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**Thursday, Sept 9th 8am – 6pm
Taize Service 6PM – 8PM
Celebrate Unity's World Day of Prayer With
a Silent Retreat.** Join us for all or part of the silent retreat. We will be in silence in the sanctuary. Bring a bag lunch if you want to participate in an eating in the silence exercise at noon. Wear comfortable clothes, bring your journals. There will be a guided meditation 8AM and a contemplation piece or guided meditation at the top of each hour.

Saturday, September 11th 9:00AM - NOON. Do you have questions about Unity? **New Member Orientation.** This informal class covers Unity's basic beliefs and is a requirement for membership in the church. Everyone is welcome, and there is no obligation to join the church.

Saturday September 11th 10am-noon Finding Solutions In 'Hard Times' with Cecelia Danas \$30 donation. Has our economical and political situation drained you of HOPE for a prosperous and peaceful life? Discover 5 ways to brighten your outlook, create a new life plan, bring stability back, turn hopeless in to hope, and feel good about who you are. Seating limited. Please register in advance 321-794-7550 or lifecoaching7746@aol.com.

Sunday Sept 12th at 2:00pm Webinar: Stand Like Mountain, Flow Like Water: Reflections on Leadership Stress and Human Spirituality with Brian Luke Seward Experts in the field of higher consciousness warn humanity of a looming crisis of consciousness (fear-based vs. sustainable living). This virtual course is designed to address both personal growth and professional development skills. The workshop highlights the relationship between the topics of stress and human spirituality. You'll also learn strategies for personal balance, establishing healthy boundaries, living in conscious equilibrium, and enhanced teacher effectiveness in message delivery.

**7 weeks beginning Tuesday Sept 28th – Nov 9th 7:00pm
The Art & Practice of Living with Nothing and No One Against You with Lloyd Reiser** This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. When we feel diminished or uncomfortable by what we are having as our life experience, we are no longer relating from our wholeness and worth. The Art & Practice program helps us recover our wholeness in times of challenge or difficulty. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. It helps us to be in integrity with who we have come here to be in every aspect of our lives. The format for the Art & Practice program is a seven-week class that includes many experiential activities including a 21 Day aware-apy process that is both heart-centered and practical. You can find out more about the Art & Practice program and its creators at: www.theqeffect.com.

October 2nd Church Yard Sale. As you do fall cleaning, set aside items to bring to the church yard sale the week before. No junk please.

October 18-22.S E Unity People's Conference at the Indialantic Hilton During the conference we will be doing a service project at the Brevard Zoo and a fundraising lunch for the zoo at Carrabas. Visit unityofmelbourne.com for more information and registration form. See ad on page 25.

October 29th and 30th Chaplain Retreat

October 31st Halloween Party at Rotary Park

Tuesdays and Thursdays Noon Healing Prayer Service Open to all.
Tuesdays 7:30pm A Course In Miracles Facilitator: Darlene Capinha
Thursdays from 2:00-4:00pm Reiki Healing by Appointment 321-254-0313
Reiki Healing Service - Facilitator: Lloyd Reiser Sunday September 5th 4:30pm and Sunday October 3rd, 4:30pm

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

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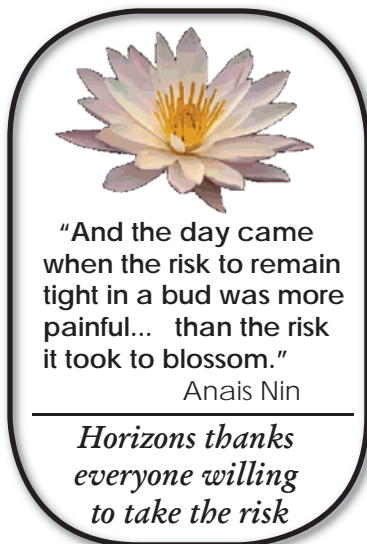
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Denise Marr

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HORIZONS

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

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

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Back page incl. color	\$625	\$565	\$475
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email 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

Hello and welcome to the September 2010 edition of Horizons Magazine. Last month was relaxing, yet busy and productive. After I closed on my mortgage refinance, I got a few days off to enjoy the 4th of July weekend and recuperate from the month long fiasco of daily copying of financial documents before I had to begin working on the August issue of Horizons Magazine. I didn't know until the very day of closing whether I would close at all or not, so when I did, it was a big pressure off me. I took a few days off to decompress and ended up sleeping a lot. I also didn't feel like cooking much and so I made my favorite garlic parsley hummus and some babaganoush and ate it all weekend with pita triangles. I've been snacking on fresh watermelon all month, too. When I'm feeling stressed, it relaxes me to cook and I love creating healthy and low fat versions of my favorite foods. I used to think of hummus and pita as a snack, but now I realize it's a meal in itself. I enjoy food so much more since I changed to a healthier diet. Simpler foods satisfy me and I eat a lot less of them.

Here's my recipe for
THE EASIEST BABAGANOUSH ON THE PLANET:

- 1 large eggplant
- 1 small onion
- 4 cloves garlic
- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 1 tablespoon tahini
- 1 teaspoon salt
- Black pepper to taste
- I also add a shake each of smoky paprika and cumin

Turn oven on 400 degrees, cut the eggplant in half lengthwise and place in a metal pan. Drizzle with a little olive oil.

Chop the onion in quarters and drizzle with olive oil, then place in one corner of the metal pan. This will brown first, so you'll take it out of the pan sooner. Same with the garlic. Leave the garlic cloves whole and peeled, drizzle with oil and leave with the chopped onion in a corner of the pan.

Roast for about 15 minutes, then check to see if the onions and garlic are beginning to get golden brown. If it's time to take the onions and garlic out, do so now. If not, check every 10 minutes until it is. The eggplant may take 40 minutes. When the roasting is done, remove from the oven and let cool.

Take a food processor and into it put the tahini, lemon juice, salt and pepper. Mix well. Once the vegetables are cooled, scoop out the eggplant, add the onions and garlic and blend. Taste and add lemon juice and salt to taste. Serve with pita triangles, or use as a dip for raw carrot, celery sticks, crudites. I have more recipes like this at my website www.goddessgrub.com, Healthy and Luscious Low Fat Meals for the Goddess on the Go

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Life Is about Our Relationships

Excerpted from book, "The Vortex, Where Law of Attraction Assembles All Cooperative Relationships"

You will never find yourself in a point in time when the subject of relationships is not an active part of your now experience, for everything you perceive or notice or know is because of your relationship with something else. Without a comparative experience, you would be unable to perceive or focus any kind of understanding within yourself. Therefore, it is accurate to say that without relationships you could not exist at all.

It is our desire that an even greater awareness of who-you-are will awaken within you by reading this, as you begin to explore the variety of relationships that you are already living. It is our desire that you experience an enhanced appreciation of your planet; your body; your family; your friends; your enemies; your government; your systems; your food; your finances; your animals; your work; your play; your purpose; your Source; your Soul; your past, your future, and your present. . . .

EVERY RELATIONSHIP IS ETERNAL.

It is our desire that you come to remember that every relationship is Eternal and that once it has been established, it is a part of your Vibrational makeup forevermore, and that, in your powerful now— where all that you have become converges with all that you are now becoming—you hold the power to create. A joyful life is not about gaining control of the factors that surround you.

A joyful life is about coming into alignment with who-you-are. Joy is not about controlling other people or circumstances. Joy is about controlling your own Vibrational relationship between the physical you and the Non- Physical You. It is alignment with Source that is joy or love or success or satisfaction.

