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SEPTEMBER 2013

Andrea de Michaelis presents

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SEPTEMBER 2013
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**SEPT 8 -- Sunday (2pm - 3pm) -- MEDITATION GROUP --
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**SEPT 14 -- Saturday (12:30pm - 5pm) -- REIKI II with REIKI
MASTER WAYNE LEE Certification in Reiki I required to take this
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**SEPT 15 -- Sunday -- ELLEN DUGAN, award winning author of
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or phone highly recommended! Pre-pay by phone at 321-
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place! CHAMPAGNE BOOK SIGNING follows class. Books
available at store or bring your own! (no cost)**



**SEPT 22 -- Sunday (11:00am - 12:30pm) -- ENERGY 101 with
WENDY -- Learn to work with energy, including seeing auras,
feeling energy emanations. This class meets monthly. (\$20)**

**SEPT 22 -- Sunday -- PREPAYMENT FOR ADVANCED REIKI
-- \$175 -- at store or by credit card on phone (321-363-4883) to
ensure you will have a manual. This class (Oct. 11) is prerequisite
for Reiki III (Oct. 12 & 13).**



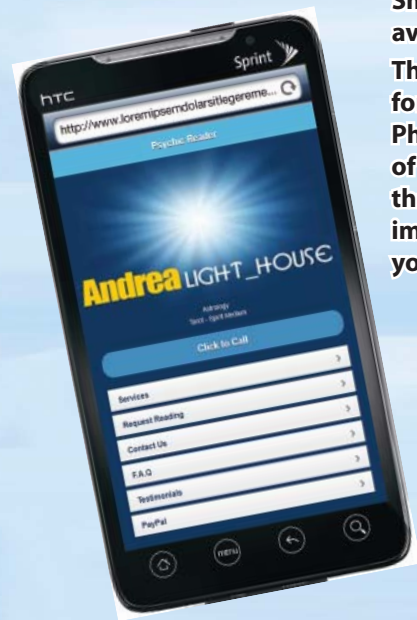
**SEPT 28 -- Saturday (1pm - 4pm) --
ANN MOURA'S WITCHIE CRAFTIES:
The Wheel of the Year -- make your own
Indian Corn Wheel of the Year. Materials
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Then you can ask questions about anything at all that will be helpful to you at this time. Cheri will be able to see your aura, see inside your body, your connections with others, your spiritual gifts, and your Soul's path and purpose. 45 - 60 minute session.

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The Orion Method is a quantum leap forward in achieving emotional and physical health. It was developed by Bruce Orion and is the end result of over 40 years in his study of alternative healing, quantum physics, metaphysics, and hypnosis. The method produces quick and permanent release of deep seated emotional issues and the reversal of many physical disease. In the vast majority of cases, a single 90 minute session can clear several issues at a time. It works on all levels, not just the physical, but the emotional, mental and spiritual levels as well.



Bruce's background includes: spiritual counseling, astrology (since 1971), hypnotherapy, mysticism & healing. Bruce has appeared on The Discovery Channel, was interviewed on "Meetings with Remarkable People", and was a frequent speaker at the United Nations. www.BruceOrion.com

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author "Never Letting Go"

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**September Family Day - Italian Potluck
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Bring your favorite Italian dish as celebrate after the service. If you want to enter the cooking contest, bring a separate dish for our judges to taste and your recipe. Join us for fellowship and good food!

World Day of Prayer Thursday, September 12th

Join us for Yoga on the Beach at 7:00 AM or for an expanded prayer service at noon. From home you can watch live streaming video from Unity Village beginning Wednesday evening. Visit www.worlddayofprayer.org

SUNDAY Services 10:00am

Sunday, 11:15 to noon. Adult Sunday school - Join us as we have a metaphysical discussion. Childcare available.

Tuesdays and Thursdays at Noon - Healing Prayer Service

1st Sunday of the month (Sept 1, Oct 6) 4:00 PM Reiki Healing Service with Lloyd Reiser

3rd Sunday of the month (Sept 15, Oct 20) at 2:30 PM Mini Sunday Service at Carnegie Gardens

4th Friday of the Month (Sept 27, Oct 25) at 6:30 PM Couples Group meets (call Suzie Zenker 321-505-6168)

Game night - Friday September 20th 7:00 PM

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

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MINISTER
Rev. Rose M.
Whitham

Sunday Services 10:00 am

**The greatest
optical illusion
is separation**

HORIZONS

Publisher/Editor/Layout
Distribution/Billing
Andrea de Michaelis

On the Cover (see page 26)
Roses All The Way
by Jane Taylor

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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	8
Soul Shaping by Jeff Brown	9
Notes From The Universe by Mike Dooley	10
Herb Corner with Cecelia Aitable	11
Abraham Fun: Soulsongs with Karen Williams	12
Yoga: Natural Pathway to Godhood by Ma Yoga Shakti	13
Open Mind Zen by Zen Master Al Rapaport	14
Ask Whitedove with Michelle Whitedove	15
From The Heart by Alan Cohen	16
Our Classified Ads	17
Our Calendar of Events	18
Preparing for Fall Equinox	21
Our Phone Directory *Horizons may be picked up at most of these locations*	22
About the Cover Art	26
Suggested Reading, Watching, Listening	26
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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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 September 2013. Fall is a time to gather the harvest. An inner harvest refers to all the experiences you have had during the past few seasons. This is a way of restoring gratitude into your life, as you realize how you have coped with and overcome challenges. Take this time to consolidate your energy, fine-tune what you've achieved and prepave what you want in the exercise on page 21.

The topic in recent calls is trusting in a new relationship after an unpleasant experience. I can totally relate. Thank you Universe for lessons learned. It cracked me wide open so something true and genuine could find its way to me. My experience was the harbinger of the best part of my already-joyous life. I bless him for all parts he played, truly. The Universe was simply stretching me and expanding me to accept a greater good. I cannot imagine life any happier, fer rizzle.

Don't kick yourself if you attract a situation where someone takes advantage of your good nature. Bless the ones who come into your life and tear your foundation out from under you, for they are the ones who show you to yourself. I've learned that when I live my life honestly, I can trust that everything is happening for my greater good and that I'm being led where I need to go. I just need to surrender and trust and take it step by step.

