams let you pinpoint an emotional conflict, so you can solve it. For instance, if you're standing naked before a group of jeering coworkers, ask yourself, "Might I have feelings of being exposed or berated at work?" Then take steps to feel more protected in that environment. Or if, in a dream, you're wandering aimlessly, consider, "Where am I lost in my life, and how can I find my way?" Also, it's crucial to honor the messages of encouragement dreams send. Emotional freedom comes from removing blocks as well as acknowledging your own clarity and power.

# A Loving Kindness MEDITATION

The original name of this practice is metta bhavana, which comes from the Pali language. Metta means love, friendliness, or kindness: hence 'loving-kindness' for short. It is an emotion, something you feel in your heart. Bhavana means development or cultivation. The commonest form of the practice is in five stages, each of which should last about five minutes for a beginner. Here are the stages:

In the first stage, you feel metta for yourself. You start by becoming aware of yourself, and focusing on feelings of peace, calm, and tranquillity. Then you let these grow in to feelings of strength and confidence, and then develop into love within your heart. You can use an image, like golden light flooding your body, or a phrase such as 'may I be well and happy', which you can repeat to yourself. These are ways of stimulating the feeling of metta for yourself.


In the second stage think of a good friend. Bring them to mind as vividly as you can, and think of their good qualities. Feel your connection with your friend, and your liking for them, and encourage these to grow by repeating 'may they be well; may they be happy' quietly to yourself. You can also use an image, such as shining light from your heart into theirs. You can use these techniques — a phrase or an image — in the next two stages as well.

Then think of someone you do not particularly like or dislike. Your feelings are 'neutral'. This may be someone you do not know well but see around. You reflect on their humanity, and include them in your feelings of metta.

Then think of someone you actually dislike — an enemy. Trying not to get caught up in any feelings of hatred, you think of them positively and send your metta to them as well.

In the final stage, first of all you think of all four people together — yourself, the friend, the neutral person, and the enemy. Then extend your feelings further — to everyone around you, to everyone in your neighbourhood; in your town, your country, and so on throughout the world. Have a sense of waves of loving-kindness spreading from your heart to everyone, to all beings everywhere. Then gradually relax out of meditation, and bring the practice to an end.

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**Transform and Heal  
Yourself, Your Life,  
and the Planet**

**1. Know that the world "out there" reflects your reality "in here."** The people you react to most strongly, whether with love or hate, are projections of your inner world. What you most love is what you most wish for in yourself. Use the mirror of relationships to guide your evolution. The goal is total self-knowledge. When you achieve that, what you most want will automatically be there, and what you most dislike will disappear.

**2. Shed the burden of judgment - you will feel much lighter.** Judgment imposes right and wrong on situations that just are. Everything can be understood and forgiven, but when you judge, you cut off understanding and shut down the process of learning to love. In judging others, you reflect your lack of self-acceptance. Remember that every person you forgive adds to your self-love.

**3. Don't contaminate your body with toxins, either through food, drink, or toxic emotions.** Your body is more than a life-support system. It is the vehicle that will carry you on the journey of your evolution. The health of every cell directly contributes to your state of well-being, because every cell is a point of awareness within the field of awareness that is you.

**4. Replace fear-motivated behavior with love-motivated behavior.** Fear is the product of memory, which dwells in the past. Trying to impose the past on the present will never wipe out the threat of being hurt. That happens only when you find the security of your own being, which is love. Motivated by the truth inside you, you can face any threat because your inner strength is invulnerable to fear.

**5. Understand that the physical world is just a mirror of a deeper intelligence.** Intelligence is the invisible organizer of all matter and energy, and since a portion of this intelligence resides in you, you share in the organizing power of the cosmos. Because you are inseparably linked to everything, you cannot afford to foul the planet's air and water. But at a deeper level, you cannot afford to live with a toxic mind, because every thought makes an impression on the whole field of intelligence. Living in balance and purity is the highest good for you and the Earth.





## INWARD JOURNEY

Sonia Choquette is the bestselling author of several books including *Traveling at the Speed of Love*, *True Balance* and more. This article was excerpted from "The Psychic Pathway: A Workbook for Reawakening the Voice of Your Soul". [www.SoniaChoquette.Com](http://www.SoniaChoquette.Com)

**In order to initiate psychic development, you need to tell your subconscious mind that you intend to be psychic.** The best way to communicate this intention to the subconscious mind is through gentle repetitive suggestions.

The four necessary decisions you need to make and convey to your subconscious mind are that:

- you are open to psychic guidance,
- you will expect psychic guidance,
- you will trust psychic guidance, and
- you will act on psychic guidance.

### BEING OPEN TO PSYCHIC GUIDANCE

The first intention you must establish is, "I am open to my intuition". This sets up your frame of mind to be receptive. Intuition and psychic energy are subtle. You need to create a mind-set that allows for these subtle influences to enter your field of awareness. Ask yourself: Am I open to psychic feelings? Am I comfortable thinking of myself as psychic? Am I mentally flexible enough for psychic energy to influence my behavior? An attitude of openness is the beginning of psychic development.

Psychic energy and psychic feelings are repressed by a closed mind. If you are reading this, you are probably interested in psychic ability, but are you truly open to it occurring for you?

It is important to see yourself as a naturally intuitive receiver of psychic guidance. The truth is, you are presently being psychically influenced all the time. It happens when you are around strong-minded people. It happens when you think about someone, only to have them call the same day. It happens when you spontaneously change your plans for no reason and chance upon a very important discovery by doing so. It happens with every "coincidence" you experience. If you reflect on your own life, you may recall many events that were psychic, that you may have not acknowledged consciously. Therefore, you can see how being open to psychic energy is positioning your mind to allow you to acknowledge psychic energy when it does occur, rather than dismissing or minimizing its significance, as you may have done up until now.