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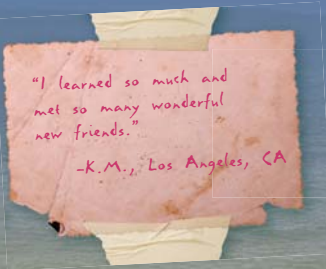
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MEDIUMSHIP COURSE Sept. 12, 19, 26; October 3, 10, 17; 2 to 4 pm
FALL FESTIVAL & PSYCHIC FAIR Saturday, Sept. 18; 10 am - 6 pm
Vendors, Psychic Readers, Healers; Ritual at 1 pm
ANN MOURA'S TAROT CLASS Sept. 25; 1 to 4 pm
WITCHES MEETUP MEDITATION Oct. 6; 7 pm
UNDERSTANDING GHOSTS, SPIRITS, HAUNTINGS Oct. 16 ; 1-3pm
CONCERT & WORKSHOP Accessing The Heart's Desire with Faerie Elaine Silver Sat October 16th 3:00pm
SAMHAIN FESTIVAL & PSYCHIC FAIR Sat, Oct. 30; 10am - 6pm
Vendors, Psychic Readers, Healers; Bring a pumpkin to carve! Bring something for the Remembrance Altar; Past lives scrying; Ritual at 1 pm with Ancestor meditation and Trick or Treating

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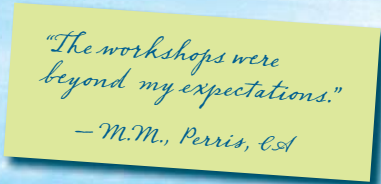


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BEGGAR OR KING

Does it Really Matter?

Jesse Rogers (aka Talisen) is a resident of Deltona Florida and is the organizer of the Orlando Drum Circle at the Orlando Brewery every first Saturday of the month. Believing that true spirituality can be found in ones ability to let go and live in the "NOW", he does his best to find beauty in the artist by looking at the artist creations. Email esserogers01@gmail.com. *What we will find behind the door can only be known by going through that door. -peace-*

What has always made me snicker is the amount of people who believe they were someone famous in a previous life, some great hero or warrior, even king for that matter.

The fact of the matter is that I do not think much about re-incarnation other than initially recognizing it as a possibility. My thoughts on that are, yes I believe in reincarnation, any additional time spent on the subject is pretty much a waste of time in my opinion. If reincarnation is true then you must really think about why it is that we cannot freely remember these past lives, I am sure there is a very good reason for this, and it is probably one of those lines that we are not supposed to cross.

As a being on this planet you have to work on the things that you have some sort of control or input on. I am not against pondering the subject of reincarnation but far too much time is spent on it. I know you can have regression sessions to find out who you were and all that stuff but what good does that really do, statistically you are more likely to find out you were a diseased beggar as you were to find out that you were part of a royal family. Once the information is found out how does this affect you in the world you find yourself in, I myself can not think of any positive attributes to help me in this lifetime to finding this information out, it is obviously not part of any master plan to know this information since if it was then the information would not be lost from life to life.

The theory as I see it behind reincarnation is that you cannot learn all their is to learn in one life, which on the one hand is kind of silly if you believe in a master creator, you would think that he or she would have thought about that and came out with Human 2.0 to fix this little problem. The other theory is that we have failed in certain lessons during our lifetime

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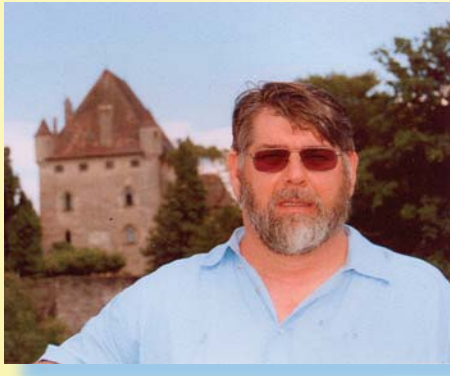
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Albert, professional psychic over 35 years, is an Ordained Minister, Certified Psychic from Cassadaga, FL. He was a Project Manager and Lecturer with Edgar Cayce Foundation and Association for Research and Enlightenment. He hosted a TV show, and made many television guest appearances. He taught Parapsychology 1 & 2 at the University of Florida and was invited to Russia to study the Paranormal with Psychics and Scientists.

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

Visit www.psychicconsultant.org

Nellie



TESTIMONIAL:

Nellie, I was so impressed with you when we met in March for a reading that I felt I had to see you again. You told me many personal things about family and friends that only I knew about.

You also told me about changes that would happen that would effect my business. One by one the changes did start happening just as you described. You have a wonderful gift, Nellie and I am looking so forward to our next appointment in October!

Thanks, Janette

386-228-0168

Psychic • Medium • Teacher

www.cassadgap psychicmedium.com

Email alwayasnellie@yahoo.com

HERB CORNER



Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Call 321-757-7522

HERBS FOR ADRENAL EXHAUSTION

Today the pressures from our fast paced society seem to be constantly stressing the adrenal glands. We run from one thing to the next managing our homes, children's activities, careers and sick family members. Plus now we have the added pressures of worrying about jobs and finances. Besides stress the adrenal glands can become weakened by diets high in sugar, carbohydrates and processed foods not to mention eating in a hurry. We may over-use alcohol, tobacco, caffeine, medications or energy drinks to keep up with all our daily events. Add to those too much exercise, exposure to toxins, allergies, trauma, stress, depression, lack of sleep, chronic illness, pain and surgeries and you have adrenal exhaustion.

With all of this going on eventually the adrenal glands become over-worked, exhausted and begin to shrink in size becoming less effective laying the foundation for many of today's illnesses which is somewhere between 50-80% of our illnesses.

So how do you know if your adrenal glands aren't working efficiently?

Do you wake up feeling tired? Are you eating sweet snacks to get through the day? Or are you experiencing high or low blood pressure, irritability, anxiety, ulcers, insomnia, re-occurring infections, depression, weakness, poor memory, weight gain, asthma, headaches, hypoglycemia, fatigue, brittle nails or a low sex drive? These can all be associated with an adrenal overload.

Fortunately adaptogenic herbs can be very useful in strengthening the adrenals enhancing the body's ability to cope with stress supporting the immune system and many other processes of the body.

Licorice contains natural plant steroids, saponins and flavonoids that are helpful in supporting the adrenal glands assisting in the breakdown of excessive adrenal hormones. **Rhodiola** helps control cortisol levels and reduces both the mental and physical fatigue that comes from the stress of working long hours. **Borage** helps to restore and tone the adrenal cortex. This herb can be used over a long periods of time with no adverse effects. **Borage** can also be helpful if you have been using cortisone or steroid medications. The Chinese herb **Schizandra** has been used for centuries to tone the adrenal glands and supports the liver so the body can better cope with stress and fatigue helping it to increase physical endurance. **Ginsengs** help to increase stamina and physical performance reducing mental or physical exhaustion or weakness. They are known for their adaptogenic properties while naturally increasing the bodies' resistance to all kinds of stress. **Astragalus** aids the body in coping with stress by boosting the immune system increasing natural killer cells helping the body to naturally resist illness and recover quicker. **Holy Basil** is a toning and adaptogenic herb that helps to reduce stress by normalizing cortisol levels helping to improve both mental and physical endurance invigorating the whole body.

It's important to remember that continual stress exhausts the adrenal glands so the next time you start to feel stressed grab a cup of tea and relax a bit.

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Historically, and in our modern-day society, plants have been the backbone of our medicine.

As a Master Herbalist, my desire has always been to provide education in the field of medicinal uses of herbs and foods. Education will give you the opportunity to participate in and take charge of your healing process.

Many of you have voiced your desire to take my herbal classes but the economy downturn, job and insurance losses as well as higher prices have made budgeting for the tuition cost somewhat difficult for you. We do understand your situation. To assist you over this financial slump, I am offering the new Class Package of 15 classes for a total of only \$300. Your only financial responsibility will be to pay the tuition in \$20.00 increments which will be due at each class. This eliminates the \$100 up front tuition. A total savings to you of \$175!

"Reclaiming Our Roots" will start you "on the road" to Herbalism and provide options for health-promoting herbal skills that have nearly been lost to our modern world. This 7-month learning journey will provide you with an in-depth study of the healing properties of herbs for women, men, children, and pets. It will cover all of the body systems, the conditions associated with each system, and the beneficial herbs for these systems/conditions. You will learn how to treat non-emergency health problems, and gain an excellent grounding in the basics of herbal medicine. You will also learn how to make teas, tinctures, salves, syrups, compresses and much more. There will be 2 planned herb walks included in the Class Package.

If you are ready to take your health care into your own hands, are tired of medicine's undesirable side-effects and the high costs of drugs/prescriptions, then please join me on alternate Saturday mornings in my September 2010 thru April 2011 "Reclaiming Our Roots" classes.