I had a real memorable dream once about trusting and in fact Jane Taylor's cover art this month depicts just that. In the dream I was flying over the ocean. At first I was just flying, then I looked down and saw the earth below me. Then I got closer and saw the ocean, although I didn't recognize a continent. As I descended, I began to get afraid because it was the middle of the ocean and I'm not a strong swimmer. In the dream, I could feel real fear in my chest. As I descended and felt scared, I was standing upright suddenly and could feel small waves splash at my feet. I quickly said a prayer "help me deal with whatever is gonna happen" and I lifted



my feet and I looked all around to see if I could see land. Suddenly I could see land, but waaaay off in the distance.

I quickly said a prayer that I'd make it to land and suddenly a row of tiles begin appearing from me

to the land. I was afraid I would be stranded and suddenly I felt the tile I was standing on begin to sink. The tiles were just barely a few inches beneath the water's surface, and each one a long step apart from the next. I was afraid to move off my one tile, kind of frozen there, not wanting to step over the ocean part to get to the next tile. I noticed that whenever I felt afraid, my tile would begin to sink. Whenever I said a prayer, it came back up and I'd be on the next tile automatically, and a step closer to the land. This dream was a lesson to me about trust. It was also a reminder to pray as though everything depended upon God, and act as though everything depended upon me. And trust that the Universe will sort it all out for me.

And sort it out it does. It was so worth waiting 61 years to get where I am right now. I would not change a thing. I cannot imagine life any happier, although every time I say that, it gets happier. Thank you everyone who ever helped me get where today finds me. I could not have done it without all of you.

...continued on page 28...

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Page 7

ABRAHAM-HICKS



the Law of Attraction and their dvd, The Secret Behind "The Secret." Visit www.abraham-hicks.com. (Excerpt from the newest Abraham-Hicks book "The Vortex".

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 Secret.

To End Up Losing Weight

GUEST: A couple of years ago I lost a lot of weight and I feel like I never really experienced being a size 4. And now I've put weight on again, and now I'd be happy at a size 8. And it's hard to imagine being a smaller size. I have pictures all over my house of what I looked like at a size 4, and still, when I eat, I have this thought that "Well, if I wanted to lose weight I wouldn't be eating this." So I put all that Energy into everything I do, and I haven't...I don't end up losing weight. I'm not a size 8.

ABRAHAM: Well when you have not taken the time to line up the Energy, it doesn't matter what sort of action you do

or don't do. You can't buck that current. So what you must do is find the feeling place of that which you are wanting. Now, what you are saying to us is "I can't find that feeling place. I've got pictures and they don't do it for me. I've got a memory and that doesn't do it for me." And what we're really hearing you say is, "My now observation is so dominant relative to this subject that I can't even find thoughts that evoke any other feeling from me." So we say, show yourself with other subjects.

If you're really in a place where you feel paralyzed to think any differently than you've been thinking, then start with other subjects until you show yourself "Hey, I can do it with that. I can do it with that. Maybe I can do it with this."

What Does It Feel Like?

The best phrase, and if you will utilize it, you will feel Energy shift right away, is "What does it feel like to feel slender?" Or, "What does it feel like to feel prosperous?" You can put whatever word in there that is important to you. The reason that we want you to hear that, "What does it feel like to feel slender?" is because you're screaming with every fiber of your being what it feels like to weigh more than you want. In other words, you know what it feels like to feel fat. You know what it feels like to feel uncomfortable. You know what that feels like, and the Universe is taking you at your feeling projection.

Lie in your bed when the room is dark where there are no mirrors or there are no binding clothes. There's nothing to

...continued on page 19...

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A former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," and the just released "Ascending with Both Feet on the Ground," endorsed by authors Elizabeth Lesser, Oriah Mountain Dreamer and Katherine Woodward Thomas. He is also the producer and key journeyer in the new spiritual documentary - Karmageddon- also starring Ram Dass, Seane Corn, David Life, Deva Premal and Miten. www.soulshaping.com



YOU ARE SACRED PURPOSE.

You are not your shame, your fears, your addictions, your games, your guilt, the internalized remnants of negative messaging...

You are not your resistance to your true path ... You are not your self-doubt... You are not your self-distraction patterns. You are not your escape hatches... you are not your pessimism about a life of meaning and purpose. You are not here merely to survive and endure. No matter what others have mistakenly told you about who you are, no matter what mistakes you may have made in the past, you are here with a sacred purpose living at the core of your being. If that weren't true you never would have made it down the birth canal. You never would have overcome what you have already overcome in your life.

YOU ARE SACRED PURPOSE. Whatever your ways of distracting, postponing, delaying, armouring, avoiding, altering, feigning, artificializing, externalizing, superficializing your life... I encourage you to STOP IT NOW. This really is no game, this is completely real, this sacred purpose that courses through your soul veins crying out to be heard from below the surface of our avoidance. I cannot say this with enough assertiveness... To the extent that you identify and honour your true path in this lifetime, you will know genuine satisfaction, real peace in your skin. You will be infused with vitality and a clarified focus, new pathways of possibility appear where before there were obstacles. You will know a peace that will buffer you against the madness of the world, a clarity of direction that will carry you from one satisfaction to another...

Life will still have its challenges, but you will interface with them differently, coated in an authenticity of purpose that sees through the veils to what really matters. To the extent, that you avoid the quest for purpose, you will live frustrated, a half-life.. your avoidance manifest in all manner of illness, perpetual dissatisfaction, emotional problems, depression, addictive patterns, ALL REFLECTIONS OF YOUR own alienation from the purposeful root of your being. There really is no escape from reality, all there is, is postponement. you should be more afraid of avoiding your path than walking it.

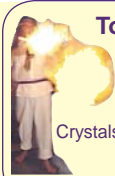
...continued on page 29



Rev. Andy Conyer




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**Tallahassee Thursday, Sept 12th ~
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**Gainesville Saturday, Sept 14th ~ 2:00-
4:30 PM ~ \$25**

**Orlando Monday, Sept 16th ~
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**Jacksonville Wednesday, Sept 25th ~
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STRESS MANAGEMENT

We all get stressed every once in a while because our lives have become so hectic; but for some of us our stress is more emotionally related from worry, work, finances, anxiety, tension, grief, frustration, depression and anger. Stress can be due to illness, loss of a loved one, a job loss, family visits, over-work, travel or exposure to toxins. Anything that threatens the body physically or emotionally causes stress; over-time your body's reaction to continual stress can cause conditions like high blood pressure, asthma, ulcers, headaches, insomnia or weight gain. Fortunately herbs can help reduce the effects of stress. Adaptogenic herbs normalize the body so it can better cope with stressors; they support your immune system and nourish your adrenal glands.