Being open to your psychic ability is the first step on the psychic pathway. It is the beginning of what will make your



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experience different from that of the close-minded person. It is the shift that will allow your life to be assisted by psychic ability and by the divine assistance of angels, guides, teachers, and God.

*...continued on page 27*

# FROM THE HEART

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



## SOMEBODY NEEDS THE WOOD

**An eccentric but likeable guy in my town has literally taken upon himself the admonition to bear the cross.** Years ago John fashioned a small crucifix out of wood, and since then he walks regularly along the side of a highway carrying the cross. He used to bear the cross on one shoulder while waving and blowing kisses to the folks in passing cars. Local people know John, and many blow kisses back or toot their horn to say hello as they drive past him.

Recently John performed a penance upgrade and fashioned a much larger cross out of PVC. Now he needs two hands to hold the cross rather than one. The sad result of his new format is that his arms are occupied with the cross and he is no longer free to wave and blow kisses. Personally, I was disappointed at his trade-in. I liked him better when he was broadcasting love. When your arms and shoulders are taken up carrying a cross, you can't give the love you are capable of sharing when they are free. Self-imposed suffering is not a gift to the world. It renders you less capable of loving, not more.

Could it finally be time in the evolution of humanity to revisit our belief in the value of suffering? Many religions and belief systems accept suffering as an inescapable reality, and even glorify it. **Christians** stoically sing of bearing the old rugged cross. **Hindus** justify poverty and disease as the paying off of karma. And the answer to the question, "How many **Jewish** mothers does it take to change a light bulb?" is, "None—but that's all right, I'll just sit here in the dark." By a bizarre twist of reason, pain has been forged into a breastplate for the downtrodden.

Does suffering really lead to happiness? Does sorrow really grow peace? Does self-punishment really pave the way to heaven? Whatever we focus on, we get more of. Attention is intention. Apple seeds do not grow oranges, pain does not beget peace, and fear does not lead to love. Sorrow is the parent of sorrow, and joy is the parent of joy. One does not create unlike itself.

I saw an interesting movie that reveals a fascinating dynamic nested in the recesses of the human psyche. **The Brass Teapot** tells of a young couple severely strapped for cash. Then they come upon a genie-type teapot that produces money for them—but only when they experience pain. A little pain begets a little money and a severe pain begets big bucks. So the couple starts punishing themselves, then each other, then other people, to grow their bank account.

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



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**Dear Whitedove,** When I was seventeen I was madly in love and I married. Sadly the relationship turned abusive. Since then I remarried a kind man altho resentment, trust issues and my old baggage have crept into this relationship. My past is haunting me and I'm not sure what to do? -**Wedded Again in MN**

**Dear Wedded,** Marrying young leaves a lasting impression on tender hearts. The key for you is forgiveness. Many times a new romantic partner suffers for the wrongdoing of the previous. To harbor hatred, ill will or cling to emotional wounds is the root cause for bitterness and can even fester to cause disease. Forgiveness is not condoning the abuses; it is releasing the mental and emotional attachments. So forgive the unforgivable, and focus the positive lessons that you've learned. You see, the act of forgiving someone, is an act of self-healing; you've consciously closed the wound and allowed a healing. The Law of Forgiveness is to practice love in the highest degree. Work on forgiveness and this will transform you and your relationships.

**Dear Michelle,** I'm from a traditional religious background and want more details about Heaven. Everyone here on Earth has experienced some type of cruelty so once we go to Heaven will people understand the error of their ways? Is judgment day real? -**A Baptist from Alabama**

**Dear Baptist,** Every soul goes through a similar process during the transition that we call Death, you'll first drop the body much like unwanted clothing. The light of Heaven opens and you are drawn to the radiating and magnetic energy of God's unconditional love. This transition is actually your birth into the next stage of your eternal journey. A home welcoming party is waiting and you'll be greeted by loved ones and other souls that you had long forgotten. It seems as if a fog has been lifted and you are in a state of knowing... as you form a question, the answer has already been revealed. Soon after you'll experience a Life Review with God and your Guardian Angels. We each review our Earthly journey. It's much like watching a movie and you are the star. You assess your life from beginning to end and come face to face with every person you've ever met. When you see someone that you've hurt, you'll change places with them and will feel, see and hear everything they were going through at the time you were cruel to them. Likewise you will feel and experience every smile and joy that you've given from the other person's perspective. You will re-live every pain that you've inflicted

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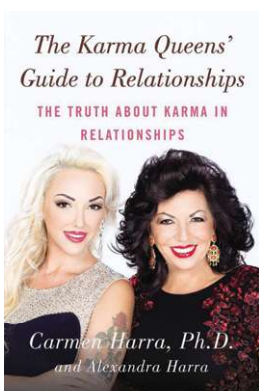
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and every pleasure that you gave. Our Heavenly judgment is really a life evaluation. We are our worst critics. It is then, during this review that you will fall to your knees with sorrow from seeing, feeling and re-experiencing your life from the others perspective. This is our Judgment Day, there is no fire and brimstone; only self-inflicted agony. We are reaping what we sowed. Only then do we know how deeply our deeds impacted other souls and we see and know the ripple effect of our actions. Because when we hurt someone deeply - it spills over and touches other lives too. In Heaven we have eternity to heal from the emotional wounds of our earthly journey and eventually we to learn to forgive ourselves as we continue to learn, grow and spiritually evolve.