Pre-registration is required.

A \$20 non-refundable deposit is required for your book and class project material and is due by September 10th.

A certificate will be awarded upon completion.

Call 321-757-7522 for more information.



See www.herbcorner.net for a full detailed listing

Please stop in for a cup of tea!

Coloring (Living) Outside the Lines



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

In our formative years, parents and teachers alike encouraged - and sometimes required- us to color inside the lines of the all-too familiar coloring book. We learned to read by identifying the proper colors to use in each segment of the black and white image, making sure our crayon marks blended together to form a solid-looking filler. Sometimes, we'd press hard so the crayon wax embedded itself onto the paper, resulting in a beautiful sheen. Often, in early schooling, our coloring projects received grades for

various aspects of the assignment - using the proper color in each portion of the picture, no combination of colors and most importantly, coloring inside the lines. As adults, we accrue credits for conformity, with no hint of the reward for compliance, yet we strive to obey the rules. When we begin to live outside the lines of our past, we bathe in a rainbow of gratification, breaking restrictions, and daring the possibilities for self-expression.

SCRIBBLING

As toddlers, motor skills not yet developed, we learned by imitation and repetition. We saw our older siblings or parents adeptly color by example and even though our little fingers could barely hold the crayon, we attempted to follow their lead. Usually wielding a color unconventional for the subject matter, we gleefully and proudly scribbled all over the page and believed our artwork rivaled the steady handed elder. Seeing our primitive attempts as perfection, we presented our handiwork with pride to our family, and beamed brightly when it earned the esteem of display in a public place.

In many ways, we still scribble our way through life, attempting to follow a higher path and aspire to deeper meanings. We're proud of our progress and often feel it equal to those whose work we study intently. Our Creator, quite satisfied with our attempts, instills in us the drive to keep moving forward, all the while pleased with our sense of accomplishment. Importantly, when we examine our present moments, take time to reflect on the progress and note that where you are now sprung from the foundation of rudimentary skills coupled with the need to grow.

CHOOSE YOUR PALETTE

Early years coloring books clearly pointed out the "proper" color to fill in the image. This simple direction allowed you to learn to read, match the word to the crayon, and fill in only that designated area with the color. It also taught us to follow directions and agree, on some basic level, on how things were supposed to appear.

As adults, we learn that things are not what they seem in life. The harsh lessons that stray from the saying, "If it looks like a duck, walks like a duck and quacks like a duck... then it's a duck!" put us in an uncomfortable place. When we dared to color the grass pink and the duck's bill purple, we suffered scolding from friends and teachers. In retrospect, we see that assigning objects different characteristics than accepted by others, moved us into a new realm of questioning, and ultimately understanding. Today, we open ourselves up to ideas that the status quo no longer need remain static, and invite the inevitable change in our prism of possibilities to provide the shifts needed for growth.

EMBELLISHMENTS

Following directions carefully, we used our coloring projects as one of our first exercises in self expression. As we developed through childhood, our coloring books grew more elaborate, including more intricate images and even contained

...continued on page 31...



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Dear Whitedove: Here in the UK there is talk of special paths called Ley Lines. It is said that if you follow these pathways they will bring you prosperity and luck. I love taking long walks but is there any truth to this tale? Doubtful Brit

Dear Brit: I have been to your Isle and have experienced many ancient Holy sites that are linked by these ley lines. To me they feel like power grids a natural source of Earth Energy. I felt them strongly in Ancient Wilshire in the Southern portion of England where many crop circles appear. I felt the energy ley lines that run from Glastonbury, to Stonehenge to the Stone Circle of Avebury. They are straight lines of natural energy that connect sacred sites world wide. But you must understand that these ancient sites were purposely built upon the ley lines. Because the lands were blessed with energy by God's hand the blessings would extend to prosperity of body, mind, and Spirit.

Dear Whitedove: As a nurse, I've recently been drawn to work with reiki. If I promote this will it hurt my practice or enhance it? RN in LA

Dear RN: People that are drawn into the medical field are natural healers. With love and empathy you are in service to humanity. Reiki is one form of healing, I would suggest that you master it and move on to incorporate other modalities of healing also. I see that the study of herbs and acupressure will benefit your practice too. Incorporating Eastern healing practices will enhance your work by leaps and bounds, Go for it!

Dear Whitedove: I had just been given several old pieces of jewelry from my father. My son took a well worn pair of cufflinks in his hand, when he looked up at me and said "these belong to Johnny a man with a long white beard." I was stunned not knowing what to say. I called Dad to ask about the old cufflinks. He told me that they belonged to his Grandfather John, who was nicknamed Johnny when he was young. I'm still in shock, how did my boy receive information about his long dead relative? Rocked Relative in MN

Rev. Dawn Casseday

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Dear Relative: Objects hold the vibrations of their past. A person can intuitively pick up on the impressions that emanate from an object. Jewelry can be great conductor because it has sentimental attachments that are easily picked up on. This is called Psychometry, your small son is very intuitive with a little focus he can develop his gifts fully. So be open to hear his intuitions and encourage his natural psychic abilities.


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Kathy Mann provides Feng Shui analysis, transformational changes in all aspects of life. She is a leading Feng Shui expert in the U.S. offering workshops and advanced teachings. Her first Feng Shui book is "Chi, Feng Shui and You." She has taken over 55 classes with His Holiness Grandmaster Lin Yun. Kathy is available for speaking programs, teaching and consulting for residential, commercial & real estate. Visit www.fengshui108.com or call 813-288-2688

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When we fully use Feng Shui to its highest advantage, we access, balance and enhance a space from the perspective of all our senses. Using sound can be a special element to enhance your home and work environments. Traditionally Feng Shui has used metal and brass wind chimes or bells. Historically and consistently these sounds have been clear and beautiful, quality is important.

Sound can awaken energy. It can harmonize it. These beautiful sounds can call attention to the Bagua area, home or business space. It can smooth the flow of energy. It can cure a missing piece when strategically placed. Sounds have been known to bring peace, understanding and clarity. When chi needs to be lifted, sound is often implemented most effectively. Sounds as a cure can strengthen a space or Bagua life aspect.

These are some of the well know cures and uses of sound for Feng Shui enhancements. When you choose a wind chime, the sound is the most important element in your selection. Feel it. Love it and then it will serve you well.

The mystical cures using sounds can be most powerful. Both wind chimes and bells have been used in blessing and clearing methods. The other mystical applications can be used in every Bagua area and these little known secret of the secret cures have been know to help with real estate, health, career, wealth, family and more.

Sound as a cure is also using recorded music, crystal bowls, gongs, tingshas, drums, sacred instruments from many cultures, musical instruments and of course this list can be endless. When a space needs some regular rejuvenation, playing fine music can daily will add to the vitality and overall positive energy in all types of spaces. Using it once may be all that is needed. Choose a sound that raises your chi. Create your life design with a melodies, tones and vibrations that connect with your heart. It will enhance your space in a most auspicious way.

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From the Heart

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



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One Digit to Wealth

On my weekly radio show *Get Real*, I presented a program on prosperity. In advance I announced that I would be doing on-the-air coaching for listeners who wanted help with issues of abundance. Since prosperity is so relevant for most people, I expected to receive lots of call-ins.

When the show began, I looked at my computer switchboard showing me who was calling in (called a "STAC") and to my surprise, there were no calls. I announced the call-in number again, and after another five minutes, there were still no calls. I was amazed. Then I realized I was facing a fear that one day I would present a show and no one would call in. So I simply went on with my talk about prosperity principles, including the idea that prosperity may be right at your door, but you can keep it at bay with a tiny thought of lack.

The first 25-minute segment of the show went by without even one caller. Over that time I became more relaxed about no one calling, and I settled into what I felt was a good talk.

During the commercial break that followed, I commented to the engineer in the studio, "I guess there are no callers today." "Are you kidding?" he replied. "The switchboard was all lit up. Didn't you see it?"

When we analyzed the situation, I realized that I had input the wrong URL code for the web page that showed the STAC. During the previous week we had pre-recorded a show using a STAC with a URL ending in .45. The regular show used the exact same URL, except ending in .46. I refreshed the screen with the .46 code, and there I found about 10 callers, some of whom had been waiting half an hour since the beginning of the show!

