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**SEPTEMBER 2009**

**Andrea de Michaelis presents**

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Photo of Kristy Souto,  
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reative Energy



~Henry David Thoreau

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This means several subjects not just one or two. The questions should be the how, why, when, where, which type of question, not "yes" or "no" questions. These questions should relate to the information you seek and the items you bring. The questions are to be written down with space between for you to make notes. He does not permit recording. As the reading progresses, other questions will come to mind and you may ask these also. Questions are not shown to him, they are for you to use during the reading. All questions must be asked during your reading.

Gather up to 10 items that relate to the information you are seeking. The best are photos, or brochures, advertisements, or a page printed from the internet. They should be clear and large enough to see the face and eyes. If you are seeking information about career, buying or selling or other matters that have documents connected to them, bring documents (resumes, manuscripts, ect) . Group photos may be used for questions about more than one person.

When you arrive, be careful NOT to mention anything about yourself or the people, places, events or things that are connected to the information you seek. You are limited to the number of items you bring, but you are NOT limited to the number of questions you may ask. You ask as many as it takes to get the info you seek. Questions should be specific, not vague or general.

*Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients . He uses this gift to give people gentle but firm guidance into knowing themselves better.*

*Albert's assistance to business has had wonderful success with those who have taken his information and followed his insights. They have achieved their goals, saved businesses, or realized their dreams. They have been developers, bankers, doctors, oil companies, etc -- the list is long. For information on business readings, call Albert -- He travels anywhere he is needed, as necessary.*

## CREDENTIALS:

Albert was the subject of the internationally published book "VISIONS OF TIME", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with NASA & the FBI, to working on academic projects, to finding missing persons and sunken ships.

He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities.

He was Project Manager and Lecturer for the **Edgar Cayce Foundation** and **Association for Research and Enlightenment**. Albert hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

**Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies.**  
Visit him online at [www.psychicconsultant.org](http://www.psychicconsultant.org)

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**SEPTEMBER 1 & 8, OCTOBER 6 & 13, NOVEMBER 3 & 10.**

LOVE & MYSTICISM: Meditating with the Masters with Rev. Elizabeth Hess Stamper Classes will be held on the first two Tuesdays of the month, from 7 – 9:30 pm. Love Offering. So, how did Jesus enter the Silence? How did the Buddha meditate? What prayers and practices awakened the prophets, saints and masters, and made their presence so beautiful and compelling that those around them wanted to “know what they knew and feel what they felt?” In this series of eight classes, we will explore some of the Practices of the Mystics of the world’s great religions, including Christianity, Judaism, Islam, Hinduism, Buddhism and Native American traditions. The first class will cover the basics of meditation practice and the use of Prayer Beads, such as a rosary or mala, and the last class will be instruction on Healing and Meditation.

**UNITY’S FIVE BASIC PRINCIPLES SUNDAYS IN SEPTEMBER**

During our Sunday Services in September we will be discussing Unity’s Basic Principles. Attending these services and completing a questionnaire will give participant credit for Unity Basics, required for membership, and board service.

**BEGINNING SEPT 9TH** Sacred Abundance or 4T WEDNESDAY NIGHTS 6:30 pm. Join Reverend Beth as we focus on the spiritual principles we need to master in order to be personally recession proof. Watch our web-site for exact curriculum.

**SUNDAY SEPT 6TH** REIKI HEALING SERVICE Facilitator: Lloyd Reiser 4:30pm

**SEPTEMBER 10TH UNITY’S WORLD DAY OF PRAYER** Noon to 8:00PM Join us for an opening meditation service at noon on Thursday, September 10th. This will be followed by time for silent prayer until our closing service at 7:30pm with Maggie Rosche. There will be chaplains to pray with during our prayer time and our labyrinth is available for a labyrinth walk.

**UNEXPECTED INCOME PROGRAM**

Unity Church of Melbourne is no longer participating in the recession! How about you? Join our Unexpected Income Program. Visit [www.UnityofMelbourne.com](http://www.UnityofMelbourne.com) for information regarding our unexpected income program. There is a prayer and commitment form available for you to complete and mail in. Participants in our program are already receiving unexpected income.

**FIRST SUNDAY OF EVERY MONTH** Unity of Melbourne Social Action - Food for the Sharing Center – we will be collecting non perishable food items for the Sharing Center.

**SEPTEMBER – Unity of Melbourne is participating with Soles for Souls.** We will be collecting used shoes. The shoes will be distributed to people in need. Shoes that cannot be used will be recycled and made into new shoes. We have to ship the shoes to the distribution center so we would appreciate any dollars tucked in the shoes. Money in excess of shipping costs will be sent to Soles for Souls.

**OCTOBER – Teddy Bear Month.** We will be collecting stuffed animals to be distributed by our local law enforcement agencies to children who are in accidents or involved in domestic violence situations. We ask that all stuffed animals be new or in new condition.

**WHAT DO YOU WANT YOUR CHILDREN TO LEARN ABOUT GOD?**

In our youth and family ministry program our children learn about the spiritual principle and are given the opportunity to explore the beliefs that make sense to them. The first prayer that our children learn is, “The Light of God Surrounds Us, The Love of God Enfolds Us, The Power of God Protects Us, The Presence of God Watches Over Us, Wherever we are, God Is, (And all is swell!) What difference in your life would it have made if you had been taught about a loving supportive God, that is as close as you breath?”

**FRIDAY, SEPTEMBER 11TH AND 25TH, 2009** Brevard County Buddhist Fellowship – The Brevard County Buddhist Fellowship’s September meeting schedule will be Friday, September 11th & 25th, 2009, at 7:00 PM. Our meetings include a brief meditation period and open discussions on how we can apply the Dharma to our everyday life. Email Tim at [brevard@bfct.net](mailto:brevard@bfct.net), or call (321) 720-0738.

**SEPT EMBER12TH 2-4 pm** Be a part of Unity of Melbourne’s Practicing The Presence Together small group ministry as a facilitator or host. Dance with the mystery in the comfort of your own home. It’s easy, fun, and transformational! Introductory Orientation and Q&A Sept 12th 2-4 pm in the sanctuary Facilitator Training(hosts welcome too) 2 Saturdays (both required): Sept 19th and 26th 10 am-4pm Contact Maggie at [roscham@cfl.rr.com](mailto:roscham@cfl.rr.com) or 321-255-4652

**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.



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OPTICAL ILLUSION  
IS SEPARATION**

# HORIZONS

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Andrea de Michaelis

**Thanks for help this month**

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Sally Carmany

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

Anais Nin

*Horizons thanks  
everyone willing  
to take the risk*

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

[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

**W**ello and welcome to the September 2009 issue of Horizons Magazine. I got a neat email from someone the other day. She writes: *I read your Facebook blogs in addition to your Horizons monthly article and I admire your life. May I ask you an intensely personal question...are you in a relationship? I ask because there is no indication that you are and if not, you seem supremely happy with your life the way it is. And I would like my life to be as content as yours seems to be. You seem to have found the key. Relationship or not.*

I so loved the email that I posted it on my Facebook Wall. I commented: "Well, besides being in a relationship with every single other being - physical and nonphysical - in the entirety of the Universe? No individual partner, no. I haven't pair bonded in years. Maybe that's the key :)" I was only partly kidding.

Facebook friend Valerie Sauer said: Andrea, that's one of the things that I admire about you. You're clearly and unapologetically single, and I've never gotten the vibe from you that you're unhappy with your status. You exude total contentment with

every word you write. You are proof that single and lonely are completely unrelated states.

I told her I think it's like when you retire and find so many things to do that you wonder how you ever had time for a job. I have so many fulfilling relationships with friends and family that I can't imagine feeling any more in love if it was focused upon one person. In fact, that's been one of my issues in the past. When I've gotten into relationships, my tendency historically had been to saturate myself completely in the boyfriend, and then I don't feel like doing any work. All I want to do is play with the new man until the infatuation ends or we burn it out or got married.

When I stopped doing that, I realized I had tons of time and incentive to do the work I do. And the deeper I get into my work - which is my mission as well - the happier and more content with my life I become. Also the less likely to initiate change. You know, if it ain't broke, don't fix it. My man would have to be really happy without me a lot unless he was in the work with me. I figure some day he'll fall into my lap. Or not. Either way, I win.

I don't know if it's because I spent so much time being picked on by bratty brothers and their friends, but I have always enjoyed doing things on my own. Even from my 20's, I enjoyed having a meal alone, going to the gym alone, racquetball so I didn't have to drum up a partner, running, biking, dancing, drumming, yoga, meditation, writing, all solitary activities.

If you've ever played solo racquetball, you become aware of what relationship is. You have a relationship with the racquet, with the ball, with the four walls, with the floor, with the ceiling. You have a relationship with time, as you execute each shot so the ball bounces but once before you connect again.

*...continued on page 30...*

If you appreciate what Horizons has each month, show your support by subscribing, even if your local store carries us.

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*Yes! I want to receive Horizons Magazine at my own front door*

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# ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of *Ask & It Is Given*, *The Amazing Power of Deliberate Intent* and the NY Times Best Seller, *Money and the Law of Attraction* and their dvd, *The Secret Behind "The Secret"!*

Visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

## It's All About Vibrational Relativity

**W**henever you start guiding yourself by caring about how you feel, you start guiding yourself back into your Stream of Source Energy, and that's where your clarity is; that's where your joy is; that's where your flexibility is; that's where your balance is; that's where your good ideas come from. That's where all the good stuff is accessed from... You cannot get to the good stuff from the place of feeling bad—it defies Law. And you cannot get to bad stuff from the place of feeling good—it defies Law.

But you've got to decide first, that it is good to feel good. It is so screwy...how did you ever get crosswise of that? "Let's see now, struggle is good; pain is good." And we say, in what world? Oh, they promised you that it would be good after you die. Well, they lied...It will be good after you die, but not because you've paid the price of struggle.

Fall Metaphysical Festival Oct. 31st - Nov. 1  
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It's just good when you die because when you die, you quantum leap into Pure Positive Energy. When you die, you stop beating the drum of all of those things that have been keeping you from full Connection to Source.

But friends, as long as you're here in these physical bodies, quantum leaps, rare as they are, never last. That's not the route you're wanting to go. You're not wanting to jump right to bliss from despair. Just work your way up your emotional scale.

So here's this Emotional Scale. On one end of it, it feels really good; on the other end it feels really bad. On the really good-feeling end there is your perception of freedom. On the really bad-feeling end, there is your perception of not freedom. (And we carefully ask Esther to find the word perception because freedom is perceptual.) You are free. You're so free, you can choose bondage. You are so free, that no one can do anything to you. You are so free, that you are the only one who is causing anything to happen in your experience.

You say, "But wait. That person did such-and-such to me." And we say, but it was your observation of it, and the subsequent contradiction in vibration, that caused the vibrational melt-down within you that disallowed the Well-Being that would have been there if you hadn't been observing it. And you say, "Well, I wouldn't have been observing it if they weren't doing it." And we say, yes, but now you're getting into that realm where you have to control the conditions. Now you're saying, "If I observe things that feel bad, I feel bad. So, I need to find some way of controlling things so that everything that I observe will be good." And we say, give it up! You don't get to decide what other people put in their pie.

Nobody can put anything in your pie unless you observe what they're putting in their pie. And when you observe what they're putting in their pie, now you're a vibrational match to what they're putting in their pie, and now you're putting it in your pie. And now you're blaming them because you've got it in your pie! But you are the one who put it in your pie. "No, I didn't," you say, "I didn't put it in my pie. They put it in my pie. They put it in their pie first, and then some of it got in my pie." And we say, none of it could have gotten in your pie if you hadn't had your nose in their pie. If you hadn't been paying attention to somebody else's pie, you wouldn't have their stuff in your pie. You only get in your pie what you are giving your attention to.