Eluthero formerly known as **Siberian Ginseng** is an adaptogenic herb studied during the 1940's and 50's in the Soviet Union for its ability to help you better cope with stress and un-frazzling your nerves; improving stamina, endurance and concentration. **Ashwaganda** also known as **Indian Ginseng** got its name from the Hindu word ashwa which means horse because it was believed to give a person the strength and stamina of a stallion. It has been used in Ayurvedic medicine for more than 2500 years for promoting wellness, fighting fatigue, pain, depression, anxiety, nervous exhaustion and cognitive mind functions. **Schizandra** has a 2-fold effect on stress acting as both a mild-stimulant providing stamina and as a calming herb reducing stress, anxiety and palpitations. **Passion Flower** contains flavanoids that help regulate neurotransmitters in the brain helping reduce anxiety so you can relax and de-stress. This herb also helps quiet your thoughts so you can sleep better; it soothes your nerves, reduces panic attacks, lessens nervous tension and helps to lower blood pressure. **Lemon Balm** and **Chamomile** have similar properties when it comes to stress, calming the nerves, balancing mood swings, promoting restful sleep, reducing nervous tension and muscle fatigue. **Valerian** also comes in handy during times of stress quieting the mind, relaxing the nervous system, reducing anxiety, agitation and stress. The relaxing actions of **Valerian** help to promote drowsiness quieting the mind so you can sleep better. **Valerian** contains benzodiazepines making its effects similar to valium without the side effects. **When I feel overwhelmed, I reach for my Adrenal Tincture which contains 1 part Borage, 1 part Gota Kola, 1 part Eluthero and 1/2 part Licorice to help support and tone the adrenal glands. I also prepare my favorite stress reducing tea which contains equal parts of Oat Straw, Linden, Lemon Balm, Schizandra, Passion Flower and Chrysanthemum.**

It's important to remember that one or two small episodes of stress can easily be handled by the body; it's the continual stress from caring for a loved one to worrying about finances can suppress your immune system, slow down your metabolism and rob the body of needed nutrients. So the next time you start to feel stressed grab a cup of tea and relax a bit.

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Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. You can join Karen's "Abraham Fun" group on Facebook and like her Facebook page, "Soulsongs." karen@karenmoneywilliams.com.

Soulson #52 Unclogging the Supply Line

If I am not receiving adequate financial supply, it is not because I am unworthy. It is not because there is a lack of abundance. It is not because I have ticked off the cosmic powers-that-be. It is, most likely, that I am not in a receiving mode.

Prosperity in mind-boggling proportions is always available to me. I can, however, clog the channels of supply in several ways, including dwelling on my financial problems, resenting others' success, or believing that wealth is hard to come by and there's not enough to go around. As I relinquish these modes of thought, I smooth out some kinks in my supply line and abundance begins to flow easily and naturally.

I can jump-start the smoothing-out process today by making a few lists: a list (however short) of all that is going right for me financially, a list of that for which I'm grateful, a list of happy memories, and a list of what brings me joy.

As I habitually focus on goodness and happiness, more of the same is sure to come. I can bet my bottom dollar that all my circumstances - financial and otherwise - will start to improve.

--from Soulsongs Volume 1 e-book: Exploring the Law of Attraction

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Ma Yoga Shakti

See page 31

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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

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YOGA: NATURAL PATHWAY TO GODHOOD



Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. 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. 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. Page 31 for map, more info.

Live Joyfully

Don't imitate anybody else. See what talents you have and let them grow.

When an opportunity is given to you, do not miss it. Golden opportunities come to everybody, but if they are not welcomed they go back.

Spiritual life is like putting wheels to heavy luggage. If life is very heavy and we have a lot of problems, we can put wheels to it with spiritual life. Then everything will run smoothly and the load will be lessened.

Go on working. Go on improving yourself. You can make a big business from small beginnings. Keep yourself pure. Be expert. Keep your mind fully focused on one goal and never be distracted. Whatever you do, do it with joy.

The world is like a vast ocean. God has given you a body to get across. Living joyfully is the only answer. Whatever your Soul has dreamed and wanted to do, fulfill that.

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Al Rapaport is Director of Open Mind Zen Center in Melbourne, FL. He is an authorized Zen Teacher who continues to experiment with melding ancient eastern and modern western techniques for awakening. For more information, email openmindzen@aol.com and visit www.OpenMindZen.com. The following is excerpted with permission from Open Mind Zen A Guide to Meditation by Al Rapaport.

Ego and the Mind

With enough investigation through meditation, our idea of what the mind is begins to break down, and we realize that there is something else going on...

The dictionary is a good place to start when defining a term, as it gives the society's conceptual view. The word ego is used often in Buddhist writing, as well as in Western psychological language, but the meaning can be very different. Nevertheless, it is very interesting to see what the dictionary says. The mind is broken down in the Western psychological sense into three parts: the id, the superego and the ego. Those distinctions don't really exist as such in Zen philosophy. According to the dictionary, the id is that part of the psyche which is the source of instinctive energy. What is very interesting about this, is that in the dictionary definition it is meant in a negative sense; as the id being manifested in "impulses" such as cravings, desires, etc. which are controlled through the ego and the superego.

There are various definitions of the ego, but in a psychological sense it is often defined as that part of the psyche which experiences the external world through the senses and consciously controls the impulses of the id. Nothing is said about the internal world, because that world is not often recognized in Western thought. What a horrible thing to be doing, to have to be constantly, consciously controlling our deep, dark id impulses. It seems like such a chore and a burden. Of course, if we live this way, it is a burden - we constantly have to be watching out lest the devil (id) make us do something that we really don't want to do. (Hum...or do we?) Ah, those idle hands. In this particular Western psychological model, the ego is actually a part of the mind which regulates or experiences the input from the senses. But we are not told what that thing which experiences the senses actually is. On a personal, experiential level, it does not really explain what the ego is, it just says that there is something there that experiences.

But what is that? What is that self, that ego that processes and controls the sensory input? Is it an actual thing or not?

The superego is defined as that part of the psyche which controls, at the unconscious level, the impulses of the id. Then the dictionary says a very interesting thing next, which is that

the superego is the conscience of the unconscious. In other words, according to this psychological model the superego on an unconscious level controls the deeper, instinctual urges (The instinctive energy of the id).

