

**FREE**

**SEPTEMBER 2011**

Andrea de Michaelis presents

# HORIZONS

**Spiritual Solutions for Florida Since 1992 • Applying The Law of Attraction**

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**SEPTEMBER 2011**  
**FREE**





*Enchanted Gifts for the Mind, Body and Soul*

# *Creative Energy*

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*Saturday at 2:00 pm: The Power of Connection*

*Saturday at 4:30 pm: A Passion for What's Possible*

*For more information, visit: [www.PanacheDesai.com](http://www.PanacheDesai.com)*



**Friday, September 16 - at 7:30 pm:**

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**JOIN US SUNDAYS 10:00AM**

**10AM September 4th GUIDANCE** Guest Speaker: Janice Richer Wuerfel.  
Discerning the next step in your life and moving forward with faith. Janice Richer Wuerfel is a 2011 graduate of Unity Institute & Seminary.

**10AM September 11th NONRESISTANCE: Takin It To The Streets** Maggie Rosche. Sooo... do you really, really believe? And what does what you believe for your life in the world? Straight talk about that spiritual space between the rock and the hard place. Maggie Rosche is a Licensed Unity Teacher.

**10AM September 18th CONTEMPLATIVE LIVING: What's In Your Wallet?** Maggie Rosche. A guide to what's happening on the streets you've taken it to your divided mind and how to win that argument; contemplation as a powerful lifestyle choice. Maggie Rosche is a Licensed Unity Teacher.

**10AM September 25th Guest Speaker: Rev. Edwene Gaines**



**Sunday, Sept 25th 10am service and afternoon workshop**  
**CHRISTIAN MEDITATION: Unspeakable Love with Rev. Elizabeth Stamper, LMHC** Retreat: Sat, Sept 3 10am-2pm  
Explore the mystical practices that have origins in both ancient and contemporary forms of Christianity: including ways to pray and meditate as taught by Jesus himself, the early Christians, mystics of the middle ages and present-day contemplative Christians. As both prayer and meditation help us move into a more centered, expansive and open-hearted consciousness, each class will be a journey deeper into that state. Suggested Love Offering: \$25/retreat

### Unity World Day of Prayer Thursday, September 8, 2011

The theme for this 18th annual event is TOGETHER WE SHINE. Our affirmation is "We are channels through which Spirit illumines the world." For more information visit <http://www.world-dayofprayer.org>

#### New Class: The 12 POWERS and YOU

Class starting Monday 9/12 for 13 weeks 10:00am to Noon - Maggie Rosche or  
Class starting Monday 9/12 for 13 weeks 6:30-9:30 pm - Darlene Capinha  
Make understanding Charles Fillmore's 12 POWERS part of an autumn metaphysical make-over.  
The 13 week class qualifies as a unity basics class for membership, may also be taken for SEE credit. This class is offered on a love offering basis. The suggested love offering is \$10 per class.

**"The Art and Practice of LIVING WITH Nothing and No One Against You with Lloyd Reiser Friday 9/16/2011 7-9pm and Saturday 9/17/2011 9-5:00pm and follow-up next 3 Fridays** This class is offered as part of the Transformation Experience. 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. Find out more about the Art & Practice program and its creators at: [www.theeffect.com](http://www.theeffect.com). This qualifies as a communication class for Partner Membership. Love offering of \$50 is suggested for this class.

#### Movie: Voyage to Betterment Wednesday, Sept 21st 7:00pm

Ticket price \$10 In 2005 producer Dave Haas, encountered a serious health problem and asked his business partner, Andrew Facca, for advice. After 30 days, Haas had lost 25 pounds, and reduced his risk of heart disease and stroke by 63%. The film was sponsored by the Univ of Redlands Meditation Room, which opened in 2007 and was one of the first contemplative classrooms in the country, pioneering a shift in university education towards holistic learning that cultivates body-mind-spirit well-being. Featured are Dr. David R. Hawkins, MD, Dr. Neal Barnard, MD, Dr. Kam Yuen, DC. See online at <http://voyagetobetterment.com> or visit [www.youtube.com/watch?v=0KYBITDZxO0](http://www.youtube.com/watch?v=0KYBITDZxO0)

### PROSPERITY PLUS Sunday September 25th 12:30 pm Potluck before Workshop with Rev. Edwene Gaines



Edwene is an ordained Unity Minister. She has committed her life to "the transformation of the abundance consciousness of Planet Earth." Her definition of prosperity is full health, perfect relationships, satisfying work, and "all of the cash you can spend." The points covered in the workshop will be tithing, goal setting, forgiveness and finding and achieving your divine purpose. Don't miss this dynamic workshop. Edwene guarantees that "it will transform your life if you are teachable". This is co-sponsored with the Center for Spiritual Living of the Space Coast..

### Friday September 23rd 7 pm Autumnal Equinox Contemplative Service - Harvesting the POWERS Within

This seasonal celebration focuses on the abundance of both outer and inner harvest. Enhance your 12 POWERS learning experience or simply relax into the music, silence, ritual to connect with your divine nature. Prelude begins 6:30pm

## Coming in October

October 2nd RADICAL FORGIVENESS Guest Speaker: Lynn McKinney Forgiveness is one of the keys to peace, prosperity and health. Lynn is a long time Unity member and serves on our Board of Trustees.

October 9th SHINING YOUR LIGHT Guest Speaker: Janice Richer Wuerfel Everyone has their own individual way of expressing their light. Are you acknowledging yours? Janice Richer Wuerfel is a 2011 graduate of Unity Institute & Seminary.

Welcome Rev. Beth back from her Sabbatical on Sunday October 16th 10:00AM

## Ongoing Events

Sunday, 11:15-noon. Adult Sunday school - Join us as we have a metaphysical discussion. This is a time to ask questions and a time to share. There will be no Adult Sunday School on September 25th because of potluck and workshop.

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

Revolutionary Agreement Groups  
1st Wednesday of the month (September 7th and October 5th) at 7:00pm  
2nd Saturday of the month (September 10th) at 1:00pm

Tuesdays 7:30pm A Course In Miracles with Darlene Capinha

1st Sunday of the month (September 4th and October 2nd) 4:00pm Reiki Healing Service with Lloyd Reiser

2nd Sunday of the month (September 11th and October 9th) 4:00pm Chanting with Lloyd Reiser

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

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



**The greatest  
optical illusion  
is separation**

# HORIZONS

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"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

**H**ello and welcome to the September 2011 edition of Horizons Magazine. My tenant moved out last month and, after nine years, I'm sorry to see her go. This was the first time I'd experienced nicotine damage in the mobile home I own in an over-55 community about 3 miles away. I had to do some major cleaning and painting, and replacing of fixtures and carpet. Most of my work was done in the window frames, corners and edges with a toothbrush and Fabuloso; I even unscrewed all the window locks and scrubbed them. It took days doing it inch by inch like that, but I felt such a sense of accomplishment afterward.

My good buddy and master craftsman Tod McNeal worked magic tightening stuff, stopping leaks, measuring and sawing, caulking and painting, fixing cabinet shelves, patching sub-flooring and laying carpet, installing ceiling fans, floor registers, toilet seats, light fixtures, smoke detectors, medicine chests, faucets, wall receptacles and light switches.

It's cool having a place to fix up, I really like doing that. That must be why I rearrange my own living space so often. I enjoyed spending a few days in a row there and seeing the different residents at the different times of day, meeting the ones out for their walks, with or without their little dogs. Most of the folks I see out and about look my age and are friendly and pleasant, and everyone seems mindful of privacy.

It didn't occur to me until a few days in that I really should have worn gloves the whole time I had my bare hands in the nicotine cleanup. I was about 5 hours into cleaning the second day when I got really sick: nauseous, vomiting, giant headache, disoriented, drooling! I thought I was keeping my hands rinsed enough, but apparently not. I had the a/c on and the fans on, so the room was well ventilated, but I had it on my hands and up my arms and I had my face right in it.