And you say, "Well, it's hard not to notice what other people are putting in their pie." And we say, we know it can be hard, but maybe you could start making your own pie and getting interested in that. "Well, my pie isn't as interesting as their pie. Their pie's on CNN! Their pie is on the front page of the newspaper. Their pie is on my soap opera and on all the television programs. The stuff that they're putting in their pie seems

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





## NEW HABITS

Wayne Wirs is the author of "Fading Toward Enlightenment" and "The Implications of the Soul." Additionally he runs a website - RecentlyMissing.org - dedicated to helping find lost children. Wirs lives full-time in an RV, traveling North America and documenting his adventures in his photo blog, [www.waynewirs.com](http://www.waynewirs.com).

**I**n The Power of Less - The Fine Art of Limiting Yourself to the Essential, one of the things Leo Babauta talks about is that if you want to create new habits in your life, the trick is to only attempt one at a time and only one a month. Here are the three new habits that I've brought into my life in the last three months. All with very little effort...

In December I cut out eating animals that I wouldn't kill myself. Since making this a habit, I've only "slipped," and quite consciously I might add, a couple times - usually while looking for comfort food (the Decapitating-Black-Water-Valve-Epidemic comes to mind (you really don't want to know)).

In January I forced myself to start working by 8 am every day.

In February, I'm eating a big salad once a day - usually at dinner. With my off-limit-animal diet, I found I was eating too many carbs, so making this a new habit has helped me bump up my veggie intake.

Now I hadn't come across this book when I was modifying my diet, but once I heard about it, I gave it a shot and it is surprisingly easy to make new habits this way. Forget about drastic makeovers - just pick one habit a month and focus on that.

What's really cool is that once you've finished the month, the "task" has become a true habit. I don't feel like I'm missing anything by not eating a hunk of cow; I naturally wake with the dawn; and I'm starting to look forward to my big salad for dinner (and it makes a no-brainer "deciding" what to eat in the evening).

Start small and simple. Don't combine. Pick something that you want to make a part of your life for the next few years. Track your progress.

***Forget about drastic makeovers  
- just pick one habit a month and  
focus on that***



## Charles Lightwalker

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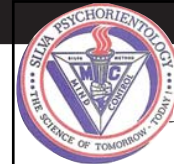
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[www.SeraphimCenter.org/reverend\\_drjanet.htm](http://www.SeraphimCenter.org/reverend_drjanet.htm)

## *Some ideas (pick only one and do it for 30 days):*

Meditate for 15 minutes

Do pushups until failure

Do 3 yoga sun salutations

Walk for 15 minutes

Write one page in your journal

Spend 15 minutes writing that book you always wanted to write

Drink water instead of soda

Don't eat meat before dinner (from Food Matters: A Guide to Conscious Eating)

Meditate for 15 minutes (mentioned twice intentionally - Hint, hint)

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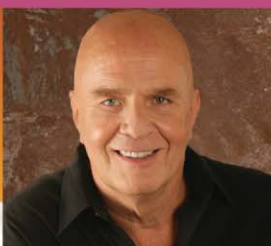
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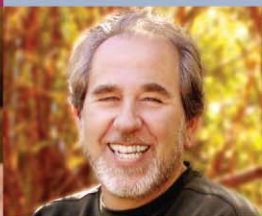
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# WHAT ARE YOU HUNGRY FOR?

Dr. Sorah Dubitsky, Ph.D., is an author, speaker, teacher and healer. She conducts workshops and seminars on love, marriage, sexuality and spirituality. She also offers individual and couples counseling. Her book, Chorus of Wisdom is available at Amazon.com [www.drсорah.com/](http://www.drсорah.com/) Email [dr.sorah@drсорah.com](mailto:dr.sorah@drсорah.com) She is facilitating a retreat Oct 16-18 at Kashi Ashram.

*What we are really hungry for is the fullness of Being. The purpose of a relationship is to feed each other physically, emotionally, mentally, and spiritually.*

**L**ately I've been asking myself what is the core motivation for sex seeking behavior. What is the hunger that men and women seek to satiate in each other's arms?

I knew I'd heard some commercials lately that asked the question "What are you hungry for?" A YouTube search turned up a commercial Hotpockets that answered the question perfectly. A teenage boy and girl are awkwardly sitting on a sofa. The boy slides closer and closer to the girl. He puts his arms around her and they start making out. Suddenly a wispy bearded, grey-haired oriental man pops up from behind the sofa and says, "You not hungry for girl! You hungry for Hotpockets," while pointing to the Hotpockets box in his hand. In another variation of the theme, a young man is sensually shaping wet clay on a potter's wheel. The scene widens and you see the same oriental man spinning a statue of a semi-clad woman on another potter's while. The oriental man turns to the young man and repeats the refrain "You not hungry for a woman, you hungry for Hotpockets!"

I originally started thinking about the underlying hunger that drives sexual appetites while watching an episode of CSI NY. Two of the characters, Danny and Lindsay, who are also co-workers, became romantically involved. Danny, however, became emotionally remote when he blamed himself for his neighbor's son's death. In one crucial scene, Danny phones Lindsay to say he'll be late for work. Lindsay complains about Danny's remoteness. He says it's nothing. She affirms that she's "there" for him. When Danny hangs up, he goes back to cracking eggs into a bowl for an omelet. He looks up as his neighbor enters the room half dressed. He walks over to her and kisses her. She asks him, "What are we doing?" He answers, "We're making each other feel good."

To say that sex makes you feel good is the same thing as saying that sex satisfies a hunger.

In many ways the hunger and sex urges are found in the same area of the brain. The "Four Fs," as their famously



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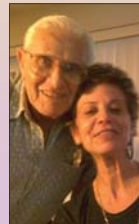
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schedule will be emailed to you upon  
registration notification.



Sorah Datri Dubitsky, Ph.D. is a  
teacher, lecturer, blogger and workshop  
leader. She is also a Zumba Fitness instructor.

Larry Dubitsky, M.S. is a watercolor artist,  
educator, lecturer and workshop leader.



Ma Jaya

framed, are feeding, fighting, fleeing, and making love (a line that always makes my students laugh). All four of these behaviors are tied to the limbic system which is the part of the brain that helps regulate homeostasis. These systems are in place to guarantee survival; they're programmed into the survival DNA of the species. They operate largely unconsciously so that it appears that they operate independently. In other words, our unconscious drives drive us. It's like the car that's driving itself without a driver.

...continued on page 22 ...



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## WHAT THE 4 THIEVES KNEW

**T**he interesting legend of the 4-Thieves has long been a part of herbal history as an all natural preventative to contagious diseases.

One legend has the 4-thieves pilfering the homes of the dead during the Spanish Influenza without contracting it.

A 14th century European legend has the 4-thieves robbing homes during the Bubonic Plague, when they were caught the authorities wondered how they could rob so many homes without falling ill; in exchange for their secret they would be given their freedom.

During the Plague of Marseille in the 1700's the thieves rubbed a combination of herbal oils on their bodies before robbing the homes of the dying and the dead; again upon being caught they shared their secret and were allowed to go free.

Just like the legends, there are a few formulas associated with the thieves. One formula is made using apple-cider vinegar 1/4part lavender, rue, wormwood, sage, thyme, oregano, rosemary, and elecampane along with 1/8part nutmeg. The vinegar is made by placing the herbs in a wide-mouth jar and covering with 1-2 quarts vinegar. Steeping the herbs for 6-8 weeks shaking daily; strain and rebottle storing the finished product in a cool dark place when it is finished.

Other blends use lavender, sage, hyssop, peppermint, lemon balm and garlic or rosemary, wormwood, rue and peppermint. I personally make a blend combining all of these formulas. There is also an Essential Oil Blend combining cloves, cinnamon, eucalyptus, lemon and rosemary which was found to be 99% effective when tested on airborne bacteria's at Webster State University.

In other studies these herbs were found to be highly effective antiviral, antiseptic, antibacterial, antifungal and antimicrobial, anti-parasitic, astringent disinfectant and insecticidal herbs. I also did some research on the properties of the herbs and I found them to be beneficial for colds, flu, fever, parasites, stomach upsets, fungi, rashes and itches and a multitude of other things.

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With these properties in mind the 4-thieves formula can be taken daily as a preventative for all sorts of illnesses that are going around and it can help if you should become ill as well (Not for pregnant or nursing mothers).

Adults can take 1teaspoon of the vinegar mixed with 1tea-spoon honey in a glass of water, children can use ¼-½teaspoon in juice if he/she is over two than honey can be used.

It can also be added to baths, diluted and used in a spray bottle for a body spray, as a room spray (great for traveling especially musty rooms) or as a disinfecting spray for counter-tops. I make disinfecting wipes with 4-Thieves for countertops, grocery carts, diaper-changing areas, on telephones, sinks, cutting boards, the uses are end-less.

**It's a healthy alternative to the toxic chemicals found in hand sanitizers or disinfectants.**

I know I will be adding these blends (oil and vinegar) to my herbal protocol especially with all of the flu hoop-la going on even if it is just a legend.

I've done the research and I'm convinced.

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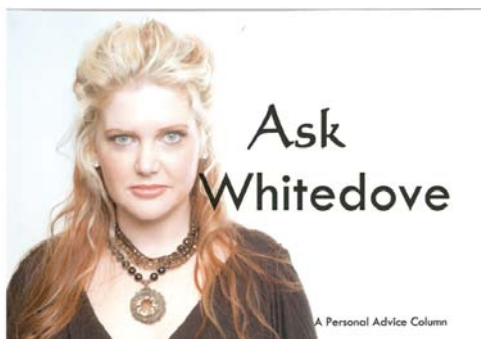
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**D**ear Whitedove: I was at a spiritual retreat and someone said that we all have a gate keeper. I was wondering if you've heard the term "Gate Keeper" if so could you explain in more detail. **Perplexed in Carlisle**

**Dear Perplexed:** Every person on Earth has an "Unseen Support Team" on the other side. Your Gate Keeper is part of your team of Angels and Spirit Guides who walk through this life to help you and guide you on the right path. Your Gate Keeper's specific job is to protect your personal space in the spiritual realms. For example if a deceased loved one wished to come to you through the dream state or even on a rare occasion physically manifest they would need permission from your Gate Keeper. This specific helper knows your safety zone. They work very diligently to make sure your boundaries are not violated, and that nothing from the other side whether positive or negative can have access to you unless it is what you need or desire. Gate Keepers provide many obstacles for remote viewers as well, someone who tries to psychically spy on another person will often feel the wrath of their Gate keeper. They also keep evil entities at bay, your Gate Keeper is on the constant look out; like your own spiritual body guard and as such you should always recognize and give thanks to your Gate Keeper for the protection they provide you every single day of your life.

**Dear Whitedove:** My one year old daughter is constantly staring around the room pointing and laughing but never at us. Is she seeing something we don't? **Funny kids in Seattle**

**Dear Funny:** Your daughter clearly sees her Angels and Spirit Guides. Infants are able to see though the veil that separates our world from the Spirit World. They are pure and innocent and have a strong connection to the Heavens. Imagine if you could physically see and speak with your guides and angels. It would make your spiritual journey so much easier and this would assist you in making much better choices.

...continued on page 38 ...

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# Returning Consciously:

## The Personal and Spiritual Benefits from Writing About Our Life's Journey



Writer-producer-artist-musician Sharon Janis is the author of *Spirituality For Dummies*, *Secrets of Spiritual Happiness*, and *Never to Return: A Modern Quest for Eternal Truth*. Visit her website for inspiring book excerpts, streaming videos, devotional chanting, more: [www.sharonjanis.com](http://www.sharonjanis.com)

Weathered faces lined in pain  
are soothed beneath the artist's loving hand.  
~ Don McClean, "Vincent"

I'd never really thought of myself as a storyteller, though many friends through the years have been humored by some of the more outlandish stories from my rather odd childhood and perhaps even odder adulthood. When some suggested, "You should write an autobiography," I would think, "Yeah, right," and forget I'd ever heard such a ridiculous thing. By the time I was 30, most of my memories had been long buried beneath the needs at hand, and I was a fairly private person as well. Why would I want to share intimate personal information with anyone, much less the whole world?