# ARE THEY YOUR SOUL MATE? 10 WAYS TO KNOW

Reprinted from THE KARMA QUEENS' GUIDE TO RELATIONSHIPS by Carmen Harra, PhD, and Alexandra Harra, by arrangement with Tarcher, a member of the Penguin Publishing Group, a Penguin Random House Company, Copyright © 2015. See [www.CarmenHarra.com](http://www.CarmenHarra.com)

**"Throughout my career, I have seen everything from couples who married their childhood loves to people in their retirement years who still struggle with commitment issues.** Most of us fall somewhere between these two extremes, meaning that we experience several relationships before finding the person we believe to be our perfect pairing. Whether you're currently married, in a relationship, or contemplating entering a relationship with a new love interest, it is crucial that you know what role this person will play in your life. *Is this the person I was bound by destiny to share my life with? Or did I settle too quickly into a relationship with someone who can never complete me?* Answering these questions honestly can be hard without a bit of guidance. Here are ten signs that indicate a soul mate bond (or a lack of) between you and your partner.

**1. You just....know.** Describing how a soul mate makes you feel is difficult. It's a tenacious, profound, and blissfully lingering emotion that no words can encompass.

**2. Flashbacks.** If your partner is your soul mate, chances are he or she has been present in at least one of your past lives. Soul mates often choose to come back together during the same lifetime and scope each other out in the big world. You might suddenly and briefly experience flashbacks of your soul mate. You might even feel an odd sense of déjà vu, as if the moment in time has already taken place, perhaps a long time ago, perhaps in a different setting.



**3. You just "get" each other.** Ever met two partners who finish each other's sentences? Some people call that spending too much time together, but it's the signal of a soul mate connection. You might experience this with your best friend or your mother, but it is the telltale sign of a soul mate when you experience it with your romantic partner.

**4. You fall in love with his or her flaws.** No relationship is perfect, and even soul mate relationships will experience ups and downs. Still, that bond will be much harder to break. Soul mates have an easier time of tolerating, even learning to love, each other's imperfections. Your relationship is more likely to be a soul mate match if you both love each other exactly as you each are, accepting both the great and awful tendencies we all have.

**5. It's intense.** A soul mate relationship may be more intense than normal relationships, in both good and sometimes bad ways. The most important thing is that, even during negative episodes, you're focused on resolving the problem and can see beyond the difficult moment.

**6. It feels like "you and me against the world."** Soul mates often see their relationship as "us against the world." This doesn't mean they isolate themselves from others, but that they feel so linked together that they're ready and willing to take on any feat of life, so long as they are at each other's side.

**7. You are mentally inseparable.** Soul mates often have a mental connection similar to the kind twins have with each other. One might pick up the phone to call the other at the exact same time. They often can intuit when something is wrong with the other, even when they are miles apart. Though you may be at a distance, your minds will always be in tune if you are soul mates.

**8. You feel secure and protected.** Regardless of the gender of your partner, he or she should always make you feel secure and protected. This means that if you're a heterosexual man, yes, your woman should make you feel protected, too! Your soul mate will make you feel like you have a guardian angel by your side. A person who plays on your insecurities, whether consciously or subconsciously, is most certainly not your soul mate.

**9. You can't imagine your life without him (or her).** A soul mate is not someone you can walk away from that easily. It is someone you can't imagine being without, a person you firmly believe is worth sticking with and fighting for.

**10. You look each other in the eye.** Soul mates have a tendency to look into each other's eyes when speaking more often than ordinary couples do; they almost "read" each other this way. It comes naturally from the deep-seated connection between them. Looking a person in the eye when speaking denotes a high level of comfort and confidence in them."



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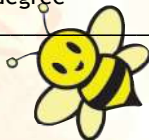
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# SOUL SHAPING



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

**So many breakdown because they cannot carry the weight of falsity any longer.** They are breaking through to a more authentic consciousness. Sadly, this is often stigmatized as a 'breakdown,' as though they are machines that stopped working.

We need to up-frame these experiences and see them for what they are: break-throughs for inner freedom. At some point, we just can't carry the bullshit anymore and long to be real.

...We are only here for the blink of an eye. Better to substitute the illusion of sick-cure-ity for something authentic and alive. Better to live true.



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An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book The Secret, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. tut.com

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# Meet Your Happy Chemicals

*...continued from page 8*

**Repetition** develops a neural trail slowly, the way a dirt path hardens from years of use. But **neurochemicals** develop a neural trail instantly, the way asphalt paves a dirt road. Your neural network grew from things you experienced repeatedly and things you experience neurochemically.

## Unhappy chemicals get your attention, fast

Bad feelings are produced by cortisol. When you feel a cortisol alert, your brain looks for a way to make it stop. Sometimes the solution is obvious, like pulling your hand off a hot stove. But bad feelings don't always have obvious causes. And they don't always have obvious cures. Such feelings keep commanding your attention with the sense that you must "do something." Your brain keeps scanning the world for a way to make bad feelings stop.

## The donut doesn't solve the problem (for long)

That "do something" feeling promotes survival, but it also causes trouble. It motivates us to do anything that stops the cortisol. Consciously, you know the donut doesn't solve the problem. But when something changes unhappy chemicals to happy chemicals, your brain learns from the experience. When donuts trigger happy chemicals, a neural pathway is paved.

The next time you have that "do something" feeling, this pathway - eating a donut -- is "something" you "know." You may not act on it, because you also know the consequences, and you've built other "do something" pathways. But it remains in your brain's arsenal of survival strategies. Each brain has a network of connections built from experiences that felt good in the past. These connections represent simple things like donuts and complex things like social trust and practical skills.