My error proved my point: A wealth of callers were there, but I missed them by one small digit! When I corrected that one digit, they all poured in, and we enjoyed a marvelous dialogue during the second segment of the show.

Likewise, there may be a wealth of money, love, health, or the passion-filled career you desire, just waiting at your door, but you just have to make a slight adjustment in your mind to allow it in. **Abraham-Hicks** talks about "vibrational escrow," describing the abundance of good things you have requested, but have not received because you believe that your wealth is not available, or you don't deserve it, or others have taken it from you, or you have to struggle to get it. Each of these

thoughts represents the one-digit difference between seeing an empty switchboard and finding one lit up with enthusiastic callers.

When I related my experience to a friend, he pointed out to me, "It's interesting that you had a fear of doing a show with no callers. In a way, your fear of no callers created the experience of no callers. You expected that might happen, so when it looked like that was happening, you accepted it. Someone who expected callers might have communicated with the engineer after a few minutes, and the issue could have been rectified quickly."

In a way, the whole scenario was perfect because I got to face my fear and walk through it. I found a way to relax into giving a quality talk even if there were no callers. Several listeners reported that they enjoyed the segment of lecture without callers. Then the callers showed up, so ultimately we had the best of both worlds.

Imagine that you water your garden daily by means of a hose connected to a 10,000-gallon water tank. One day you open the hose nozzle and you notice just a few little drops of water trickling out. Immediately your mind goes to worry and lack. "The water ran out!" you exclaim, or "Someone diverted it." You feel empty, poor, and victimized. Then you look down and you see that you are standing on the hose.

Allowing prosperity may be summed up very simply: Get off your hose. The universe has created everything in ample, even extravagant supply for everyone, but not everyone is open and ready to accept the supply offered. While you cannot choose for others, you can choose for yourself. You do not have to create prosperity. All the prosperity there every was or will be has already been created. You just have to let it in.

Such a momentous reception can be as simple as shifting one thought, or changing one digit on the URL of your consciousness. Take a moment to think about what you would most like, but have not been able to manifest. Now imagine that precise wealth, life partner, stimulating career, glorious home, or vibrant health is already available, just waiting for you to claim it. Further imagine that such a manifestation does not require struggle or sacrifice, but simply a tweak of your awareness from fear to love; lack to abundance; from worry to trust. Now you have your dial set to the station you would like to watch, and watch it you will.

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CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 30c per word, due the 10th (of the month before) at 575 Escarole St SE Palm Bay FL 32909-4802. Email to HorizonsMagazine@aol.com - call 321-722-2100 with credit card info. No calendar listings taken by phone. 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

Wednesday OLD DOWNTOWN MELBOURNE Restless Natives Writer's Group evenings 6pm On The Shelf Books. Writers and Poets. All levels welcome. Please call to sign up 321-724-2482

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

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

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

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

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

Sunday MERRIT 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 7-8:45pm \$3 321-537-3843

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at Lotus Heart, 529 East New Haven, Melbourne, FL, 32901 7:00 to 9:00pm \$3 admission 321-537-3843 \$10 for 15 minute readings 321-537-3843

Saturday, September 11 DAYTONA BEACH SHORES: Animal Communication Class from 1-4pm Call Pam Finzel @ 386-405-4190 or visit www.Pet-TalkByPam.com

Saturday September 11 OCALA Dream Analysis Workshop, 6p-8p (Sat) Realms Beyond, Inc. and

Saturday September 18 OCALA Psychic & Holistic Health Expo 500 SW 10th St, Suite 107, Ocala, FL 34474, (352)857-9398 and(352)425-5659

Friday October 1st - Sunday October 3rd Melbourne Frame Drum Intensive with Layne Redmond -- Bee Priestess Intensive Levels I & II -- join Layne Redmond, acclaimed musician and author of "When the Drummers Were Women", for this weekend workshop based on her extensive studies of The Sacred Path of the Bee using Tools of the Ancient Bee Priestess. We will create sacred space through ritual chanting, overtone singing, and humming sacred sounds to the rhythms of the frame drum to help bring balance to ourselves, our culture, and our world. Beginner Level I - Friday 6pm - 9pm (required for new-bees) and Level II - Saturday 9am - 12:30pm, 2:30pm to 6pm AND Sunday 10am - 2pm Cost: Levels I & II: \$220 before Sept. 15th, then \$245; Level II \$175 before Sept. 15th, then \$200. Location: Center for Healing Arts, 916 Columbus Ave, Melbourne. Contact: Sharan Miller at itstimetodrum@yahoo.com and www.itstimetodrum.com for details

October 13th -16th 2010 ~ Smokey Mountain Healing Retreat ~ "A Warrior's Healing Journey" Amid the lovely colors of the fall season, Ahni and Paul Atkins www.mountainmysteryschool.com will help you relax, refresh and find yourself again. Sponsored by International Foundation for Spiritual Knowledge. www.ifsk.org 407-673-9776

Saturday, October 30, 2010 The Villages - Lady Lake PARAPSYCHOLOGY EXPO 9:00 am to 4:00 pm at Lake Miona Recreation , Center, 1526 Buena Vista Blvd. Readers & Holistic Health Practitioners, Aura Readings & Imaging, Tarot, Reiki, Massage, Sound and Energy Healing, Intuitive Readings, Palmistry, Numerology, Astrology, Tea Leaf Reading and more. (cash or check only), Vendors Books, Gemstones and Jewelry, Organic Products, Crystals, Stones, Gifts, New Age Clothing and more. The Public is Welcome! Admission is Free. For more info or to be a vendor, call: 352-205-6055

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Solar & Lunar Celebrations of the Ancients

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

In our culture today, we have the legends of ancient Greece. We get much of our culture from Greece. Who doesn't know of a Greek legend? But why did the Mycenaean Greek civilization die? His theory is that they died because of the dominance of the Warrior-Hero. Warrior-Heroes are the stuff of which legends were made. You've heard of them in such legends as the Trojan Horse, Agamemnon, the Iliad and the Odyssey; all stories of heroes and conquest.

But, argues Dr. Dise, these were bar-room brawlers who preferred conquest over diplomacy and plunder over trade. As rulers, they required their egos soothed by bardic stories praising their conquests and bravery. As men, they possessed an immature masculinity that regarded insults as pretext for war. When such a war finally occurred and the dust finally settled, many thousands died and the Mycenaean Empire collapsed. Such leaders cannot rule in the mundane world of nation-maintaining, they need to show their prowess. This creates chaos in a society, not order.

September 2010

September - The End of Empires

I heard an interesting theory given by Dr. Robert L. Dise, an Associate Professor of History at the University of Northern Iowa. It's about the sudden and mysterious disappearance of several empires of the late Bronze Age, around 1200 BCE. They simply...disappeared...gone...vanished! What happened? No one knows for sure why or how. The empires were the Mycenaean Greek Empire of the Aegean, the great Hittite Empire of Anatolia, and the Egyptian Empire of Egypt, Syria and Canaan. All gone and then dark ages began. What happened?

Those who cannot remember the past are condemned to repeat it.

Quotation from philosopher George Santayana

Perform the rituals at the shrine of Zeus and bring the gifts.

To Zeus, one gold bowl, one man

To Hera, one gold bowl, one woman

From the last tablet before the fall of Mycea

September 2010

Sep 8th - New Moon at 6:30AM EST

Sept 8th - Jewish: Rosh Hashanah, beginning of the Jewish New Year

Sept 11th - Rastafarian: Ethiopian New Year's Day

Sept 13th - Jainism: Paryushana-parva, 8-day festival to commemorate fasting and worship.

Sept 23rd - Autumnal Equinox at 5:04 AM EST

Sept 23rd - Full Harvest Moon at 5:18AM EST

Sept 22nd - Wiccan: Festival of Mabon ap Modron, Celebration of the Harvest Lord Father God

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Abraham *Fun*



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

Why am I here?

I'm not here to fix a broken world,
I'm here to notice all the ways the world is doing fine.

I'm not here to feel others' pain,
I'm here to applaud their triumphs.

I'm not here to grieve over the departed,
I'm here to know there is no death.

I'm not here to struggle my way to success,
I'm here to be happy - the greatest success of all.