Well, surprise, surprise. I can tell you one thing. When it is time for destiny to unfold in a particular direction, it does. And if you're lucky, the Grace of Universal Beneficence (aka God) will make things easier by guiding your desires to be in harmony with the unfolding petals of destiny.

A brief summary of my life reads something like this: I was born in Detroit, Michigan with a high IQ and early language skills, but with a somewhat unusual family. Growing up as a loner, I took a three-month course in hypnosis at age 7 along with my psychology teacher parents. By age 12, I was taking speed regularly and writing papers contrasting Freud's structural and topological theories. While studying film and neurophysiology at the University of Michigan, I began to use my own version of self-hypnosis to explore the mechanics of personal awareness and the subconscious mind.

A surprise meeting with an Indian holy man ripped out my atheist roots and initiated a series of amazing, tangible experiences of many "high states of consciousness" that are described in the ancient scriptures of Eastern spirituality. After living in his ashram for a decade, editing and producing video programs about the wisdom and teachings of India, another twist on the path led me straight into the heart of Tinseltown, USA, where I worked on television shows such as *Hard Copy*, Disney's *Prime Nine News*, *Candid Camera*, *X-Men*, and the *Mighty Morphin Power Rangers*. This brings us to the point where an autobiography began to peek through the karmic folds.

There I was, editing and producing the top two children's shows in the world, working for up to 100 hours a week during the busiest times. Gee, who would have imagined that the body might find a way to say "No more!"? Suddenly, this vehicle that had pretty much been at my beck and call for several decades, was saying no. It crossed its arms defiantly and manifested a fairly impressive list of illnesses, interestingly coinciding with an astrological configuration that is said to bring debt, disease, dispute, and possibly death. Sitting quietly for days on end, I considered the possibility that it might be time for me to leave this world. In the midst of this challenging time came an inner command: "First, you have to share what you've learned."

The words arose from the depths of my soul, thundering through my being with an undeniable authority. The closest I could come to comparing the experience would be to that scene in the *Ten Commandments* film when Moses kneels before the burning bush and hears the Lord's commands thundering through him. There was an inner sense of "Why me, Lord? Who am I? What have I to share?"

This inner presence then proceeded to unveil my inner sight and reveal a birds-eye view of this event called "my life." Looking back at some of the patterns and experiences, it became clear that a synthesis of the knowledge and insights I had gathered through the years could be a beneficial contribution to the world, to other souls on their journeys, and to my personal evolution as well.

During my decade in the ashram, I had learned to perform service selflessly, to work without being motivated by the promise of external rewards. After years of falling into a more materialistic mentality in Hollywood, I once again found myself working with this more altruistic attitude. After all, fame and fortune hold little weight when one is preparing to leave the very world within which these attainments have value. With my body still giving evidence of preparing to close down shop, I realized it was possible I might not even be here to enjoy the release of these writings. Rather, my efforts would be seeds scattered to the winds, hopefully to find fertile soil in the minds of whoever was meant to read them. This book would be a selfless offering to the universe.

...continued on page 38...

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# FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including *The Dragon Doesn't Live Here Anymore* and *I Had it All the Time*. Join Alan this November 8-13 in Sedona for a life-changing retreat, "The Opportunity Before You." For more info, Alan's free inspirational quote program, or his daily Wisdom for Today lessons via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079



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In a remote region of the Andes, two tribes were feuding. One tribe lived high in the mountains and the other in the lowlands. One day the highlanders raided the village of the lowlanders and kidnapped a baby. The next day the lowlander tribe assembled a rescue team to climb the mountain to find and retrieve the child. But the lowlanders did not know the trails and they were not skilled at mountain climbing. They struggled to make their way up the mountain, but after a half day of climbing, they could not ascend anymore. Discouraged and disappointed, they packed their gear to return.

Suddenly, to their amazement, the rescue team saw the baby's mother coming down from the mountain, holding her baby in her arms. Baffled, they asked her, "How were you able to scale this steep mountain and rescue your child, when we were unable to do so?"

She answered, "It wasn't your baby."

If you want something enough, you will find a way to do it. If you are not very motivated, you will either not attempt to reach a goal, or if you do your efforts will be half-hearted and you will attain no measurable results. Motivation and intention are far more significant elements of success than circumstances.

Do not assess your possibilities on the basis of the beliefs or unsuccessful efforts of people less motivated than you. Their results are less a function of reality, and more a result of their beliefs and intentions. Nor do you need their permission to do what you want and need to do. The mother who retrieved her child did not ask the search party if the mission was possible nor did she request their permission. She just knew what she needed to do and she did it.

The compelling documentary *Man on Wire* chronicles the brazen feat of Philippe Petit, a visionary circus performer who, in 1974, strung a wire between the two towers of the World Trade Center and, without asking anyone's permission, walked between the skyscrapers eight times. Petit and several cronies planned the stunt for years with an Ocean's 11 level of craftiness and detail. They cased the World Trade Center

...continued on page 30 ...

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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!

**How is it that with so many brilliant beings on your planet, so few recognize that when one's life encounters turbulence, choppy waters, or setbacks, it's always a sign that things are about to get wildly better than they've ever been before?**

**And I'm not talking about the dolphins.**

**Don't fight it,**

**The Universe**



**CAN'T MEDITATE?  
BET YOU CAN.**

**SEE PAGE 46**

*"I never felt very successful at meditating until now... things don't worry me as much now. Thanks for the kickstart."*



# CREATIVE EXPRESSION



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So what are your creative energies? Recall a moment when you were given a piece of paper in art class and then asked to draw a picture. Did you sit there staring at that blank piece of paper or did you draw and color the most amazing picture that you could not wait to show mom and dad? If you're a left brained individual maybe it's harder for you to expand upon your creative energies. Take out a piece of paper now and draw a picture. Was this hard for you? What type of picture did you draw? Ask a child to help you be creative and you will color, play a game, or visualize yourself through a book.

Each of us has a creative flair to share with others, an expression of self with an array of rainbow colors. Ok, maybe I sound like I'm tripping but honestly you do have creativity within yourself. For example, my daughter has recently told me that her mind is filled with so much to say about natural products and how she is bursting at the seams to share with others. I told her to start writing about her thoughts, "but mom I'm not creative with writing" is what I heard. Writing for 15 minutes a day is a form of creativity and will actually help your creative energies flow.

How does one tap into that creative expressionistic side of self? This may be tough for someone who has dominance toward the left side of the brain, which is logical, prefers structured assignments, and enjoys copying or tracing pictures and filling in the details. Try something new or out of the ordinary instead of the same mundane tasks that fill your day.

Ø Go for a walk in the park and pay attention to the elements that surround you. Bring binoculars along to watch the birds.

Ø Ride your bike or sign up for a kayak or canoe excursion.

Ø Pull out crayons and coloring book or partake in a local art class.

Ø We all have family photos of some sort just waiting for creative flair. You can easily create a scrapbook with just a few photos or create a digital version online with the photos stored on your computer.

*...continued to page 20...*



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## CREATIVE EXPRESSION

*...continued from page 19...*

Ø Break out the music and dance. Yes, dance in the middle of the living room like no one is watching. Take this a step further and take a dance class.

Ø Volunteer for Big Brothers Big Sisters where you can change a young persons life as well as your own.

Ø Fly a kite! Be a kid again!

This all sounds good but is your living environment encouraging your creative flair? Invite creativity into your life by surrounding yourself with design elements that are reminders of creative expression. This could be in your home, office, or your car. Visualizing a walk in the park or flying a kite seems like fun but if your looking at a computer all day this can fade away your thoughts of fun and creativity. Here are a few examples of items you could include:

Ø A plant with pastel flowers placed in an area where you can see them each day will encourage your time in the great outdoors.

Ø Collage of pictures or words cut from magazines or created from scrapbook materials.

Ø If you would like to write, keep a journal close by and write in it each day for 15 minutes.

Ø Hang a piece of artwork related to the creativity you would like to draw upon. Ex: Painting for the painter or pottery for the potter within you.

Ø When you think of creativity, think of a rainbow. Use multi colored containers at your desk or in your car for your belongings. Place a jar of marbles or crayon box near your work area.

Ø Want to be a creative cook? Make a wind chime out of old silver wear to hang in your kitchen window.

Ø Want to kick up your heels and learn how to dance? Incorporate a statue of a couple dancing or a picture of people dancing.

Ø Maybe you hold a vision of tinkering around with an old car, cruising down the highway on a motorcycle, learning how to fly a plane, or just maybe you like trains. Place a picture or a statue of this where you can see it each day. Better yet, add this to your creative collage.

We all have hopes, dreams, aspirations, or intentions but these are just thoughts floating around like those little bubbles in a comic strip. By not bringing your visualizations into full vision and action you cannot truly see them through. Surround yourself with elements, pictures, writings, and people that help build upon your creative energies to bring your visualizations into reality.

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**SEE PAGE 46**

### **SEE PAGE 46**

*I really appreciate your Sleepytime Recharge and Connecting With Your Angels, Guides and Teachers cds. They came at the right time and they are very good. They are making a major change in how I view my life and I wanted to say thank you.*  
*LF, Titusville*





# CHANGING OUR BELIEFS



Kathy Lee is an energy/spiritual healer, massage therapist and Reiki Master, practicing in Fort Lauderdale for 10+ years. Her passion is teaching people that they can heal and create beautiful lives for themselves. [www.tigerlilysgarden.com/](http://www.tigerlilysgarden.com/)  
954-319-1603 KLeeLMT@hotmail.com

**R**ecently a friend of mine was diagnosed with an illness that, although not life threatening, is considered incurable. Helping people to heal is what I do and I have also healed myself, so I know healing is possible. So, we sat down and I shared with her the good news that she could heal. But much to my amazement, she protested! She argued with me that it is "incurable". No matter what I said or how I explained it, she simply could not grasp the possibility of healing. I realized that her mind was so filled with her limiting belief systems that she was unable to comprehend what I was saying.

For me, this began a chain of thought about the deeply rooted beliefs that we hold. Whenever we wish to create we must first stop and examine our beliefs. Our beliefs are the foundation upon which everything else is built. Whatever we believe is what becomes true for us. We create our own individual realities by what we believe, think and feel. We are beings of unlimited potential and possibilities but unless we believe the right things, we can become stuck. So how does one go about changing a life-time of accumulated beliefs?

I wish I could say it is easy, but the truth is that it takes hard work, commitment and the desire to change. Like anything new that you learn, it takes lots of repetition and practice. You are literally reprogramming your entire mind at the core. Affirmations are how you replace old beliefs. An affirmation is a positive statement such as, "My body is whole and healthy." There are many affirmation books or you can choose to write your own. I suggest that you carry your affirmations with you at all times. This way, you can practice them when you have any free time. You can place them in your car and repeat them while stopped at red lights. Hang them up in your bathroom and on the refrigerator. Put them everywhere. Recite them 10-100 times before you go to sleep at night and when you first wake up, this is when your mind is most receptive to new ideas. You want to repeat them as much as possible to saturate your mind with the new, healthy thought patterns.

Fill your mind with uplifting spiritual information. I encourage you to read things every day that will remind and/or teach you about the tremendous potential inside you and of the unlimited, loving abundance of the Universe. This will

*...continued on page 42...*



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## WHAT ARE YOU HUNGRY FOR?

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

Sometimes people forget that they're driving the car.