As soon as I got sick, my spidey sense showed me my arms and hands and lungs. The words *nicotine poisoning* flashed in my head and I knew what it was. I came home and got sick again. I Googled *nicotine poisoning* and saw that was clearly what I had. The drooling was my big clue. I'm sure being a deep breather and copious water drinker has helped me not have it too bad. The next day I was much improved and I wore gloves after that. How funny that I got pancreatitis years ago and I'm not a drinker, and I get nicotine poisoning now and I don't smoke cigarettes. Ya gotta laugh. *That's ok, I'll take on everyone's karma. I ain't skeered.* Famous last words, right?

I bought a beautiful medium beige carpet remnant that was perfect for the front room at the rental. I'm surprised how easily we got it home in my Toyota Prius since it was 15 feet long. My concern was the couple of patches on the floor that felt soft to walk on. In my mind, I figured that's where the big cost might be, fixing any subfloor issues. We pulled the carpet and padding back and saw there had been a leak years

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

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

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

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**Spiritual Advisor/Medium/Reiki Master**  
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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, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships 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).

## Are You Letting It In?

**Q** I have a personal question about developing the ability to let go of things from the past. I can see that my now is colored by all of these things. And it's difficult for me not to constantly remind myself that I missed out on this or that.

**A**braham: Well, that is logical, isn't it? Because that's where your vibration is, it's logical that you would be reminded of things like that. We have a fun way of looking at it: Let's say you have a piece of very fine sandpaper, and you rub it with your fingers. It is so fine that at first, it feels almost like velvet. So you rub it a little more, and a little more, and a little more...


In the beginning, there is no detriment, but the longer you rub it, the more unpleasant it becomes. Your skin is beginning to feel some sensitivity--and after an hour or two, maybe even some beginnings of blisters. Yet sometimes, that sandpaper is really the only thing visible in the room. And even though the experience is not very pleasant, you've got this habit going. Then, all of a sudden, you realize "Hey, I don't have to do this!" and you simply lift your fingers up off the sandpaper!

This is a deliberate intent to remove yourself from this irritation. The sensation of lifting up is wonderful. As you lift off, it almost feels like spider webs pulling from your fingers. We want you to begin reaching for that ensuing sense of relief. You've had your eye on this sandpaper. It seemed justified, it seemed important. People talked to you about it, there's evidence of it in your life, and everything seems to be somehow about sandpaper. But in reality, there is it, and there is the absence of it, and you do have a choice of whether or not to lift your fingers--your thoughts, that is--off of what is evoking this unpleasant experience. Begin to take pleasure in feeling relief from it.

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

*Tom Arcuti*  
 Yachak Shaman of Imbabura

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— A Course in Miracles

# The Village Gathering

**Rev. Paula Langguth Ryan** is a Contemporary Prosperity Advisor, empowerment speaker and conflict resolution consultant. She helps individuals, closely-held corporations and spiritual organizations resolve inner conflicts and release the financial fears that block personal and professional peace. Ryan has appeared on WOR Radio Network (*The Dolans*), NPR's WEEKEND EDITION, PBS' FINANCIAL FREEDOM, NBC's TODAY IN NEW YORK and ABC's STRESS FREE FINANCE. She is the author of *Bounce Back From Bankruptcy* and *Giving Thanks: The Art of Tithing*, with a foreword written by prosperity guru Catherine Ponder.



## September Events

with **Rev. Paula Langguth Ryan**

(Events offered on a Love offering basis unless otherwise noted.)

### Virtual Telecourse

**Sept. 1- Oct. 13; Thursdays, 5-7pm PST**

*7 Weeks to GENTLY Overcoming Conflict Avoidance.* Via your telephone. For more details and to register visit: [www.PaulaLangguthRyan.com/avoiding-conflict](http://www.PaulaLangguthRyan.com/avoiding-conflict)

### Jacksonville

Unity Church for Creative Living  
2777 Race Track Road, St. Johns, FL 32259  
(904) 287-1505; [www.unityinjax.com](http://www.unityinjax.com)

**Wed., Sept. 7: 7pm-9pm**

*Creating Divine Contentment Workshop*

**Sun., Sept. 11: 10:30am**

*Restoring the Flow Lecture*

### Merritt Island

Location: Private Home

**Wed., Sept. 14: 6-9pm**

*A Course In Miracles Discussion Group and Potluck.*  
Group meets at a private home from 7-9pm.  
Call 919-395-8270 to get directions.

### Rockledge

Center for Spiritual Living Space Coast

**Sept 21; 7-9pm**

*Why Not NOW? The Secrets to Getting the Goals You Set.* 835 Executive Lane, Suite 136; Rockledge, FL 32955, phone: 321/338-2990  
<http://cslspacecoast.org/>

### Cocoa

The New Way People of Diversity/Aquarian Cultural Center

**Sept. 25; 10:30** meditation; **11am** talk; **1-4pm**

workshop: *Restoring the Flow* and *21 Days to a More Abundant Life*. 238 Peachtree Street, Cocoa, FL (321) 961-3615; <http://www.thenewway.us/>

\*It's been 4 years since I've done the 21 Days to a More Abundant Life workshop! The workshop is also available online. (2-CD & workbook) OR as an instant download (MP3 & PDF). <http://www.paulalangguthryan.com/abundance-tools/abundant-life/>

Visit our website for a full schedule of events.

[www.PaulaLangguthRyan.com](http://www.PaulaLangguthRyan.com)

# The Village Gathering

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NOVEMBER 5TH - 7TH - WESTIN BEACH RESORT

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# IMPLICATIONS OF SYNCHRONICITY

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



**L**ately, I have been thinking about the implications of the many synchronic events that have happened in my life.

In *The Implications of the Soul* (free download via my website), I point out that reincarnation implies that we never need to fear death again. Past life memories imply that we come back (reincarnate) pretty much as we are now---different bodies and cultures, but basically the same person. But what are the implications of synchronicity? What I have found, is that a close look at synchronicity can change your life. Literally.

The term *synchronicity* was coined by the famous psychologist Carl Gustav Jung and a simple definition would be meaningful coincidences. From his book, *Synchronicity*:

*A young woman I was treating had, at a critical moment, a dream in which she was given a golden scarab. While she was telling me this dream, I sat with my back to the closed window. Suddenly I heard a noise behind me, like a gentle tapping. I turned round and saw a flying insect knocking against the window-pane from the outside. I opened the window and caught the creature in the air as it flew in. It was the nearest analogy to a golden scarab one finds in our latitudes, a scarabaeid beetle, the common rose-chaffer (*Cetonia aurata*), which, contrary to its usual habits had evidently felt the urge to get into a dark room at this particular moment. I must admit that nothing like it ever happened to me before or since.*

...continued on page 27 ...



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# LOVING OUR BODIES "AS IS"



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

**I** heard you groan when you read the title. I know what you are thinking: "Not me. Not ever! I am too disgusting, too fat, too ugly, too unacceptable, too rejected, too skinny, too pock-marked, too flat-chested . . ." I have heard it all and said much of it to myself. Aren't you tired of wishing you looked different? Aren't you sick of trying every new diet that steamrolls down the freeway aimed straight at your self-confidence? Do you think possibly you've been duped by a youth-obsessed, anorexia-inducing culture? Isn't enough finally enough, already? **A CONFESSIO:** I do not yet love my body completely as it is. I am in recovery from a disapproval addiction, and I will need to be in recovery every day for the rest of my life and so will you. This is not bad news; it is good news. Recovery is fun. You will live longer, laugh more, and have time to appreciate the important parts of your life instead of wasting your precious time focusing on that dry skin on your elbows or those little wrinkles around your eyes.