I'm not here to compete for resources,
I'm here to know there is no lack.

I'm not here to search out the perfect partner,
I'm here to relax and let my partner appear.

I'm not here to forgive,
I'm here to forget it ever happened.

I'm not here to leave a legacy,
I'm here to live my legacy each day.

I'm not here to analyze the facts,
I'm here to view things with optimistic bias.

I'm not here to avoid trouble,
I'm here to focus on what I like and want.

I'm not here to envy others,
I'm here to concentrate on my own dreams.

I'm not here to preach a sermon,
I'm here to live with joy and let others draw conclusions.

I'm not here to control my environment,
I'm here to let it freely respond to my happy desires.

I'm not here to complain about the government,
I'm here to know I alone govern what enters my experience.

I'm not here to worry about the Earth,
I'm here to do my part and leave it at that.

I'm not here to await an apology, promotion, or windfall,
I'm here to feel good right now.

I'm not here to reach an ultimate end-point,
I'm here to know there's eternally more.

I'm not here to humbly serve a stern Creator,
*I am here to create with others,
Thus expanding All-That-Is.*

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Abraham-Hicks

...continued from page 9...

MUST "FAMILY HARMONY" INHIBIT PERSONAL FREEDOM?

A person who is consistently inside his own Vortex will find harmony with other people even when they are not finding harmony with him. Everything that everyone desires—whether it is a material object, a physical condition, a financial situation, or a harmonious relationship—is wanted for only one reason: They believe they will feel better in having it. Once you show yourself—through practicing increasingly better-feeling thoughts, through making lists of positive aspects, by indulging in Rampages of Appreciation—that you can maintain your alignment with your own Inner Being and predominantly stay inside your Vortex of Creation, you will find harmony in the world around you, also. .

People often have a difficult time conceptualizing a creator, or a force, or the process through which something as amazing as your planet, spinning in its orbit in perfect proximity to other planets, could have come to be. And yet, even though you do not understand it, and cannot begin to explain it, you are—every one of you—continuing to add to the expansion of all of that through your living of life and the launching of rockets into the Vibrational Reality that will someday be fully realized by physical inhabitants.

We want to call your attention to the Vibrational Reality that you are in the process of creating. We want you to be aware of your Vortex of Creation; and most important of all, we want you to find a way, by the deliberate directing of your

own conscious thought, to become a Vibrational Match to the contents of your swirling Vibrational Vortex of Creation, because every desire that has been born within you thus far exists there, just as you have dreamed it to be, waiting for your alignment.

Everything that you see that is now physical, tangible, visible, audible reality was previously swirling in a Vibrational Vortex of Creation; for first there is thought, then thought-form, then reality as you know it in your physical world. Your dreams and desires and ideas of improvement have been received by the Broader part of you; and as that older, larger, wiser part of you focuses purely upon your requests, holding no resistance whatsoever, the powerful Law of Attraction responds. And then, all cooperative components (all components with same Vibrational frequency) are drawn into this swirling Vibrational Reality, this precursor to the physical reality that is now available to you. Only one thing is necessary for this Vibrational Reality to become real in a physical sense, manifested into things and experiences that you can see and hear and smell and taste and touch: You have to go into the Vortex!

The key to getting inside your **Vibrational Vortex of Creation**; of experiencing the absolute absence of resistance; of achieving complete alignment with all that you have become and all that you desire, and of bringing to your physical experience everything that you desire—is being in the state of appreciation. And there is no more important object of attention to which you must flow your appreciation than that of self. The habit of thought, or belief, that holds most people outside of their Vortex of Creation, more than all other thoughts put together, is the lack of appreciation of self.

...continued on page 32 ...

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You Can't Afford the Luxury of a Negative Thought



By Peter McWilliams <http://www.mcwilliams.com/books/>
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ACT-CENTUATE THE POSITIVE

Prayer indeed is good, but while calling on the gods a man should himself lend a hand. HIPPOCRATES

I know accentuate is not spelled "act-centuate." I just wanted to stress the need for act-ion. Some say, "To do is to be." Others say, "To be is to do." I tend to agree with Francis Albert Sinatra: "Do, be, do, be, do." I'll even stoop to jokes stolen from coffee mugs to emphasize the need for action.

OBSERVE

To be conscious that we are perceiving or thinking is to be conscious of our own existence. ARISTOTLE

To become the spectator of one's own life is to escape the suffering of life. OSCAR WILDE

Observation is a pathway to acceptance. To observe is to think, feel, taste, smell, see, and hear without attachment, without attempting to manipulate the outcome, without taking sides.

All you do is observe. Simply "be with" whatever information your senses present to you. If your mind goes off on judgments and evaluations, observe that. Don't get involved with the thoughts; don't try to change them; just observe them.

As you learn to observe, you become more in touch with that part of you that's you. When you stand back and observe, you'll begin to experience a you that isn't your mind and its thoughts, isn't the emotions and their feelings, and isn't the body and its sensations.

This existence of you is hard to communicate, because I have to use words, which are decoded by the mind, and the mind does not like to relinquish its authority or to admit that there's something more basic to you than it.



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You'll understand by doing. After fifteen or so minutes of consciously observing, you may begin to notice the part that's doing the observing.

Give yourself a period of time in which you won't be disturbed. Decide for that period of time to do nothing but observe. Sit or lie comfortably. Now, be still and be.

The mind will present "good ideas" to do something else. Don't do anything about them; just observe them. The feelings will want something more exciting to feel about. Don't fulfill them; observe them. The body will demand attention. Don't attend to it; just observe the demands.

I am a camera with its shutter open, quite passive, recording, not thinking. Recording the man shaving at the window opposite and the woman in the kimono washing her hair. CHRISTOPHER ISHERWOOD

If you want to change positions, don't. Just observe the desire to change positions. If you have an itch, don't scratch it. Observe the itch. Your mind, body, and emotions may throw little--and sometimes not so little--temper tantrums.

...continued to page 30...

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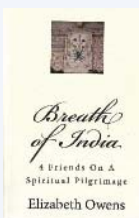


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Author of Never Forget to Laugh, Bill Thetford, and
The Secret of the Universe

MEET THE AUTHORS:

CAROL HOWE, 32 year student/teacher of A Course In Miracles, signing her new book **NEVER FORGET TO LAUGH**; personal recollections of Bill Thetford, co-scribe of ACIM. Carol has authored 3 books on ACIM.

ELIZABETH OWENS, award winning author of five books on Spirituality, medium and minister, signing her new book **BREATH OF INDIA**.



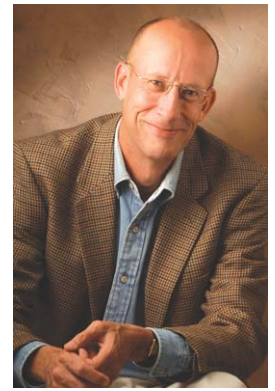
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NOTES from the Universe



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

**Of course, the most deceptive of
all illusions is very likely space.**

**You know, that thing between
"here" and "there" that would
have you see yourself alone,
instead of as the bridge
between them.**

**That medium between you and the
rest of the world that disguises
your role in creating it.**

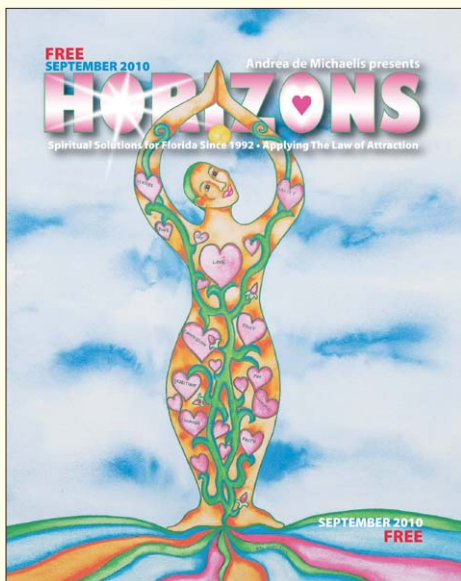
**You know, that veil through which
the physical senses must explore
your chiseled secrets.**

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COVER ART

Nurture Spiritual Growth by Rita Loyd



We nurture spiritual growth When we ask ourselves, how we can be more Compassionate, Loving, Understanding, Tolerant, Strong, Forgiving, Optimistic, Grateful, Mindful, with ourselves. And with each other.

