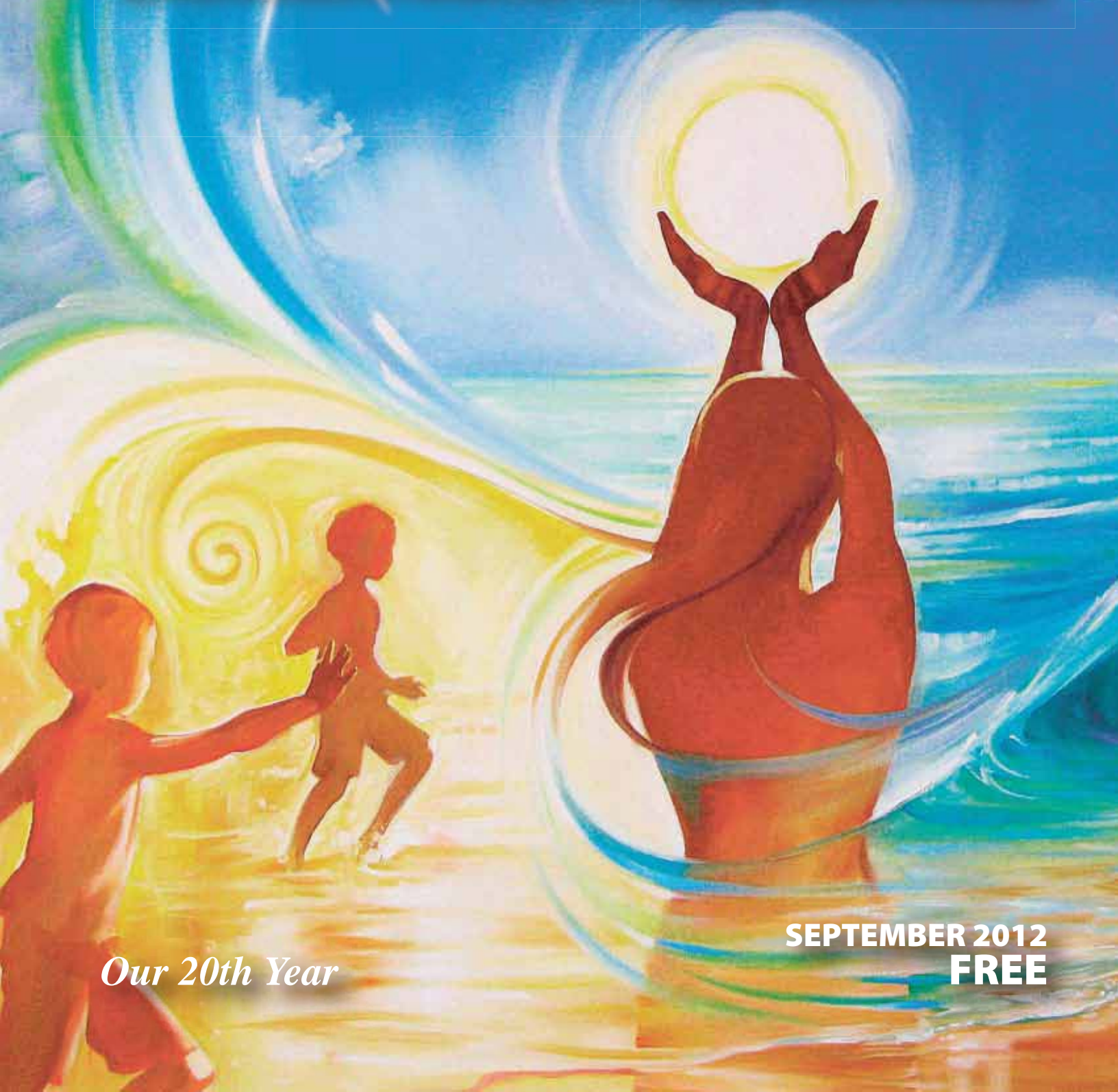


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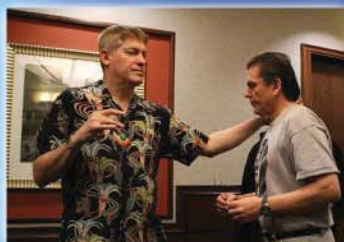


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*Darkness may reign in a cave for thousands of
years, but bring in the light, and the darkness
vanishes as though it had never been.*

~Paramahansa Yogananda

*Autumn is a season of shadows and a time
of wandering light, but it is also a season of
abundance, thanksgiving, and harvest.*

Autumn Blessings,

Pamela

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SUNDAY Services begin at 10:00am

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UNITY WORLD DAY OF PRAYER THURSDAY, SEPT 13TH

Maggie Rosche, LUT As we listen to the Universe, we are lifted to new heights of awareness and understanding Humanity's conscious evolution not only moves humanity forward but our God consciousness as well. Prayer and good works, spiritual practice and green living are no longer just personal, but become relational and planetary practices. Come take a stand with us for prayer as affirmative action, an essential power tool for the awakening of "homo universalis..." resolve to play your intimate, individual part in the living process of evolving a world that works for all. We no longer merely pray for peace but live the peace of our Essential nature.

NOON TO 6:30 PM SILENT SANCTUARY FOR PEACE

Evolving The Sacred Human: We are the Peace of the World
Unity International Theme - As we listen to the Universe, we are lifted to
new heights of awareness and understanding

6:30 TO 7:00 PM PRELUDE UNFOLDING INTO BIRTH 2012

7:00 PM TAIZE The Human-Divine Equino. Participating from the Light Side.

LINDA MARTELLE WHITTITT ON SEPTEMBER 30, 2012

Author of How to Pray Without Praying to God: Moment by Moment, Choice by Choice. See <http://www.ur-divine.com/>

Workshop 1:00 to 3:00pm Claim Your Spiritual Authority

NEW CLASS!! 7 Mondays 10-12 starting 10/1/12
based on the award winning book How to Pray Without Praying to God, by Rev. Linda Martella-Whitsett.
May be taken for Unity elective credit.

EXPLORE PRAYER AS AFFIRMATIVE ACTION!!

Have you graduated from the thought of God as a super-human yet continue to address God in prayer? Have you struggled with affirmations because they feel like lies to your body, mind, and spirit? Do you desire to support others' prayer intentions with language that truly empowers?

NEW MEMBERSHIP ORIENTATION SATURDAY, SEPTEMBER 15, 2012

from 9am-12:30pm Rev. Beth Head or a Licensed Unity Teacher will discuss Unity's Basic Principles and mission of teaching, loving and inspiring people into being all they are created to be.



FAMILY DAY, SEPTEMBER 16TH AT NOON: "FAR OUT GARB AND GROOVY GRUB!"



Wear your grooviest outfit and bring your most far-out dish to share at our potluck lunch after Adult Sunday School. Stay for a tie dye extravaganza on the patio! T shirts available for \$10 each or bring your own for a love offering. Proceeds go to fund Y.O.U. and Uniteen retreats and rallies.



KRISTI PETERSEN ON SEPTEMBER 23, 2012

ART AND PRACTICE OF LIVING WITH NOTHING AND NO ONE AGAINST YOU WITH

LLOYD REISER FRIDAY 9/28/2012 7-9PM AND SATURDAY 9/29/2012 9-5:00PM and 3 follow-up sessions (dates & times to be determined by class). Our goal is to have at least 50% of our members take this class by the end of November so that we can be a force for a new consciousness being birthed on our planet.