People still need to eat, to be able to protect themselves if in danger (running or fighting), and reproduce their DNA. People also have the brain capacity to override these basic human drives. Their higher functioning can impose reasoning. Reasoning allows for the observation of the consequences of actions. Reasoning makes you pay attention. You may need to eat, but eating a whole box of donuts will make you sick.

Along with the protective/defensive survival instincts describe above, evolutionary psychologists propose that there's another survival instinct: it's the instinct toward cooperation. Psychologist Barbara Fredrickson calls it the broaden and build instinct. The premise is that the odds of a species surviving long enough to reproduce are increased through cooperation.

Which brings me back to Danny and Lindsay and what we are really hungry for: What we are really hunger for is the fullness of Being. The fullness of Being translates to knowing we are loved, protected, and cared for. It's knowing that their will always be sustenance for us to receive. That's the opportunity a relationship offers.

To me, the purpose of a relationship is to feed each other physically, emotionally, mentally, and spiritually. So when Danny says to his neighbor that we're making each other feel good, what he's really saying is that temporarily we're feeding each other's soul. We're nursing each other's hurt. It's not the sex that's healing the wounds; it's the intent behind the sex.

It's no accident that food and sex are related. One temporarily fills you from the top down and the other temporarily fills you from the bottom up. The operative word there is temporarily. The physically satiating effects of food and sex are not long lived. But when both are undertaken with loving intent, their nourishing effects are timeless.

## FEEL ICKY FOR NO REASON?

**SEE PAGE 46**

*"I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated. Thank you."*





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## The Fox

**O**verwhelmingly, cultural consensus on fox animal symbolism deals with:  
cunning • strategy • quick-thinking  
adaptability • cleverness • wisdom

Additional perspectives and cultural viewpoints on the fox  
In China, fox animal symbolism revolved around the afterlife. Lore has it that a fox sighting was thought to be a signal from the spirits of the deceased.

The Celts believed the fox to be a guide, and it was honored for its wisdom. The Celts understood the fox knows the woods intimately, and they would rely upon the fox as their guide in the spirit world.

In Japan, the fox was considered one of the rain spirits, and a messenger of Inari the rice god. Here the fox also symbolizes longevity and protection from evil.

In Native American lore, fox animal symbolism deals with two interpretations. One perspective (Northern tribes) observes the fox as a wise and noble messenger. The other (Plains tribes) views the fox as a trickster playing pranks, or worse - luring one to demise.

Other generalized fox symbolic meanings deal with focus, determination and right-action. It is noteworthy to observe the fox while it is on the hunt. We see its entire body is pointed like an arrow - straight and tightly aimed. This is a symbolic message for us to set a determined, and powerfully focused mindset in order to "hit the target" of our desires.

The red in the fox is representative of a solar emblem. As a solar emblem the fox animal symbolism deals with passion, desire, intensity, expression. The fox encourages us to think outside of the box and use our intelligence in different, creative ways. The fox also brings us a message to try to approach our circumstances differently that we normally would. Be aware of some of our habits, and try a different angle of action.

The fox also a reminder that we must utilize all of our resources (seen and unseen) in order to accomplish our goals. Sometimes this means calling upon some unorthodox methods.

Furthermore, the fox is a sign to be mindful of our surroundings. Immaculate shapeshifters and incredibly adaptable, the fox beckons us to not make too many waves but rather, adapt to our surroundings, blend into it, and use our surroundings (and circumstances) to our advantage.

It should be obvious from this summary that fox animal symbolism goes far beyond what we may see on the surface. On the contrary, the fox has an incredible amount of knowledge and wisdom to share with us if/when we are willing to be still for the teachings.

Spend some meditative time with the spirit of the fox - odds are you will be amazed at the powerful insight this regal creature has to offer you.



"A fox is a wolf who sends flowers."  
—Ruth Brown



### NIGHT SNACKERS LOSE THE URGE!

*"I'm down 15 pounds and I no longer have the urge to snack in front of the tv. Who knew it could be this easy? I don't know how it works, but it works.  
Thank you." See Page 46*

# ABRAHAM-HICKS



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

to be everywhere. And because it's everywhere, it keeps getting in my pie." Only because you're giving attention to it. Nothing can get in your pie that you're not giving your attention to.

"Well, how can I not give my attention to the things that are everywhere?" And we say, find something that feels good to you—and give your attention to that. "Well, it's hard," you say. "It's hard to focus." And we say, but that's what a creator does. A deliberate creator focuses. A deliberate creator decides what he wants in his pie, and puts it in his pie. "Well, how do I know for sure what I want in my pie?" Make some pies and eat them, and see how they taste. We call that post-manifestational pie eating. We call that waiting until it has manifested in order to figure out what the vibrational content of it was... It works.

Or, you could pay attention to the way you feel while you're putting the stuff in your pie, because if it feels good while you're putting it in there, it's going to taste good when it's done.

We call these teachings the Art of Allowing because it is the art of learning, by feeling your way, by releasing resistance little by little by little until you become up to speed, or in vibrational alignment, with your own desires. And when you do that, the vibrational alignment—even though your object of desire has not yet been manifested—the alignment with the idea of it is truly heaven on earth.

When you get in sync with the power of You; when you get in sync with your right, and your ability, to create, then you can relax and acknowledge that there is nothing that I cannot be or do or have—but I don't have to be or do or have it all right now. There is plenty to enjoy now, and plenty coming along the way, and, fortunately, it will not come in faster than I can allow it.

You will not be able to receive something that you're not vibrationally up to speed with.

So, it turns out that the joyous life is the life that is being lived by the person who is aware of the relativity between their currently active thought (which is all a belief is) and their desire. When you learn to manage this Vibrational Relationship between where you are and where you want to be, life becomes sweet even though many things are not fulfilled—yet... Now, what we mean by that is, if you get—by virtue of focusing; doing creative workshops; going to meetings where people are getting you all juiced up about want-

ing things—if you get your desire factor activated at a much faster pace, on one or a number of subjects, than you've got your belief factor activated, you're going to cause chaos in your own experience.

Wanting things you don't believe are possible is not pleasant. And yet, we don't want you to ratchet your desire back down to your belief level—because then, nothing can change. And, do you know, that's what most people are doing? Most people are spending most of their time looking at what-is.

When you are giving most of your attention to what-is, you're offering most of your vibration about what-is, so you're just getting more of what-is—different places, different faces, but essentially, what-is.

So, the way it works is, you observe what-is. You offer a vibration about what-is. Law of Attraction matches what-is, and you get more of what-is... So, you observe more of what-is; you offer a vibration about what-is. Law of Attraction matches what-is, and you get more of what-is... So, you observe what-is; you offer a vibration about what-is. Law of Attraction matches what-is, and then you get more of what-is. And then you observe what... (Fun!) We could go on because you do. That's what you keep doing, mostly.

And what we are wanting to call your attention to is that it's fine to observe what-is, especially if what-is is pleasing you. But you might want to fill in the missing gaps with memories of things that were pleasing, or imagining things that are pleasing, because Law of Attraction does not give you access to thoughts that are very far from the thoughts that you've been actively thinking... When you focus upon something, you activate the vibration. And when you activate a vibration, Law of Attraction gives you more thoughts that are like that. And as you hold your attention there, that activation becomes strong enough that it's not just an activation—it's a dominant activation. And when something becomes a dominant activation, you call that a belief. We want to soften it by just saying a belief is only a thought you keep thinking.

When you continue to think a thought (or activate a vibration) that is not in alignment with who your Inner Being knows you are, and with what you really want—then negative emotion ensues. And what happens to so many of you (bless your hearts; we mean this adoringly) you get used to that negative emotion. So, you call it normal. You just become willing to put up with being ornery, or being overwhelmed, or being frustrated, or being angry.

And you are really not wanting to put up with that when your Guidance System is alerting you to the fact that you're not on the path that you have designed; that you have divined—that you have honed out of the contrast of your life experience...

*...continued on page 37...*



## FROM THE HEART

*...continued from page 17 ...*



for months, fabricated phony I.D.'s to gain access to study the building's design, found an inside agent in whose office they stored their equipment, and hid overnight under a tarpaulin with guards walking past them just feet away. At one moment a guard saw the intruders scaling a back staircase with their equipment, but for some odd reason he overlooked them. Once atop a tower, they shot an arrow across the 200-foot span to begin to secure the 450-pound wire. While Petit's feat was extraordinary, what it took to pull it off seemed even more astounding. After his tightrope walk Petit was arrested for trespassing, but he was released when he agreed to put on a show for kids in the neighborhood.

How could Petit get away with such a Mission Impossible? The answer is simple: It was his baby. He conceived the idea in the waiting room of a dentist's office, where he read a magazine article about the planned construction of the World Trade Center. When he saw the sketch of two towers looming 1368 feet over Manhattan, the idea grabbed him and would not let him go until he accomplished it. Petit ate, drank, thought, slept, and dreamt the idea for years. That's what a vision baby feels like.

You, too, have a baby you love and believe in. It may not be as outrageous as Philippe Petit's, but it is life-giving to you, and bigger than your history or fear. It speaks to you in your quiet moments and stirs you when you think about it. You are hungrier for it than safety, comfort, or the status quo. That's the depth of cry of your baby that will drive you to fetch it.

A young man asked Ernest Hemingway, "Should I become a writer?" Hemingway answered, "If anything can stop you, let it." If other people's opinions, or scientific data, or fear can put you off from retrieving your baby, don't even bother starting the climb up the mountain. But if you care less about what others think and more about what you feel, start your journey. If adversity does not put you off, it will strengthen you. If old friends fall away, you know you are on the right track. When new ones show up, you have a confirmation. And if you need no recognition from the world, but simply take deep reward from your adventure, it is worthy indeed.

Les Brown said, "Wanting something is not enough. You must hunger for it." Wayne Dyer echoed, "Motivation is when you take hold of an idea. Inspiration is when an idea takes hold of you." Quit trying to do something, and let something do you. There is a Power in the universe seeking to express through you. If you let it, doors will open that you could not imagine how to open yourself. Your goal may seem mountain high to accomplish, but if you love your baby enough you will find a way to bring it home.

## THIS MONTH'S THOUGHTS ABOUT THINGS...

*...continued from page 7..*



Relationship is all about getting into that flow, and becoming sensitive to the responses of whoever and whatever you are interacting with. You go with the flow and dance the cosmic dance with whatever is in front of you. That's not always a person, but it's still a relationship.

I have deep relationships with my two cats, with my Toyota Prius and with my Sonicare toothbrush. I have deep relationships with the oaks and pine on my property; with the mulberry and loquat trees and the bamboo. I can feel them interact with me when I am out among them. I feel a relationship with the orange as I peel it and the pineapple, and to the bread I toast, and to the toaster oven. I feel akin to the squirrels and birds I feed, and the raccoons, armadillos and opossums that I don't feed. I feel connected to every blade of grass I mow and, of course, believer in reincarnation that I am, the metaphor of the mulching lawnmower is not lost on me. I know each cut blade is delighted to return to the soil, eager for its next adventure.

And so am I. In the meantime, in the words of that great guru David Bowie ... Let's Dance.

*"Remember, your personal success, and your prosperity are not in the hands of some 'fickle finger of fate'—nor are they determined by sudden changes in the economy. The answer is in your conditioned ability to form and shape the ever-present substance of the Universe. There is just no way around it: your fortune (good or bad) begins with you. Financial crises, even recessions or depressions, so far as they affect your pocketbook or bank account or job stability, begin with your reactions of faith or fear. You do not cause economic conditions, though we all share in the cumulative consciousness that is the cause; but if you give them reality by your negative thoughts or conversations about them, you become synchronized with an energy flow which has as swift an influence on your life as the light that bathes the room when you throw the switch."*  
Eric Butterworth, Spiritual Economics.