## TECHNIQUE # 1: USE YOUR HATEFUL THOUGHTS AS REMINDERS TO LOVE YOURSELF

Self-hate is a wily beast, and he takes on disguises, telling us his advice is "for our own good." He is relentless and persistent. So use him! When he appears, use his energy as a reminder to do something lovely and generous for yourself, such as kissing your sweet lips on the bathroom mirror. You'll dirty up the mirror, you say? Good! Those kiss marks will remind you to not take yourself so seriously, which is half of the battle.

Every time you have a mean thought about yourself, grab it by the throat, give it a quick kiss, and send it on its way. "Bye, bye, now!" You say as the hate and judgment scuttle out of your mind. "You go out and play in the middle of the freeway now. Don't look both ways!"

This technique will work immediately. Make yourself laugh and you have almost won the battle. Your laughter has improved your digestion, reduced your stress, increased the effectiveness of your immune system, and brightened your day. What's not to like?

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

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## TOOTHPASTE

**A**ll toothpastes are not created equal. When I first heard that **fluoride** was not good for your teeth I was a bit confused, it goes against all that I have been taught. Recently I have been reading scientific reports that fluoride may not be as safe as we believed it to be; in fact fluoride is not only an unwise choice for your teeth but it also not wise for the rest of your body. Just look at the warning sign on the side of your toothpaste. Apparently if a small child ingests too much fluoride (which is just a pinch on the toothbrush) you need to call poison control. Apparently there is enough fluoride in one tube to kill a small child. Over time fluoride from toothpaste as well as from water can lead to fluorosis, a condition that leads to the loss of enamel, discoloration and pitting of the teeth. If left untreated there can be fluorosis of the bones causing skeletal weakness, arthritis, bone fractures and other bone problems. Fluoride increases the absorption of aluminum in the brain which is linked to Alzheimer's, it's linked to an under active thyroid and some forms of bone cancer. It blocks and destroys the enzyme that holds the teeth firmly in the gums, allowing bacteria to set in around the teeth, eventually leading to problems in the heart.

Some toothpastes' have chemicals that block absorption of calcium, strong abrasives that wear away at enamel causing them to yellow and become sensitive. They contain detergents that lead to mouth ulcers and colorants, flavorings, thickeners, sweeteners and preservatives may be present.

So why would you want to use commercial toothpastes when you only need a few common ingredients to make your own?

The simplest recipe is to mix baking soda with peroxide. These ingredients have mild abrasive factors to help remove plaque and cleansing agents to help whiten teeth.

For sensitive teeth you can mix ¼ cup Kaolin Clay, ¼ cup pure vegetable glycerin, ½ teaspoon Myrrh powder and 4 drops each of the essential oils of Orange and Clove.

You can also blend Kaolin Clay, Sea salt, Baking Soda, Goldenseal, Myrrh and the essential oils of Wintergreen and Clove.

In these blends Goldenseal and the Myrrh provide strength to the gums; they are antiseptic, antifungal and antibacterial helping prevent periodontal diseases like pyorrhea, gingivitis, bleeding gums, inflammations and sores of the mouth and tongue. Kaolin acts as a gentle polishing agent helping remove plaque; plus it contains minerals helping to strengthen the enamel preventing tooth decay. The essential oils are antiseptic, antibacterial, analgesic and anti inflammatory. They ease tooth and gum pain, strengthen the teeth, prevent tooth decay and freshen the breath. Natural toothpaste is not hard to make; you may even have some ingredients on hand.

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Sept. 15 - Intuitive Development Class - 6:00-8:00pm

Sept. 29 - Intuitive Development Class - 6:00-8:00pm

Oct. 1 - Herb Class - Herbs for Urinary System - 9:00-11:00am

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

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**F**or 300 years, our science has been based on two false assumptions. The first false assumption is that everything is separate from everything else. That what happens in one place has no effect on what happens anywhere else. And if it looks like it does, it's only a coincidence. The second false assumption is that our inner experiences of thought, feeling, emotion and belief have no effect on the world beyond our bodies. Based on those two false assumptions that have been accepted for 300 years by scientists, I can see why there would be a disconnect when they are looking at the magnetic field of the Earth spiking precisely at the moment the human emotion of the planet is focused on a disaster (as happened on 911 as verified by GOES satellites). Subsequent studies have found that human emotions, specifically the magnetic fields produced by the

human heart during certain kinds of emotion, are now documented as extending far beyond our bodies into the physical world. And now apparent to such a degree that our satellites hundreds of miles above the surface are able to pick these up.

Other studies have shown that when a certain number of people come together and they choose at a moment of time to create a precise emotion in their hearts, that emotion literally can intentionally influence the very fields that sustain the life on planet Earth. These fields are now implicated in everything from the immune response of humans throughout the planet, climate, weather patterns, cycles of war and peace. Our ability to solve problems, our cognitive abilities. All of these things, as different as they may sound, are all linked to the magnetic field of the Earth.

So what makes this so beautiful is that every human on the planet is linked to the field. But not every human on the planet has to be consciously aware of their relationship to benefit from what a relatively few number of people come to understand.

When we choose to feel feelings that create what is called coherence in our bodies - coherence is the language, the quality of the language between our heart and our brain. Certain kinds of heart based experiences such as appreciation, gratitude, forgiveness, care, compassion; those are the ancient understandings that have always been taught in the truest traditions of our own past and now our own science is finding that those same traditions are now documenting this very real effect in our hearts. When we can feel those feelings in our bodies they are mirrored in the field and everyone benefits from the experience of the relatively few. Scientists are now documenting the effect of emotions upon the heart field.

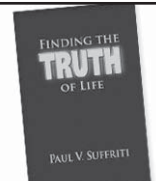
We don't see things as  
they are, we see them as  
we are. Anais Nin

...continued on page 31...

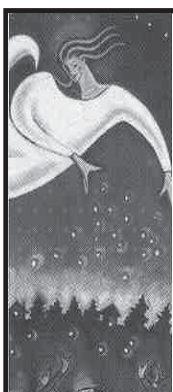


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## Dear Whitedove

I'd like to know how we are supposed to do spiritual work if we are so consumed with finances and paying the bills?  
Struggling in Saint Louis

## Dear Struggling :

In this physical world we use currency in exchange for goods and services. There is nothing unspiritual about making an honest living. Simply look at it as an exchange of positive energy. Anytime you are in-service, then you are doing spiritual work whether that's helping a client with a problem, walking a dog for your elderly neighbor, volunteering at the local shelter or starting a prayer circle to help heal the planet. If you are called to be in-service as a career, then do something that you love with conviction, knowing that your needs will be met. Make a plan, and then work hard at making your dreams a reality. Action is faith in motion; you are the co-creator of your reality.

## Dear Whitedove

My Grandpa was a good man and a religious man all his life but now as he draws closer to death he's fearful. As a life long church member he knows that there is a Heaven. What can I say to reassure him that his passing will be a blessing since he's been in so much pain? Grieving in Jersey

## Dear Grieving,

Yes, your Grandfather knows that Heaven awaits, but religions teach so much "Hell and Damnation" that he feels that this is also a possibility. I've seen this many times; the elderly begin to reflect on life, their conduct and begin to wonder if their misdeeds will lead them to a fiery judgment. I'd sug-

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



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## Stopping Places Along Our Path

*Taking Time for Introspection*

I am writing this from an ancient laptop because my newer, faster laptop decided to die, expire, croak. It's death was untimely and inconvenient to my plans, but it's gone and that's it. So now as I shop my options for a new computer, I write on this old machine, that works fairly well at the desktop, but is too slow and labored to be online. I sit at my desk and wonder, "With deadlines to meet and projects to complete, why did this happen?"

Years ago, while waxing philosophic to one of my instructors, he said, "Sometimes a cigar is just a cigar." Sometimes things just are what they are, nothing more. But another wonderful teacher said, "Sometimes there are stopping places along the path, where we are to take a breath, ponder and observe."