There is an early 60's science fiction movie called **Forbidden Planet** in which a group of explorers visit an alien world. Eventually, they encounter a gigantic monster which was somehow created by the collective id of an ancient extinct culture. This monstrous being had destroyed the culture that had spawned it, and now threatened to do the same to the brave group of astronauts. In a way, this movie was a model for many people's concept of the human id. The idea of the id as a negative, dark, instinctive energy is tied up in a very Western concept of the self and the mind. From the Zen perspective, what we would call the most basic energy would be the **Buddha-Mind** energy, which underlies the entire universe. Zen tradition teaches that this energy is beyond positive or negative in the absolute sense, yet is the primal energy which animates everything. In other words, this energy does not have to be feared.

With enough investigation through meditation, our idea of what the mind is begins to break down, and we realize that there is something else going on than what we have previously been taught. The interesting thing about this knowledge is that it comes to us on a comprehensive body/mind level. It is very difficult for those who have not had any meditation experience to understand this point, because at first we feel both physically and psychologically that there is something there. As we begin to meditate, and for years afterwards, we still feel that there is some self or ego that is the watcher. This corresponds to the ego as defined above, processing information, observing,

...continued on page 27...

A colorful poster for an 80s-themed event. It features a large, multi-colored rainbow arching across the top and bottom. In the center, there is a graphic of a disco ball with a pair of scissors cutting through it. The text is arranged in a central column, listing the bands and the event details. The background is dark with some star-like speckles.

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Dear Whitedove: I had a dog that was sick and had multiple tumors. He was so old and we nursed him until he passed. Gosh, we loved that dog! Then my Dad fell ill. He was diagnosed with a tumor and had it surgically removed. Could there be any connection or is it all the processed food that we eat? -Thinking out loud in Texas.

Dear Thinking,

Animals are amazing creatures and there's a reason that dogs are man's best friend. Dogs serve as an example to us of unconditional love. It seems no matter what people do to them, the dog will come back with its tail wagging asking to be loved. A cat would never.

When there is sickness in a dog, there are times that a dog will take on the illness from its human companion. I've seen this happen on occasion. You see, dogs are not afraid to take on an illness and cross over. They have no fear of death, dogs are Earth Angels and they understand that they will just shed their body; it's no big deal to them. They love their human companions so much that they will lay down their life to save their master. That's why canines work with firefighters and police as rescue dogs. They work with the physically challenged too. Truly they love humanity unconditionally. Did you know that dog spelled backwards is G-O-D. How's that for a sign!

Dear Whitedove,

Recently I was shocked to find out how many of my daughter's girlfriends have sex on the first date. Some of them don't even go on a date, they just "Hook Up". Really, date after date; are they all sex addicts? I'm flabbergasted that this is considered acceptable behavior and the new normal. From a spiritual perspective: is sex just sex? -a Prude from Plano

Dear Prude,

"It's just sex!", sounds like "It's just coffee"! Spiritually speaking, having sex is so much more than a casual rendezvous; it's actually a sacred encounter. Sex should always be an act of making love because it is truly an exchange of energy. You take on the very essence of that person; it's so important to be selective with your partners.

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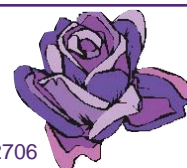
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Today there are so many sex addicts. They jump from one person to the next, craving those fleeting moments of euphoria. Why? They are seeking the feeling of ecstasy that we experience in the Heavens as the soul's natural state of being. Without realizing it, what sex addicts are actually longing for is their true home - Heaven. That is where our soul is in a constant state of total bliss.

For those seeking a deeper connection, Tantric Sex is an option. It's also called Sacred Sex, which is a method of spiritually and sexually connecting with a loving partner. This practice fills one with bliss and vitality; whereas multiple meaningless hook ups leaves a person spent of their energy. It's important to know that there are other options and sometimes ancient practices are best.



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The Subway Experiment

My friend Jenny owns a Subway sandwich shop in a large city. When local teenagers began to loiter near the entrance to the shop, Jenny politely asked them to leave. When they continued to show up, Jenny contemplated how to clear the walkway for patrons. Finally she set up some speakers at the doorway and played classical music at the shop's entrance. Within minutes the teens scattered as if a stink bomb had been dropped in their midst.

Every interaction is based on the **Law of Attraction**, symbolized by Velcro tape. Velcro works when two sets of fibrous hooks catch onto each other and bind together. When one set of hooks becomes old and worn, they become flaccid and straighten out until they no longer catch and hold. End of match, end of sticking together.

The flip side of the **Law of Attraction** is the **Law of Repulsion**. Actually there is no repulsion; either things match and they stay stuck together or they do not. Repulsion is more accurately an absence of attraction. The teenagers at the sandwich shop were attuned to one frequency, while the classical music represented another frequency. There was no match, so the teenagers decided to go elsewhere to a place that matched their frequency.

You don't have to get rid of people you don't like or harmonize with. Simply strike a clear, strong keynote of the frequency you value. If the other person can match that frequency, he may shift to meet you at the frequency you

broadcast. If he cannot match the frequency, he will go away. You don't have to struggle or manipulate to make him go away. You just have to stand firmly in your desired reality.

At a seminar I presented in Greece, a woman named **Georgia** reported that she had been married to a man who was emotionally abusive. "I told my husband I wanted a divorce, but he refused to give it to me," she recounted. "So I decided that even if he didn't love me, I would love me. I would give myself the kindness and caring I had been seeking from him. So I wrote myself a love letter telling myself how beautiful, valuable, and desirable I am. When I read the letter I felt so attractive and affirmed that I wrote another one as if from a man who was deeply in love with me. I continued to write myself passionate love letters every day for a few weeks.

"Then one day my husband found one of these letters. Since it was unsigned, he assumed it was from another man. He came to me waving the letter in his hand and told me, 'I can't compete with this—you can have your divorce!'"

In order for **Georgia** to stay in a situation that dishonored her, she had to dishonor herself. Part of her believed that she deserved emotional abuse or that a better situation was not available. So her husband and marriage mirrored that belief. When **Georgia** realized, "This can't be it" and she began to give herself the love she was missing, her frequency changed. She was now broadcasting on the wavelength of a loving relationship, no longer a match to the lifeless frequency to which her husband had been tuned. At that point he had no choice but to meet her at the new frequency or leave. In this case he chose to leave. In other cases a partner might shift.

If you are seeking to shift a relationship or any dysfunctional situation, do not attempt to dictate or force how the other person should act. Simply establish yourself in your desired energy and let the **Law of Attraction** take care of the details. Sometimes when a coaching client wants to leave a relationship, I tell her, "Just get clear on your ideal relationship and start living it. Be the person you want to be in relationship. Don't put a name or face on your ideal partner. He might be your current partner, or someone else. The more you dwell in your ideal scenario, regardless of the other person's behavior, the more power you have to manifest your ideal situation."