This program teaches us how to dismantle any exception to the principle that there is only one presence and one power at work in our life, God the Good. The Art & Practice is a fast-track to healing and personal transformation. It is a foundational program because it brings us individually and collectively into congruence with Unity principles and spiritual practice. This qualifies as a Communications class for Partner Membership. Workbook available in bookstore \$29.



UPCOMING EVENTS

Break out the balloons and party hats, Unity of Melbourne turns 50 this year! To celebrate this milestone of being a positive path for Spiritual living in our community for 5-decades, a special "Peace in the Park"

Inspirational Arts Festival will be held on the grounds, Sunday, November 4, 2012 from 11 a.m. until 5 p.m.

This birthday celebration will include live music, an art show, family fun activities, delicious food, as well as restorative & intuitive arts, special birthday surprises throughout the day, with a drum circle finish.

Mark your calendars now and plan to join us for a delightful afternoon the whole family will enjoy in a fun & peaceful atmosphere amid the flowering gardens, shady oaks and towering pines of Unity Peace Park. 321-254-031 for more information & visit us on the web at www.unityofmelbourne.com

DURING THE WEEK

- o Sunday, 11:15 to noon. Adult Sunday school – Join us as we have a metaphysical discussion. Childcare available.
- o Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.
- o Tuesdays 7:30pm A Course In Miracles
- o 1st Sunday of the month (Sept 2) 4:00pm Reiki Healing Service with Lloyd Reiser
- o 3rd Sunday of the month (Sept 16) at 2:30pm Mini Sunday Service at Carnegie Gardens

Always check 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

Publisher/Editor/Layout

Andrea de Michaelis

Thanks for help this month

Jeremy Bonner

Morgana Starr

On the Cover (see page 26)

Freedom

by Jane Delaford Taylor

Contributing writers:

Michelle Whitedove

Cecelia Aitable

Ma Yoga Shakti

Debora Ramos

Abraham-Hicks

Karen Williams

Barbara Lee

Mike Dooley

Alan Cohen

Tom Sannar

Uma Simon

Kathy Lee

Our Advertising Rates ... Low because we're in it for the outcome, not the income	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
The Teachings of Abraham by Esther and Jerry Hicks	9
Notes From The Universe by Mike Dooley	10
Herb Corner with Cecelia Aitable	11
Reflections of a Chela after Ma Jaya's Passing by Uma Simon	12
Abraham Fun with Karen Williams	13
Relinquishing Our Loved Ones Back to Spirit by Kathy Lee	14
Ask Whitedove with Michelle Whitedove	15
From The Heart by Alan Cohen	16
Our Classified Ads	17
Spiritual Response Therapy by Debora Ramos	17
Yoga: Natural Pathway to Godhood by Ma Yoga Shakti	18
Our Calendar of Events	19
Our Phone Directory *Horizons may be picked up at most of these locations*	22
About the Cover Art	26
Suggested Reading, Watching, Listening	27
Monthly Horoscopes by Barbara Lee	30
Our Mission Statement	31

**"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, 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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DISPLAY ADVERTISING RATES

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email dr.tomsannar@gmail.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.



YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE



Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the September 2012 edition of Horizons Magazine. Cleaning out some files, I found a small booklet I did for a middle school class in 1997. I wish I'd known this stuff when I was a kid. It's called SECRETS TO STARTING YOUR OWN BUSINESS. Even if you don't want to start your own business, it's basic useful info letting you know you have options: life doesn't have to be hard, you can attune yourself to your own guidance system, setting goals and psyching yourself up for them makes them happen quicker; that's what allows you to experience life more fully.

WHY START YOUR OWN BUSINESS?

People often start a business because they like the idea of being their own boss. That's what I did. Plus I'd heard that "you never get rich working for someone else." I liked the idea of being in charge and how much money I could make and when I could take naps and goof off. Of course, I also had an idea I wanted to share with the world, so I set a goal of providing the means to share that vision with others, and the magazine grew out of that.

WHO'S MOST LIKELY TO SUCCEED IN A HOME BUSINESS? Those most likely to succeed are those who've given some thought in setting goals for their future and many fall outside the norm of mainstream society.

There are many people who are content to work for other people and enjoy the security and benefits of a large company. Then there are those who want to accomplish more and want the freedom to express themselves creatively on their own terms. When it's your own vision, you'll work harder and longer hours but you'll be freer and happier and feel a greater sense of accomplishment at the end of each day.

WHAT KIND OF BUSINESS WOULD I BE MOST SUCCESSFUL IN?

You're the only one who can answer that question. You're best suited for a business that lets you discover and use your natural creative talents and those creative talents will change and sharpen and redefine themselves for the rest of your life. So, just as our goals are ever changing, so do our talents some forth and express in different ways when we embark upon new projects. Turning a hobby into a business is easier than you think.

WHAT IF I DON'T HAVE A HOBBY?

If you don't have a hobby, sit down and write out a list of everything you're interested in. Sports, cars, clothes, music, collectibles, motorcycles, fishing, fashion, camping or raising children. Whatever it is, write it all down. Then one by one go through the list asking, "Does anyone make money with this product or industry? Who makes money in that field and what do they do to earn it?"

Then ask yourself, "Can I do what they do? Do I want to do what they do? Do I want to do something similar but not the same?" So basically, get an interest and define some goals to start out with.

...continued on page 21..

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Plants have been and still are the back-bone of our modern medicine.

As a Master Herbalist it has always been my desire to educate people concerning the medicinal uses of herbs and foods so that they can be a part of and take charge of their healing. I have seen more and more of you in the shop with the desire to learn but the cost of my classes were holding you back. Because it is my desire to teach as many as I can about herbal health I will be offering my classes at a 33% discount charging \$20 per class (pay as you go).

Reclaiming Our Roots will start you "on the road" to herbalism providing the options of health-promoting herbal skills nearly lost to our "modern" world. In this 7 month journey, you will learn how to treat non-emergency health problems, and gain an excellent back ground in the basics of herbal medicine including making teas, tinctures, salves, syrups, compresses and more.

This is an in depth study of the healing properties of herbs for women, men, children and pets. It covers all of the systems of the body, the conditions that are associated with that system; and the herbs that benefit these systems and conditions. Included in these 15 classes are herbs for kids, herbs for pets and 2 planned herb walks.

If you are ready to take your health into your own hands because you are tired of the many side effects from medications and their outrageous costs then I hope you will join me in these classes. Classes run from September 2012 thru May 2013 - on alternate Saturday mornings.

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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

QUESTION: I'm a psychiatrist. This has been my action journey; study of medicine and people has been exciting. My first love is sports.

Early in life, I spent a lot of time playing baseball. Had opportunity to take beyond college. I didn't. I realize now, my true love is sports. Manifest lately as golf. I can remember the baseball, just came in my life, and flowed through me. Golf doesn't feel as easy.

Abraham: Get out where you can see it as we do. Your true love is LOVE! Not sports - feeling good is the point. The reason baseball felt exhilarating, golf feels empowering, success is contingent on what you do and you feel you can control it.

Psychiatry is not just skill; about client's ability to receive. You want to be of value and are, but the happy baseball time was about reaching for feeling of empowerment, freedom and control that comes in the alignment of energy.

Felt good of baseball, discover and amplify points of it - all segments that feel good, have particular components. Desire and belief were in same place, little or no resistance.

In psychiatry or golf, you can do the same thing. Any action journey will come into harmony once you take the emotional journey!

Baseball flowed, I didn't know I had potential, early on, 7th grade, outside, physical fitness, I threw ball further than anyone in school - found out I had a talent. I seemed to be the best with little effort.