So why did my newer computer die when it did? I was making forward progress, but I kept feeling like I didn't have enough time. I felt pressured to hurry and get many things done at once.

But even as I worked on those projects, I was greatly distracted by some of the chatter on the Internet. I would write for awhile, then jump on the Net and - well you know how it is - one link leads to another - and before I'd know it, an hour would pass.

However, this older laptop labors too slowly on the Internet - so I spend most of my time offline. I feel less distracted since I only check my email once a day instead of every hour. My pace has slowed and I've stopped wondering about what's online - and started seeking what's inside me.

Instead of exploring online, I have time for yoga, meditation and contemplation - and reading and writing in my journals. I've taken my dog for longer walks, and have even chatted with my neighbors.

Perhaps the computer croaked simply because the machine failed. Or maybe it was from a need to take time to reflect, ponder and slow down the pace - a time for introspection and reconnection to the inner journey. This can be true of a failed computer, a job loss, or a broken relationship.

Sometimes "a cigar is just a cigar" and sometimes it's a "stopping place along the path."

Either way, this pause along the path has indeed been a time to take a breath. I've had time to work on existing and new projects without distraction, being more focused in the now moment.

Yes, the computer needs to be replaced... I cannot perform some of my tasks - or be social - without the higher speed... but just for today, I'll take one more day to explore this slower pace.

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# From the Heart

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## Bring it Forth

**D**o you have any doubt that you can be everything you want to be? Do you believe you are limited by your history, genetics, karma, or any other factor? If so, take heart. Your destiny far outshines your history.



Scientists tell us that dogs evolved from the wolf. About ten thousand years ago people began to breed dogs to draw forth traits they valued. Wolves were selected for hunting skills, herding, and loyalty. Over time breeding became more and more specialized, until today we have over 150 registered dog breeds and a total of 500 breeds created by specifically mixing the registered breeds.

This theory does not explain why my dog looks and acts nothing like a wolf. Our little *Maltese* weighs eight pounds, with long white fluffy hair, and a pushed-in nose. She is the cutest creature you have ever seen (I know, except for your dog or cat), with infinite affection for everyone she meets. Yet scientists swear she descends from a wild, scary-looking predator virtually impossible to tame.

If that's true (unless my secret belief that visitors from another planet created genetic variations is borne out), then we have a monumental lesson: *You can make anything out of anything. Everything has the potential to become anything you want it to be.* If, through focus, intention, and perseverance, you can pull an adorable, tame, loving, loyal, playful creature out of a vicious killer, you can draw forth the noblest qualities from the worst of people or situations.

I saw a news story about a murderer who escaped from prison, found his way to a neighborhood, and took a single female homeowner as a hostage. The woman happened to be a psychologist who was more sympathetic to her captor than afraid of him. As a legion of police and *SWAT* team surrounded the house, the psychologist persuaded them to give her some time with the convict. Over a day or two the woman encouraged her uninvited guest to talk about what was going on within him and what he wanted for his life. She served as a compassionate listener and supported his well-being. After a day, he surrendered himself. Later she became his advocate and worked to get him out of prison and get back on his feet in society.

This woman's courage and skill drew a good man out of an apparently bad one. You and I, too, have the power to reinforce the traits we prefer from those around us. (Dale Carnegie: "Give that person a fine reputation to live up to!")

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Actually, we are already creating the people around us by our expectations of them and their traits we focus on. Every time you complain about your husband leaving crumbs on the kitchen counter, or you compliment him for taking out the garbage, you reinforce the characteristic you are focusing on. Complaint and praise accomplish the same results – manifesting more of whatever you are giving your attention to.

Belief and vision are crucial factors in bringing forth positive attributes. A story from education annals tells of a teacher who opened her roster on the first day of the semester and was delighted to find high I.Q. scores next to the students' names: 125, 136, 131. Thank goodness, *Miss Matthews* thought to herself, finally a smart group. The teacher gave her students challenging lessons, stimulating projects, and creative freedom. At the end of the semester all the students got A's and B's. The next day the principal called the teacher into his office and asked her, "Miss Matthews, how did you take a group of low-functioning students and turn them into geniuses?" Puzzled, the teacher showed the principal her roll book with their listed I.Q.'s. "Those are not their I.Q.'s," the principle laughed. "Those are their locker numbers!"

The universe, quantum physics explains, is made of energy more than matter, and energy is highly amenable to the power of thought and intention. You can pluck anything from the universe by focusing your attention on an object. Spiritual masters and yogis have demonstrated this over millennia. Jesus turned water into wine, and in more current times *Satya Sai Baba* manifested many objects out of thin air. My mentor *Hilda Charlton* was traveling with *Sai Baba* when their car ran out of gas. *Baba* called for a bucket of water, poked his finger in it, and ordered the liquid to be poured into the gas tank. The auto ran fine on the new fuel. (At today's gas prices, wouldn't you like to do that?)

As we enter a new season of school and business, it might be worth our while to think clearly about what we want to create. What is your most valued goal for this coming school or business year? How much attention are you giving your highest priority, and how much attention are you giving to lower priorities, or things you do not wish to experience? Each day take a few sacred moments to remember what's important. Be not deceived by the appearance of the wolf. There is a marvelously friendly dog hiding inside.



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

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

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

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

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

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

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Saturday, Sept. 17 COCOA Meet the Author Ojela Frank & Book-Signing Event 4 - 7 pm at Owl Visions, 501 Florida Ave, Cocoa village. Call 321-292-9292 or 352-239-9272 (We will have her new book, *The Book of Initiation: Awakening to Soul* available.)

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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, FL. [soulsongkaren@cfl.rr.com](mailto:soulsongkaren@cfl.rr.com). Karen's blog: [www.abrahamfun.com](http://www.abrahamfun.com). [www.lulu.com/soulsongkaren](http://www.lulu.com/soulsongkaren)

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If I'm living a life short of my ideal, it's not because I'm reaching too high or dreaming too big. It's because I'm not a mental match to that which I seek.

I cannot receive my lofty desires if my mind is often in the gutter of: "I don't like\_\_\_\_," "I don't want\_\_\_\_," "That ticks me off," "I'm fat/old/stupid," "Why'd they do it that way?" or "Everyone's pickin' on me!"

Today I notice how I'm thinking and feeling. I practice moving out of frustration, criticism, complaints, and bad moods. I turn my attention to what's right with myself and the world. I allow the fire of desire to rekindle within me, for now I know my dreams truly are possible, and this is exactly how they'll find me.



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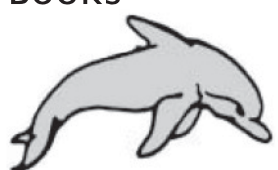
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**F**or those of you who've been to one of our services in the last year, you've probably heard this talk. This subject was inspired by an Oprah show and my own feelings of "shame and guilt" before attending the Hoffman Quadrinity Process which helped me release most of those feelings.

Oprah had a couple of ex-cons on her show, who had served over 10 years each of a life sentence for taking the lives of family members. They were both freed because of an amazing technology...DNA Testing. As a result of their tests, it was proven that they were innocent. That in itself is wonderful and not too surprising. What was really surprising was that both men had confessed to the crimes.


This left Oprah and the audience amazed. How could this be? Why in the world would anyone do that? Well, the men said that they were traumatized by the situation, their incarceration and the relentless interrogation. At some point they just surrendered and confessed. This made it harder for them to ever be free but at least gave them a temporary peace from all the mental torture.

Upon hearing this I began to weep. I recognized all the trauma that I have felt in my life. I remembered the interrogations etc. I recognized that I had been sold a set of lies and after hearing them long enough, my receptive parts started to believe it. I heard "Lord I'm not worthy to receive you", "you were born in original sin", "you are a bad boy", "you should be ashamed of yourself" and the list goes on. If you were told anything less than "you are a beautiful, perfect, child of God that was born an original blessing", than you were lied to.