Rewarding desired behavior will get you much farther than punishing undesirable behavior. In a college behavioral psychology class, the professor had a habit of pacing back and forth in front of the classroom while he lectured. So the students tried an experiment on him. Whenever the professor lectured from the left side of the room, the students paid attention to him, took notes, asked questions, and laughed at his jokes. When the teacher stood at the right side of the room, they paid no attention and gave him no reward for his lecture or his jokes. It didn't take long before the professor was lecturing exclusively from the left side of the classroom.

As we enter the new school and business season, the universe will reward you for being who you are—but you must be who you are before the universe can reward you. Establish yourself in the energy you value, and you will get more of it. Like the Subway loiterers who headed for the hills, anything not a match to you will leave of its own accord. Then you will be left only with people and situations who are playing and listening to the music you prefer.

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ABRAHAM-HICKS

...continued from page 8

challenge the feeling. And ask yourself, "What does it feel like to feel slender. What does it feel like to be a little slip of a thing lying here in this great big bed. This slender little body lying here hardly weighing enough to even make an indentation in the mattress? What does it feel like to feel slender? What does it feel like to feel so good in my body that I just glide and float about? What does it feel like?"

There's power in the words "*What does it feel like?*" You see, you can generate the feeling just by wanting the feeling. Most of you go about it the hard way. You try to create a circumstance that will then generate a feeling response, but by going right for the feeling, the Universe will take you at your feeling vibration. The Universe doesn't ask for any justification.

If you offered a feeling of being slender, The Universe wouldn't say, "Aah, aah, aah. That's not justified. You're not slender yet." The Universe does not know whether the vibration that you're offering is because of something you're observing or something you're remembering or something that you are imagining. It just receives the vibration and answers it with things that match it. And every part of the Universe including the cells of your body begin to respond to that vibration.

Contributes To Mass Consciousness

So what do you think the strongest current is in the Stream of Consciousness relative to the subject of physical bodies? "We're declining. We're getting uglier with every year that passes. Our bodies are out of control. The natural state of our body is decline. You really have to fight against your body because it wants to be ugly and old and sick and fat and you really have to work hard to hold..." In other words, that's the sort of input that mass consciousness is contributing to that Stream. So why is it easier to think the unwanted thought? Because the current is already there.

Generate Your Own Current

Realize that you can be part of the current by doing nothing deliberately, or you can generate your own current with 68 seconds of pure thought. And when you generate your own current, the entire Universe accepts it. You will not single-handedly change the way people feel about that subject — but you absolutely will gain control about the way The Universe responds to you relative to that subject. All aspects of your life will be more in alignment with your own desire.

We watch people who are feeling very fat and uncomfortable and unhappy with their bodies, and from that vibrational feeling place, what they choose for dinner is always a vibrational match to what they are feeling. By their beliefs, the thing they are drawn to is the very thing that they do not want that they believe that they should not eat... And then you say, "I just cannot stop myself."



Heidi Blair

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Natural Foods

Your physical body doesn't think of food for anything other than fuel. Someone asked us the other day, "What would an absolutely natural physical body eat?" In other words, if it were a physical body that was absolutely motivated by its Nonphysical knowledge and intent, what would it eat? And we said, more natural things. Now, by that we only mean things that are not processed so much. Things that are not mixed together so much. Your body would crave fruit and you might eat it all at one sitting. And at another sitting, your body would crave something more like vegetables. And at another sitting, something more like protein. In other words, your body would crave simpler foods. If you eat them together, and sometimes there is advantage to the combination of the food, your body would crave those perfect combinations. Your body would not crave sugar. Your body would not crave preservatives. Your body would not crave MSG. Your tongue does. In other words, the satisfaction of your taste does.

...continued on page 20



ABRAHAM-HICKS

...continued from page 19

The cells of your body are easily satisfied. When you choose things that are a vibrational match to the cells of your body, your cells are easily satisfied and you feel fueled. You feel Energy. Your cells are relaxed. When you eat what your cells naturally are asking for, you eat for fuel. In the same way that when your gas tank is empty you put more gasoline in it, you don't put in pizza or donuts or anything like that. You put in the fuel that is in harmony with your engine. You would do the same thing with your body.

Unnatural Foods

When you introduce to your body something like sugar, or caffeine or preservatives ...when you introduce those substances that are not natural to your body to your body, your blessed body, which is so resilient, acclimates to them. It makes itself work anyway. It absorbs it. It consumes it. It does the best it can with it, and it compensates for it. But it has to work harder to compensate for these foods than it would if you were giving it the foods that are natural to it — and in its compensating process, it overcompensates on a cellular level. That overcompensation, to you, now feels like it's asking for more of it, and so that translates to you as a craving.

Understanding Cravings

Have you ever had something like a box of chocolates and you wanted to eat only one or two? But then you found yourself wanting more. There's a sort of illogical craving where you've gone far beyond the limit that your stomach really wants, far beyond the limit of satisfaction. You're not even really enjoying it, but you're consuming it in some sort of obsessive way. The cells of your body, in their trying to compensate for this weird stuff you have given it, are now overcompensating, which is setting up an attitude of craving...That's why people have discovered that sometimes a fast or a cleansing — sometimes they use juices or just water — is sometimes the very best thing to do in starting a new process. We don't really recommend it, because it is so extreme, but it does sort of put your cells back into the place of knowing what's more natural. It's sort of like going cold turkey for a little while, getting off the drug that the cells have acclimated to, and sometimes it's a much easier way to begin.

Do you feel that you are motivated to eat from your head or from your cells? Do you think you are called more by your palette or by your desire for fuel?

GUEST: By my palette.

ABRAHAM: And so, perhaps this information will put you into a place of choosing a little bit more deliberately. Like most things, it only takes a day or two or three or four of being deliberate about it before you have developed a new pattern. Haven't you noticed you can get on a trend where suddenly it's hard for the first two or three days and then suddenly it isn't so hard anymore?

Discovering The Simpler Foods

Now, we're not suggesting that you have to go out and eat nuts and berries. We're not suggesting that you have to deprive yourself from all of this other stuff. But what we are saying is that you are going to discover much more satisfaction in simpler foods. And as you begin to discover the satisfaction in simpler foods, this business of being guided by your palette instead of by your physical body's desire for fuel will change.