All I had to do was make a decision in that moment, and I was in alignment. Strength, stature, hand eye coordination came together and effortless experience happened where action took care of itself. There was no misalignment in the emotional journey.

Was anyone comparing you, trying to whip it out of you, coaching you of needing to do better? Clean vibrational alignment, do what you can do. We're proud of you! Enjoy it...

I must have been in alignment, but I don't know how I got there. I'd like it in practice and golf, but I don't know how to get there. Practice feels like work.

We want you to understand, the reason the baseball felt good was not because it was baseball, and it was because it was in alignment.

...continued on page 20...

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- *Dec - Candlelight Service
- *Check Website For Dates

Colby Memorial Temple

- Easter Sunrise Service
- Wednesday Message Service, Colby Temple 7pm
- Sunday Adult Lyceum, Davis Building, 9:30-10:15am
- Sunday Church Service, Colby Temple 10:30am
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An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book *The Secret*, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit www.tut.com

**NOTES
from the
Universe**

A few words on perspective:

In all of time and space, there is no challenge, pothole, mountain, chasm, hurdle, or foe larger than you. Not even close. Although if all you use to size them up are your physical senses... good luck!

**Tallyho,
The Universe**

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



Sleepytime Recharge

Science knows 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. 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 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.

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Email andrea@horizonsmagazine.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

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BOTHERED BY VARICOSE VEINS?


Aside from the fact that varicose veins don't look pretty, they can also cause itching or a throbbing pain along with the swelling of legs and feet. Since veins work against gravity they need little valves to assist in circulation.

This helps keep blood from flowing backwards. If these valves are not working correctly blood begins pooling and dilating the veins which weakens the valves below causing more blood to pool. The veins then begin to bulge and appear twisted.

Using herbs can help to repair the integrity of the veins. For instance, the anthroyanoside and flavonoid rich herb **Bilberry** helps to keep the blood vessel walls strong and flexible. **Horse Chestnut** tones and protects the veins helping to reduce swelling and inflammation. The constituents of this herb also block the enzymes that break down the supporting tissue in the circulatory system.

Gota Kola is used to enhance the integrity of blood vessels decreasing swelling of the veins. **Butchers Broom** helps to inhibit the enzymes that breakdown the structural elements of the veins, making them less permeable which keeps fluids from leaking out to the surrounding tissue. **Butchers Broom** is loaded with sterols and phenolic compounds, which provide better circulation to the lower extremities. It also contains ruscogenins that help decrease inflammation and tone the veins.

There are other herbs such as **Hawthorn**, **Ginkgo**, **Rosemary** and **Ginger** that help to improve overall circulation and **White Oak**, **Witch Hazel** and **Chamomile** that have astringent properties which help to enhance the integrity of the veins. Externally, a compress combining **Witch Hazel**, **Butchers Broom** and **Horse Chestnut** can help to reduce inflammation, swelling and pain. Internally a blend of herbs containing **Hawthorn**, **Butchers Broom**, **Horse Chestnut**, **Bilberry** and **Gota Kola** can help to enhance the integrity of the veins reducing inflammation providing support for better circulation preventing further oxidative tissue damage. Massaging the legs, working from the feet up, with the essential oils of **Rosemary** and **Lavender** mixed with carrier oil such as **Jobba** can help provide better circulation to the legs. These oils plus **Epsom salts** can be added to a bath to provide stimulation to the legs.



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Beyond herbs, varicose veins can be prevented by not sitting with your legs crossed or sitting for long periods of time. If you get a chance, elevate or stretch your feet get circulation going. Increasing foods, herbs or supplements that are rich in **Vitamin A** can help to reduce swollen ulcerated veins; **B** vitamins to help strengthen blood vessels and **Vitamins C and E** to improve circulation and vein strength. These along with flavonoid rich foods such as dark colored berries, green tea, parsley, cherries and plums, can help to reduce oxidative damage to the veins, strengthening and toning the muscles in the walls of the veins.

REFLECTIONS OF A CHELA: Three Months After Ma Jaya's Passing



Ma Jaya Sati Bhagavati, guru of Kashi Ashram, left her body April 13 of this year 2012.



Uma Simon was her devotee of 35 years. Uma is also the Resident Intuitive at Kashi. Read about Uma at www.umasimon.com or write her at umasimon@comcast.net

Three months have passed after Ma Jaya's passing and sifting through the ashes of my grief, I have begun to see the glints of gold beneath.

Throughout my history here, I had always heard stories of how when a guru passes, there is great sorrow and grieving. The thought of that always brought me fear.

My experience of the aftermath has been quite different. While I do indeed grieve for my Ma Jaya, there is not the intense suffering I have heard about. I thought at first it was because there is still that extraordinary essence of divinity that permeates our ashram and is available any time I stop to breathe it in. Then I thought it might be because as chelas,

we are so much kinder to each other, holding each other and not wanting to cause any untoward pain or perhaps evoke the pain that lies beneath.

Initially after Ma's passing, we talked a great deal about perpetuating her legacy in the many layered abundance of writings, recordings and general sharing of stories. What we were not prepared to see was that as Ma's chelas we are the larger part of her legacy; it wasn't what I expected. Her passing seemed to remove another layer of ego, a layer of unworthiness. In the face of Death, we were powerless to resist or thwart this uncovering.


I now see that it was this ego death, not just the attempt to diminish suffering, that has brought about a new kindness for each other that we share as chelas. It is now too painful not to reflect the light within us that Ma saw and carefully nourished within us.

My grieving paradoxically both strips and feeds me. I feel closer to the ash that burns in our dhuni, reflecting the nothingness of attachment. Rising out of that ash I also feel a sense of excitement; it is as if I am coming closer to who I really am. No longer relying on Ma to see my beauty, I must embrace my own. Ma would say to us, 'The difference between you and me is that I know I am divine.'

The well at Kashi Ashram is still there to drink from; we have not been left empty; we are full. With that fullness, we will carry out the other part of her legacy: feeding everyone who comes to these grounds made sacred by the continued presence of our Ma.

Thank you to all who have sent messages of condolences for our loss.

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



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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, FL soulsongkaren@cfl.rr.com. Karen's blog: <http://www.karenmoneywilliams.com/>

The Grid Work Works!

What happens after you establish a grid? We're talking about 17 seconds without going off on a goose chase. 17 - 17 - 17 - 17 seconds until you have held a thought for 68 seconds without getting off on any tangents. That's enough to create a substantial enough emotional grid that now thoughts that blend and mesh will begin flowing into your mind. And the first thoughts that will come: "I'm right on track. There's nothing to worry about. Everything's unfolding nicely. I'm glad to know what I know. This isn't going to be difficult. There must be a lot of non-physical energies that are helping me. I'm looking forward to figuring this out. I'm glad I don't have to figure it all out at once." The thoughts will flow to you, and then another stream of thoughts and another. Then you will begin to notice that the Universe is managing your life much better than you can do.

Yesterday, I spent about half an hour getting into a feeling place of having unlimited abundance. (OK, money.) Usually when I've done abundance visualizations, I've envisioned buying or giving things away, and then I'd get too specific and evoke resistance. (I see myself in a Mercedes...but will people consider me pretentious?) (I see myself giving to charities...but how will I know which ones are good stewards?)

This time, I just aimed for the feeling place alone. How would it feel to be in my home, going about my daily schedule, KNOWING I can buy anything I want?