That has been my experience, not just with money, but with everything. If I get a fear or anxiety about something, I start a chain reaction of a downward spiral which affects the other areas of my life. The domino effect, plain and simple. It happens every hurricane season, too. Like now. Are you watching the weather guys trying to freak us out about the storms brewing in the Atlantic? Remember, getting riled up over that is a waste of time. We know by this year's weather pattern that most of the tropical depressions will dissipate before hitting Florida. Get off the Watch And Worry Bandwagon

*...continued on page 31*

## THIS MONTH'S THOUGHTS ABOUT THINGS...

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



*...continued from page 30..*

and don't talk about the storms. Don't make folks think about them because they will then only attract something else they don't want. So it's in your hands... and on your lips. Last year I even emailed the local news and weather stations (see <http://horizonsmagazine.com/blog/?p=302>).

These daily storms we've been having let the pressure off, so celebrate them. I do. The years we've gotten the strongest hurricane hits, we've had unseasonable weather and no summer storms to mitigate it. No so this year. Lotsa daily storms = no big buildup for surprise hurricanes during the season. It is really as simple as that. Our personal storms are like that also. We can either feed them with hasty actions and reactions based on the vibrational stance of those who are freaking out around us, or we can keep conflict at bay by being mindful and following our own guidance system, no matter what is happening, no matter what anyone else is saying.

It's true that our perceptions create our personal reality, that how we choose to look at the world determines what kind of world we will live in. And two people living under the same roof can live in very different worlds. One of them can believe we are all at the mercy of Fate, and the other can believe we each create our own reality.

Even for those of us who believe we create our own reality, there is one concept that most just can't seem to get. They think if they ponder and dream on what they want, that what they want should just come of its own accord. They don't realize that what they do and how they think and what they say in all other areas of their lives impacts the creation process as well.

You can't hate your boss and criticize your co-workers and expect to find your dream job - it's all related. You can't ignore your mother and be fighting with your sister and expect to draw in your perfect mate - it's all related. If you watch the news and get aggravated by it, that's impacting your creation process. If you listen to politicians and think anyone is unethical, that impacts your creation process. If your boss is unreasonable and rude, and you have any emotional reaction of discontent or dislike toward him on a regular basis, that definitely impacts your creation process. And not just in the area of career and income. It impacts it in all other areas. Even areas you don't think you have resistance in.

In my experience, that's where I find most people get hung up. They don't get that it's all related. They don't get that

they've already done all the daydreaming and pre-paving of their creation, the Universe is just waiting for them to release their resistance and allow their creation to come to them. It's way more important to release resistance than it is to visualize what you want your outcome to be. It took me years to learn that. It took me years after hearing it so well said by Abraham-Hicks in the late 80's to release resistance I didn't know I had, or to even understand there was a process I could do to discover where I had resistance and a process to release it.

For me, the key was when Abraham said - remember no one else was talking about this back in the 80's - that every subject is 2 subjects: that which we want and the lack of it, and we're either focused on one or the other. I'd never heard that concept before and it changed the way I saw everything after that. We can always tell what we've been focusing on, because it shows up in our lives. It shows up in our relationships with others, it shows up in what kind of job we have and how much money we make and the state of our health and happiness.

If you and your husband are in business together, how you feel about him affects your business and affects your income. How he feels about you affects your business and affects your income. You can't think about and treat your partner one way and expect the Universe to deliver to you anything other than what you're sending out. And only one of you has to change how you think and feel about the other in order to effect a change in the outcome. And a change in the income.

This is where we can fully realize the power of the Now: by choosing in this moment right now to quiet our personal storms and release any old baggage we have with whoever is the closest to us; whoever we have to see every day and who has been in our life for the most years. Forget everything that has ever happened between you in the past. Stop bringing to mind all past transgressions.

When he pushes your buttons and a past memory comes up, make a choice to turn your thoughts around right then. Bring to mind the things he does that you love. Bring to mind all the good reasons you are together and how much fun you have when things are going well. That's how best to use the power of the Now: to dissipate old baggage and transform the Now moment into an enjoyable, delicious time for you and everyone around you. No matter what storms might appear to be raging around you.

And, in the Now, don't be worrying about what the news tells you about the economy or the storms brewing in the Atlantic. This too shall pass. Be prepared, but be in the moment with it all. Look around you right now, in this moment, and take inventory of everything that is going right in your life. Storms will come and go, but we can get through them, it's just a cycle.

And it's good to know ahead of time that this can be an easy hurricane season. So breathe a sign of relief and get onto your next good thing.

*Andrea*

# 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).

## Straight From The Horse's Mouth

*"How can I shorten the time between conscious acknowledgment of what I want and physical manifestation of it? What techniques or things could I offer that would help me to achieve a feeling place that would get more done faster?" Abraham answers it best.*

**ABRAHAM:** Well, there are a few ways you can go about it. If you can recognize that it's a matter of weight and balance. In other words, "Am I thinking more about what I do want and why I want it, or am I thinking more about what I don't want and why I don't want it?" In other words, "Where are my thoughts more often?"

So, through affirmations or through carrying some little pictures in your pocket or through creating a book of positive aspects or through getting around people that are already positively oriented: "*I can increase my positive thoughts and decrease my negative thoughts.*" In other words, that's one way of going about it, just by sheer numbers!

I can carry a little watch in my pocket that goes off every 15 minutes, and when I hear it, I can stop and say, "*Hmm, what do I want and why do I want it?*" You can sort of consciously begin to develop some new habits. That's a process that could work very well for you. "*I could make a decision that nothing is more important than that I feel good, and then I could trust that my Guidance System would alert me in every moment, to how I'm flowing.*" Now, that is really the clearest, simplest way, by just identifying that you want to feel good, which is to say, "*I want the pure Energy to flow through me,*" which is to say, "*I want to notice when it isn't, because I know what to do when I notice. I just want to notice.*"

So, by stating: "*I want to feel good,*" that amplifies your awareness of where you are vibrating, and that, above all things, is what we would recommend for most of you. In other words, being more sensitive in more moments about how you actually are vibrating, and not hiding behind a smile or hiding behind words and saying, "*I feel secure,*" when you don't, or saying, "*I'm happy,*" when you're not. In other words, acknowledging truly how you feel and acknowledging what you prefer and working on finding that true feeling place.

One more thing we would like to interject here. All of you are working much too hard at all of this. If you will stop making it an intellectual process and let it be a feeling process, ease will sweep over you almost instantly.

You have done enough wanting to keep yourselves busy for 20 or 30 lifetimes. You have identified enough objects of attention that, we promise you, in the moment you achieve vibrational harmony with who you really are, events will begin to surface that will satisfy you in enough proportion to knock your socks off. In other words, there's no shortage of wanting, here. What there is a shortage of is vibrationally allowing what you want, because somebody, somewhere along the

line, has convinced you that if it's going to be worthwhile it's gonna be hard! And we promise you: that belief is what stands in your way more than all other things put together! You can't quite accept that it's as easy as Abraham says it is.

**We offer a fun encouragement.** You might take it as a sort of assignment or even a challenge! We would encourage, you over the next few days, to decide that you're going to put yourself on a sort of hiatus from the normal stuff you've been doing, and make a decision that you're going to amplify finding the feeling place, and whether you get anything physically done or not is really not very important. Oh, go through the motions of it!

In other words, if they expect you at work, show up. Most of that stuff you could do with your eyes closed, anyway. In other words, most of what you're doing does not require much conscious attention. Treat your work like you do your driving, because most of you go through the motions of driving, but you're not giving it your full attention or even anything close to it.

You see what we're getting at? There are a lot of aspects of your day that you can amplify this sense of finding the feeling place. And let the day, as it unfolds, be your workshop.

Let somebody come up to you and say something rude, and feel it sort of knock you off your balance for a moment, and feel yourself wanting to spit something back that makes them feel as bad — but recognizing, "That's not who I am," as you find your stance of virtue.

And then, feel yourself blaming them because they should know better, for just a moment, and then, in all of that negative emotion, say, "Aah, this is good. My Guidance System is working. I can feel, that right now, with their help, I am looking right at what I don't want. I'm seeing another example of man's inhumanity to man, or I'm seeing another example of somebody who wants to be connected, who isn't, or I'm seeing another example of somebody who means well, who just doesn't know how to go about it."

In other words, find the feeling place and discover that if you will give the other guy the benefit of the doubt by not tensing against him, but instead say, "I wonder who kicked him that's making him want to kick me? I guess I WON'T join this chain-of-pain." And look back at him with sort of an understanding and even an appreciation, rather than a resistance. You will see, even in your first encounter, a different look come back to you!

Because when somebody comes after you with some sort of negative Energy flow, and you don't meet it with yours, which causes it to go somewhere, if they come after you and you just relax into your Well-being, their negative Energy doesn't have anyplace to go, and they're sort of left there with their mouth hanging open.

It's sort of like pushing against a wall that isn't there. It will cause them to stand back and rethink, you see. And you will begin your first conscious, deliberate making of this world a better place, not because it needs it, because at every level, you know that it already is it, you see.

As you let your day be your workshop, get out there in the traffic and, as you see it clogged and jammed, and you feel the disconnection of it, see that you might be able to do something about that.

*...continued on page 43...*



# SIMPLE ACTS OF KINDNESS

Dawn Gates is a master herbalist, aromatherapist, and registered nurse that has been studying herbs and aromatherapy since 1984, with some of the best herbalists and aromatherapists in the country. She has a Private practice that incorporates, herbs, aromatherapy, flower essences, and nutritional guidance. Visit her website [www.dawnsenchantedgarden.com](http://www.dawnsenchantedgarden.com), email [Dawnsenchantedgarden@yahoo.com](mailto:Dawnsenchantedgarden@yahoo.com)



**W**e often don't realize what effect small kindnesses can have on people's lives. Sometimes the effects are small, like making the toll operator smile, but sometimes they are life changing like giving someone hope to get through another day. In times like these, it is important to try to remember the importance of these small acts.

Every act of genuine and sincere kindness sends positive energy through the universe like waves rippling on a pond. These waves grow and embrace others, causing them to become part of the positive universal energies.

I try to be kind and positive at every opportunity I get. I have gotten to know the toll operators by name; I make it a point to tell a manager that a server/cashier/salesperson did a good job, I make it a point to smile at strangers. These small things are important not only on the everyday mundane level but on a much more subtle level. I liken these small kindnesses to spare change, a few coins may mean nothing, but if you were to add it (and its positive consequences) up it would fill a jar.

It is easy to integrate these small acts of kindness into your life. It can be as simple as holding the hand of someone who is alone, sincerely thanking someone for going further than they had to in a place of business, or simple things like smiling at strangers. One might say that these small things don't matter, but I disagree. I have had people who see me years after a brief encounter remember me and tell me how much that simple act meant to them.

As a nurse and an herbalist, I often get put into interesting situations where modern medicine needs to take a front seat to natural healing. This happened to me once when an herbal client saw me in the grocery store; she frantically told me that she had to have exploratory surgery to rule out cancer, and she did not want to. So in the middle of the produce section I got her doctor's phone number and called him; it must have been my lucky day because I got right through. I talked to him for a few minutes and then the three of us had a 5-10 minute conversation on the phone, after which my herbal client felt much better about the procedure and went through with it. Luckily, the doctor did not find anything and the herbs I was using to help her with her other issues worked.



