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**SEPTEMBER 2014**

Andrea de Michaelis presents

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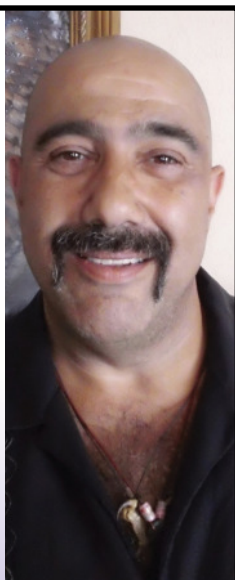
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## The greatest optical illusion is separation

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**On the Cover (page 26)**  
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**"And the day came when  
the risk to remain tight in  
a bud was more painful...  
than the risk it took to  
blossom."** Anais Nin



**Horizons thanks  
everyone willing  
to take the risk**

# HORIZONS

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
Connecting the Dream in Your Heart by Lee McCormick, Mary Falkner .....	8
The Teachings of Abraham by Esther and Jerry Hicks .....	9
Herb Corner with Cecelia Aitable .....	10
Notes From The Universe by Mike Dooley .....	11
Good Vibrations by Janet StraightArrow .....	11
Abraham Fun: Soulsongs with Karen Williams .....	12
Anonymous Angels by AnnMarie Roschilla .....	12
Open Mind Zen by Zen Master Al Rapaport .....	13
From The Heart by Alan Cohen .....	14
Ask Whitedove with Michelle Whitedove .....	15
Solar and Lunar Celebrations with Deb Strasser .....	16
Our Classified Ads .....	17
Our Calendar of Events .....	18
Our Phone Directory *Horizons may be picked up at most of these locations* .....	22
About the Cover Art .....	26
Monthly Horoscopes by Barbara Lee .....	30

**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.

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<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 2014 HORIZONS MAGAZINE.** The topic for the month seems to be **FOCUS!** I guess that's really the topic every day, isn't it, since where we place our focus of attention is what determines our experience. I used to work side by side with people, doing the same job they were doing, and some of us loved the job and some hated it. The only difference was our individual, subjective perceptions of what we were doing and why we were doing it.

What's the difference between work and vacation if I'm on the computer all day? No matter where my body is, my experience is formed in my mind according to my focus.

It's been a busy month. I'm supposed to get a rest and recupe week after getting the magazine to press each month, but I end up working each day anyway. "What's the difference," a friend asked, "between a work day and a vacation day if you're still at home on the computer all day?" Good question. The answer is: no matter where my body is, no matter what the appearance, my experience is formed in my mind according to my focus. No matter where my eyes are looking, it is my inner eye that sees. It is my mind that takes me on the journey and the mental journey becomes my experience.

I've been enjoying painting and watching tutorial videos. Although I don't paint in a photorealistic style, watching tutorials is the same as me attending a class or workshop and I always learn something. I like seeing the process go from sketch and underpainting to completion. It reminds me that I may have to go thru a lot of stages where I don't like how anything looks, but that it's all part of the process. That's true with life as well. Mostly the tutorial videos remind me how to see. They make me aware and mindful of the minute details of what is around me in physical form right now: shapes, light sources, shadows, reflections; where colors cross and blend, the red and blue and yellow within the white, the shadow within the shadow.

Think of closely scanning your lover's face with your eyes, alert to the slightest detail of texture and shade. You become aware of every object around you as if being in love with it. As Rumi says, "Seeing her, my face became all eyes, and my eyes all hands." And when we look at everything around us this way, with appreciation as if it's all there to delight us, we begin to fall into the divine Love the mystics all speak of. When we fall into that divine Love, it begins responding to us.

Better said, we begin attuning to the signals It's been sending out all along. We receive the response as a feeling of being connected to something we cannot see, we feel recognized and accepted and appreciated like never before. We're used to only feeling that from certain people: our parents, our partners, our children, our pets. It can be disconcerting to feel it come from Within.