*PS. if you send an email to [info@armandandangelina.com](mailto:info@armandandangelina.com), I'll send you a free mp3 of Innocent, the song I wrote after this realization.*



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*New Wed. evening events coming in September. Check web site in September.*

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We are so worthy to receive all the love in the world. We have nothing to be ashamed of and have no need to ever feel guilty. As Marianne Williamson said "it is our greatness that we most fear". Why, because it is so contradictory to what we've been told. We are so afraid of being arrogant that we play unhealthily small. Arrogance is "I'm wonderful and Godly and you're not." Enlightenment is "I'm wonderful, Godly and totally unique...just like everyone else"...swami beyondananda

If you are like me, you are in the process of rediscovering your innocence, your divinity and your ultimate worthiness. We have been serving time for a crime we didn't commit. This has gone on too long. As we approach 2012, humanity is reminded of Jeshua's amazing words..."love thy neighbor as thyself". Somehow we often forget the 'as thyself' part.

For most of us, it's much easier to love God and our neighbor than it is to love ourselves. This has got to stop. We are of the most good to others and the planet when we are free. How can we be free if we are imprisoned in our mind from an old sentence that we never deserved? I am offering to free us all, to pardon us from whatever we believed we did. The key of course is complete "self forgiveness"...

I Now Pronounce Us....Not Guilty!



# Abraham-Hicks

...continued from page 8...

Have you ever been in the middle of a negative conversation when someone tried to change the subject to something that felt positive? You didn't necessarily want them to change the subject--you had some good juices flowing about that topic! But they persevered, because they had decided they were going to lift away from it. And so, you went with them in the different conversation, and stayed there for a moment. Then you, too, began to feel relief. We want you to get hooked on asking, "Which thought feels better?" Let the feeling of relief become what is most important to you.

We want you to say, "I am practicing the art of letting in Well-being. The art of keeping out, or the art of resistance--that may be the 'art of reality' that I've always practiced. That may be the way my mother does it, and my sister does it, and the way that everybody that I know does it. Keeping it out may be the art they're all practicing--but I'm practicing the art of letting it in. I'm lifting off of my discomfort and, in so doing, letting fresh Energy flow into my experience."

We encourage the art of Allowing--the art of letting it in. The tricky thing is that sometimes, even though this sandpaper is not pleasant and can get really unpleasant, the key is in developing a more sensitive awareness. We don't know many of you who would rub your hand until it is bloody. Yet, that's the way you tend to handle some not-good-feeling subjects. You rub yourself all over them, until you have so severely disallowed Well-being that negativity begins showing up in your life experience in different ways.

*It does not matter how  
you got here, or how  
long you've been here.  
The only thing that  
matters is how you feel  
-- because the Universe  
is responding to how  
you feel right now.*

We want to get your attention, by saying that no matter how bad that reality was and no matter how justified it may seem to be, none of it needs to have anything to do with your now. The only question we want to ask--and the only question we ever want you to try to answer, ever again--is, "Am I letting in Well-being right now? Does this thought let it in? Does this memory let it in? Does this statement let it in? Does this discussion let it in? Does this fantasy let it in? Am I letting it in?"

When you begin to focus upon this "lifting off," you discover a whole lot of things you habitually think about, that are not letting it in. And as you start playing with this, you'll start having fun with it. Perhaps you'll make a button or a bumper sticker: "Are you letting it in?"

Are you letting what in? Are you letting in the Well-being that would be there if you weren't letting it in? Are you letting it in? "Well," you ask, "how do I know if I'm letting Well-being in?"

If you are letting it in, then right now you feel great--you feel appreciation or love. If you're letting it in you will feel good--but if you're not letting it in, you won't feel good.

Nothing else has any bearing. Well-being has to be important enough that you let it in.

So you say, "Abraham, when I reflect back, 99% of my life doesn't let it in." Well, we say, then don't think about that. How can you not think about 99% of your life? Selectively sift your way through it. If you look back with enough intent, you can find something--within every aspect of every part of it--that would let it in.

To assist you in lifting off from some of those thoughts that don't feel so good, we'll give you some good words to begin: "Oh, it doesn't matter. That's not important." In other words, if you find yourself wanting to harp on something that happened, say, "Oh, that doesn't matter."

At the heart of it is, you have felt yourself competing--for goodness, against badness, for approval. You want, so much, to be in the right place, and you have been sorting out all those piles. You've come to lots of conclusions about

...continued on page 33 ...



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## The Implications of Synchronicity

...continued from page 11...

We all know how often synchronicity occurs in our lives, but here's the thing: In order for these unusual coincidences to occur as often as they do---in order for the world to be *manipulated* to make these coincidences line up---there *has* to be a super-normal and omnipotent intelligence at work.

Let me put that another way: **Synchronicity implies God.**

Now I'm not talking about the God of the Torah, Bible, or Koran---not a God who divides the world into good guys and bad guys (believers/non-believers). I'm talking about a God who's out to help *everyone*, since at your highest level, you are Her (God), and She is everyone and everything.

Synchronicity implies not only a divine intelligence, but one that gets involved in---and manipulates---the events of people's lives. Particularly *your* life.

Think I've lost my marbles don't you? Almost all enlightened people in recorded history have talked of seeing, experiencing, and being one with the Divine. Though rarely do they focus on this topic (many feel it to be a "distraction" in the quest for enlightenment), almost all speak of something along the lines of an "intelligent universe," of a world that mysteriously "lines up" at appropriate times.

Want to be closer to God? Want to feel Her in all aspects of your life? Want Her guidance when times are tough? Want to see Her in plants, animals, the earth and sky? It's simple: Start letting go of yourself. Empty your cup and *soften* to Her.

You don't have to realize enlightenment to benefit from this principle. Just start seeing your solid self image as getting in the way of Her. See your personal self (story) as a *barrier to the Divine* and "you" will naturally start to soften on your own.

The softer your personal self gets, the more magical and miraculous your life will become.

Let go. See "yourself" as the problem. Open up and let Her in. The less there is of *you*, the more there is of *Her*.

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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!

**Hypothetically, if you'd like to be able to spend \$1,000,000 a year, perhaps on yourself, or maybe to shower upon your favorite charities (incidentally, either will have me beaming), don't you think as part of defining the end result you ought to know just how much you'd be spending, on average, per day? I mean, you wouldn't buy a car without peeking through its windows, would you? The details are crucial. You owe it to yourself to make sure it's exactly what you want.**

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

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

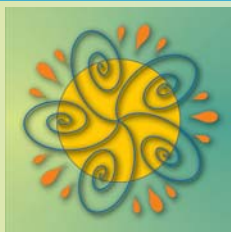
**NELLIE**, Thank you and Albert for everything. I enjoyed our time so much yesterday – it was hard to believe that 4 hours went by. I love you and Albert – your insight and inspiration is phenomenal. We really do have a good connection – and I am sure now – more than ever – that the highest realms have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

**NELLIE**: I wanted to say thank you for the reading yesterday. It gave me a lot of hope. And I really needed that, so thank you. And thank you for being so kind to me, especially when I couldn't stop crying. You are a wonderful person :) **Ashley**



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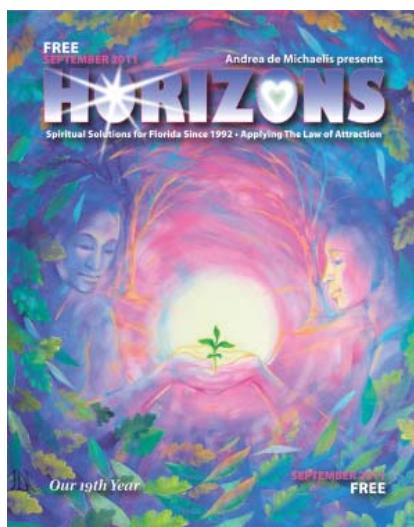
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by Jane Taylor



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

*"For me painting is one of the necessities of life, I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush! What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so much better than just plonking it in a gallery! I organise delivery myself, and get fantastic feedback and I know that the reason I painted a specific piece was because it was meant to be owned by just one special person - it closes the sacred circle of creativity in a very beautiful way.*

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



## Intentionally creating emotion to heal

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

The human heart is now documented as the strongest generator of both electrical and magnetic fields in the body. We have always been taught that the brain is where the action is. The brain does have an electrical field and a magnetic field, but they are relatively weak compared to the heart. The heart is 100 times stronger electrically and up to 5,000 times stronger magnetically than the brain. The reason this is important is that the physical world as we know it is made of those two fields of energy - electrical and magnetic fields of energy - electromagnetic fields!