Rita Loyd is a professional watercolor artist and writer. The message of her work is about the healing power of unconditional self-love. Rita began painting in 1996 as a way to cope with chronic illness and depression. Through this journey, the creative process became her teacher, healer and friend who would guide her to find the true meaning and experience of unconditional self-love.

Rita writes about this experience and all that she has learned about unconditional self-love in her new book entitled **Unconditional Self-Love: What It Is, Why It's important and How to Nurture It in Your Life.**

Inside her new book you will find four sections. In section one, Rita tells the story of how she became an artist of healing art and how the creative process taught her to unconditionally love herself. In section two, she shares all that she has learned about unconditional self-love including what the difference is between ego based self-love and spirit based self-love. In

section three, there is a colorful collection of her art and affirmations. In section four, there are ten therapeutic exercises that will help you to incorporate unconditional self-love into every aspect of your life.

This inspirational book will be available for purchase on her website, www.NurturingArt.com, September 1, 2010. Meanwhile visit her website to experience her healing art and to nurture your spirit with love.

Contact Rita by email rita@nurturingart.com.

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You Can't Afford The Luxury of a Negative Thought



...continued from page 27...

Observe the tantrums. Observe the inner kicking and screaming. These (or the fear of these) may be what has controlled you for some time. Gain authority over them. You gain authority by doing none of the actions they demand you do. Just sit and observe.

The game is this: The mind, body, and emotions say, "I'm going to get you to move before the fifteen minutes (or whatever time you set for yourself) is over." You say, "No, I'm not." And the game begins. You may say, "Oh, it's easy not to move for fifteen minutes." Most games look easy from the sidelines. Play the game and see.

If it's easy, congratulations! If it's not, don't be surprised. The things that trouble you during this process are probably the same things that trouble you in life: the "shoulds," "musts," "have-tos," and demands of your mind, body, and emotions.

The solution? Observation. Simply observe. You'll learn a lot about yourself. And, you'll learn a lot about the parts of yourself that aren't your self.

You can, if you like, extend the "sitting observation" to "moving observation." As you move through life, observe it. Observe your reactions.

Observation is a primary tool of awareness. The more you observe what you're now unaware of, the more aware you become.

Behold: consciousness.

PATIENCE

*Thinking to get at once all the gold the goose could give,
he killed it and opened it only to find --nothing. AESOP*

There is a saying that has found its way onto plaques, posters, buttons, bumper stickers, mugs, T-shirts, and balloons. Any idea with such universal appeal must have more than a modicum of truth. This saying does.

Be patient. God isn't finished with me yet.

Patience is our compassion for the distance between what we are now and what we know we can be.

Because we have such fertile imaginations, we can envision ourselves scaling mountains one moment and swimming

oceans the next. To get from the mountaintop to the beach, however, takes a certain amount of time. If we're on the mountain and want to go to the ocean, that's fine. But if we strike against ourselves for not being at the ocean right now, we're being impatient.

Most people reading this have already formed a mental image of what the "perfect, healthy, positively focusing" person "should" be. You may have formed such an image, and you also may have cast yourself as the star of the production. Great! (Or, in show-biz terminology: Bravo!) The only minor challenge, then, is how we get from where we are to where we want to be.

But if you're putting undue pressure on yourself to achieve these goals of perfection, health, and positivity--impatience has crept in.

No thing great is created suddenly, any more than a bunch of grapes or a fig. If you tell me that you desire a fig, I answer you that there must be time. Let it first blossom, then bear fruit, then ripen.

Relax. Life is a lifelong journey. You'll never get out of it alive. You'll never be "done." You're fine just as you are. You're not finished with yourself, and never will be. I've yet to meet a person who has declared, "I'm done!" Humans have desires, dreams, and goals beyond their current reality, no matter how magnificent that reality might be. It's part of the human condition.

Realize, then, that the journey from here to there will never be completed. Such is life. Have compassion for the distance between where you are now and where you're going next. (Where you are now, remember, is the goal of a former moment in time.)

Patience is enjoying the journey. It's not climbing the mountain to get to the top; it's climbing the mountain to enjoy the climb. Enjoy the process of your life. The travel ads claim, "Getting there is half the fun," and as Robert Townsend corrected: "Getting there is all the fun."

Besides, if you don't have fun while getting there, you probably won't have much fun when you arrive. Your joy muscles will have atrophied. You will have learned to postpone fun so well that you'll postpone it until your next destination. ("I can't wait to go on vacation." "I can't wait to get home.")

Another popular saying is "Let go and let God." Letting go is relaxing. Letting God is being patient. Relax and be patient. What a great prescription for enjoying life.

When you learn patience with yourself, it's easy to extend it to others. When you learn patience with others, be sure to extend it to yourself.

Realize that, right now, everything is the way it "should" be, and when later comes, everything will be "perfect" then, too.

What is patience? Enjoying the moment. How does one enjoy the moment? By being patient. An endless loop? Sure. And you can jump in at any point.

Coloring (Living) Outside the Lines

...continued from page 14...



story-lines. The more sophisticated books included puzzles and games. Rarely, however, did the books encourage us to add to the images on the page. We simply colored what we were given and enjoyed the pastime. As we continued to grow, we realized that we could add birds, grass, trees and more to an image to personalize it and make it our own.

As adults, we find satisfaction in getting our needs met on a daily basis, and remain fairly content with our means of achieving that end. Bombarded with advertising for "more, bigger, better and improved" one-time luxuries now seem passé and our level of standard increases with each passing year. We argue that the extras are simply our basic "needs" as we see them, and not enhancements or frills. When we pause to examine the possibilities in life, we see than even the littlest embellishment enhances our life experience. Noticing the birds, grass, trees and more provides a richer appreciation. Noticing ordinary things as extraordinary complements to our automated lives, expands the full spectrum of our enjoyment of today.

ADDING TEXT BALLOONS

As we grew nearer to leaving coloring books behind, most of us enjoyed a brief phase of both reading comics and the funny pages while still enjoying our artistic expression with crayons. Daring to create dialogue of our own, we drew little balloons projecting from our colored pictures and wrote what we believed relevant comments to enhance the page. A glorious outcropping in the learning process, we carried over one learned element from the medium of comics and applied it to our own creation.

In our grown-up years we adapt similarly, as well. We enjoy a sense of fulfillment when we add our own "color commentary" to any given situation. From observations to opinions, our input declares our position in the present moment and demonstrates to others our grasp on understanding. We allow our voice to speak loudly, declaring who we perceive ourselves to be, by our dialogue with one another.

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In following the rules, we find contentment in the order of things in society. By driving between the white or yellow lanes of traffic, peace and safety continues down the road of life. In the aspects of life which allow for creativity and spiritual expression, we grow through a poignant process. From scribbling in the color of our choice and knowing the majesty of our work, to the dedicated adherence to a dark outline of definition in the color specified, we see opportunities for growth and movement.

When we dare to expand our insight beyond the stringent limitations and add embellishments that heighten our awareness of the world around us, we open the door to freedom of expression. It is there, in the purity of the moment, we give ourselves permission to not only see and experience life differently, but to leave our mark on the world.

Tod McNeal's

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"We must find a way to forgive ourselves to love our problems into solutions and then into innovation. Then, our true freedom will be secured." -David Pemberton

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Abraham-Hicks

...continued from page 26...

WHAT IF WE FEAR A WORLDWIDE FINANCIAL CRISIS?

Every emotion that you feel, good or bad, is about the relationship between your current thought and the understanding of the Source within you on the same topic. Some people feel acute fear or anxiety because they are personally, right now, without work or income. But the fear that most people are feeling today is because of their negative speculation about how bad conditions may yet become and the negative impact that those future, unwanted conditions may have on their personal lives.

As more people observe hardship and strike a tense, resistant pose—and therefore disallow their own Well-Being—others use them as their reason to do the same. And, in a very short time, a very negative pattern of resistance can sweep through your population. The good news in this scenario is that, in every moment that every person is feeling negative emotion about the economic state, Vibrational requests for more abundance are launched—and those requests are heard clearly, and responded to immediately, by Source. And a Non-Physical, Vibrational Vortex of Creation begins to swirl in powerful response to that powerful asking—and all compatible components are drawn into the Vortex for the discovery and relief of those who allow themselves to be drawn inside.