Along with feeling comes thought. The feeling of being connected on an inner dimension or plane to something you cannot see yet know exists, begins your mind questioning, "who is that?" and "who am I relative to that?" When you begin asking questions internally, the answers start pouring forth.

If you're interested in spirituality and/or personal growth, this is a good time -- when the inner questioning begins -- to begin a daily meditation practice. Create the time and space to sit and allow thoughts and questions to arise and think them through. This is your Soul speaking to you. som say it's God speaking to you and through you. It's helpful to have a notebook to write thoughts and ideas down, that clears your mind for new thoughts and ideas to come in. This is what is meant by having an inner life. This is what is meant by being washed in the Presence. This has nothing to do with religion, it has to do with encountering the creative force of the Universe in a very real and personal way and using it in beneficial ways to improve your life.

And you'll know when you encounter it, because it will flow through you like a river, like being in love, and you will begin finding many creative outlets of expression. In 1992 I was 40 and **Horizons Magazine** began. I left my 22 year career as a paralegal, began working as a professional psychic, and also began making gemstone jewelry and tie-dyed altar scarves, as well as my own clothes. I drew, I painted, I taught yoga and meditation, I created jewelry and fabric art, I danced, I drummed, I had many creative outlets.

So now, for me, watching the art tutorial videos remind me to also more closely attune to that flow of divine Love, and one way I do that is by looking at the things around me as closely as a lover's face. So if you see me sitting and staring oddly, know that no matter where my eyes are looking, it is my inner eye that sees.

*...continued on page 28...*



Rev. Lori Kelly aka Darleen Misskelley

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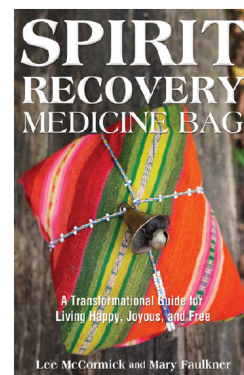
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# CONNECTING THE DREAM IN YOUR HEART TO REALITY

By Lee McCormick and Mary Falkner, co-authors. Excerpted from  
Spirit Recovery Medicine Bag: A Transformational Guide for Living,  
Happy, Joyous and Free. See [www.SpiritRecovery.com](http://www.SpiritRecovery.com)

Conscious recovery is about  
connecting to the dream  
in your heart and allowing  
it to materialize and  
become reality — making  
a conscious connection.

We're suggesting that you practice  
conscious dreaming using the  
green dream. The green dream  
is a dream of an inspirited  
universe where divine presence  
is everywhere. In this dream, we  
belong to Spirit—body and soul. Indigenous people in this  
country and all around the world have been holding this  
dream until we would awaken to it. You may have known it  
as a kid.



We tend to think of nature as something we walk around on  
or spend time in on the weekend; the green dream reminds  
us that we are nature. Every element found in the human  
body comes from earth. The earth feeds us, houses us,  
and creates the air that we breathe. And the earth as well  
as all creation, including humans, is infused with divine  
presence. To be unconscious of this relationship is to be out  
of relationship with self and out of relationship with life—it's  
risky business. In the green dream, we remember that body  
and spirit are one with the creator. This is when we are able  
to connect the dream in our hearts to the reality in which we  
live, where they come together, and we realize that we are  
one with everything, and, as such, we have all we've ever  
needed or wanted.

Your life force—that which creates and sustains you—is the  
living presence of **Great Spirit**. Whether you call this "all  
there is," **God, Higher Power, Goddess, Yahweh, Spirit,**  
**Allah,** or anything else, you are in it and of it—it lives in you.  
We are all one being in the cosmic, universal, omnipresent  
sense. God is everywhere. We learned this as children, and it  
means exactly what it says, God is everywhere!

*...continued on page 19*

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## I Am Consciousness, Watch Me Create

So, what is a Creator in this human body? You are a focuser of Energy, just like we are, not in a human body. In other words, whether you're Non-Physically focused, or whether you're physically focused, you are far more than these physical bodies. You are Consciousness that is projecting thought. There is Non-Physical Source Energy that is really You flowing through you. You are the leading edge extensions of so much more.