Our physics books now tell us that if we can change either the magnetic field or the electrical field of an atom, by doing that we change - we literally change - that atom. We change the stuff that our bodies and this world are made of. And it appears now that the human heart is designed to do both. To change both the electrical field and the magnetic field of our bodies and our world. And they do so in response to the emotions we create between our heart and our brain.

In the world around us, our own science is telling us there's a field of energy that underlies all physical reality. Known as or called 'the Field', the 'Mind of God,' 'the matrix', 'the divine matrix'. In 1944 the father of quantum theory, Max Planck, identified this field and he called it the matrix, that's where this term came from.

When we create the feelings of everything we choose to experience in our lives, everything from conscious choices - the perfect relationship, abundance in our lives, or healing in our bodies or healing in the bodies of our loved ones - that those feelings are creating the patterns of magnetic and electrical field in our hearts that are literally rearranging the stuff of this quantum soup, this quantum essence, allowing the pattern of what we have claimed in our hearts to become manifest in the world around us.

So it's less about attracting, from a scientific perspective, and more about consciously creating the template within us, knowing that the stuff of the universe will congeal around that template in the world around us to simply mirror reflect what we've claimed.

In other words ... we must become in our lives the very things we choose to experience in our world. Science is now giving us a very good reason to understand why that is. How many individuals would it take to claim this feeling in our hearts to create the effect in our world?

It is very well documented that there is an effect between human consciousness and the world around us. That effect is known. A formula was created. The formula simply stated that if we can create this effect with a certain number of people, the square root of one percent of a given population then we will have the effect.

This is a transcript of Gregg's talk at  
<http://www.youtube.com/watch?v=vRQelsfQtE4&feature>

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## Ask Whitedove

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

gest that you call on your family members to help. Ask each person to recount a loving memory of how he made a positive impact on their life. Tell him the stories, or ask family members from a distance to write him a letter. These emotional memories will help shift his consciousness. Please remind him that God is a loving Father that forgives our trespasses just as a loving Grandpa forgives his loved ones. Then assist him with prayer, by praying for his peaceful transition to Heaven.

### *Dear Whitedove*

I was raised by very loving but controlling parents. At the age of eight, I was told that I was adopted. I've often fantasized about finding my birth mother but have never actively searched. Out of the blue, a woman contacted me claiming to be my mother but I'm suspicious of her story. So now I'm hesitant to meet her. Should I? Torn in Toronto

### *Dear Torn,*

Pre-birth you made an agreement to come to your adopted parents. These agreements are called soul contracts. Unable to conceive, your birth mother was the vehicle to make the connection for your soul growth opportunities. You were always meant to be raised by this family. As a group, you and your adopted parents have been working out your karma and teaching each other many spiritual lessons both positive and negative. I'd suggest that you confirm that the woman is indeed your birth mother. (I feel she is, although dysfunctional.) Then once you are confident that she is telling the truth, you'll feel more comfortable by developing a relationship by telephone. Only then you will be able to decide if you feel the need to bring her into your life. Just know that sometimes the birth mother is only the carrier to expedite your karma with other souls.



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## SUGGESTED READING WATCHING LISTENING

### CDS:

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

### BOOKS:

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

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

Chakra Awakening by Margaret Ann Lembo

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

Question Your Thinking, Change the World by Byron Katie  
 How to Hear Your Angels by Doreen Virtue, Ph.D  
 Healing Words from the Angels Doreen Virtue, Ph.D.  
 The Age of Miracles Marianne Williamson

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

The Hidden Spirituality of Men by Matthew Fox  
 The Denim Diet by Kami Gray  
 Do It Anyway by Kent M. Keith  
 Saying goodbye to your Angel Animals by Allen & Linda Anderson  
 Why Walk when You Can Fly by Isha  
 365 Prescriptions for the Soul by Dr Bernie S. Siegel

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

How to Be Compassionate by His Holiness the Dalai Lama  
 The Secret Life of Water by Masaru Emoto  
 The Miracle of Water by Masaru Emoto

### [WWW.ABRAHAM-HICKS.COM](http://WWW.ABRAHAM-HICKS.COM)

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 The Law of Attraction: Teachings of Abraham  
 From Grief To Joy: Moving Up The Emotional Scale  
 Money and the Law of Attraction: Learning to Attract  
 The Vortex, Where Law of Attraction Assembles All Relationships  
 Getting into the Vortex Guided Meditations CD and User Guide

### MUST SEE DVDs

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

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





## Abraham-Hicks

...continued from page 26...

what's right or what's wrong, and then you defend your opinion, almost to the death.

So, when something begins to turn out the way you prophesied it would, part of you wants to say, "See, I told you! I knew that!" If it didn't feel good when you knew it, and it doesn't feel good now while you examine it--then you're just using it as a current reason not to let Well-being in. And so, when you hear unpleasant things, the new words we encourage you to offer are, "Oh, that doesn't matter." Say, "There isn't anything worth pushing against and using as my excuse for not letting it in."

As Esther will say to Jerry, "I knew it was going to turn out this way, I saw it coming, and now look at the manifestation of this." When he looks back at her blankly, as if to say, "This doesn't matter," then she has nothing to go on. If he defended himself even a little, then she'd have something to build on. It's sort of like fighting with a pillow. When you slug it, it just remains a pillow, and you lose your enthusiasm for the fight. And so, what you want to do is be a "pillow" to yourself, and to others. "It doesn't matter. That was then, this is now." You will defuse the past and, little by little, you will leave it all behind. We wanted to talk with you about letting go because you are pointedly speaking about what so many are living and feeling. When you wanted to come here, what was on your mind?

**Q** I had been recognizing that things missing or unpleasant in my childhood experience were now coloring my adult life in a way that doesn't match what I want.

**Abraham:** From the broader perspective of what you intended, everything was exactly the way you thought would be of greatest value. You are actually saying--and part of you is believing--"Had things been different for me as a child, I would have developed different patterns of thought, and now I'd be in a different place." And we say, that contrast was important for the launching of the desire within you now, and that's all that matters. Do you believe that your childhood deprived you of fulfilling some of your desires then?

**Guest:** Not really.

**Abraham:** You--and a lot of others--are feeling inadequate about where you are now, wanting to blame, who knows what, for your being there. We're saying to you that *it does not matter how you got here, or how long you've been here. The only thing that matters is how you feel--because*

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*the Universe is responding to how you feel right now.* And you cannot change the way you feel by condemning all of the things that got you here. That's why we say it's better to just lift off from it. Easier said than done, we know, but there is something to be said for the feeling of relief in, "Oh, it doesn't matter."

You hit upon the very key of what this moment in time is really about when you said you were fussing over the past experiences that shaped you. And we say, You are the vibrational offerer that you are, only because you haven't chosen to lift off. You have so much more power right here in the now. You could pet your cat, go to a concert, you could focus here, there, or in a million different directions--and you could stand in a different place of letting it in.