## How to break the vicious cycle

The brain's quest for happy chemicals often leads to a vicious cycle because of the side effects. Vicious cycles are everywhere. Some of the most familiar ones are alcohol, junk food, compulsive spending, and drugs. Other well-known vicious cycles are risk-taking, getting angry, falling in love, and rescuing others. Each of these behaviors can make you feel good in a moment when you were feeling bad. The good feeling means happy chemicals are building connections, making it easier to trigger good feelings in that way in the future. Over time, a neural superhighway develops. Now your brain activates that behavior effortlessly. But too much of a good thing triggers unhappy chemicals, which let you know that it's time to stop. It's hard to stop, however, because your brain seeks happy chemicals. So the same behavior can trigger both happy and unhappy feelings at once, like driving with one foot on the accelerator and one on brake.

## Resist the "do something" feeling. Build the skill of doing nothing during a cortisol alert

*You can stop this vicious cycle in one instant. Just resist that "do something" feeling and live with the cortisol. This is not easy because cortisol screams for your attention.*

You can build the skill of doing nothing during a cortisol alert, despite that urge to make it go away in any way possible. That frees you to activate an alternative happy circuit instead of the old-familiar one. A **virtuous** circle starts in that moment. If you learn to accept your cortisol, you will be free from the rush to mask it in ways that don't serve you. You will make better decisions and end up with more happy chemicals.

## Your brain likes your old circuits because they give you the feeling that you know what's going on

But what if you don't have an alternative circuit at the ready? That's where the exercises below come in. It shows how new highways to your happy chemicals can be built. Your brain likes your old circuits, even when they lead you astray. That's because electricity zipping down a well-worn pathway gives you the feeling that you know what's going on. When you refuse to use your old pathways, you may feel lost. The bad feeling of resisting a habit eases once a new habit forms. You can do that in 45 days.

## Repeating a thought or action each day for 45 days builds a new superhighway

Repeating a thought or action each day for 45 days builds a new superhighway, which relieves dependence on an old vicious cycle. If you repeat a new thought or behavior every day without fail, in 45 days a new pathway will invite electricity away from the old path. The new choice will not make you happy on Day 1, and it may not make you happy on Day 40. Even on Day 45, your new circuit cannot trigger happy chemicals constantly. But it can trigger enough to free you from a vicious cycle. On Day 46, you'll be ready to start building another new circuit. Over time, you can build many new ways to trigger happy chemicals, as long as you're willing to repeat a behavior for 45 even if it doesn't feel good.

## Each happy chemical rewards love in a different way

Love triggers huge neurochemical ups and downs because it plays a huge role in the survival of your genes.

**Dopamine** is stimulated by the "chase" aspect of love. It's also triggered when a baby hears his mother's footsteps. Dopamine alerts us that our needs are about to be met. Female chimpanzees are known to be partial to males who share their meat after a hunt. Females reproduction depends heavily on protein, which is scarce in the rainforest. So opportunities to meet this need trigger lots of dopamine. For humans, finding "the one" makes you high on dopamine because a longer quest to meet a need stimulates a longer surge.

*...continued to page 21*

# Meet Your Happy Chemicals

...continued from page 20

**Oxytocin** is stimulated by touch, and by social trust. In animals, touch and trust go together. Oxytocin is stimulated by everything from holding hands to feeling supported to orgasm. Sex triggers a lot of oxytocin at once, yielding lots of social trust for a very short time. Childbirth triggers a huge oxytocin spurt, both in mother and child. Nurturing other people's children can stimulate it too, as can nurturing adults, depending on the circuits one has built. Friendship bonds stimulate oxytocin.

**Serotonin** is stimulated by the status aspect of love - the pride of associating with a person of a certain stature. You may not think of your own love in this way, but you can easily see it in others. When you receive the affection of a desirable individual, it triggers lots of serotonin. And when you are the desired individual, receiving admiration from others, that triggers serotonin too. It feels so good that people tend to seek it again and again.

**Endorphin** is stimulated by physical pain. Crying also stimulates endorphin. If a loved one causes you pain, the endorphin that's released paves neural pathways, wiring you to expect a good feeling from pain in the future. People may tolerate painful relationships because their brain learned to associate it with the good feeling of endorphin. Roller-coaster relationships are easier to transcend when you understand endorphin.

## The pain of lost love re-wires your brain so you can move on

Losing love triggers a huge surge of unhappy chemical. That actually promotes genetic survival because the pain you associate with the old attachment leaves you available for a new attachment. The brain has trouble ending attachments because the oxytocin pathway is still there. But if you can't break an attachment, your genes are doomed.

**Cortisol** especially grabs your attention. You might have a sudden bad feeling when your happy chemicals dip, even though there's no predator at your door. You might rush to mask it with any happy-chemical stimulant you're familiar with. Your well-being will suffer. You will lose the information the cortisol is trying to give you, and your happy habit will have side effects. More cortisol will flow, thus increasing the temptation to over-stimulate your happy chemicals.

## The vicious cycle can be avoided -- learn to accept the bad feeling when a chemical surge is over

Cortisol is part of your mammalian steering mechanism, which motivates an organism to approach rewards and avoid threats. You need unhappy chemicals to warn you of potential harm as much as you need happy chemicals to alert you to potential

rewards. If you learn to accept your cortisol, you will be free from the rush to mask it in ways that don't serve you. You will make better decisions and end up with more happy chemicals.