The other alternative is to get your body so much in motion that the need of the cells changes. If you can get your body to move enough that the cells of your body are generating a sort of nuclear activity, they can burn anything that you've eaten. But your body can take care of the things that it's naturally calling for in the course of a normal day's activities.

You have learned to guide yourself through flavor, through satisfying your palette. You are consuming things that are not natural to the cells. The cells work very hard at then compensating for this stuff that you've eaten. If you increase the activity of your body to very high levels, which usually amounts to running or something very aerobic, then your body can deal with all that your palette has asked for. But if you stop that and your palette is still asking, then your body is out of balance.

PREPARING FOR THE FALL EQUINOX



In nature, the Fall Equinox marks the beginning of the new year. While most of us have a different idea of when the new year begins, when we work with nature's new year timing, we can definitely benefit. The Fall Equinox allows us to do this by moving us directly into the flow of nature's energy in a conscious, formal and respectful way. The Fall Equinox offers us the chance to clarify where we want to be headed, and to re-envision and re-energize our goals. It is in the moments of the Fall Equinox that nature puts forth the architectural structure for the coming year. When we actively join in this process, the architecture for our coming year is clarified and enhanced.

It's worth taking some time to prepare for the arrival of the equinox. Through the personal ritual we will develop here you can help align your life goals with the energies of the equinox. Here's what to do. By answering the following four questions you will help focus your Fall Equinox ritual.

1. What new things have happened in the last year that you are happy with and want to keep in your life? Include people.
2. What is currently present in your life that you are relatively happy about, but you would prefer to be working better?
3. What have you been working on that has not manifested?
4. What is not in your life that you would like to be, but that you have not yet begun to actively work on?

FORMALIZING THE WRITTEN EXERCISE:

On a fresh piece of paper incorporate your answers to the four questions above with Items #1-4 below. The statements in quotations can be used either as a guideline or said word for word during your equinox ritual.

#1: Give thanks for everything you listed in your answer to the first question by saying: "I am grateful for _____" (then recount what you wrote as your answer to this question).

#2: Look through your response to question 2: What is currently present in your life that you are relatively happy about, but you would prefer to be working better? and list those situations and/or relationships in order of their priority. Then say, "I loving ask that _____ (read your list aloud) flow more abundantly into my life."

#3: Give your answer to question 3 beginning with what is most important to you: What have you been working on that has not yet manifested for you? and say: "I ask that _____ (state your response) enter my life."

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#4: Take your answer to question 4: What is not in your life that you would like to be, but that you have not yet begun to actively work on? and say: "I ask for guidance and courage to bring _____ (state your answer) into my life experience."

By following this format, you help clarifying where you would like to be headed over the next twelve months. Nature is not in the position of granting requests. We simply join with the energetic impulse of the Fall Equinox to help improve the forward movement of our lives. Through asking, we formally inform ourselves of exactly what is important to us, and we let that be amplified by the shift in seasonal energy present at the moment of the equinox.

At the moment of the equinox you may wish to light a candle and sit quietly for several minutes before you read through Items #1-4. If you would like to incorporate other elements into your ritual, please do so. For the Fall Equinox earth elements like soil, leaves, and harvest from your garden (if you have one) work very well, but follow your intuition and add what seems right to you.

After your candle is lit and you feel ready, go through Items #1-4 at your own pace. Of course, it will make everything easier if your prepare this second part in advance.

Once you finish reading aloud what you have written, you may find that you want to keep talking. If so, go right ahead and say whatever comes to your mind and do whatever you are motivated to do. There is no need to feel self-conscious. Nature will fully support and deeply appreciate your work with this and every equinox and solstice event.

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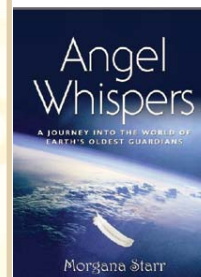
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COVER ART

ROSES ALL THE WAY

by Jane Taylor



"This image came about after a family picnic - at a lovely spot in the Lake District where stepping stones had been placed across a stream, which set me thinking... about life, and how each step is made in faith, because we can't always see the bank, or know for sure that we won't fall in! Shall we dance across with faith and joy, or step gingerly from one stone to the next - on

our picnic I saw many children running lightfooted without slipping from one bank to the other, while older adults picked their way across with great care! Our approach to life does make a difference - we'll all get there in the end of course, but maybe it's easier, and possibly quicker, if we decide to always take the next step in trust!"

I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years, but am now doing far more of the thing I love best - painting in oils on canvas. I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) Most of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.

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 rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website, which you may like to check out just for fun. You can find my work at <http://janetaylorart.weebly.com/> or email me at chalicewell@hotmail.co.uk



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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.



OPEN MIND ZEN

...continued from page 14

tasting, hearing, etc. But when we try through meditation to clearly understand what the **ego/mind** consists of, we find it is very slippery. Every time we try to catch or identify it, it slips away. As our meditation practice progresses and we are unable to define or identify the mind, our view of it becomes much less solid, and we see it more as a fluid process than a thing. Nevertheless, the tendency to make fluid processes solid dies hard - we have to constantly be aware of our tendency to do so.

Often in spiritual practice we are told to let go of the ego. Yet, if the ego is not a thing, as we have stated above, what is there to let go of? Obviously, the only thing we can let go of are our ideas and concepts. Even the dreaded concepts themselves are not real things, but rather a pattern of mind/body activity that we have allowed ourselves to fall into. So what we normally call attachment to ego is actually attachment to our concepts about it. These concepts manifest in the way we move, how we relate to others and how we live our lives in the greater sense.

Another interesting aspect of our use of the word, ego, is our expression that someone "has a big ego." Are we speaking here of an actual thing someone is carrying around? Another way of saying this in English is that someone has a "big head." This is tied up in the Western concept of the mind as being all in the head. It is obvious that a person "with a big ego" is someone who thinks they are really great, and because they think so much of themselves they are attempting to convey it through their body language and actions. People of this sort walk around with an attitude, which becomes what we call the ego. In Japan they would say that a person has a big *hara*, or big belly. (The *hara* is a spot slightly below the navel.) The meaning though is different, in that someone with a big *hara* has great personal power, charisma or energy, in a positive sense. Ego is often confused with big *hara* which is a method of living and expressing ourselves completely without the posturing that big ego brings. The most highly realized teachers I have met in my life all had a natural, dynamic presence unburdened by attachment to ego. Unfortunately, this entire way of living is misunderstood in our present time and culture, and big *hara* is often mistaken for big ego.