When you allow the true Non-Physical essence of You to shine through you, or to flow through you, when you become in perfect vibrational harmony with the whole of You, -- this is when you are at your very best.

When you are allowing the Non-Physical essence of You to flow through you in a non-resisted way, that's when you become a consistently passionate being. Because when you allow your Inner Being to shine through you, we promise you, you will be continually concluding new desires. It's like your Inner Being and you are partners in this motion forward, leading edge experience.

In the beginning, as we spoke to you about the physical you and the Non-Physical You, it almost tended to separate you. It made you feel as if you were two pieces. And the reason that we spoke about the physical you and the Inner Being You, is because so many of you were not really aware of the partnership you have with this Eternal, Non-Physical Energy. We did not want to separate you. In fact, our intent was to help you to become One -- one powerful, conscious Being.

...continued on page 20...



Rev. Andy Conyer

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Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Visit [www.herbcorner.net](http://www.herbcorner.net) and call 321-757-7522

## NATURAL RELIEF FOR ANXIETY

**WE ALL GO THROUGH PERIODS OF STRESS, WHEN THIS HAPPENS OUR BODY GOES THROUGH A STRESS RESPONSE RELEASING HORMONES THAT AFFECT AND WEAR OUT EVERY SYSTEM OF THE BODY.** Today anxiety disorders affect about 20% of adults and is the most common form of mental illness in the U.S. Anxiety can come under the categories of panic attack, social anxiety, obsessive compulsive disorders, and phobias. Mild anxiety crosses-over into a mental health problem when it begins to interfere with daily life.

Supplement-wise **GABA** (gamma-amino-butyric-acid) is a naturally occurring amino acid produced by the brain acting like a neuro-transmitters like SSRI's (serotonin reuptake inhibitors) helping to stop the over-firing of the nerves caused by stress, panic and anxiety. **B Vitamins like Inositol (B8), and B12** help to enhance and support neurotransmitters such as serotonin and dopamine working like SSRI's reducing the frequency and duration of anxiety attacks reducing mood swings and depression. **Calcium and Magnesium** along with the amino acids **L-glutamine and L-histidine** help to relax the nervous system helping to bring back the body into a relaxed state reducing stress, anxiety, tension and irritability.

Fortunately herbs are excellent non-narcotic, non-addictive aids to help over-come anxiety when looking for something safe and natural. Some specific herbs for anxiety are **Kava-Kava** it contains kavalactones that bind to GABA receptors like benzodiazepines affecting the limbic system, the area in the brain responsible for emotions. For chronic anxiety **Skullcap** acts as a nerve tonic helping promote relaxation reducing nervous tension throughout the body acting as a mild sedative helping with sensory stimuli disorders reducing anxiety, mood swings, stress headaches and insomnia. **Lemon Balm** acts like a mood-lifter that is excellent especially when taken at bed-time helping reduce over-thinking so you can fall asleep easier. **Passion Flower** is especially good if your anxiety causes hypertension it helps to ease worry, anxiety and insomnia soothing the nerves calming a racing mind. **Gota Kola, Holy Basil and Ashwaganda** are adaptogenic herbs which help keep you calm during anxious situations. **Valerian** works like a benzodiazepine without its addictive effects, helping soothe emotional stress, reduces insomnia and lessens performance anxiety and **Oat Straw** helps tone the nervous system providing many of the nutrients needed to support the nervous system when you are under stress.

If anxiety is a problem for you instead of medications you may want to consider holistic techniques such as meditation, biofeedback or talk therapy along with exercise like yoga, walking, and gardening. You have options.



# GOOD VIBRATIONS



Janet StraightArrow is a Practical Mystic, Shaman, Healer, Teacher, Sage, Astrologer, Medical Intuitive. StraightArrow has studied with Masters around the world and developed Be The Medicine a simple, clear and profound way to assist people in all aspects of

their life, health, relationships, career and discovering and living their life purpose. For more info, visit [www.Bethemedicine.com](http://www.Bethemedicine.com) and [www.JanetStraightArrowConsulting.com](http://www.JanetStraightArrowConsulting.com).