I could hire housekeepers. I could hire a gardener. I could buy any car I wanted. I could buy my friends lunch at a restaurant, and if the check came to, say, \$57, I could surprise the waiter by adding a \$100 tip. I could go to Bath & Body Works at the mall, buy myself a little something, and hand the cashier \$100 to be used for the next customers' orders, while I had fun watching from the bench area outside the store. I could go to Rockefeller Plaza in New York City, look for real estate signs, and call up a realtor, knowing that I could indeed buy a property there if I wanted.

After soaking in this I-won't-necessarily-buy-it-but-I-could-if-I-wanted-to, I took a delicious little nap. When I woke up, things started happening.



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CASSADAGA

I had an email message from a realtor (!) updating me that a house my son Smitty is interested in buying here has just been reduced by \$5,000.

I had another email message that a local, upscale college suddenly has an opening for a math teacher, a job that Smitty, moving here from Alabama, will eagerly apply for.

And then, this morning, I had email from a British publisher saying that they would like to offer my friend, for whom I'm acting as a literary agent, a really nice contract with an up-front payment. (This is a project we've been happily engaged in for six months.) At that point, I went running downstairs, yelling to Mark, "This grid work really does work! It works! It works, I tell ya! Oh my gosh, it works!" Mark, who was at his desk, jumped on the happy bandwagon.

Then we received a phone call from our AAA buying service, saying that Toyota had accepted our offer (after some previous haggling and a possibility that the deal would fall through) on the Prius wagon that we're wanting to buy.

Later, Mark learned that the agent managing his rental property is now getting Mark \$100 more in rent per month.

And then Mark made an online trade in the stock market and made (cha-ching) \$60 right off the bat. (He aims for a profit of \$60 a day in this fun pastime that he has been learning about for several years.) It was just one happy development after another, and we're still rejoicing.

Abraham says that one of the most satisfying things that can occur is for us to do the grid work — that is, find the good-feeling place of what we desire — and THEN see things turn up in our physical world that we know, for sure, is the result of that grid work. I couldn't agree more.

RELINQUISHING OUR LOVED ONES BACK TO SPIRIT

Kathy Lee is a spiritual healer, counselor, Reiki Master and massage therapist since 1999. She is the founder and teacher of Vibrational Source Healing. To see more visit www.tigerlilysgarden.com or call (954) 319-1603.



Last week, my cat made her transition to the other side. She had been with me since she was 6 weeks old and she was almost 13 years old when she passed. She grew up with my youngest son and outlasted all of my romantic relationships. To put it mildly, it was gut wrenching to let her go and what made it worse was that I had to make the final decision about it. I choose to not let her suffer any longer since her condition would have deteriorated into a miserable death for both her to endure and me to observe.

Ariel has been gone for a week today and yesterday finally felt "better" for me, meaning the grief was not so intense. Today I spent time cleaning up some things around the house. It was difficult since I had many things that were there to accommodate her medical conditions. I had to take them down and put them away. So there was a finality today that I was facing. After I finished this, I went to shower.

I don't know why it is, but sometimes Spirit speaks to us in the oddest places, but at any rate, I received a message. Maybe Spirit speaks to us when we are a captive audience. Although I am not "psychic" on demand, sometimes I can hear the voices of Spirit and/or my Guides when it is necessary that they communicate something to me.

When a person or pet passes that we loved very much, we often think of all the things we "coulda -shoulda-woulda" done differently for them. We think of all the ways we might have done better or even saved them. I think this is normal

human behavior after facing a loss. It's normal to feel guilt over what we think we did or didn't do. So these kinds of thoughts were going through my mind when I heard a very, very clear question and it was this: "Can you relinquish her (my cat, Ariel) care to the One who can care for her better than you ever could? Can you relinquish her to the One force

We relinquish our loved ones back into the arms of Source. It can love our loved ones in a way, that with our human limitations, we never can.

that makes your heart beat.... the plants grow.... the children grow... the Force that keeps the planets orbiting around the sun; the Source of Divine Intelligence? Can you allow this Force to take over her care now?"

I was rather blown away because, of course, when you put it that way, anyone would be a fool to argue with such a force. Absolutely, I can allow the One, the Source, to take over her care and give her what I could not. I would be an idiot to not want the Source to take over. This message produced a dramatic shift in my perspective and consciousness about loss. When we lose a loved one, we really don't have a choice about what we will "allow" or not. They pass on and it is what it is. But we can release and allow it in our hearts and not fight with the reality of what is. We can find peace.

...continued on page 21...

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Dear Michelle: I'm having trouble understanding the notion that our Thoughts are Things. I wish my thoughts were things because I'd really like to own that red sports car that I've been dreaming of. Carbuff in Kansas

Dear Carbuff, As you become more aware of your thoughts moment by moment then you will recognize how many of your previous thoughts have manifested. Thoughts are Things because they are energy, and science tells us that energy never dies. Everything begins with a single thought. Now if you want to actively participate in creating your dreams, then center more positive attention on the outcome that you want. Focus your energy on it, think about, make plans and take action towards making your ideas manifest. Have gratitude and know with certainty that the Law of Attraction works for every soul. I see that your goals are attainable!

Dear Whitedove, There seems to be some controversy among the scientific community about Dark Matter that pervades our Universe? Is this the stuff that creates so much negativity here on Earth? Living in Jupiter, FL

Dear Living, Our scientists are always considering new theories and making new discoveries. What science has classified as Dark Matter and Dark Energy; they are really positive forces of nature. There is nothing dark about them. When you look out into the Universe it seems to be dark as night with only the stars to light the way. But actually Dark Matter is invisible. With psychic insights I was given this answer. Dark Energy is the catalyst for Dark Matter; working together they are the invisible fabric of creation itself. They are the substance that moves creation forward in the galactic cycle of birthing new stars and Galaxies. This is the reason that scientists are trying to recreate the "Big Bang Theory" and to understand the "God Particle". They want to witness and then participate in the expansion of the Universe. Man with his immeasurable ego would like to harness the energy of creation and begin experimenting. Although God, our Creator will have the first and the last say.

Dear Whitedove, I'm worried about this next generation of young people and all of the negative stimulation that they receive from TV shows, newscasts, movies, and violent video games. Where can we direct them for more positive high tech influences? Teacher in Tulsa

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Dear Teacher, It all begins with the mentors; we are the ones that need to be using our influence to encourage positive pursuits. Unfortunately both kids and adults that sit in front of a television are bombarded with twice as many negative images and sounds than should be acceptable by mainstream media. It's so important to feed your brain and nourish your soul with wholesome images, ideas, and activities. On the computer you can research *Binaural Beats* they are positive audio and videos that help train your brain in a high tech yet primitive way. These are beats and rhythms that stimulate the subconscious mind subliminally. In this way you can choose to reprogram your mind and fill it with positive information. Binaural beats can be doubly effective when constructive images are added as video to reinforce a desired outcome such as positive affirmations, meditation, astral travel, relaxation, decrease anxiety, increase comprehension, manifest desires and so many other attributes to select, listen and view. It's so important for our mind, body and soul to be nourished. And in these days, we need to make it a priority.

From the Heart

Alan Cohen is the author of many inspirational books, including the new popular *Enough Already: The Power of Radical Contentment*. For more information about Alan's Hawaii retreats, Life Coach Training, free daily inspirational quotes via email, and other books and programs, visit www.alancohen.com, email info@alancohen.com, or phone 1-808-572-0001



Which Movie are you Watching?