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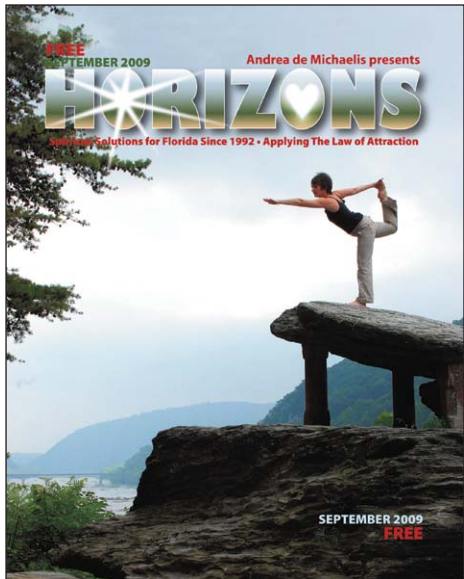


Dr's. Barbara and Paul Daniele

That conversation was over 6 years ago and to this day I get Christmas cards from this client who each year thanks me for that simple act. For me it was something that took only 10 minutes of my day, but in her eyes I saved her life.

One of my favorite bumper stickers from many years ago says to practice random acts of kindness and simple acts of pleasure and I believe that by practicing these acts of kindness it produces pleasure not only for the person you are assisting, but for the person who is providing the kindness.

# ON THE COVER: KRISTY SOUTO



Kristy Souto is the owner of The Barefoot Yoga Studio in Niceville, Florida and has a long history with Horizons Magazine and Andrea de Michaelis. One of the original co-founders, Kristy worked with Horizons until her move to Florida's Emerald Coast in the mid 90's. After meeting and studying with her teacher and mentor Laura Tyree, Kristy enrolled in a 200 hour yoga teacher training program and her life hasn't been the same since.

She opened The Barefoot Yoga Studio in 2005 and teaches an 8 week Beginner Series, Hatha Yoga classes and a Hatha/Vinyasa Blend. Kristy's classes are an uplifting blend incorporating movement, static postures, breathing techniques and meditation for stress reduction. Certified at 200 hours and certified in prenatal yoga, Kristy also offers classes to people living with Multiple Sclerosis thru the MSF. She is currently studying to complete her 500 hour certification. In the summer of 2009 Kristy began working with sound therapy through the vibrational frequencies of the Solfeggio tuning forks and now offers 45 minute energetic tuning sessions at Barefoot Yoga.



Along with her passion for Yoga, Kristy has an affinity for nature and photography. Recently married to her soul-mate Mark, they spend as much time as possible hiking, kayaking and going on photoshoots. Along with the cover photo, Kristy has a gazillion photos of yoga in nature (seriously - a gazillion!!)

Visit The Barefoot Yoga Studio online at [www.thebarefootyogastudio.net](http://www.thebarefootyogastudio.net). Kristy may be reached at 850-678-8498 or email [barefootyoga@cox.net](mailto:barefootyoga@cox.net). Stop in for a class or a tuning anytime! And remember to "Breathe into Balance, Stretch into Strength, Surrender into Stillness, Practice Peace".

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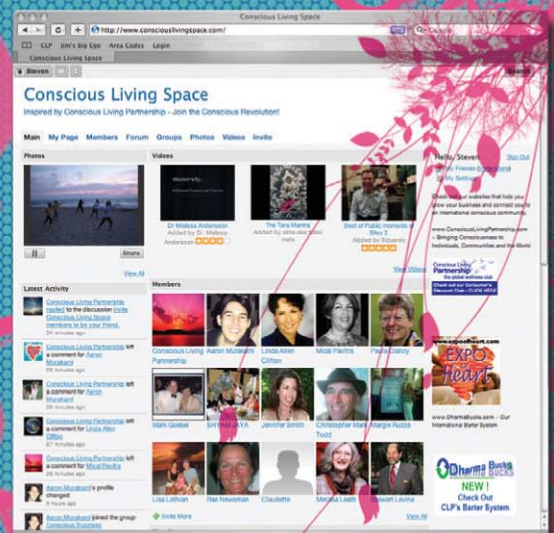
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# OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes  
30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.  
Email to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) and call 321-722-2100 with credit card info.  
No calendar listings taken by telephone. All listings must include time and physical location.

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

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

Saturdays MERRITT ISLAND 9-10am Pro active support group presentation on Natural Holistic Approaches using self actualization producing techniques for help for you or your loved ones with ADD, ADHD, depression, grief, anxiety, sleep disorders, post traumatic stress syndrome and various related physical health problems. Merritt Island, FL call Dr. Ward, D.C. @ (321)453-7005 for RSVP & more information.

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

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

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 4725 N. Courtenay Pkwy 321-452-2625. Inspirational, uplifting music 1st Sunday Potluck & Bring a Friend, 3rd Sunday Wellness Healing Service 11:30am

Sundays COCOA VILLAGE - Sunday Celebration begins at 10:30 am - Center for Spiritual Awareness - We are a loving, accepting Spiritual family celebrating an awakened life - 5 Rosa L Jones Dr. (Community Women's Club building) - 321/634-5188 - [www.cfsabrevard.org](http://www.cfsabrevard.org) A Member of United Centers for Spiritual Living [www.unitedcentersforspiritualiving.org](http://www.unitedcentersforspiritualiving.org)

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (see ad pg 4)

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

Sunday MERRITT ISLAND 11am Sunday Service, Christ Church of Positive Living, 1353 N. Courtenay Pkwy, 321-454-4109

Sundays MELBOURNE Metaphysicians' Circle meets at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7-8:30pm \$3 321-537-3843

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:30 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd Sunday of month MELBOURNE Noon-2pm Medium's Day Open to the public \$15 for 15 minute reading. Also available Snacks • Massage Therapy • Healing by donations. The Spiritualist Chapel of Melbourne 321-733-1555 Visit [www.spirit-chapel.org](http://www.spirit-chapel.org)

2nd and 4th Sunday MELBOURNE Pranvic Healing Circle 4:30-6:30pm at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313  
Saturday, Aug 1st Cassadaga 10am -5pm Lionel Owen visiting Author and Medium from Brazil Cassadaga Bookstore, call for info. 386-228-2880

Tuesdays MELBOURNE 7pm Lebed Method, therapeutic dance program for cancer survivors, multiple sclerosis, fibromyalgia, arthritis and other chronic conditions. 618 Washburn road 321-544-6977

Sept. 12 and 13, ORLANDO, Enhanced Reiki 1 Class, 10am to 6pm call Sheri at 407.227.7240 or at [diamondlotuslight@gmail.com](mailto:diamondlotuslight@gmail.com) for registration and information.

Mondays 9/14 and 9/21 NORTH PALM BEACH Fresh Start... Beginnings and Beyond - Joyful Interactive Workshop. 6:30 - 8:30 PM Imagine your life and learn to create your joy. Gather together and learn, laugh, love, create and share. Connecting with self and others. \$10/session. 561-568-0639 561-762-2187 / 561-602-0006

**CALENDAR CONTINUED ON NEXT PAGE...**



# OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes

Saturday September 19, 2009 WHITE SPRINGS 10am - 4pm Come to the River Healing Arts Festival "Discover the Nature of Your Heart" Stephen Foster Folk Cultural Center State Park in Historic White Springs, FL hosts the third annual Healing Arts Festival on September 19, 2009 from 10am until 5pm. You will be able to experience; laughing meditation, gentle hatha yoga, Qigong, Tai Chi, acupuncture, aromatherapy, Native American healing techniques and more. Leading practitioners will present free mini seminars throughout the day teaching you mind-body techniques and natural remedies. Have fun and discover the rhythm of your own heart with the Paralounge Drum Circle. Drums will be provided and you may join the group at your leisure at the Riverside gazebo all afternoon. Understand all the aspects of your heart in this powerful one day event! Over 30 vendors offering healthy products, hypnotherapy, massage, acupuncture, chiropractics, art, photography, pottery, herbs, rocks, shells and hand crafted items will be on hand in the Craft Square area near the main stage. FREE ADMISSION to the event with paid entrance into the park (\$5.00/CAR UP TO 8 OCCUPANTS) For more information call 386-397-1920 or visit us on the web at [www.stephenfostercso.org](http://www.stephenfostercso.org)

Mondays Oct 12 and Oct 19 NORTH PALM BEACH Fresh Start...Beginnings and Beyond - Joyful Interactive Workshop. Imagine your life and learn to create your joy. Gather together and learn, laugh, love, create and share. Connecting with self and others. \$10/session. 6:30 - 8:30 PM 561-568-0639 / 762-2187 / 602-0006

Saturday, October 17 at 10 AM through Sunday, October 18 at 5 PM. PENSACOLA Location is Bayview Community Park on beautiful Bayou Texar in Pensacola, FL. Special guest TBA, but very special non-denominational ceremony outside Sat evening. Yoga and/or Tai Chi begin the days followed by drum circles. Don't miss the music, vendors, exhibits, readers, light and laughter everywhere! Go to <http://solexpo.org> or contact 850-457-9800. Spirit Of Light Expo 2009 ----rent a booth----volunteer your time and expertise (contact Silverod@aol.com - Will Rosasco)----donate money through PayPal ----offer workshops and/or speaking events ----attend (\$9.99 for the year 2009)

Friday October 23rd - Sunday October 25th MELBOURNE "The Healing Power of the Frame Drum" Weekend Workshop -- Layne Redmond, acclaimed frame drummer and author of "When the Drummers Were Women", will teach basic strokes on the frame drum using a synthesis of drumming techniques from various world cultures. Participants will create rhythms to be used ritually with ancient techniques of humming sacred sounds to synchronize body/mind and create conditions for psychological, physical, and spiritual healing. All experience levels welcome. Friday 6pm - 9pm; Saturday 9am - 9pm; Sunday 9am - 1pm. Cost: \$200 for registration by October 3rd, \$220 for registration after October 3rd. Location: Rhythms of the World Cultural Arts Center and Peace Garden, 1482 Pineapple Ave, Melbourne. Contact: Sharan Miller at [peacedrummer@verizon.net](mailto:peacedrummer@verizon.net) for details.

"Discover the Nature of Your Heart" Stephen Foster Folk Cultural Center State Park in Historic White Springs, FL hosts

## THIRD ANNUAL HEALING ARTS FESTIVAL SATURDAY SEPTEMBER 19, 2009 10AM - 4PM

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# ABRAHAM-HICKS



*...continued from page 29...*

All that stuff's being held over there for you in Vibrational Escrow, just waiting for you to become a vibrational match to it—all of the things that you want are just waiting for you to find vibrational alignment with them. And if we were standing in your physical shoes, we would not put up for a moment with negative emotion.

So, it is our powerful desire that today you discover a new determination to bless your Emotional Guidance System because it is giving you such important information about the Vibrational Relativity between the thoughts that you're thinking and what you really are wanting, and that you make a decision that you are going to do your best to feel as good as you can feel—all day long—on every subject that becomes active within you.

You have, long ago, most of you, given up your rights to your own Guidance. You stopped trusting yourself because they ganged up on you. There were two of them when you were born, (most of you) and then more and more and more, and more. Then, there's all that peer group pressure, and then all those law enforcement agencies, not to mention the people that you really care about... But you tend to care more about what they think about what you're doing, than you do about how you feel.

We want to reactivate within you a determination that you are going to get hold of the Vibrational Relationship between you and You. Because you are Eternal extensions of Source Energy, and the Source Energy that is you loves you, and loves others. The Source Energy that is you knows your value; knows your worthiness; knows all of the wonderful things that are over here in V i b r a t i o n a l Escrow waiting for you, and will always be a vibrational match to those things that you want, and will never join you in your depression. That's why depression feels like depression: The feeling of anger, the feeling of any negative emotion, is you holding a vibrational pattern that is disallowing your full Connection with who-you-are. And so, negative emotion is your indication that you are not allowing that full Connection to Source.

We never see you stick a "Happy-face" sticker over your gas gauge because it is troubling to you to see that it's empty. "Oh, I'm empty. I'd better cover that up. It bothers me to see that." You sort of want to know when your tank's empty, don't you? And if you wait 'til it really empties out, it's much more trouble than if you just catch it as it approaches empty, and then do something about it. And this is what your

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Emotional Guidance System is doing for you, too. It's letting you know you're sort of emptying out in this moment. And so, you might want to see if you can't find a better feeling-place about this.