**LIVING HEALTHY AND HAPPY IS ALL ABOUT ENERGY. ALLOWING HEALING IN YOUR LIFE IS ALL ABOUT RAISING YOUR VIBRATIONS.**

Singing, chanting, drumming, dancing, yoga, meditation, prayer, shiatsu, massage, acupuncture, Reiki, Shamanic practice, ceremonies and more, all help to activate healing. Your attitude and how you allow that energy to process and stay with you helps empower the healing.

In spiritual healing practice, sessions and training's miraculous healing's occur. People change before your eyes, looking younger, softer and happier as they allow the energy to help them release all lower vibration emotions, thoughts, physical energy from their bodies and aura. Divine healing energies are channeled into and opens up the body, mind, emotions and spirit of a client, allowing old patterns that are stuck open up and release while accepting new vibrant energy creating balance and health.

Shamanic work allows direct contact with your spiritual aspects. Guides channel through information, energy and soul healing that comes to you, balancing your energy and bringing you into wholeness. Most people experience a clearer sense of self and have the necessary energy and motivation to activate their lives in powerful ways allowing physical, mental, emotional and spiritual health.

As human beings we are self-healing organisms. Pain and problems alert us so that we may take action to heal ourselves. Our body's great wisdom and gift is in telling us through the problems that it is time to pay attention. When we do not listen or change, the cry for help gets louder with more severe problems and more pain.

*...continued on page 20*



## NOTES from the Universe

An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the best-selling book *The Secret*, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit [www.tut.com](http://www.tut.com)

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# ABRAHAM \*FUN\*



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 FB and like her FB page, "Soulsongs." karen@karenmoneywilliams.com.

## The Desirability of Desires

### OVER THE YEARS, I MAY HAVE BECOME MORE "REALISTIC" ABOUT MY GOALS AND DESIRES.

I may have relinquished many experiences I'd once hoped for because I couldn't find a way to make them happen and it became too frustrating to hold to them. Various belief systems and religions teach this as a way to inner peace. By having few desires, I no longer become ruffled or rattled when my dreams don't come true.

While this approach has a certain pragmatism, I did not come into physical expression with the least intention of living this way. I once knew fully well that desires are the means by which I pull life force from my Source into physical experience.

Desires - big, delightful, lofty - are the essence of life. And they are meant to be realized. Every one of them. I am learning now to embrace my desires - the bigger, the better - while releasing the negative thought patterns that are the only factors that have ever kept me from my goals.

I came here intending to manifest desire after joyous desire after joyous desire and, in the process, bring great joy to the planet. Now I get it. Now I can again aim for the stars - and get there.

--from Soulsongs Volume 4: Exploring the Law of Attraction

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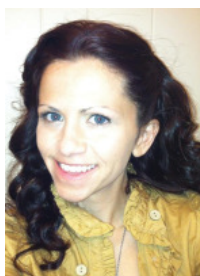
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# ANONYMOUS ANGELS

AnnMarie Roschilla is proud Long Island, New York native. She is a spiritual enthusiast with a desire to make meaning out of life's struggles and share them with the world. With a B.S. in communications, AnnMarie has a love for writing and regularly updates her blog. [www.ClumsyBuddha.com](http://www.ClumsyBuddha.com)

### THINK OF YOURSELF AS THE UNIVERSE'S MAGIC WAND. YOU REPRESENT THE EFFORT AND THE UNIVERSE HOLDS THE OUTCOME.

Take every opportunity presented to you to help someone. I don't believe in stepping on people to get to the top. I promise you, you will be lonely up there. I believe in building a ladder and climbing together. It can be as simple as a kind word, a smile to a passing stranger, or holding the door open to change someone's day from bad to good. Plato nailed it when he said, "Be kind, for everyone you meet is fighting a hard battle."