Obviously, we don't have to give up our personality in order to overcome the ego and experience enlightenment. As ego is a concept and not a real thing, it must be let go of to grow spiritually. But personality is how we naturally and individually manifest our true nature in our lives, and as such, does not hinder our experience of enlightenment. Every person and every thing has a unique and independent existence, and as such is absolute in and of itself. When we realize this truth we become secure and do not have to attempt to maintain an image for others. Our image is automatically projected through everything we do every minute we are alive. If we allow ourselves to just be, then before we do anything we are this amazing, unique

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being which doesn't require external affirmation. So, there is a tremendous difference between just being and trying to be. Just being is the natural, pristine state of pure existence. Trying to be is trying to add on to or create something that is already created. In Zen literature, this is called "putting a head upon your head," which as we all know results in changing ourself into a two-headed monster!

It is clear that our ego and our self-consciousness manifests through our actions in every way. When I was in **Southern Europe** in the early 1970's I was quite impressed with how many people, especially in the smaller towns, were out walking in the evening rather than sitting in front of a TV. Those that weren't walking were sitting on park benches watching those walking. In Spanish, there is even a word for walking around so others can see you, called *pasear*. Anyway, sitting watching people walk in a busy area, one can truly get a sense of the person's mind-state. You'll see men strutting in such a way as to emphasize their physical size and strength, beautiful women dressed to kill with their noses in the air, acting as if they don't want to be looked at. On the opposite end, there are those that seem crushed by life, hunched over or with head hanging low, looking down at the ground. So, our concept of ego creates our body, in the sense that it creates the way we do things, including the way we move and the armor or tension throughout our bodies which defines the way we appear to others. The degree to which our mind effects our body is truly amazing.

Years ago, during a week long meditation retreat, I was asked to speak with a woman who was complaining of stomach pain. My first question to her was to ask if the pain was happening only during the meditation, to which she replied in the affirmative. "In that case," I said, "you don't have to worry, as it is just a manifestation of ego resistance, and it will eventually disappear with no other consequences." Had it been a constant pain that didn't go away, I would have taken her to see a doctor. She took my advice and the psychosomatic discomfort disappeared later in the retreat.

Ego is often regarded as the enemy in spiritual traditions. As long as this adversarial relationship exists, the ego needs to be exhausted and beat into submission for awakening to occur. This is often accomplished by lack of sleep, long, exhausting hours of meditation, repetition and psychological and physical stress of various sorts. This process does work for those who can weather the storm, but it often takes years, and many don't make it due to the pain and frustration. It is much better to give the ego voice, yet understand that it is only a part of who we are. Then we can literally ask it to get out of the way, so that the **Buddha Mind** can shine through. To accomplish this, we need to recognize that the ego has an important function for the self - that of regulating and protecting. Rather than threatening its protective status, we need to enlist the ego's help in discovering that part of the mind which is beyond the ego's scope. In this way the ego becomes an ally in our practice.



This month's thoughts about things...

... from page 7 ...

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

A FRIEND ASKED ME TO SUMMARIZE WHAT I BELIEVE

My beliefs are as a result of my own personal experience, as well as personally witnessing the individual and collective experiences of at least thousands of people thru the years. My main beliefs are, in no particular order:

1. We create our own reality.
2. Our point of power is in The Now Moment.
3. One person, connected to "Source", with focused intent, is more powerful than thousands or more who are less focused, less connected.
4. My thoughts and prayers, my vision-holding/vision-keeping for myself and others, profoundly contributes to the outcome. Yours do, too. Everyone's thoughts do.
5. As a result of knowing the above, I feel compelled to help others achieve whatever they want to achieve. For me, this expresses itself - partially - in me scheduling daily thought time on a list of people and projects for whom I hold pre-paving thoughts of a healed life and a happy future. I have dozens scheduled daily because I know the value of practice, practice, practice.



Frank CJ Boukens

www.natureallbeauty.weebly.com

6. I feel compelled to help people know how powerful they are and that the process to discover this is easy. I feel compelled to let them know, each time they voice something in their life they are not happy with, that they have the power to change it, beginning right now today. And it doesn't cost you a dime; it just costs you thought time.

7. It costs you writing down a list of where in your life you would like change. It costs you scripting out the preferred tomorrow for each area of your life. It costs you the scheduling of daily time to bring yourself to center In The Now, and then reading each script over, envisioning and feeling the outcome.

When you do this, it never NOT works. The process is easy. The scripting takes time and fine tuning. The practice takes practice. You can be that one person, connected to Source, with focused intent, who is more powerful than the thousands less focused, less connected.

8. It also costs you the loss of vibrational resonance with your "former" life and people and circumstances you no longer vibrate in harmony with. It costs you the heartache of friends not wanting to go there and just wanting to continue their old life, their old way of being with you. But that no longer satisfies because, hey, you just learned how to create your own reality. It costs you friends, family, mates, employers, employees, and alienates neighbors, etc. But you gain internal guidance and response.

9. So, knowing what I know, I simply find far less satisfaction in chitchat or discussing theories and philosophies, than I do in having someone identify something they want and showing them the process to get it.

And working with them to identify it.

And working with them to hold the vision.

And working with them to get the script right.

And practicing the script with them so they can see the evidence for themselves and know it works.

And that it works without me.

That's what gives me the greatest satisfaction. And I'm as selfish as they get. It's all about me doing in each moment what it thrills me to do.

**ACCEPT ALL THINGS. IT'S THE ONLY WAY TO
WAKE UP... ANYTHING ELSE PERPETUATES
THE DREAM.**

Enjoy our offering this month.
Hari Om.

Andrea



SOUL SHAPING



... continued from page 9...

YOU ARE SACRED PURPOSE.

AND It doesn't matter what anyone tells you about who you are. There is so much of that. This is your journey. Even those with the best of intentions, cannot know the path you are here to walk. The REAL journey is not one of adapting ourselves to someone else's vision, but instead, shaping who we are with our own two hands. The unique clay we work with lives deep inside our soul bones, awaiting our own detection & expression. You are the sculptor of your own reality- don't hand your tools to anyone else. Only you can know the path you're here to walk.. it's a personal decision, and it doesn't have to be grandiose. Your purpose can be as simple as learning how to listen better, how to enjoy the moment without getting in your own way.. wherever the growing is, wherever you find genuine peace with path, wherever you feel unmasked and genuinely real.. in the survivalist world that we are coming from, we defined ourselves by what GOT US through the day, whatever masks got food on the table, whatever way of being endured this challenging life.. but we are at the beginning of a new way, a way of being that is sourced in who we REALLY ARE, not our egoic face, not our survivalist face, not the false face of our hidden power, but the real face, the real path, the no bullshit no hype no pretence expression of WHO u REALLY ARE and a life that fully and deeply expresses the magnificence that lives within you.. Your sacred purpose may be covered in dust, it may be HIDDEN FROM VIEW, but it's still in there, sparkling with infinite possibility..