Start guiding yourself by caring about how you feel. Start guiding yourself into your Stream of Source Energy, for that's where your clarity is; that's where your joy is; that's where your flexibility is; that's where your balance is; that's where your good ideas come from. That's where all the good stuff is accessed from...

You cannot get to the good stuff from the place of feeling bad—it defies Law. And you cannot get to the bad stuff from the place of feeling good—it defies Law!

## October 26 - 30, 2009

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

Parents underestimate their children and often tell them that these sightings are their imagination, and in extreme cases some will seek out mental health solutions because they're afraid that the child is hallucinating and hearing voices. Then drugs are introduced. It's very sad that out of ignorance, we can destroy this beautiful and natural connection that children have to the Heavens. The best gift that you could give your daughter is to encourage her to communicate her Guides and Angels so that she remains connected throughout her life.

**Dear Whitedove:** I was told that the recent solar eclipse in Asia is going to bring about hard times for people in their relationship area. What do you say? **Frustrated in Franklin**

**Dear Frustrated:** The Solar Eclipse in astrological terms happens to hit our relationship aspect (varying according to how your chart is mapped out). So you may be confronted with many issues relating to your loved ones, partners, friends etc. We have begun the Ascension which means Mother Earth is cleansing herself, and people are clearing up as much karma and as many life lessons as possible during this time. The Solar Eclipse is just one of many ways these changes are facilitated. Sometimes being in the flesh makes it difficult for us to proactively grow on a spiritual level; often we need a nudge in the right direction. Events like a Solar Eclipse is not punishment, but instead an opportunity to grow. Look at your personal relationships on all levels and decide what needs to be done to improve them; instead of being so fearful of the coming change that you miss your window try taking a moment to be thankful for the chance to improve your life.

Ask specific questions at [www.MichelleWhitedove.com/contact.php](http://www.MichelleWhitedove.com/contact.php)  
And be sure to check her local appearances



**SECRETS**  
*Excerpts from*  
**Secrets of Spiritual Happiness**

*...continued from page 16...*

There is a saying that when you visit a holy place, you must give something of yourself in gratitude, whether by giving money or picking up a piece of trash from the floor. With the vision given to me that day, the teachings and scriptures I had studied in the ashram began to reveal greater meaning. I began to see this world as a temple, and we as travelers, pilgrims on a trek of eternal truth through the millennia, through infinite inner and outer realms. The Sufi saints call this earth world a "guest house," and proclaim that the story of our life lasts for only "four days." Why not leave behind something of ourselves — a footprint upon the sands of time, a splashing drop upon this universal pool of consciousness?

Some give their holy offering in the form of children, whom they rear and then let go with the breath of their love. Some give birth to creative works that inspire and influence the world, for seeming better or worse. Indeed, every life offers gifts to the universe with every move we make, every breath we take. This world is like a sacrificial fire, into which everything we do is an offering, whether conscious or unconscious on our part. This vision was revealed to me along with the command to "Share what you have learned."

I started writing an obtuse philosophical book, but soon realized that for this book to be shared, it would have to be entertaining as well as informative. People always enjoyed hearing about my eclectic life stories. I decided that instead of sharing the information and insights alone, I would share them through the colorful, humorous, and sometimes heart-wrenching circumstances through which they arose.

While exploring various periods of my life, I was also able to process a mountain of previously buried emotions. Transcribing these experiences into word form, I moved through periods of anger, frustration, ecstasy, love, and joy. It was like going through decades of psychotherapy in two years. Eventually, after opening up many pockets of emotional energy and releasing them, I found myself in a much lighter space. All those unprocessed feelings had kept me weighted down, like so much memory storage slowing down a computer.

Through the benefit of hindsight, I was also able to see the ripples of various events, and appreciate the positive inner shifts and guidance that had come from even the most challenging times. What an amazing lesson to learn — that everything truly does happen for the best, that the universe is perfect, and cannot be otherwise. As these insights moved through my awareness, my body began to heal. I came to realize at a very deep level that every life is a scripture, an amazingly multi-faceted, choreographed dance of the wisdom of Consciousness itself.

Read Sharon's memoir online at [www.nevertoreturn.com](http://www.nevertoreturn.com)



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## HOW TO CREATE YOUR OWN HORIZONS COMMUNITY GROUP

Let us know when your group meets so we can list  
it in the calendar for others to join you

• **Mark on your appointment book all of the events from the calendar you are interested in.** That way, when the day comes and you're suddenly free, you know about it in time to go.

• **Have friends over once a week to discuss articles and ideas.** Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.

• **Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,**



## 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*



## SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

### SEPT 2009

It's harvest time! It is a time to gather the last of the fruits and grains for the approaching winter. This wonderful time was when the gods and goddesses associated with the sun were honored with festivals and celebration. But, alas and alak, it was a scary time when the festivities would fade as winter approached and with it, barren lands and scarce food. It was, therefore, a good idea to express one's deep gratitude for the presence of the gods to encourage Them to return and end winter's cold clasp on the land.

An arbour of flowers and a kettle of wine:  
Alas! in the bowers no companion is mine.  
Then the moon sheds her rays on my goblet and me,  
And my shadow betrays we're a party of three!  
Drinking alone with the moon, Li Bai (translated by Herbert A. Giles)

One god of the sun was Mabon, the Welsh god whose name meant "great son". He was the son of the Great Mother, Modron and his full name was Mabon ap Modron, the great son of the great mother. Modron was the Great Goddess of the Earth whose son, Mabon, was kidnapped three days after his birth. His imprisonment is the veil of winter, the underworld, where he replenishes himself and is then reborn to the Goddess as the Son of Light at Yule. This wonderful legend is found in the Mabonogi, from which the legends of King Arthur evolved

Though the moon cannot swallow her share of the grog,  
And my shadow must follow wherever I jog,  
Yet their friendship I'll borrow and gaily carouse,  
And laugh away sorrow while spring-time allows.  
Ibid.

OK, that was not from the Mabonogi, but instead from an ancient Chinese writing that expresses the joy of grog. I think that in its sober elocution of spiritual delight, it is, in fact, the sole erudite expression of existentialism. But then, what do I know?

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### SEPT 2009

Sep 4<sup>th</sup> - Full Harvest Moon at 12:03 PM EDT

Sep 6<sup>th</sup> - Inca: Citua (Feast of the Moon) - Approximate date for celebration of Mama Quilla, the Moon Goddess.

Sep 14<sup>th</sup> - Festival of Sobek, the Egyptian crocodile god, also Feast of Lights, a general festival for all the Egyptian gods and goddesses

Sep 18<sup>th</sup> - New Moon at 2:44 PM EDT

Sep 18<sup>th</sup> - Judaism: Rosh Hashanah - The Jewish New Year and the beginning of the Ten Days of Penitence.

Sep 19<sup>th</sup> - Babylonia: Festival of Gula, the Goddess of healing and birth

Sep 21<sup>st</sup> - Greek: Celebration of Birthday of Athena

Sep 22<sup>nd</sup> - Autumnal Equinox at 5:18 PM

Sep 22<sup>nd</sup> - Wicca: Sabbat of Mabon ap Modron, celebration of the harvest and the god Mabon, the Great Son of Modron

Sep 25<sup>th</sup> - Hinduism: Durga Puja, Celebration and offerings for the Goddess Durga

A factoid with which to end the month: The Autumnal or Fall Equinox starts at 5:18 PM. At that time, the length of the day is as long as that of the night. It was also called Alban Elfed, the celebration of the harvest in many cultures. This is the time to store the harvest of fruits, grains, and vegetables for the coming winter. It is the second harvest, the time to quickly gather the fruits of the past year's efforts.

### *OUBE You Are Not The Body*

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**SEE PAGE 46**



# CHANGING OUR BELIEFS

*...continued from page 21...*



help to daily renew your mind and inspire you and keep you focused. This type of reading will remind you that you are the creator of your life and reality. If you don't like to read, then get some books on CD. This is vitally important.

Love, accept and forgive yourself. You are perfect the way you are. Love yourself as much as you love your pet! Would you tell your beloved pet how stupid or ugly it is? Of course not, so why would you do it to yourself? "I love and accept myself" is a good affirmation. Focus on loving those parts of yourself that you think you cannot love, such as the parts you perceive as being fat or ugly or ill. Love it all. Be happy just to be alive, to be able to breathe. When that "voice" pops up in your head and starts to judge or accuse you, then forgive yourself. You may have to say, "I forgive myself" 1000 times, but that's ok. Refuse to dwell on past mistakes. Learn from them and move on.

Be the boss of your mind. You are a radiant being of light and love. You are a manifestation of Divine energy. You are NOT the voice inside your head that is complaining, judging and being victimized. You are NOT those negative thoughts. Become aware of what is going on inside your mind. Once you are aware, then you have a choice about what you allow inside your head. Periodically stop and take inventory of what you are thinking, you might be surprised at how often it is negative. Once you become aware, then you can replace the negativity with your positive affirmations, which over time, will become your new beliefs.

Become present. Now is the only time that exists. Don't live in yesterday or tomorrow, as much as possible, stay in this moment. When we stay present, we are connected to Divine energy and our lives flow effortlessly and become beautiful. When you are present it becomes easier to watch the voice in your head and catch the negative programming that you want to replace.

Be responsible for yourself and your life. The truth is that whatever you are experiencing you have either attracted it or created it. If you have created something that you don't enjoy, then you certainly have the same power to create something that you do desire. Start today to replace those old, defeating beliefs with new, empowering ones.

It takes dedication, desire, practice and persistence to change them but you can do it and you can create the life of your dreams. Author and teacher Don Miguel Ruiz says it so beautifully, "You are what you believe you are. Humans are powerful magicians. You see; everything is about belief. Whatever we believe rules our existence, rules our life."



## SUGGESTED READING WATCHING LISTENING

The Law of Attraction: Teachings of Abraham  
by Esther and Jerry Hicks [www.abraham-hicks.com](http://www.abraham-hicks.com)

The Journey To Greatness And How To Get There  
by Noah benShea Corwin Press

From <http://www.vibrantwomenswisdom.com/>  
Vibrant Women's Wisdom: Surviving & Thriving through Dark & Bright Hours by Kelly Palace, Dr. Wanda Bethea, Linda Wiggins and 20 other vibrant authors

From [www.hayhouse.com](http://www.hayhouse.com) by Esther & Jerry Hicks  
Manifest Your Desires: 365 Ways to Make Your Dreams a Reality  
Astonishing Power of Emotions  
Money and the Law of Attraction

From [www.hayhouse.com](http://www.hayhouse.com)  
Daily Om by Madisyn Taylor

From [www.newworldlibrary.com](http://www.newworldlibrary.com)  
Storycatcher: Making Sense of Our Lives Through the Power and Practice of Story by Christina Baldwin  
50 Ways to Leave Your 40's - Sheila Key & Peggy Spencer MD  
Mental Resilience by Kamal Sarma  
Happiness From The Inside Out by Robert Mack  
Single Woman of a Certain Age by Jane Ganahl

From [www.soundstrue.com](http://www.soundstrue.com)  
Leap Before You Look by Arjuna Ardagh

From [www.o-books.com](http://www.o-books.com)  
Palmistry by Johnny Fincham  
Powers of the Sixth Sense by Jock Brocas

Music from [www.soundings.com](http://www.soundings.com)  
CD Global Rhythms Collection by Dean Evenson  
CD Meditation Moment by Dudley Evenson

**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" has good info in it also.

# ABRAHAM \*FUN\*



*...continued from page 32...*

So tonight, while you're bogged down in traffic, envision tomorrow... finding a new route...envision finding a route that is free...envision traffic flowing...envision lights changing...envision officers assisting... envision people yielding...envision you in traffic flowing...not understanding WHY but, sort of taking delight that the seas are parting for you!