These tiny acts of kindness begin as ripples and gradually grow creating a tidal wave of positivity. Be an anonymous angel in blue jeans. You don't need wings, a glowing halo, or any mythical powers to be an angel in someone's life. All you need to do is be selfless and not selfish. Easy peasey right? Not necessarily. We live in a society where the slogan should read, "what have you done for me lately?" Self-entitlement and recognition are all people are striving for these days. People are more consumed with benefiting themselves rather than doing something for someone simply because it's the right thing to do.

Newsflash, life doesn't go around handing out gold medals for doing the right thing. That is why people find themselves torn most of the time, "well, if I do this, what will I get out of it?" Tell your ego to go take a walk! Get over yourself. No matter how much attention, or praise you receive just know that your ego has a bottomless appetite and that's why you should just let it starve. Do something for someone because it feeds your soul. Your thoughts, words and actions are like a boom-a-rang. What you put out into the world will surely come back to you. Do you want to be hit with roses or bricks?

We need to be more supportive towards one another. Guess what? You are not an island. The sooner we realize that we are all connected in some way, the sooner we will begin to see great change in our world. I'm not telling you to hold hands and sing kumbaya around a campfire. All I am asking is for you to be present and aware of your actions every single day.

...continued on page 27...



# OPEN MIND ZEN



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. Email [openmindzen@aol.com](mailto:openmindzen@aol.com) and visit [www.OpenMindZen.com](http://www.OpenMindZen.com). The following is excerpted with permission from Open Mind Zen A Guide to Meditation by Al Rapaport .

## A GUIDE TO MEDITATION

### ALL YOU REALLY NEED TO MEDITATE IS THE SMALL, 3' X 3' PIECE OF GROUND BENEATH YOU.

Then you sit down on a cushion with your legs crossed, or in a chair if you need to, close your eyes, turn your attention inward, and voila, you are now practicing the ancient practice of Zen! It's really that simple. But a few easy guidelines are helpful when dealing with body, breath and mind.

#### Body (Posture)

The foundation of Zen meditation is the posture, and this is true for several reasons. First, if we are not sitting straight, we are unable to meditate without discomfort for any length of time. Second, it is difficult to get a full, complete and effortless breath when the diaphragmatic muscle below the sternum is not slightly stretched as it is when we are fully erect. My first teacher used to say that the mind moved along the spine, and so keeping it straight allows the mind's energy to travel more easily.

So, we begin from the bottom up with our legs. If we are able to sit cross-legged on the floor, the posture is made easier through the use of a zafu. The zafu is a round, firm cushion. In addition, many often use a zabuton which is a flat, square cushion which goes underneath the zafu and provides more padding for the knees and legs. The zafu will help elevate your rear end, making it easier to attain the rest of the posture. As far as your legs go, if you can sit in a full or half lotus, they are the most stable positions.

Most start out with some variation of cross-legged, and progress eventually to a half lotus. If you have knee trouble, don't start on the floor, but use a chair so you can sit up upright. If you do sit on the ground, the object is to form a tripod with your knees and your rear for the utmost in stability.

The next step is to be sure that you have a natural curve to your lower back - specifically, that this curve is not lost by collapsing backwards. If the curve isn't there, the rest of the spine above the foundation will begin to sag also, resulting in discomfort and listless meditation.

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



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**We're in and out this month, call first please**



# From the Heart

Alan Cohen is the author of *I Had it All the Time: When Self-Improvement Gives Way to Ecstasy*. If you would like to become a professional life coach or incorporate life coaching skills in your career or personal life, join Alan's celebrated Life Coach Training Program beginning in January 2015. For more information about this program, Alan's books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).



## CHOICE CONVERSATIONS

### DO YOU KNOW ANYONE WHO IS SO FIRMLY FIXED ON WHAT HE OR SHE WANTS TO TALK ABOUT THAT YOU DON'T STAND A CHANCE TO TALK ABOUT ANYTHING ELSE WITH THAT PERSON?