## Here is How to Boost Your Natural Feel Good Chemicals

- 1. Trust and belonging:** Oxytocin is the 'bonding' chemical. If your trust has been betrayed, you'll hold back, which can leave you feeling like you don't belong. Build more trust by:
  - Being trustworthy.
  - Finding a proxy. Get a pet that will be loyal, join a group where you won't be judged.
  - Having a massage. Taking time to apply body lotion or face cream can also make a difference to feelings of well-being. Touch stimulates oxytocin.
  - Counting your change. Verify your trust.
- 2. Euphoria and determination:** Endorphin is nature's pain relief - it's stimulated by pain. It evolved for survival; we need it to switch on and off so we don't walk on a broken leg.
  - Laugh. A true belly laugh will 'shake up' your insides in a good way.
  - Cry. Holding back tears can build up tension, whereas if you let it go when you need to, it's a physical relief from tension.
  - Exercise. But change it around, as working the same muscles leads to wear and tear or injury. Feeling uncoordinated is the point - 'new' movement is how you get the endorphin rush.
  - Stretch. It's a great way to boost circulation.
- 3. Motivation:** Dopamine helps us release the energy we need to get the rewards we want. In survival terms that usually means food and water, but we can benefit from it other ways:
  - Take baby steps. The idea of breaking down a tough task you have to get done makes it feel more do-able. Your brain will reward you with dopamine, helping achieve the goal.
  - Do a victory dance. Congratulating yourself on any little achievement will make you feel good.
  - Raise the bar slowly. Make your goal realistic, and build.
  - Act. Set aside 10 minutes a day to work on concrete actions and dopamine will help you generate the energy to do so.
- 4. Safety and respect:** In a mammal, serotonin is released when it sees it's bigger or stronger than another; having the advantage creates a feeling of safety. Social recognition can be fleeting and unpredictable, but you can find good routes to self-respect:
  - Enjoy where you are. It's not always best to be in the driving seat, so know when to be happy to be the passenger. Status goes up and down.
  - Notice your influence. Without being controlling, see when people have taken your lead. Don't expect credit, just appreciate your good effect on others.
  - Surrender control. Much of the time we can't control what's happening and that can be a big source of frustration. Choose one control 'habit' you have and try to let it go. So, no checking the weather or looking at the clock.
  - Take pride. Make up your mind to say 'look what I've done' without being too tied up with the reaction - accept that it may not always be the one you want.

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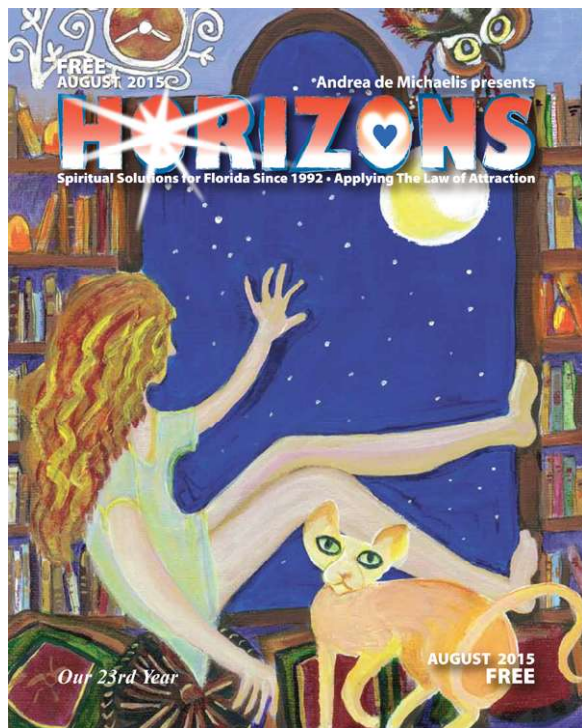
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# COVER ART

## Window Watcher & Chuey

by Andrea de Michaelis



**I've published Horizons since 1992. I use painting as one medium for my spiritual path.** I love the image of a watcher at the window, especially if she's sitting inside where it's cozy while it's starry bright outside. I paint the moon to portray observation and watchfulness. It has to do with illumination and reflection, dreaming, mystery and the emotions.

Sitting with **Chuey** in her book nook, gazing into the night sky at the moon, she ponders the things she's read about. She ponders the possibilities.

The clock is set at 3:43, heart chakra time: 4th chakra, 3 above and 3 below. Time to prepare for meditation.

She hung up the mask after **Mardis Gras**. Masks can be burdensome to wear, we must hang them up at some point.

**Chuey** has huge eyes because he's also a watcher. He finds you more interesting than the moon and he's wooing you with his playful stance.

I'd love to sink into those fluffy pillows myself and gaze out at the moon in that cozy nook. The ideal setting for meditation.

Prints available \$20. [Horizonsmagazine@aol.com](mailto:Horizonsmagazine@aol.com)

Read Horizons at <http://horizonsmagazine.com>

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



## Alan Cohen

...from page 14...

I am not necessarily recommending the movie, which contains some silly violence. But I did find the premise fascinating. Many people believe that they deserve good things only if they suffer to get them. You must struggle and sacrifice to earn enough money to have what you want. If you don't, you are a slacker. Ease equals cheating. Pain buys worthiness.

Are we ready to emerge from the dark ages of crucifixion? Is there more to life than putting yourself down so you can put others up? Do you really have to lose to win?

In the film **Straight Talk**, **Dolly Parton** plays a radio talk show host who gives listeners a dose of good old country wisdom. When one caller complains about her predicament to the point of glorifying it, **Dolly's** character tells her, "**Get off the cross. Somebody needs the wood.**"

There are better things you can do with the energy you invest in suffering. You could actually be happy. Strange as the concept sounds, you are not in here to struggle. You are here to experience joy. If this notion seems confrontive or self-indulgent, you prove my point. To expect anything less of life than well-being is a compromise none of us can afford to make.