And, as you utilize your first negative moment and you shift it into a place of feeling good, the first thing that will happen is that you won't be feeling so much negative emotion right now [even] while you're in the traffic jam!

Even though you should be feeling negative emotion, by all standards, you won't be feeling negative emotion. And so, as you find that feeling place, you've eased the way you feel about the traffic.

Even though it's slow, and even though you'd like to be home, now's not so bad. In other words, "I actually have a few moments that I can think. I can actually use this as an opportunity to create."

You might even find yourself looking for traffic jams because it gives you an excuse to think, you see! You find yourself relaxing into whatever is happening, while you are improving what will happen tomorrow, and then, this is the part we look forward to the most: there is nothing more exhilarating for us than to watch you consciously living the physical manifestation of what you deliberately conjured yesterday.

When we see you making the connection and living the improvement, which confirms to you that the Energy flowing that you offered did, indeed, do what we said it would do and did, indeed, empower you the way you wanted it to and did, indeed, improve life in the way you meant for it to and - even more importantly - you realize that in the moment of doing it, you are already there, then you've captured the spirit of joyful becoming!

And then, never again will you be in the place of yearning for something you can't have. You will only be salivating for that which is sure to come.

The word 'hope' feels good, doesn't it? The word 'adventure' feels good, doesn't it?

The feeling, 'fulfilling my dream', 'satisfying experience', 'living happily ever after', 'making the world a better place', 'feeling happy in the moment'...what does the word 'laughter' make you feel?

"Oh, it was so funny I could not stop laughing."

"I laughed and laughed until tears washed away my eyelashes."

"That was the funniest thing I ever saw."

"The combination of knowing what I know and seeing that, evoked such humor from me that every time I think about it I still laugh."

"It was the most beautiful sight I have ever seen."

"Took my breath away."

"Every time I think about it I go right back to that same feeling place."

"It was the cutest little dog I have ever seen! He licked my face. I can still feel him up against my face."

"I picked up that baby and my heart melted. It was as if we were one."

"I remember our first kiss...fireworks!"

"I love this bed. I love this feeling of Well-being! I love my pillow."

"I love my car."

"Post office is amazing, isn't it? You can take a piece of paper and lick a little stamp and somebody will go to the trouble of taking your message to someone else."

"Computers are amazing."

"Electricity flows."

"Prosperity abounds."

"Commerce is thriving."

"People's wanting is heightened."

"More people opening to more Energy."

"Abundance abounding!"

"I don't have to lay awake in bed at night and keep my blood flowing."

"I am tended to at such a spectacular, intense, deliberate, particular, poignant, positive level!"

"The earth spins in its orbit in perfect proximity to other planets."

"The water content remains perfect upon our planet."

"The oxygen remains perfect for us to breathe."

"The plants continue to regenerate."

"Food upon this planet is a sure thing."

"Well-being truly does abound, doesn't it?"

And, as you begin to poignantly choose those thoughts first, your point of attraction will preclude anything other than wonderful things. You will literally achieve vibrational immunity to what you don't want and vibrational harmony with what you do want. And in doing so, you are your Inner Being. You know who your Inner Being is, on a very conscious, clear, tangible feeling, knowing, sensing, smelling, snorting level.

Have fun with all of this!



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 available. Barbara can be reached at 1-208-773-7822 and at P.O.Box 3427 Post Falls, Idaho 83877 and on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or by email at [barbaralee21@roadrunner.com](mailto:barbaralee21@roadrunner.com)

## HOROSCOPES FOR

**GEMINI: MAY 20/21 TO JUNE 21 "I THINK".** Your nervous system is on overload, everything that you feel seems bigger than it is, and it may be bigger. The driving force behind your empty desires make you crave the right romantic partner. At one time there was once a person that meant the world to you, but now that person has fled to someone else's arms.

**ARIES: MARCH 20 TO APRIL 19/20 "I AM".** Your energies are spent between home and work. Even though you long to be home as much as you can, the world needs you. Don't allow the existing challenges bring you down, Just know that you are on the threshold of a new cycle with many new opportunities waiting for you to sink your teeth into.

**TAURUS: APRIL 19/20 TO MAY 20/21 "I HAVE".** Love is your focus this month, and with that in mind you need to remember to love yourself first. You owe it to yourself to give life your very best; take some quiet time to focus on your inner dreams, and you will feel like you have been on vacation. In order for you to take care of everything else, you have to first take good care of yourself!

**CANCER: JUNE 21 TO JULY 22 "I FEEL".** Your energies are focused in the public arena and you will gain public recognition for your efforts. Much of your focus has to do with nurturing the ones you love, in contrast to spending time doing what you love. Is it the same or different? Whatever you do, do it with all your might, because change will be immanent. It is up to you how to handle it.

**LEO: JULY 22 TO AUGUST 22/23 "I WILL".** Music will have a profound affect on you around the New Moon in Libra on September 18th. Breaking free to a new location will assist you like a romantic partner that can help you make your dreams come true. You can share the limelight even though you have been feeling invisible. Just because all spot lights are on someone else, does not mean that you are anything less.



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**VIRGO: AUGUST 22/23 TO SEPT 22/23 "I Analyze".** This is the month that you discover your love of learning. Once you are interested in something you find everything out about it as if you were the expert. You will quickly turn your passion into a livelihood. A nice blend of practicality and intuition will help you find a comfortable balance in life. Even with your Virgo discerning mind; remember to trust your intuition.

**LIBRA: SEPTEMBER 22/23 TO OCTOBER 23 "I Balance".** This month you have the capacity to attract the right people to help you with your career; all your talents and gifts will be recognized. Your communication style is akin to a mediator, your unique gift of seeing both sides of an issue will help you stand your ground on any issue, and at the same time your inner power will shine through.



# AUGUST 2009

SCORPIO: OCTOBER 23 TO NOVEMBER 22 "I Transform". Intensity should be your middle name, then tenacity and assertiveness, the internal detective that can spot a fraud. Friends are important to you, even though they are few and far between. You are cautious about life in general but especially people. Reluctant as you are when it comes sharing ideas, you have to take time to feel comfortable until they have gained your trust.

SAGITTARIUS: NOVEMBER 22 TO DECEMBER 21 "I Perceive". A higher path has captured your focus, the faith in a higher power that can sustain you from within yourself will supply you with inner strength and optimism. This month set aside your ambitions and focus on what brings you inner peace and joy. When you have the guts to go after what you want in life, you will be fulfilled.

CAPRICORN: DECEMBER 21 TO JANUARY 19/20 "I Use". You emanate a very powerful presence of late. What will it take for you to believe in yourself once and for all. All your hard work has finally paid off. Your motto: what you see is what you get. Nothing hidden nor fake about you; you are as real as real can be. Life can be happy, so dance in the moon light with the fairies.

AQUARIUS: JANUARY 19/20 TO FEBRUARY 18 "I Know". It is your nature to be friendly to everyone, and it just kills you if someone does not like you. You know you have done your best, so what else could you have done. Your lesson is that you can not please everyone. The people that do not like you well, they can move on and make room for people that do want to be your friend.

PISCES: FEBRUARY 18 TO MARCH 20 "I Believe". Your intuition is at an all time high, you may be experiencing dreams and visions. All I can say is that you should be taking notes and writing your dreams down. The Universe is trying to tell you something; please listen, more important than that is TRUST yourself, Visualize what you want and do not settle for less.

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



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

## Connecting with Your Angels, Guides & Teachers



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

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

## Healthy Eating Habits



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

## Sleepytime Recharge

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



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

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



**SAVINGS + STRESS RELIEF** Listen online

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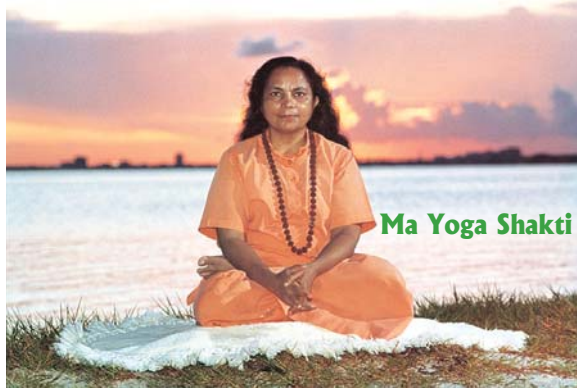
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# YOGA SHAKTI MISSION



Ma Yoga Shakti

## Sundays 9-10am Sunshine Lectures

### *Talks on Spiritual Topics*

- 28 June "Guatemalan Mayan Cultural Experience"  
with Carlos and Migdalia
- 5 July "Techniques of Tree Trimming" - Anna Hutson
- 12 July "Worm Composting & Super Veggie Growth"  
with Suzanne Richmond
- 19 July "Alternative Energy Sources and Energy  
Conservation with Larry Abdullah

## First Saturday each month@noon

*Vegetarian luncheon \$7*

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# YOGA SHAKTI MISSION

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Come away for a weekend to a different world, in the oasis of beauty and peace created for us by Mataji in her Palm Bay Ashram. Come and sit at the feet of a Master of Yoga, Mataji, Ma Yogashakti. Hear her expound the wisdom of the Vedas. Take part in Hatha Yoga classes, early morning satsang and meditation with Mataji and traditional temple worship.

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## YOGA CLASSES

\$7 Per Class  
\$25/mo unlimited  
evening classes

### **Monday**

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

### **Tuesday**

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

### **Thursday**

Val Anderson  
9 -10 am

### **Thursday**

Chip & Shyama Iacona  
7-8 pm

**Ramayan Chanting**  
Sundays 10:15-11:15 am

**Bhajans/Kirtans**  
First Wednesday of Month  
6.45- 7 45 PM



## BOOKS BY MA YOGA SHAKTI

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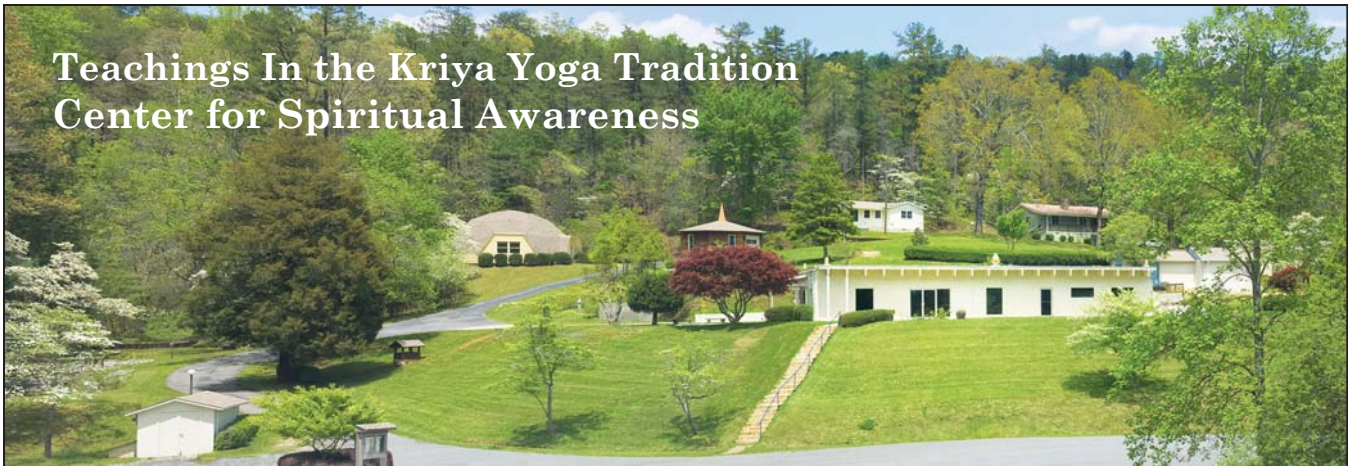




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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay



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