What is "shaping"? Shaping is the habit of thought that you picked up along your physical trail. And we say, never mind the reason. Just know that from wherever you stand, you can reach and reach and reach--and you can lift off.

Non-Physical Energies, flooding to you and through you, do not say, "We're not flowing because of that thing you did when you were twelve. And we're not flowing to you because you learned bad habits then." The Universe is responding to you right here, and right now. Right here and now, you have

...continued on page 34...



## Abraham-Hicks

*... from page 33...*

enormous power--to laugh or to cry, to reach for thoughts that feel better. You have the power to ignore a subject altogether and pet your cat.

You have the power, right now, to let it in. If you want, badly enough, to let Well-being in, you have the power to let it in right now. Anything you've lived before has far, far less to do with letting it in right now, than any of you allow yourself believe.

We offer some "mantras" for you: It doesn't matter. It doesn't make any difference. No big deal. I didn't like that, but so what? What happened was really unfair, but it doesn't matter now. That doesn't have anything to do with where I am now. It really doesn't matter.

That is about then. You don't know what the vibrations were, back then, much less what the surrounding circumstances were. You couldn't possibly go back and sort out why everybody was behaving the way they were. Even if you could, that has really nothing to do with now--unless it may have shaped you to be clear about what you currently want.

Can you feel the defusing power of those words to help you lift off? Doesn't really matter. What does matter is, right now, am I letting in Well-being? When you're letting it in, you feel clarity, vitality, enthusiasm, and eagerness.

"Well," you say, "those are pretty strong emotions. What if I'm not feeling any of them?" We say, just reach for something that once made you feel eager, or appreciative or enthusiastic. Hold it as the object of your attention. This is how to create from the inside out: Remove yourself from the thought process a little bit--and reach more for the feeling.

That's why we use this sandpaper analogy: You can actually feel the relief of lifting up off of something irritating. And when you do, you're letting it in.

That's why quantum leaps sometimes work--because the contrast in your lives causes very strong focused desire, helping you find a way to lift off of the resistance. And now, suddenly, you're vibrationally in harmony with something very different from just a little while ago.

Be easy about it, and more playful. Try to release words like struggle, as in "The struggle I'm having." Put it in the past tense: "The struggle I used to have, which I don't have as much any more." Can you sense how better that feels?



## Thoughts about things...

*... from page 7...*

ago that had weakened the particle board in one spot. It was likely a glass of liquid spilled, Tod said. Thankfully it did not smell of cat urine. Tod explained everything to me so I could see the floor was not a major problem. I love when friends in the know can demystify unknowns for me. I especially like seeing what goes on behind the scenes, and what the actual foundations are beneath what I see before me.

As soon as the construction work is done, I can clean everything for real. I figure by then I will have attracted the next right tenant. I'm looking forward to see what amazing new friends I'll make in the process of selectfully sifting through the dozens of perfect candidates.

A friend asked me yesterday how the construction was going. She follows my progress on Facebook and is surprised I take so much of it in stride. She's a landlord, too, and knows how aggravating tenant damage can be. For me, at this stage of my life, it's a no brainer. I think of the truth of the situation: *I had an ideal tenant who paid rent on time for nine years.* Ok, so she moved out with little notice and no deposit, and as she was a smoker, I have to clean every surface, or replace or paint it. I think my out of pocket is just under \$2,000 so far. So I can't really complain about the situation. She'd still be there had she not developed a serious health problem and had to move in with family. I'm glad she had a happy nine years there and like to think I contributed to her happy life. So I know that I'm not just readying a rental, I'm creating a home for someone new and that's a sacred endeavor.

*FOR RENT: 2 bedroom 2 bath single wide home in Holiday Park, a gated, over-55 community off Malabar Road and I-95 exit 173 in Palm Bay, FL. Private shed and laundry room, washer and dryer, covered carport. Walk to Publix, CVS, Beall's Outlet, Big Lots, Siggy's, post office, Walmart, IHOP, Woody's BBQ, Sonny's, McDonald's, Burger King, Waffle House, Lowe's, Home Depot, Subway, bus stop, more. Open, airy kitchen, newly painted throughout, double insulated windows and ceiling fans throughout. Under nice big shade trees. A perfect home for a quiet couple or two roommates. Two pools: heated and unheated. Recreation area: See list of activities on bulletin board. \$500/month. Total privacy. The coolest landlord ever. References will be checked. Email [andrea@horizonsmagazine.com](mailto:andrea@horizonsmagazine.com).*

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





# LOVE YOUR BODY "AS IS"

... from page 12...

## TECHNIQUE #2: GET OUT OF THE BEAUTY RACE

Every person decides what is beautiful and what is ugly. Some photographers, for example, think worms are gorgeous and so they are. We can decide we are beautiful "as is" if we stop comparing ourselves with others. If you practice finding yourself inadequate, you get good at it. But you can become an expert who replaces comparing with appreciating the beauty around you - all beauty. Stop comparing yourself to other people right now. Go cold turkey.

Instead of judging yourself or others, enjoy the feel of your skin, the gentleness of a touch, the sweetness of a smile, and the glory of a generous nature. Take pleasure in the beauty of the sun shining in your friend's golden hair. Just don't compare your own "dishwater, mousy" hair with hers.

If you start to compare your aging hand to a younger woman's, kiss your own hand and say, "I love you, my sweet." It's easy to love this hand that works for you all day long typing, picking up coffee cups, and stroking the cheeks of those you love. Don't tell your hand it is ugly because it's showing the unique history of your journey on the planet. Do you really want the hands of a twelve year old forever? When you pay attention to what really matters, every invitation to compare yourself with others will turn into a moment of celebration.

Keep a journal. Write in it every day and celebrate yourself and other people. If you are not good at this to start with, don't worry. You will get better.

## TECHNIQUE #3: LOOK AT YOURSELF NAKED IN THE MIRROR AND CELEBRATE YOUR BODY "AS IS."

You can see why I saved this technique for the last. You might have to "cheat" when you try this habit at first, at least it may feel like cheating to you. That's okay. Is your lip worthy of love? Your temple? How about the inside of your arm? Your ears? The area between your thumb and your index finger? Your fingernail? Find some part of your body you find acceptable as it is. Focus on one body part until you love it. Then find another part to love just as it is. You might say: "I love you, Thumbnail. You are great. You protect me and I would be in a world of hurt without you. I have taken you for granted until now, but I am through with that!" You Can Do It!

If three techniques feel like too many, pick the one that sounds the most fun and start practicing it every day. You deserve to be loved just as you are! Be the first one on your block to love your body "as is" and see the startling benefits. On second thought, who cares what the rest of the block is doing? Love now. You won't regret it.

## 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*



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](http://www.IntuitiveReflections.com), or email [barbaralee21@roadrunner.com](mailto:barbaralee21@roadrunner.com)

# HOROSCOPES

**Aries: March 19/20 to April 19 "I Am."** This September, your soul is reaching for new levels of expansion. Do whatever it takes to complete the process. The inner child in you is yearning and longing for that special something that is beyond words and perceptibly unexplainable. The message is to transcend the old and welcome the new.

**Taurus: April 19 to May 20 "I Have."** The road to riches is to link Heaven and Earth in a direct line to your heart. If your heart is not into what you are doing, then it ain't worth doing. Networking and putting your mind into action will be a key to your success. Exchanging energy for goods and services will keep the money flowing.

**Gemini: May 20 to June 20 "I Think."** Now is the time to bring your energies together in harmony, a time to dance and rejoice in gratitude as you bio-energetically rebuild your life. So what's next you say? Integrate your experiences and use your spirituality in a creative way. As you continue to open to the higher realms, listen for the sound of the angels' wings.