YOU ARE SACRED PURPOSE.

This is a call to action. A call to authenticity. A call to dig yourself out from below the bushel of shame and self-doubt that has plagued humanity. A call to get off the dime and do the real work to call yourself on your distraction patterns and excavate your own purpose in this lifetime. What are you here

to learn? What are you here to overcome? What are you here to express? What does your authentic face look like? Who are you, above and beyond all the noise and haste.. this is not about money, or bullshit ideas of abundance, or gratifying your ego, this is about the real thing, the real deal, the vulnerable and courageous truth about who you are and why you are here. I ENCOURAGE you to take the question of sacred purpose seriously... to not postpone it for another hour, or week, or till you retire, until the next lifetime, till you finish school, or end your relationship, but to take it seriously now... To work like a dog to find out what lives inside of you, what you are here to express, what you are here to manifest and express, what you are here to give, to share, to learn, to create, to dance, to art, to walk....

You don't know how long you have, it may be 60 years, it may be 60 seconds, you may not make it to retirement, you may not make it to tomorrow morning, at least if you are questing for your purpose, living your truth, you will not suffer when its time to leave your body in this lifetime, you will be living in your authenticity, this is no small achievement in this distracted world, where the unconscious media and manipulative marketers try to turn us generic and frightened so we will be locked into their script.. f^*# that. You are already have a script and it lives deep inside you...that script is your purpose, what you are here to express, to learn, to embody, to humanifest... So u decide which script to read- the fictional novel written by those who do not SEE u, or the HOLY BOOK written by your glorious spirit. When you walk through the gateway of purpose, you walk into yourself. You are sacred purpose, you are sacred purpose, you are sacred purpose. Don't stop until you find it.

I have long been a student of the relationship between chaos and order. When I was younger, my inner world was emotionally chaotic and unresolved. In an effort to create a measure of balance, I was obsessed with external order- a perfectly clean house, a straightly hung picture, everything in its place. But it never quite worked- just when I got one thing 'perfect', I was looking for the next thing to perfect. And then I turned my attention to the real issue- my inner chaos. Interestingly, the more work I did to clear my emotional debris, the less I cared about having everything perfect on the outside. The balance had shifted. This is my way of saying that what matters most is inner peace. Through that lens, the dust of the world is of little consequence.



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HOROSCOPES SEPTEMBER 2013

Aries: May 20 to April 19 "I Am" Now is not the time to uproot your life. The foundation of your life is under going a huge transformation. Don't even think about jumping ship when the energy in your life is tossing you back and forth like the waves of the oceans. Go with the flow.

Taurus: April 19 to May 19 "I Have" Your lesson this month has to do with learning the right use of energy that has been given to you. Be diplomatic and constructive in all your creative endeavors as well as your relationships. September brings much more happiness than you have experienced in a very long time. Your love life juices will really be ready to flow, more than you can imagine.

Gemini: May 20 to June 20 "I Think" You are being called to stand up and be a "Man" accept your fate and do whatever it takes to do what needs to be done! Take your projects off the back burner and rediscover the passion that created the lust for life in the first place. A new path of adventure will supply you with the energy you require to be fulfilled.

Cancer: June 20/21 to July 22 "I Feel" Your lesson this month has to do with reaching for far away lands over mountains and oceans. You will tune into the depth of your soul and the depth of your sexual partner. The energies between you will carry you both to far away lands, and states of consciousness that most people are incapable of imagining.

Leo: July 22 to August 22 "I Will" Your lesson this month has to do with honoring the strength that is within you! You are in tune with what needs to happen in your life. Others around you prefer to have you make different choices. The choice is yours and yours alone!! Keep your inner power close inside you, they do not need to know.

Virgo: August 22 to September 22 "I Analyze" Happy Solar Return Virgo!! Nothing new under the Sun!! Just keep doing what you are doing, as you continue to feel more comfortable with your gifts more opportunities will present themselves in ways that are familiar, as well as new directions of growth will open up to you. When one door closes another one opens.

Libra: September 22 to October 22/23 "I Balance" Be very careful this month, you will be in the lime light for sure, but it all depends on how you behave, it all depends on you. Do not let your guard down! You are at a cross roads where your career is concerned, do you love what you do enough to keep doing it for several more years?

Scorpio: October 22/23 to November 21/22 "I Transform" This month in particular you have been called out to reevaluate your whole life and everyone in it. You are at a cross roads, ask yourself what is it that you really want, then go after it. You deserve to be happy. Some friendships will abruptly end and new ones will begin and feel like you have been friends forever.

Sagittarius: November 21/22 to December 21 "I Perceive" You have come to your knees recently, you have been affected in such a profound way that has completely blown you away and you did not see it coming. You may have been fired from a job that you hated and then felt relieved because the Universe took charge of what your higher self wanted to have happen in the first place. Have you fallen in love recently?

Capricorn: December 22 to January 19/20 "I Use" Your issues about fear of lose may make you hold on to things and people beyond their time of appropriateness. Think about all your needs being met, you have an ability to work hard for what you want, but what the issue here is, do you want what you have and what you are working for. It is a matter of what is very important to you.

Aquarius: January 19/20 to February 19 "I Know" This month your friendship will be sought after by many, remember that you are in control!!! Do not do anything that feels uncomfortable. Focus on what is important to you and steer clear of any head butting, or control issues. Do what you love and money will follow and lots and lots of money!

Pisces: February 19 to March 20 "I Believe" There is a Harvest Full Moon in your sign on September 19th at 4:13 Am PST. This is your time to be all you can be and have all the potential you are capable of experiencing. You will get what you want in due time, and all will happen accordingly to the higher order of the Universe.



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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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for families. **WHEN:** 4 pm on the 30th of August - 2 pm on the 1st of September 2013. **WHAT TO BRING:** Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen, notebook.

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Chapter 6, Verse 19

THE ETERNAL WAY

*The Inner Meaning of
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Yogananda



Roy Eugene Davis has been teaching spiritual growth processes for more than 60 years in North and South America, Europe, and India. He was ordained by Paramahansa Yogananda in 1951.