Sitting on an airplane in flight, I was listening to an inspiring audio seminar on my iPod. Then the in-flight movie came on. Since I was in a bulkhead seat and the projection screen was just a few feet from me at eye level, it was almost impossible not to watch the movie. So I kept listening to the audio seminar with my ears and my mind, while the movie paraded before my eyes.

The film, a predictable teenage romantic comedy, was easy to figure out even without sound. So while I was primarily focused on the lecture, a lesser part of my attention was tracking the film. Halfway through the movie I realized I was participating in a seminar that transcended the one I was listening to. I was learning how to remain established in a higher consciousness even while the drama of the world unfolded before me — the formula spiritual masters prescribe for a successful life.

We live in a multi-dimensional universe in which an infinite number of parallel realities exist simultaneously. Some of the realities are wonderful, others horrible; some exhilarating, others annoying; some fascinating, others boring. The reality you live in is determined by what you give your attention to. On one dimension a mindless movie drags on, while on another dimension impeccable wisdom is broadcasting. You get to choose which story you will participate in.

Attention is the most powerful currency at your disposal. Where you place your attention today is a coming attraction of what you will receive tomorrow. You may not be able to control the events that present themselves to you, but you have total control over the vision you use to see them. In that

way you gain mastery over your experience. Perspective makes all the difference.

Where we live in the country, sometimes rodents show up. When our little visitors increased in numbers, we got a cat to keep the population down. One morning I woke up and enjoyed an empowering meditation, tapping into a pool of deep inner peace that established the frequency for a great day. Then I walked into the living room and found a dead rat on the rug. After an initial "Arrrgh," I got a shovel and scooped up the remains. As I headed outside, my partner Dee commented, "I am so grateful the cat is doing her job!"

Ah, another way of looking at the situation. We hired the cat for a reason. Why should I complain when she fulfilled her role? Two realities presented themselves as an offering for my choice: a disgusting sight or a job well done. I decided the second option felt better, and the apparent problem gave way to a sense of gratitude.

Metaphorically speaking, we all have dead rats on our living room floor and we all have agents doing their job to keep things running efficiently. The more you complain about the dead rats, the more you find. The more you thank the cat, the more you find to be grateful for. The facts of events are neutral. Your interpretation creates their meaning and subsequently your experience.

It's all about frequency and attunement. The spectrum of visible light we see, as well as audible sound, comprises a tiny, tiny slice of the full spectrum of light and sound. If you think that the only light in the universe is what your eyes can see, or the only sound what your ears can hear, you will not have access to extremely helpful dimensions beyond the obvious. Radio, microwave, and x-rays are just a few of the many unseen realms that enhance our life. The movie of the five senses, rich and amazing as it is, is just one channel among an infinite number available.

All healing and world progress comes through visionaries, people who see a brighter, higher, broader, freer movie than the masses are watching. If you are fixated on what is, you cannot discover what could be. To improve the world, beginning with your own life, you must look up. In Genesis 13:14 God told Abram (later Abraham), "Lift up your eyes from where you are and look north and south, east and west." The instruction was more metaphorical than literal. God was telling Abraham to broaden his vision; to not be stuck in the narrow-sighted vision that keeps most of humanity embroiled in sorrow and suffering. To discover a new land, Abraham had to use a new way of seeing.

As we enter this fall, a crucial time on the planet, you and I are being called to a new way of seeing. As old forms and institutions fall away, we must lift up our eyes to more fulfilling movies with story lines that take us where we want to go. If we continue to use the kind of vision that has shown us the old world, the old world will continue. If we use the kind of vision that shows us a new world, the new world will begin. Even if a silly movie is being projected right before your eyes, you can switch your focus to the inspirational lecture downloading. That lecture will guide you precisely as to how to understand the movie of the world, master it, and go beyond it. "In my father's house there are many mansions." One airplane, many movies.



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month at noon
Vegetarian
luncheon

See page 31

Email yogashaktipb@juno.com Visit www.yogashakti.org



YOGA: A Natural Pathway to Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. She has been greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email yogashaktipb@yahoo.com visit www.yogashakti.org (321) 725-4024. See inside back cover for info.

Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the sanskrit word "Yuj" to unite. It means union or identification, The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga. See page 31 for map, more info



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SEE PAGE 28



**SORROWS ARE A TEST OF OUR ABILITY.
GARLAND THE SORROW WHICH MAKES
YOU AWARE OF YOUR OWN SELF.**

Sannyas (renunciation) means that if you don't possess anything, all belongs to you. When you hold water in your hand, how many drops can you hold? Put your hand into the water. It all belongs to you.

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recharge our
batteries. They
can always bring
us back if we
have lost our
track.**

Words and sounds are indestructible. Sanskrit is called an Akshar Mala, an indestructible mala (garland) of sound. Words can recharge our batteries. They can always bring us back if we have lost our track.

Without a name we do not know ourselves. Don't hate anything because knowledge comes by comparison. All are measures. With this I can measure good and bad.

We have a loving family throughout the world. Learn to appreciate. If you find fault with everyone you will have no place to live because you are finding fault with your own self.

**Learn to appreciate.
Every place is for
experiments of
consciousness.
Nothing is static.
Everything improves.**

The whole body is a laboratory. Every place is for experiments of consciousness. Sin and virtues are relative. They change from time to time and from country to country. Nothing is static. Everything grows and improves.

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. Just \$10 extra for color or a box around your listing

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

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, on the right look for mailbox

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

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melbourne Auditorium 321-728-4738

Sundays Rockledge 10AM Sunday Celebration, Wednesday Life Enrichment Series 7PM, visit www.cslspacecoast.org for more info. Center for Spiritual Living-Space Coast, 835 Executive Lane, #136, (321) 474-2030

Sundays MELBOURNE Metaphysicians' Circle NEW 307 E. Lincoln Avenue downtown Melbourne 7:00-8:45pm \$3 321-474-7348

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair NEW LOCATION 307 E. Lincoln Avenue 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348

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SEPTEMBER 8 (12:30pm - 5pm) -- REIKI I with REIKI MASTER WAYNE LEE -- Course includes Attunement and Certification (\$50)

SEPTEMBER 8 (1pm - 3pm) -- READING THE TAROT with ANN MOURA -- Monthly open circle for reading meanings, methods, layouts, and practice (\$20)

SEPTEMBER 15 (10am - 6pm) -- GODDESS CONFERENCE DAY - workshops, classes, readers, aura photography, dancers, musicians, vendors, food truck, Goddess Ritual at 1 pm. \$20 allows entry to all workshops and classes; readers \$20 per 15 minutes.

SEPTEMBER 22 (10am - 6pm) -- AUTUMN EQUINOX FESTIVAL and PSYCHIC FAIR FEATURING THE DROP SKULLS! -- Mabon Sabbat Ritual by Coven of the Goddess Moon at 1pm (no cost). Private meditation with the Drop Skulls, Az-Ka and Za-Ka, \$1 per minute per skull (ex. \$20 for 10 minutes with each skull). Reserve your time by calling store. Vendors. Healers and Readers (\$20/15 min; \$40/30min).

SEPTEMBER 23, 2012 -- PRE-PAYMENTS FOR ADVANCED REIKI with REIKI MASTER WAYNE LEE (taught October 5, 12:30pm - 5pm). Must be certified in Reiki I and Reiki II. Class required for 2-day course in Master level Reiki III in October (\$150)

SEPTEMBER 29 (12:30pm - 5pm) -- REIKI II with REIKI MASTER WAYNE LEE -- Certification in Reiki I required; class includes Attunement, Symbols, and Certification (\$125)

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Saturday, September 29 COCOA VILLAGE Chart Your Life: 9 am - 1 pm: Psychic and Life Purpose Readings and Access Consciousness Bars sessions; 2 pm - 5 pm Vision Boards, Awareness Center, 633C Brevard Ave. OurAwarenessCenter.com MM28899, 321-261-5975

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ABRAHAM-HICKS

...continued from page 9

Psychiatry has a thousand times more potential to satisfy you! If you can come to alignment in that, that practice would feed and thrill you far more than anything else you could do.