**Cancer: June 20 to July 22 "I Feel."** You have been experiencing some unresolved anger in regards to a co-worker. There has been this underground struggle between you for two years. Many times you feel like your efforts have been undermined, don't worry about them, just focus on doing a great job and all the work drama will dissolve.

**Leo: July 22 to August 22 "I Will."** You have a keen sense of intuition especially since Mercury is visiting your Sun sign. The Universe has turned the volume up on the scale of psychic sensitivity for you. September 22 and 23 will be great days for you to spend in nature taking a hike or a swim. No matter what, you will always be in the spot light, so behave yourself.

**Virgo: August 22 to September 22 "I Analyze."** Happy Solar Return Virgo!! This is your New Year, so what would you like to create? You are fortunate that transiting Jupiter in Taurus and Pluto in Capricorn are making some very positive energy deposits in your aura. If you feel tingles all over, then just know that the angels are near.

**Libra: September 22 to October 22 "I Balance."** This month is no exception, you have a strong sense of justice and the willingness to work and work hard to see that justice is done according to what you see appropriate. You are very strong in your career and may already be at the top of the ladder. Just remember to appreciate the little people that helped you get there.



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# September 2011

**Scorpio: October 22 to November 21 "I Create."** You are at the top of the world this month. Just make sure that you do everything to keep yourself there. Your reputation is very important to you. At this point you are the culmination of your life, good and bad, so embrace your differences as well as your strengths and run with what feels good.

**Sagittarius: November 21 to December 21 "I Perceive."** This September is a good time to make use of your gifts and skills in order to survive and thrive in these stressful times. Make the best of things, you do not have to go down with this ship. Your faith and positive attitude is what has gotten you this far. A time to harness your energy.

**Capricorn: December 21 to January 20 "I Use."** The only way you are going to be happy this month is if you seek the wisdom of the super conscious self. In your drive for success, don't forget to make sure that the soles of your feet touch the earth. In this way you will continue to have a very profound affect on those around you. Shine your light so others can find their way.

**Aquarius: January 20 to February 18/19 "I Know."** You have recently walked some deep valleys, but as you come out of your cocoon and transform into a beautiful butterfly, you will experience nothing short of a metamorphosis. The experience has brought you to your knees and will elevate your vibration to the highest of high levels. Spiritual growth is at the very core of your being, and you will be better than ever.

**Pisces: February 18/19 to March 19/20 "I Believe."** With the harvest moon on September 12th at 2:27 am PST, and EST at 5:27 am in Pisces, you will have come full circle. Your mind has a mind of its own lately if you haven't noticed. Now is the time to take a few steps back and pay attention to what your higher self is trying to tell you. Listen and follow directions is the key.

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

## Thoughts about things...

... from page 34...

So while I'm dealing with things like cleaning and repair and unexpected expenses and upset schedules, I ask myself, like Abraham-Hicks asks in this issue, "Am I letting it in?" Am I taking this opportunity that most people see as aggravating, and turning it into something fun so I can move past it on my way to my next good thing?

Or am I milking it to get attention, telling friends, "Oh look what I'm going through, look what I have to deal with, poor me!" I remember that it doesn't matter how I got here, or how long I've been here. The only thing that matters is how I feel right now, because the Universe is responding to how I feel right now. That's why I practice the art of letting in Well-being and I welcome the opportunities I get to do so. I don't learn from words on a page, I learn by encountering aggravating stuff and finding ways to not be aggravated by it while I'm in the middle of it.

Gregg Braden writes in this issue about *Intentionally Creating Emotion To Heal*: "For 300 years, our science has been based on two false assumptions. The first false assumption is that everything is separate from everything else. That what happens in one place has no effect on what happens anywhere else. And if it looks like it does, it's only a coincidence. The second false assumption is that our inner experiences of thought, feeling, emo-

tion and belief have no effect on the world beyond our bodies. Based on those two false assumptions, I can see why there would be a disconnect when they are looking at the magnetic field of the Earth spiking precisely at the moment the human emotion of the planet is focused on a disaster (as happened on 911 as verified by GOES satellites).

Studies have shown that when a certain number of people come together and they choose at a moment of time to create a precise emotion in their hearts, that emotion literally can intentionally influence the very fields that sustain the life on planet Earth. These fields are now implicated in everything from the immune response of humans throughout the planet, climate, weather patterns, cycles of war and peace. Our ability to solve problems, our cognitive abilities. All of these things, as different as they may sound, are all linked to the magnetic field of the Earth. So what makes this so beautiful is that every human on the planet is linked to the field. But not every human on the planet has to be consciously aware of their relationship to benefit from what a relatively few number of people come to understand. When we can feel those feelings in our bodies, they are mirrored in the field and everyone benefits from the experience of the relatively few."



This is one reason I meditate and pray. Because I know it benefits more than just me. This is one reason I count meditation as not a self centered act of getting to sit alone in silence for an hour, but an act of seva, of service to mankind. If you meditate, you know what I mean. If you don't know what I mean, keep meditating, it will come to you.

Enjoy our offering this month.

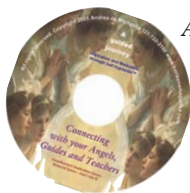
Hari Om.

Andrea

Available for immediate mp3 download for just \$10 (regular cd \$22)

## 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

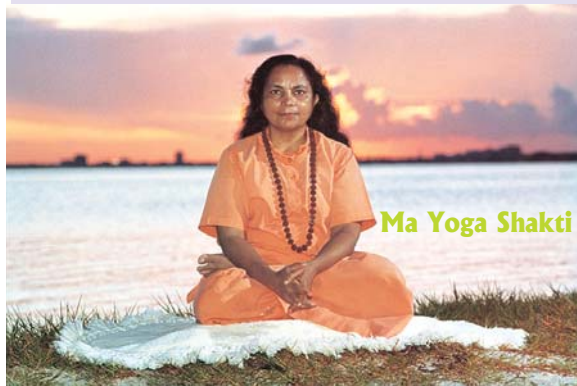
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For download, go to [www.horizonsmagazine.com](http://www.horizonsmagazine.com) -- Go to "Andrea's Audio CD MP3 Page" OR directly to [http://www.horizonsmagazine.com/CD\\_Page/index.html](http://www.horizonsmagazine.com/CD_Page/index.html)





# YOGA SHAKTI MISSION

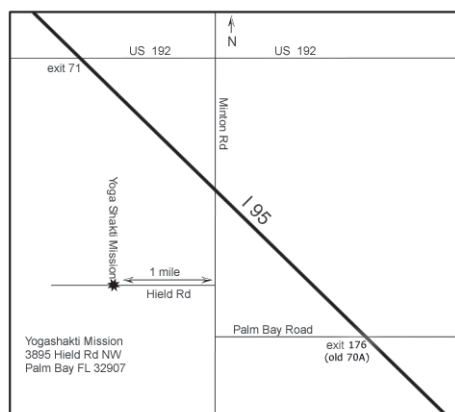


Ma Yoga Shakti

## Sunshine Lectures

Sundays 9 - 10am

*Talks on Spiritual Topics*



## Ramayan Chanting

Sundays  
10:15-11:15 am

## Bhajans/Kirtans

First Wednesday  
6.45- 7 45 PM

## First Saturday at noon

**VEGETARIAN  
LUNCHEON**

\$10 donation  
(children free)

## YOGA CLASSES

\$7 Per Class or \$25/month unlimited

**Monday 7:00-8:00pm**  
Gajendra Giles

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

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



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## September 2-4, 2011 Labor Day Retreat with Mataji

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. 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, meditation with **Mataji** and traditional temple worship.

**REGISTRATION:** In advance \$120 per person, families \$170.

At the door \$130 per person or \$190 families.

**WHEN:** 4 pm on Friday until 2 pm Sunday.

**MEALS:** Delicious and wholesome home-cooked vegetarian meals will be served each day.

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

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

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