It is natural that you thrive, and the resources are there for all to thrive. But chronic thoughts of shortage, or chronic thoughts of pushing against those who are thriving, hold you in contradiction to your own desires and, more important, to what you have put into your Vortex of Creation for yourself.

If you seek financial well-being for yourself—you must praise it wherever you see it. If you would like more abundance for yourself, personally, or for others you care about—you must not criticize those who are experiencing abundance. When you criticize or condemn or push against anything, you activate an opposing Vibration to what you seek. Every time. No exceptions.

SELFISHNESS, AND THE LAW OF ATTRACTION?

Some offer criticism because we place such emphasis on the value of your feeling good, accusing us of teaching selfishness. And we acknowledge that true selfishness is at the very core of our teaching because if you are not selfish enough, if you do not care how you feel, if you are not willing to continually redirect your thoughts in the direction of feeling good, you cannot come into alignment with the Source within you. And unless you are in alignment with the Source within you, you

have nothing to give another. Alignment with Source—being inside your Vortex of Creation, becoming one with the true expanded version of you—is the ultimate selfishness.

And yes, in that state of alignment, all good things must come to you. Every rocket of desire that you have launched will be fulfilled. True success is not the attainment of things, or the achievement of tasks, or the achievement of financial abundance. True success is the coming into alignment with You. Yes, selfishly aligning with your desires, your clarity, your confidence, your knowledge, your love—with Yourself!

CONTRAST REALLY ISN'T ABOUT SOMETHING GOING WRONG.

We want you to reach the place where you are willing . . . not just willing, determined . . . not just determined, eager . . . to let go of the need of control of things that are uncontrollable—like what anybody else is doing—and give your undivided attention to the only thing you can control, which is how you feel in any given circumstance.

Nothing ever goes wrong, because every piece of contrast, no matter how wrong it seems to be, is always helping you to clarify what it is you do want. And that's the thing that we want you to remember most of all: The contrast, no matter how it looks in any moment, is contributing mightily to your expansion. And the thing that you call "things going wrong" in your life experience are actually only the distance between the things that are so right and your current perspective about it.

Life is supposed to be good for you. You live, whether you know it or not . . . you live as the full recipients of a hurricane of grace that is flowing toward you, at all times, in answer to all that you have been asking for, and the best way to get a whiff of it is to stand right where you are, right now, and do your best to find the best of the positive aspects that surround you. Look for things to appreciate, even if there aren't that many. Look for things to feel good about, even if there are more things to feel bad about. Give your attention, as best you can, to the best things that are going on in your experience, with the determination to train yourself into the best-feeling Vibration that you can find right here and now.

Today, no matter where I'm going, no matter what I'm doing, no matter who I'm doing it with, it is my dominant intent to look for and find things that feel good when I see them; when I hear them; when I smell them; when I taste them, when I touch them. It is my dominant intent to solicit, experience, and exaggerate and talk about and revel in, the best of what I see around me here and now. As that is your mantra, you will tune yourself to the best Vibration that you can reach for, and then the best, and then the best, and then the best—and then the best. And then, before you know it, you will be vibrating in the vicinity of what's going on in your Vibrational Escrow, in your Vibrational Reality.

...continued on page 34...



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



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

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

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

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*



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

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Thoughts about things...

... from page 7...



WHY DO I GIVE AWAY FREE WHAT OTHERS CHARGE FOR?

I've been asked why I give so much stuff away for free. Things like free e-books and processes that other people will tell you are free, but are not since you have to give them your email address so they can spam you with their never ending marketing material. So they can get you to sign up for even more and more stuff until they've baffled you into giving out a credit card number. I've had friends who got charged for months, years before they noticed it. That's what this type of marketer counts on. So I don't do that. To me, FREE means no strings. FREE means you won't be repeatedly solicited now that they know who you are and where to find you. FREE means you just give them a link to the gift like I do all the time.

When I do blog posts containing free giveaways, I always get comments from marketers who want to promote their product, like the guy who this week wanted to market his 12 cd set which contains exactly what my e-book at the link gave away for free. The weblink he included was full of high pressure marketing language for his newsletters, video seminars, online conference calls and other products. His is clearly the shotgun approach.

I believe you don't need to buy anything in order to learn to make money and to change your consciousness about dollars. So much is available for free online. These are my most popular e-books - completely free downloads, no strings attached. If they are followed step by step, your world will change and your life will expand in ways you never thought possible.

A FREE Action Summary of Think and Grow Rich is at www.secret2dollars.com, displaying in red all the actions to be performed for success. I created this website so that you have a step by step, detailed To Do list to follow. Even though it is as plain as day, you still have to do the work of disciplining yourself to use your thought time effectively. But it's not like the guy who sells you a package saying it's the marketing secret to making millions of dollars, and all it says is "Find something the world wants and make it and sell it to them." Of course that's good info, but unless it tells you step by step what to think, where to hold your thoughts, what to pre-pace and how to attract it, it's a waste of your time and money.

...continued on page 35...

Abraham-Hicks



... from page 32...

ARE YOU READY TO MEET YOUR VORTEX?

This Vibrational Reality is spinning and becoming, and if you are in anger or fear or despair, you're nowhere near it. When you get in the vicinity of hope, when you start feeling hopeful, you're within range. When you feel hopeful, it's drawing you in; it's drawing you in. And once you begin to believe or expect good things to come—you're in the Vortex. And once you get in there, you're no longer the only uncooperative component. Now you are a cooperative component. Now you get to rendezvous with your money. You get to rendezvous with your vitality. You get to rendezvous with your clarity. You get to rendezvous with your lover, with your loving neighbor, with the things of your environment that you've been wishing for. You get to rendezvous with all of the good stuff that you've put there once you begin to get in the vicinity of what feels good. And you can train yourself there—you can do it in a day.

You have control of everything that rendezvous with you when you get control of the Vibration that you offer, and you get control of the Vibration that you offer when you care about how you feel.

It really is more irrelevant than you think what the other people in your life want, but what is relevant is what you think they want. So, if you could just eternally look toward what you want and disregard everything else, the Universe would have to give you what you want, and in so many more cases than you would believe, from where you currently stand.

Often, you can get exactly what you want from the components that are already present in your life. You don't have to go to a whole new place; you just have to chronically define a whole new Vibration.

The relationship between your expectation and what you're seeing is the only thing that you ever have the ability to feel around.

We all make too much of all of this. It is simpler than we all make it out to be. Be easy about it. Be kind to yourself. Do things that feel fun. Look for things that bring you relief, and just easily move into that place (your Vortex) where all things that you want have already been lined up for you.

There is great love here for you. And, as always, we remain blissfully and Eternally incomplete.

Thoughts about things...

... from page 34...



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

The **Invisible Counselors Workbook** at www.invisiblecounselors.com contains the entire chapter 14 of Napoleon Hill's *Think and Grow Rich* and his process for accessing inner guidance. This website was created so I could share my experience with the Invisible Counselor's process from Hill's book. With the free workbook I created, you will discover who your Invisible Counselors are, and you will record your sessions with them. I've shared transcripts of my own initial meetings and included exercises to help you hold your own. It's fun to get together in a group and do the workbook. The exercises are designed to help you to carve those neural pathways, through the mental muscle memory in your mind and let you become practiced at it. As you have new thoughts and beliefs, you realize more and more what is possible for you, and you will attract clearer guidance and more interesting invisible counselors at your table.

AN INVITATION FOR YOU TO JOIN ME

I've had a lot of success and fun using this workbook and would like to invite you to share your experiences. You can email me at andrea@horizonsmagazine.com

As predicted, the weather guys have changed their forecasts about how active a storm season we'll have. My poor aunt is giving herself anxiety by staying glued to the news and weather. I'm prepared in case we get a hit. I've got supplies, I've got a plan. My spidey sense tells me September 8-17 might be a time to stay alert. But unless a buddy tells me we're 24 hours from a hit, I don't really need to know about it. Hearing updates every half hour on storms that come and go in the Atlantic is not the best use of my thought time. Granted, being prepared lets me be at ease with all of it.