Often you want to compare action journey, baseball vs. psychiatry. Pick an action journey and then line up with it! If you have no resistance in your vibration, the U will yield to you! God force flowing through you is indescribable when you do that.

It's hard to believe. We know it is, because you've been responding to the action journey only. You want to find correct action journey, but any journey can be great.

We were thrilled and sad that there was another cruise. We had the best time in Alaska, we have mixed feelings, we really want to go, don't want to spend that much money so soon. Make a decision either go or not go, and line up with the decisions.

Hire someone? Is this right person. Make a decision and line up with the decision. Never second guess it again - it just splits the energy to question it.

We want you to hear that when you decide, talk to others about lining up with it, stop saying, I should have gone into sports. Say, I have time to do more than one thing. I really like uplifting others. Brings you back into alignment. When you feel your own discouragement, say, "Doing it is not the question. I'm doing this. I want to be of value. There are some who will heal more clearly than others. I'm thrilled with this one and that experience was wonderful. Why I chose it, why I still do it, why I love it. There will not be any vibrational variance in your daily attitude about doing it. The U

yields to you, avenue is open, and precisely those who will benefit will turn up! "How could I have found a profession that is so satisfying? I love this feeling of connection and their Inner Being in on it, I love this work. I am so grateful I found the avenue." I am glad it serves me so well. I do, I do! I am going to make the best of the action journey. You aren't going to stop your current action journey suddenly, it would be catastrophic. But was you align, the next logical step comes before you. You won't stand still; you won't always be doing what you are doing. The next logical expansion will occur.

We want you to understand that the potential for alignment is equal in all subjects. There is no perfect path. Make peace with the path you are on, and the perfect path will keep being revealed to you.

Make yourself ecstatic about where you are, and more things that feel like ecstasy unfold. Tend to your vibrational journey and your action journey will be extraordinary. Golf course, I feel ecstatic. Why? Outside, scenery, love, physical ness, hitting the ball, feeling of control. I want to do that well. But still, even as badly as I hit it already, I love being out there.

It's the self-empowerment. Nothing happens that is not in my control. You don't feel that way about the other. You don't feel that way about much of anything. Weather, government, work. The feeling of empowerment is what makes you so happy. You have the ability to move yourself up the scale and feel just as free in psychiatry as you do in golf. You just don't know it.

We are very aware of your vibration, pick an emotion that you think best describes how you feel about psychiatry.

Freedom or bondage: freedom.

Help or not help; help

Piece of cake or struggle: Piece of cake.

Are you not talking about baseball?

Lately? Some issues in the people around me - that feels like drag on things. Frustration or ...

Example? Person tells him what to do when.

Golf isn't like that. Feels empowering.

I thought in medicine I would be free. And I have been. And this other person is disapproving of me now... That's the issue! Disempowerment. That is where you are, and is why you would rather play golf.

...continued on page 29



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RELINQUISHING OUR LOVED ONES BACK TO SPIRIT



...continued from 14...

After this message came through, my thought process continued. I lost a dear friend back in November and, at times, this death still stings me. Her death was also surrounded by my thoughts of what I did or did not do for her. But it suddenly with this message, it all came together so clearly for me. We relinquish our loved ones back into the arms of Source (God/Spirit/Goddess/Universe/Force-whatever you prefer to call it).

This Source is where we came from and to where we will return. It is a place of unconditional love. It can love our loved ones in a way, that with our human limitations, we never can. It heals them; they become whole again and free of pain. It cares, sustains and nurtures them in a way that we, as human beings, never can. Our loved ones, whether we speak of human or animal, return to a place of perfect peace and bliss. How could we fight their departure if we know this?

How could we not happily release them into the arms of Spirit and find a peace in our hearts about it? They are wildly, amazingly loved and cared for beyond anything that we can ever imagine. We do not have the proper words to describe the bliss in which they now reside. They are happy to be where they are and we will see them again since energy/soul is never destroyed, it only changes form. They still exist in another dimension that is just beyond our human comprehension and detection. When we are open and willing, we often catch glimpse of this dimension and can communicate with them. They are not lost to us.

This message today gave me such a sense of peace. I finally felt able to let go, not only of my kitty, but my dear friend who made her transition in November along with the many others who traveled to the other side in the past 20 months. My answer to the inquiring voice of my guide was this: "Yes, I can relinquish them into the care of the One who can care for them infinitely better than I ever could. I can let them go with peace and joy."



This month's thoughts about things...

...continued from page 7...

WE'RE ALLOWED TO CHANGE OUR MIND. WE CAN HAVE MANY CAREERS. People used to have only one career their whole life. Now there are so many opportunities, we can have many careers throughout our life. And we might have a few going at one time.

WHY DO PEOPLE STAY STUCK IN CAREERS THEY HATE?

Either they don't think they have other options ("my dad was a roofer so I guess I'll be a roofer,") or they are afraid to leave because they don't know where their next job will come from. Staying where they are feels safe. even though they don't like it.

THE MOST IMPORTANT THINGS TO ME ARE having a happy life, having enough money to do what I want, having the freedom to do what I want, when I want to do it. When I worked for other people, I really didn't have any of those things for very long. Plus I'd heard that "you never get rich working for someone else," so I decided I wanted to figure out what I could do to make the most money and have the most fun. It didn't occur to me it wouldn't happen. I just knew that I wanted it to happen and that some magical power would help me achieve what I wanted.

I'd read somewhere that if you can have a thought about something you want to do, you will be given all that is necessary to make it happen. If you can conceive it and believe it, you can achieve it. My experience is that is true.

JUDGE YOUR SUCCESS BY HOW HAPPY YOU ARE. It's the same for any business. The big secret to a successful business is to love what you do and follow your heart. You can have the best business manager in the world and the best salesmen, and if you don't love what you do, that's not success.

I'VE LEARNED SOME IMPORTANT THINGS HAVING MY OWN BIZ:

1. Just because something doesn't work doesn't mean you're a failure.
2. Just because you're making money doesn't mean you're successful.
3. Just because you've had lots of jobs doesn't mean you're a loser.
4. You don't have to fit in, you can create your own niche.
5. Work and fun don't have to be two different things.
6. You don't have to struggle to make money.
7. Life does not have to be hard.
8. Anything is possible and miracles abound.

...continued on page 27...

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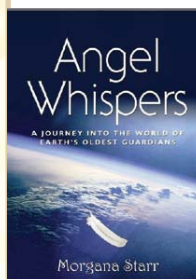
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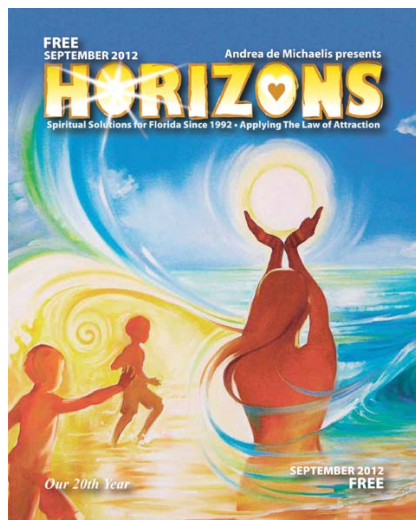
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COVER ART FREEDOM



by
**Jane
Delafor
Taylor**

*'I run, I run, with
troubles gone,
and in my hand is
the morning sun!'*

Jane Delafor 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.