When my friend **Lou** was a young man, he entered a monastery. There he was taught to mortify the flesh. The monks were given leather straps and instructed to beat themselves daily. They wore their undershorts while showering so as not to rile their passions. Meanwhile many of them were engaging in homosexual activities behind closed doors. You cannot beat yourself into goodness. What you suppress you empower.

**Lou** left the monastery to become a public high school teacher, where he instituted a class called **Humanities**, in which he treated the students as important, intelligent, loving, capable people. He set up creative opportunities for them to express themselves and do community service. The students themselves became the curriculum, and they loved it. **Lou's** goal was to find, draw forth, and celebrate the best in each person. As a result, he was voted best teacher every year. **Lou** and I shared a house, and during that time he regularly received phone calls from former students telling him that his class above all others had prepared them for life.

Crucifixion does not prepare you for life. It ends it. We are here to live, not die. When death comes, it should signal the end of a life well lived. Today would be the perfect day to begin that life.



# INWARD JOURNEY

*...from page 13*

## EXPECTING PSYCHIC GUIDANCE

The second step is even more bold, more intentional, than the first. Once you are open to psychic guidance, you must move on to expect it! This may seem presumptuous to the old conditioning of your mind, but if you realize that your soul is living in a psychic receiver, the instrument called your body, it makes perfect sense that you should expect psychic communication. You are designed to receive this communication. It's natural.

Imagine for a moment that your body is like a radio receiver. It is designed to pick up and relay psychic vibrations, just as a radio is designed to receive and relay sound vibrations. Being open to psychic ability is like turning on the radio receiver. Expecting psychic communication is like turning the dial, the tuner, to a clear band of communication with your Higher Self.

The dial that tunes this band of psychic guidance is your attention. When you tune your attention to the realm of psychic activity, you can expect to receive this relay. If a radio is turned off, it will not receive and relay sounds that are being transmitted even though the sounds are always being sent. By being open, you turn your field of awareness "on" to psychic energy. By expecting it, you tune your attention to a particular band of psychic vibration called your Higher Self.

## ASK YOURSELF:

- *How often do I check in with my intuition when faced with a decision?*
- *Do I expect my intuition will be available to me as I need it?*
- *When I do experience a psychic feeling, how do I react? Am I comfortable with it? Does it feel natural? Am I surprised? How does this feeling come across?*

By making the decision to expect your Higher Self to guide you, you are placing both your attention and your intention directly onto your conscious station to your Higher Self. This shifts your orientation away from the energy outside of yourself coming from other people or from appearances as the basis for your decisions and places it primarily on the guidance coming from your Higher Self and your guides. By making this shift, you become a person who responds to life, rather than one who reacts to it. Expecting psychic guidance realigns you with your natural heritage and affirms that you are a spiritual being directed and assisted by God at all times.

## TRUSTING YOUR PSYCHIC GUIDANCE

The third step on the psychic pathway is to trust what your Higher Self conveys to you. This step may be harder for some people to take. You may have a difficult time or struggle with your intuitive feelings because these feelings may not be supported or confirmed by appearances or by your beliefs. Or you may not want to trust your psychic feelings because they are telling you something you may not want to hear.

For example, suppose you meet a new man or woman for the first time, and you are really attracted to him or her for reasons of appearance, personality, or charm. And suppose that in spite of your strong attraction to this person, your psychic feeling is not as enthusiastic and warns you to be careful, cautious, and to get more information before you open yourself to this new person.

What would you do, especially if you are lonely and want a new friend? Would you ignore your feelings and proceed ahead enthusiastically, wearing blinders? Or would you slow down your emotional enthusiasm and take more time getting to know this new person before you become attached?

I know that can be a difficult choice. People, especially sensitive people, are very easily carried away with their emotions. They make decisions based on first appearances or on a strong desire to see everything through rose-colored glasses.

Being psychic requires that you refrain from jumping to conclusions before "checking in" with your Higher Self — and it means trusting your intuition, even when your desires and appearances urge you to do otherwise. It is the act of listening to the relay you have gone to the trouble of turning on.

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

... from page 7 ...

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

*tionally, and with whom I have a blast. That's possible for me."* She'll do these exercises throughout each day because it is the repeated thought that carves the neural pathway. The more she repeats the visualization exercises, the quicker she forms the new neural pathway and the quicker she will begin to have a new experience. I'm excited and can't wait to hear back from her.

### MORE MENTAL EXERCISES TO REGENERATE THE BRAIN

The brain's ability to renew and regenerate itself, even in old age, is called **neuroplasticity**. It occurs in our brains as we learn something new. You can improve the neuroplasticity of the brain by exercising it in the same way you exercise your physical body. **Brain exercises you can fit into your daily life are intellectually stimulating activities, such as:**

Online courses -- debates -- video games -- solving puzzles  
Board games like chess, checkers, backgammon  
Challenge your brain by doing common tasks differently.  
Break a routine. Do something new. Navigate a new city.  
Learn a new language. Learn to play an instrument, learn to paint, to dance. Physical activity pumps up brain stimulating hormones. Mow the lawn! Dance! Cardio and aerobic exercises enhance learning and memory; they also prevent and delay the loss of cognitive function. Resistance exercise helps form new nerve cells. Listen to music while exercising: Music doesn't just motivate; it stimulates cognitive functions as you exercise.