After the last stormy night we had, I went down to the beach at sunrise and watched the waves lap the shore. A lot of seaweed and debris had washed up during the night and formed an embankment on the beach. I thought, the waves are like the people and events in our lives, washing over us and leaving behind their own unique residue. Many people think they have to accept what washes up on their beach as something to be held onto forever but we always have a choice. We can weed through what Life gives us and keep only what's wanted and useful, or we can spend our lives grumbling to others about what trash washes up on our shore. Which do you choose?

Enjoy our offering this month. Hari Om.

Andrea

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*



HOROSCOPES

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

ARIES: March 21 to April 19 "I Am". Your home is a place of retreat, you enjoy meditation and yoga in your special room. As busy and on the go you get, your home is a place of rest and rejuvenation. Summer is really on its way out, September 23, the Full Moon a "Harvest Moon" in your sign will arrive. This is an important day for you, so prepare well.

TAURUS: April 20 to May 20 "I Have". This month your Taurus love nature will kick into high gear with a strong kundalini rising. The opening of your second chakra will activate your creativity. Between your creativity opening and your sexual centers being recharged, it is really time for some amazing romantic moments.

GEMINI: May 21 to June 20 "I Think". You are torn between a pile of office work and wanting to hide in a really good romance novel. Get your story straight!!! Leave work at work and romance at home, stay away from office romance, not good. I think that maybe it is time for a vacation so you can get your priorities right.

CANCER: June 21 to July 22 "I Feel". Your emotional nature attracts many styles of relationships to you. You love deeply and with all your heart. Beware of those that want to suck you dry and take advantage of your good nature. This is a new beginning of taking your power back in relationships, boundaries will be very important.

LEO: July 23 to August 22 "I Will". Lucky you; Labor day falls on September 6th, a day when the moon is in Leo! Make sure you do something fun in the sun. This is also a good time to get your finances in order. Prepare for the worst and expect the best. Balance is still the key...don't sit around and worry, live your life to the fullest and be happy for what God has given you.

VIRGO: August 23 to September 22 "I Analyze". May the Sunshine follow you all they way to happiness. The New Moon in your sign is September 8th, what a good day for you to do some intention work. What do you want the next 3 years, 3 months, 3 weeks to look like? It is all up to you. Enjoy your Solar Return.

LIBRA: September 23 to Oct 22/23 "I Balance". Oh lucky you, Saturn is now transiting your sign as of July 22, 2010, it will be there for 2 1/2 years. It will affect everyone on some level. The issues have to do with fairness, responsibilities, and the laws that govern our freedom. Saturn in Libra also rules contracts, review your spiritual contracts as well as the paper ones. Times are a changing.



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September 2010



SUGGESTED READING WATCHING LISTENING

SCORPIO: Oct 23 to Nov 21/22 "I Transform". You seldom choose weak individuals to be your friends. The friends that gravitate to you will be dynamic, aggressive, and powerful; friends who can handle your toughness as well. You are a shepherd, you can lead, so lead strong and into the light. A light warrior with a strong fight inside you.

SAGITTARIUS: November 22 to Dec 21 "I Perceive". This month you are more reluctant to be with crowds of people, you enjoy the silence of your own mind. As you dive into the depth of your soul, it feels like the ocean with one wave after another. Become like a whale and ride the waves of life, they come and they go, like the ebb and flow of life.

CAPRICORN: Dec 22 to January 19 "I Use". You will continue to work hard this month as usual. Everything you do has a purpose, you are driven and you are nurtured by the results you create. A practical nature you have, with a focused intent as the outcome. You know where you are going and you are loving it all the way there.

AQUARIUS: January 20 to Feb 19 "I Know". Be a leader in your own crusade. If your heart is not into what you are doing then do something else; put the brakes on what is not working in your life. Hydrate your body and your life will flourish with new growth. After the Harvest Full Moon on September 23rd, miracles with family members will manifest.

PISCES: Feb 19 to March 22 "I Believe". If you are tormented; that is the Universe's way of telling you to stop and tune into your higher self. Meditation, yoga, dance, gardening, and walking in nature will tune you up. With transiting Uranus in your sign conjunct Jupiter at zero degrees Aries, you will have lots of oomph to do whatever you have to do.

CDS:

Removing all Sorrow and Suffering by Paramahansa Yogananda
Awake in the Cosmic Dream by Paramahansa Yogananda
Awakening Into Oneness by Arjuna Ardagh
Om Spun by Groovananda www.wynneparis.com
Guided Healing Meditation from the Ancient Mystics by Pat Raimondo

BOOKS:

The Fifth Agreement by don Miguel Ruiz and don Jose Ruiz
Sixty Seconds by Phil Bolsta
The New Master Key System by Charles F. Haanel
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Happy for no Reason by Marci Shimoff/Carol Kline

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BEGGAR OR KING Does it Really Matter?

...continued from page 11...

and need to repeat this thing called life until we get it right. If this is the case it would appear that the human race is going in the wrong direction and is closer to re-entering the womb of life then to be walking through the gates of paradise. It is almost like the people who are left on this planet are really serving some sort of detention and all the good kids have gone home from school.

As far as why do we continue to choose to come back to this crazy place we call our planet to repeat between fifty to eighty years on this rock, I don't think we really control that part of choice. I mean lets think about that, you have just died and you are standing in front of what you see as your paradise, your Summerland, or your heaven. Looking over your shoulder you see the planet earth beckoning you to come back to give humanity another chance, it promises you that things will be different this time. Well I don't know about anyone else but I can pretty much guarantee that if given the choice I would be walking with my back to the world going into a brand new day in a brand new place called paradise.

Alas I just don't see this as being an option, I think it is more like:

You have just died and you are standing in front of what you see as your paradise and you are amazed as all the answers to everything flood your thoughts and just

as you are ready to take that step into what is next in our evolutionary process something taps you on the shoulder. As you turn around you see the clipboard of life and it is telling you that they are sorry to report that you have not filled out the proper paperwork for moving between levels, or you have not checked off everything on the lists of necessary things that need to be completed prior to moving on to the next level. As you begin to protest stating that their must be some sort of mistake you feel yourself being constricted and pushed and soon all is black, dark and wet. You are very scared and feel you have lost all control over everything you hold dear and then you perceive a light and you are squeezed beyond what you thought was possible, the next thing you know (though you will soon forget even this) is that someone has just swatted your little backside and made you cry, you have lost the ability to speak and you are cold and you have to pee.

There is however an exception to the rule, and that is the *Bo-dhisattva*, this is a being that has gone through life and has all the proper paperwork filled out and has checked everything off his or her list (including the Yahtzee) and feeling sorry for the rest of us decides of his or her own freewill to come back to help guide us along our way to salvation. It takes a very special being to give up paradise to help the rest of us and very few people have been given this status. However you look at it, knowing that there is the possibility that someone out there with all his paperwork in order has chosen to come back to help us makes me think there is still hope for the rest of us.



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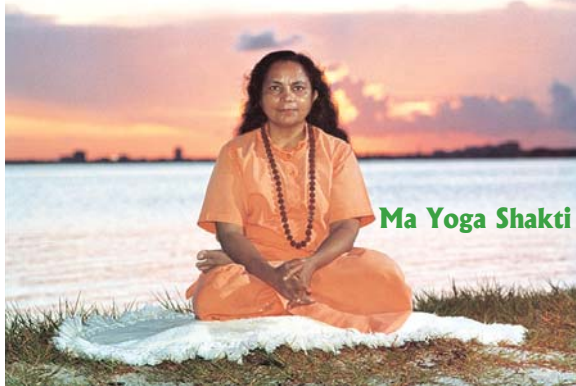
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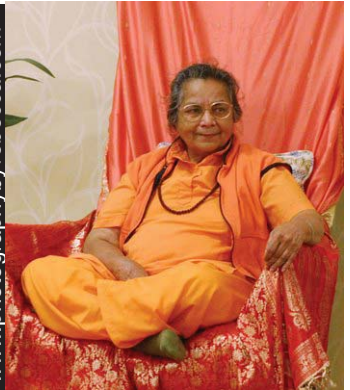
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