"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."

Jane's new work is available <http://janetaylorart.weebly.com/>
Prints and cards available at <http://redbubble.com>
Email Jane at chalicewell@hotmail.co.uk



SUGGESTED READING WATCHING LISTENING

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The Secret Behind The Secret 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 also, it just left out the actual "Secret" with the deletion of Abraham-Hicks.



This month's thoughts about things...

...continued from page 21...

MY TOP FIVE GOALS: Everyone on the planet wants the same things in life. We want to be happy, have plenty of friends, be well thought of, make lots of money and have lots of fun. The are my top 5 goals and everything after that is just helping me achieve the top 5.

WHY SET GOALS? I set goals to experience life more fully and have as much fun and freedom as I can have. Setting goals makes life easier, and talking with friends about goals helps make them happen faster.

IF SETTING GOALS IS SO EASY, WHY DOESN'T EVERYONE DO IT?

Lots of reasons. Mostly, they never had a role model for it. That is, they didn't have somebody they know who sets goals and talks about it with them. My example for the kids' class was that *If you and your friends are going to play baseball on Saturday morning, well, that's a goal.* So everyone talks about this goal at least one time a day for a whole week before it happens, and that way everyone is psyched up on the day of the game. It's cool to share goals with friends and that is often how a lot of businesses happen later on.

GOALS DON'T HAVE TO BE LONG TERM

The neat thing about goals is you can change them whenever you want. In fact, the more you have, the more fun and freedom you'll find in your life. I make lists of what I want to have later on or even right now and when I read the list later, I get psyched up all over again.

GETTING PSYCHED UP HELPS YOUR GOALS HAPPEN QUICKER. Believe it or not this is true, so talking about it with friends helps you clarify exactly what is is you really want. Of course, if they don't share your goals they might try to discourage you or razz you about is, so talk about it with people who are interested in similar goals.

YOUR FIRST GOAL:

See who else you know who has goals. Ask around and see who has the same goals as you and notice which goals sound interesting that you may want to consider for yourself.

...continued on page 28...

I have met many people who have been treated for depression and other conditions when they were, in fact, in the deep stages of spiritual crisis. ~ Caroline Myss

ARE YOU IN SPIRITUAL EMERGENCE-Y?

Are you in turmoil in relationships?
Have you been fired or feel betrayed?
Do you have a total sense of abandonment?
Is your emotional life a roller coaster?
Are you moving between feelings of numb
blankness to darkness and despair? Are you:

Have you had a major life upheaval such as	hurt
paranormal or mystical experience	angry
near-death experience	irritable
death of loved one	fatigued
change of location	restless
job change	resentful
marriage	melancholy
disability	mentally foggy
divorce	over or under fed
illness	sleepless or overslept
	using addictive substances?

Are your spiritual needs not being met in the churches?
You know your spiritual needs are being met when you have a sense of stillness within you, and a feeling of connection to the *Creator/Source/Universe/Energy/God/Goddess* of your understanding. Spiritual emergence-y is a form of identity crisis where you undergo drastic changes to your belief system. This is a sign that deep work and purification are unfolding. It can be uncomfortable and painful, not easy to function in society and to continue with daily tasks and responsibilities. As we pursue a spiritual path, we all deal with the same issues,



“Who am I?”
“What am I doing here?”
“What is my purpose?”
**“Why is there so much pain
& suffering?”**

These questions arise from contemplation of something that does not fit into our present belief system. In order to break through, you have to burn away your current limited view of the world and of your place in it. There are rules to navigating this smoothly and I can teach you those rules, so you can live a more expansive life. So much of my practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Together we can discover more of who you came here to be. \$60 for one hour by phone at your schedule, and affordable because this is important work.

“How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe myself. Thank you.”

Andrea de Michaelis 321-722-2100
Email horizonsmagazine@aol.com

Andrea online at <http://horizonsmagazine.com/blog/>
CREDIT CARDS, PAYPAL

Thoughts about things...

... from page 27...



Andrea de Michaelis, Editor

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

YOUR SECOND GOAL:

Identify and solve your own problems. Problems only exists if there is a difference between what is now happening and what you want to be happening. If you don't know what it is you want to be happening instead, you're just complaining.

WHAT IS HAPPENING RIGHT NOW?

WHAT DO YOU THINK CAUSED THE PROBLEM?

WHAT DO YOU WANT TO BE HAPPENING INSTEAD?

WHAT SHOULD BE DONE ABOUT IT?

WHAT ARE YOU GOING TO DO ABOUT IT?

YOUR THIRD GOAL:

Set aside weekly time to review and analyze what you've accomplished the past week, what problems you had and what still needs to be done. This is the way you develop plans and strategies for next week.

KNOWING WHAT WE WANT MAKES IT COME TO US FASTER

Look at your life right now and you can see lots of things you don't want. Those things will not be in your life forever. The more we notice what we don't want, the more clearly we come to know what we do want, and our guidance system guides us by how we feel in the moment.

YOU HAVE A BUILT IN GUIDANCE SYSTEM

If you're about to do something that will lead to your happiness, you feel good and you feel happy. If you're about to do something that will not lead to your happiness, you feel resistance or negative emotion. Resistance doesn't mean "never do it," it just means don't do it right now. Wait until the time feels right and if the time never feels right, you probably just need to clarify what you really want before taking action.

BRAINSTORMING WITH FRIENDS IS GOOD BUSINESS.

Brainstorming is how we make the ideas fly. and you don't have sit sit down at a conference table to do it. You can brainstorm in the parking lot at the mall or wherever you meet up with friends.

A GOAL IS A WISH WITH A DEADLINE.

Having goals leads you where you want to go, but may not provide the inspiration to get you there. Wishes are different., They have impact - like being struck by lightning instead of by a lightning bug. Wishes let you dream. wishes let you soar. Wishes let you tap into a source of limitless possibility and boundless energy that gives you the power to accomplish what you might otherwise never have imagined.

When you think in terms of wishes instead of goals, you give yourself the inspirational edge you need to make your wishes come true.

It's been said there are three kinds of people: *those who create, those who understand and those that neither create nor understand.* I think that ignorance exists in the third category, hope in the second and brilliance in the first. Ignorance, which means simply without knowledge or experience in, can easily be transformed into hope and brilliance.

TUNE INTO YOUR INTUITION.

As you begin thinking about what kinds of business you might enjoy, many thoughts and ideas can come to you. If you can stay on a subject long enough, more and more ideas will begin to flow.

As you're making a list of your ideas, you're attracting more ideas and thoughts to you. Whatever you focus on is what you are attracting to you.

SUMMARY: WHAT DID WE JUST LEARN?

~ People start their own business to have control over their income and freedom

~ Those most likely to succeed are those who set goals and review them often.

~ The best business to start is one that makes use of your natural creative talents, doing something you enjoy.

~ Turning a hobby or personal interest into a business can be easier than you think.

~ If you don't have a hobby or interest right now, identifying one is easier than you think.

~ You're allowed to change your mind and change your goals as often as your interests change.

~ People stay in careers they don't like because of fear and or because they don't consider other options.

~ Having a happy life, enough money and lots of freedom are valid goals to strive for.

...continued on page 29...



This month's thoughts about things...