### SOMETIMES WE MISTAKE WHY SOMEONE IS IN OUR LIFE

Chemistry means *we have karma to work out and this person can help us do that*. I did a session with a friend last week who is disappointed in her partner. They talk about the life they are going to build together but when it comes right down to it, there's no movement forward unless she does it on her own. He's very good with his words but there's no follow through. She loves him and he's finally got a job where he can contribute, but she's wondering what her guidance is telling her to do. **"I know I should go toward what feels good, but I feel so many things,"** she cries, **"I can't tell what feels good and what feels bad. When the times are good, the times are good, but I am tired of there being no follow through and no movement forward unless I do it. Help me understand what I am being guided to do."** I knew all she needed to do was to get clear on some issues and release some resistance and then she'd be able to intuit for herself what her inner guidance system was signaling her to do.

I know her partner and see how she's changed since he's come on the scene. She's more creative and expanded her business into new products and accessories she creates with her children, whom she now spends more time with. His job keeps him halfway across the country for months at a time and in that time she blooms like a creative madman. Still, she feels cheated that they have so many discussions about dreams that she is now realizing may never come true, unless she makes them come true. **And if she has to do all the work, she reasons, she doesn't need him.** That breaks her heart since he's the first man who's made her feel alive in years and she thought they had something.

I had her remind me of why they initially got together and how it felt, and the words she used were "hopeful" and "excited about the future" and "that anything is possible and we can do it." Then she talked about how they created one business after another, each time she being the one to begin it based upon an idea he came up with and never followed through on. Some succeeded, some failed, depending on how involved she let herself be in it. It was easy to see the pattern. So often we mistake who someone is meant to be in our life. We are quick to think that physical chemistry means this is my soul mate or this is my foe. Chemistry means we've got some karma to work on and this person - for better or worse - can help us do that.

She had simply mistaken his purpose. He may just have been the muse needed to kick start her and make her come alive again. Maybe his purpose in her life was not to be a mate, *which he was a poor one*, but to be a motivator and cheerleader, *which he was a great one*. Had she not prematurely decided upon the label and role of a "romantic partner," she might have had a very different experience with him. Had she instead given him the label of "good friend and creative advisor," she would be thanking him for motivating her on to so many projects. Yes, she thought she was doing these projects "for them" but the fact is, the projects were each as successful as she chose to put time into them.

So she could choose to be pissed off that he wasn't a do-er, that he really only liked coming up with ideas but didn't care to expend effort achieving any actual goals. Or she could take it as an a-ha moment that she now realized something she didn't realize before: The Universe placed him in her path to inspire her and motivate her to find new ways to express herself and find joy in the expression of it. SHE was the one who decided oh, this must be my soulmate, thus placing a mantle of responsibility upon him, one that he never agreed to and didn't even know existed. It's not his fault for not being emotionally in the same place as she was, and for not having certain qualities she wants in a partner. She had simply mistaken who he was meant to be in her life.

She said she felt much better about him after considering that and felt bad for all the time she spent resenting him for not following through. She now knew that following through was never his job. She also realizes that if they were on the same wave length, he wouldn't be clear across the country, he'd be right here with her. Everybody is right where God wants everybody to be. It's never any other way. I love helping friends figure things out for themselves. We're all One but it takes a village!

Enjoy our offering this month.  
Hari Om.

Andrea





# ABRAHAM-HICKS

*...continued from page 9*

**Abraham:** That's where all your misgivings come up and when you look at them, that is the vibration that gets activated. Give the awareness that *you are genius* your full attention. Believe in **Law of Attraction**. There is plenty of time for circumstances and events to be orchestrated.

**Guest:** But...

**Abraham:** We don't get what your problem is. We can see the world that will embrace you. We wonder why you don't just bask in it already. How could anybody feel that good and then worry about it?

**Guest:** Depression has been my reality...

**Abraham:** You cannot get to ideas of this level without powerful moments of connection. Once you have tasted that, you can never be happy with less again. The most depressed people are those who have tasted deep connection. You owe it to yourself to stay there once you get there. Esther's negative emotion is so contrary to the sweetness of her **Abraham** connection that she can't stand it.

Don't think about your dream because you think *thinking* is going to make it happen. You don't have to. It's already done. Culminated! Your only work is to get yourself into vibrationally prepared for the manifestation.

Give yourself personal pep talks. Don't take the next step into what doesn't feel good. Don't let yourself talk about what didn't work in the past. The only thing to talk about is something that feels even better than this. There is nothing you need to do except talk about it because it feels good.

You want to just talk about how good life is. Someone looking on would think **Jerry & Esther** are nut cases - they beat the drum endlessly about how good life is. Esther keeps asking Jerry, "What's it going to feel like when we pick up the new Monster Bus? Tell me about it again! Talk to me about how good it is going to feel."

You are genius creator on the brink of success and excitement. That's all you need to know. The Universe takes care of everything else!

Does it embarrass you that you just need to get happy and it all comes? The happy part is where it is at! Start here Co-creation is only messy when you take into consideration how others think. If you clean up your vibration, Law of Attraction will bring the result to you that is compatible with your new vibration.

The most powerful premise that we want to activate within you - that, we promise you, will serve you all the days of your life - is...(pause)...a belief is only a thought I keep thinking. A belief is only a thought I continue to think. A belief is only my habit of thought. It's only a practiced thought. A belief is only a thought that I think a lot.

Why does that matter? Because when you want something and you believe in opposition to it, your opposite belief will prevent what you want from happening.

When you want something and you believe it, there's no separation - you are offering one signal and **Law of Attraction** will bring it to you, now. But when you want something and you doubt it - you want it and you don't believe it - now you are offering opposing vibrations and you can hold yourself in that holding pattern all of the days of your life. "I want it, but...I want it, but..." "It would be nice, but it doesn't happen for me." "I would really like to have that, but I've wanted it for so long."