...continued from page 28...

- ~ Believe it can happen and expect the best to happen.
- ~ Judge your success by how happy you are.
- ~ Just because something doesn't work out doesn't mean you're a failure.
- ~ Just because you're making money doesn't mean you're successful.
- ~ Just because you've had lots of jobs doesn't mean you're a loser.
- ~ You don't have to fit in, you can create your own niche.
- ~ Work and fun don't have to be two different things.
- ~ You don't have to struggle to make money.
- ~ Life does not have to be hard.
- ~ Everyone wants to be happy, have plenty of friends, be well thought of, make lots of money and have lots of fun.
- ~ Setting goals lets you experience life more fully and have as much fun and freedom as you can.
- ~ Brainstorming with friends and getting psyched up about your goals helps them happen faster.
- ~ Your 1st goal: See who else you know has goals and set some for yourself.
- ~ Your 2nd goal: Identify and solve your own problems.
- ~ Your 3rd goal: Set aside time weekly to review and analyze what you've accomplished.
- ~ Knowing what we want makes it come to us faster.
- ~ Everyone has a built in guidance system; we just have to practice tuning into it.
- ~ A goal is a wish with a deadline and you can change the deadline whenever you want.
- ~ Anything is possible and miracles abound.

Enjoy our offering this month.
Hari Om.



Andrea

ABRAHAM-HICKS



...continued from page 20

Who I am and how I want to feel is free while I do my work. I want more than life itself to be of value. But I don't want this feeling of being controlled. Got to resolve that tug of war.

What could you say that feels like relief? You are where you are. You aren't going to leave there right away. So make peace with it.

Activate within you components that are already present that feel like being empowered. Other folks will boss someone else around when you take your power back. Then only things that match that will be there for you.

Talk about that in a way that makes you feel better. Anger suits you better now. Anger is the bridge. Reach beyond it if you want, but we will end up back there. Disempowerment to frustration is too hard a jump.

I usually disconnect from it, and go play golf. We know that's what you want.

We want to show you what you can do so you can be successful either in psychiatry and golf. So many reasons you are there doing this. Even before your body formed you were going to do this.

If you find your place of alignment, you can go do anything. If you go play golf, because you are unhappy where you are, you will never really be happy with golf.

Clean up your vibration and be inspired to the next action will be thrilled. You must stop and bring yourself back into alignment now.



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

HOROSCOPES FOR SEPT 2012

Aries: March 21 to April 19 "I Am"

Now that the steam from the full moon on 8/31/12 has filtered into the earth, you are starting to feel a bit more normal, as normal as you can be! The heat of the past few months has taken a toll on your energy field; now that the weather will be cooler, you can begin to focus on finishing your projects. Trust in your insights and move toward what feels nurturing.

Taurus: April 20 to May 20 "I Have"

Labor day weekend with the moon in Taurus will be a great few days for you to reconnect with your senses. Now that you have conquered the enemies and succeeded in your endeavors, you will feel very much in control of every aspect of your life. You will be feeling on top of the world. Learn your lessons and get up, brush yourself off and keep trying.

Gemini: May 21 to June 22 "I Think"

You may be feeling lost or having a sense of imprisonment, there is nothing you can do about anybody else so take care of yourself. You may be feeling a little crazy, with a desire for freedom to be extricated from an entanglement that is a very, very heavy burden. If disharmony exists in your life, do what ever it takes to come clean with the present issues at hand.

Cancer: June 21 to July 22 "I Feel"

You have quickness of mind body and heart and have attained the skills to protect the ones you love. There is no need to feel suspicion when it comes to feeling safe. The love you have in your life is there because you have earned it and you deserve it because you have given blood sweat and tears for what you want, and you will continue to fight for what is important.

Leo: July 22 to August 22 "I Will"

Your creative energies are flowing very strong this month and especially on September 11th, 12th and 13th. Your thoughts may wonder to avenues of the future where fantasies run wild. Just remember to keep clear with the present moment and what is really real and coherent in the Now. You are one not to allow grass to grow underneath your buns, so make a choice and stick with it.

Virgo: August 23 to September 22 "I Analyze"

Love and forgiveness is the only way! By now you have realized how much time you have lost by being stubborn and unforgiving. Who wrote the book on should and should not; probably a Virgo, LOL. Travel by air to an important event will bring a reward and a realization that all is perfect and as it should be!

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

You are put on notice that you need to create the proper conditions to bring yourself back into emotional balance. How you do this is focus on what makes you feel expansive and create a sense of drama through the arts. Just know that help is on the way with your natural talents you will transform yourself and others that you come in contact with.

Scorpio: October 23 to November 21/22 "I Transform"

Poverty and despair have been so easy for you to default to. You have been feeling outside of yourself lately and now it is time for you to get back on track with what is important. Having been at the depths of your soul you are ready for more productive times ahead. Romance is calling to you beyond the veil. Focus on flowing your creative juices.

Sagittarius: November 22 to December 21 "I Perceive"

In courageous times, you have been the knight in the darkness with physical and mental agility, gentle but firm, flightily and ungrounded. Freedom being the most important attribute of your being, you are able to move through life unencumbered with other people's garbage. The key to your success is that you do not second guess yourself.

Capricorn: December 22 to January 19 "I Use"

September 22 the Sun enters Libra "The Autumnal Equinox" with the moon in Capricorn, this will be a very powerful day for you!! Be sure and be rested and exercised, lots of feelings and emotions will be running through you so be very, very good to yourself. A discussion of boundaries may be helpful for family members to foster understanding.

Aquarius: January 20 to February 19 "I Know"

A damaged relationship is repairable. Let go of any regrets from the past and feelings of being betrayed. If you focus on the negative, you will lose sight of the positive that is to come in the near future. Things happen in marriage and relationships, people grow apart, divorce is never easy, and never easy on children no matter what age they are. Stop blaming yourself even if they still are, you did what was right for all concerned.

Pisces: February 19 to March 22 "I Believe"

No need to struggle with yourself, for you have many choices other than unhappiness. The biggest lesson for you is to live and let live and not allow yourself to get bummed out by what you are not doing. In other words, stop being so hard on yourself. Let the past be in the past and focus on what good things you can do in the future.



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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*

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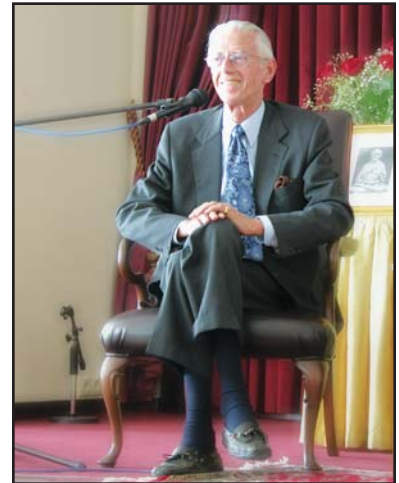
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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LIVE OAK: Sandra Faye Sundari2S@aol.com Tel: 863-529-4113

MIAMI: Clifford Rosen cdrosen@rosenassoc.com

PUNTA GORDA: Linda Weser wellspring7@verizon.net Tel: 941-423-0029

STUART: Hascia Marder hascia.mar@gmail.com Tel: 772-463-9239

ST. PETERSBURG / TAMPA: Don Glassey DGlassey@tampabay.rr.com Tel: 727-290-6353

TALLAHASSEE: Leslie Hanks leslie@leslieyoga.com Tel: 850-385-6904

Tim O'Brien Timobr@aol.com Tel: 850-668-0696