When you keep saying those things - when you continue to face reality - when you beat the drum of what is - when you beat the drum of what is, you hold active, within yourself, a vibrational pattern. A belief is only a thought you keep thinking.

A belief is only a thought that you keep thinking and it is only the beliefs that you hold that keep you from the things that you want. A belief is only a thought that you keep thinking and the only thing that keeps you from who you really are and what you really want is a belief which is only a thought that you keep thinking.

***So, if a belief is only a thought that I keep thinking and I keep thinking a thought that is in opposition to what I want, then I keep thinking the thought that's in opposition to what I want so the reason I don't get what I want is because I keep thinking a thought that's in opposition to what I want.*** Interesting? Obvious but interesting? In a whole, new, sort of decisive way?

So, if a belief is only a thought that I keep thinking - what about...thinking a thought that I don't believe, long enough that I believe it? If a belief is only a thought that I keep thinking, why not think a hopeful thought - "Well, that's stupid Abraham, the facts defy it!"

We want to say to you, take your power back by remembering that a belief is only a thought that you keep thinking. When I think a thought, it activates a vibration, and when a vibration is activated, my point of attraction kicks in. So if I keep thinking this same thought and I keep activating this point of attraction and Law of Attraction keeps responding to this active vibration, then I'm going to continue to get results, not because they're true and not because it's reality but because it's **Law of Attraction's** consistent response to a thought that I keep thinking. We want you to think the thoughts that match what you want until you believe them and when you think the thoughts that match what you want until you believe them, universal forces will give you the proof of your belief. But if you need to see it before you believe it.



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

# HOROSCOPES

## AUGUST 2015

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

This month you will have tapped into a deeper than usual dimension than previously experienced. Your new found vitality will inspire you to share ancient wisdom that can change the world. Your connection to source energizes you to continue to channel love and light to everything you do.

### Taurus: April 19 to May 20 "I Have"

As you begin the new phase of your job, your healing path will continue to unfold toward more positive and expansive realms. Work and relationships are your number one focus now, your healing words make a difference in your world with everyone you meet. Stay positive.

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

In order to enjoy success and growth, you have to be able to let go of some control tendencies. Then you will be free to succeed at whatever you want for your life. Take your ideas seriously when it comes to joint finances this month and when it comes to other people's money and mysteries.

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

This August you find yourself near the ocean confronting yourself and pondering what future dreams you intend to manifest, the clarity of your beliefs and desires will only anchor in your conviction to succeed. Your psychic perception is your spirituality; this is your avenue of teaching.

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

You can have all the ambition and success in the world, but it all comes down to love, who do you love and what do you love, do you feel loved? If knowledge is your passion, then your passion leads the way to knowledge, when you share it the energy becomes creative.

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

Creative invention is the key component to your growth this month. You have comfortably settled into a place of divine tranquility that supports your ability to understand humanity. Your inner knowing is nudging you to take the lead as far as you can see yourself being a happy, industrious person.

### Libra: September 22 to October 23 "I Balance"

This month you are more goal orientated than usual, so surround yourself with unusual, attractive, creative, positive and prosperous people. When it comes to getting things done, you really know how to inspire others to work together as a team. Your energy is the very meaning of peace and balance.

### Scorpio: October 23 to November 22 "I Transform"

What is true about you is that you choose strong friends and allies, never such an effort as to tell the truth to many who know the real you. Be strong as an Ox and lower vibrational energies will run when they see you coming. Keep your gallbladder healthy by healing any unresolved resentments.

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

You got the whole world in your hands and your dreams are coming true. You have to know who you are in order to be successful at what you love and to be a positive influence in the world. You may stand alone at times but are influenced by the winged ones.

### Capricorn: December 21 to January 19 "I Use"

Put the pedal to the metal and don't look back. You have the tenacity of a scorpion and the determination of a goat. You can and will accomplish anything you put your mind to, and if someone says you can't do it, you say "watch me" and leave them in the dust. Don't mess with this flower.

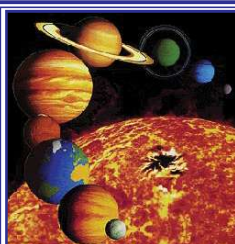
### Aquarius: January 19 to February 18 "I Know"

Your home environment will change for the better this month. If you've thought of owning your own home, this is the month to get the paper work ready. Get your ducks in order because your home will be ready to welcome you soon. Your Angels, and fairies are there waiting for you.

**Pisces: February 18 to March 20 "I Believe"** You have a visionary heart, one that is tried and true where healing begins to make sense to embrace all that is of greatness. The depth of your concentration can penetrate the deeper mysteries of life and death. You have what it takes to be a star, one that will shine far and wide and lead many to their soul's journey.



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# HORIZONS MAGAZINE MISSION STATEMENT

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

## OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*

# YOGA: A Natural Pathway to Godhood



Ma Yoga Shakti is a beloved teacher with ashrams in India and US, instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907  
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Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is derived from the sanskrit word "Yuj" to unite. It means union or identification, the union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga.

**Christ said it very beautifully . He said "don't look at the defects of others.** Take out the beam that is in our own eye. Don't find fault with others. Rather change your own self. If the self is changed the whole world is changed. If I am changed, the whole world is changed. The whole world is changed because you are the axis of the world. You are creating the whole world. You can create a bad world and you can create a good world also. The master of the house is responsible for the decorations of the house. He can change the house in whatever fashion he wishes. You are the master of the world. The world which is in you, which is projected outside from you or comes from within. The inside world is to be changed, not the outside.

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

Louise Hay

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

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