I know a CEO who is interested only in sales statistics. If you want to talk to him, the conversation must be about spreadsheets, price points, and returns on investments. I know another fellow who is into yoga. If you want to discuss gurus, devotional ceremonies, and meditation techniques, he's there. If not, there is nothing else to talk about. Another guy is a classic narcissist. All he cares to talk about is himself. If the conversation drifts to you, it will be back on him quickly. That's his subject.

While some of the above examples speak of dysfunction, there is an important principle behind these practices. You have the power to establish the ground upon which you communicate with others. Not so much the subject matter, but the kind of energy you value. Many people tell me they have a hard time with their argumentative family or their spouse's family. Or with depressed and depressing co-workers.

"They are so negative," my clients tell me. "All they want to talk about is bad news and gossip. I can't stand being around them." I tell such clients, "These people are moving you to choose the frequency you want to dwell in and hold fast to it. You do not need to slide into the gutter with them. Invite them to higher ground by staying in your chosen domain. Some will join you and others will not. That doesn't matter. What matters is that you hold your space no matter what others choose for themselves."

Think for a moment about why you would sacrifice your inner peace to join people who have set up camp in a sewer. Perhaps they are your family, and you feel guilty about not participating in their dark repartee. But you have two kinds of family: biological family and spiritual family.

In his brilliant book *Illusions*, Richard Bach declares, "The bond that links your true family is not one of blood, but of respect and joy in each other's life. Rarely do members of one family grow up under the same roof."

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



# ASK WHITEDOVE



Got a burning question? Celebrity Psychic and Spiritual Teacher Michelle Whitedove is here to help give clarity on topics from Archangels to Zodiac, just ASK WHITEDOVE! Lifetime TV named her "America's #1 Psychic" after showcasing her gifts on "America's Psychic Challenge." Ask your specific questions at [www.MichelleWhitedove.com](http://www.MichelleWhitedove.com).

**DEAR MICHELLE,** I've been in a relationship with my boyfriend for a few years; the romance has sizzled out although we still have a strong bond. Yet I find that it's hard to let go. Are we soul mates? **Lukewarm in Memphis**

**DEAR LUKEWARM,** All relationships are opportunities for spiritual and emotional growth. A soul mate relationship is a wonderful thing although a romantic relationship like yours is a karmic one. You came together for a short time to work on spiritual lessons and to repay some karma debts. Congratulations you've both grown and now it's time to move on. Yes, you feel the bond because you've resolved some deep seated issues. It's wonderful when you can leave a relationship with affection in your heart and sincerely wish the best for your lover. Now it's time to say "Next" and look ahead.

**DEAR WHITEDOVE,** My husband says that he's lost his faith in God. For several years we've been really struggling. Our business has closed; we lost our home, claimed bankruptcy and had to move into a two bedroom apartment with our three children. It has been extremely difficult to make enough money just for food and rent. My faith has not wavered but how can I bring my husband back to God? **The Flip Floppers Wife in Fresno**

**DEAR WIFE,** It's always easier to point the finger of blame elsewhere. I'm saddened that your husband claims that he's lost faith in God. Especially since your situation could be much worse. There are many families living in homeless shelters. Even in our darkest hours we should still be grateful. Your husband needs to take a hard look at how your family got into this financial situation. Did he take out a big mortgage that you really couldn't afford? Did he get caught up drugs and alcohol? Did he not keep up with marketing of your business? Your families hardships are not the fault of God, they were self-inflicted.

To bring him back to God, you'll need him to face the facts and except personal responsibility. Then as a united team come up with a plan of action to get your family back on track. Call upon your Guardian Angels, Spirit Guides and God and ask for assistance in opening up your path. It's through your actions, thoughts, visualization that you will co-create your future with the help of God. As a family unit be grateful and keep moving forward. Faith in action can create miracles.



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# SOLAR AND LUNAR CELEBRATIONS



Debra Strasser's blog can be found at <http://the5thingsineed.wordpress.com/>  
Email her at [dstrasse500@gmail.com](mailto:dstrasse500@gmail.com)



## SEPTEMBER IS UPON US NOW AND WITH IT THE TRADITIONAL HARVEST SEASON.

The full Harvest Moon falls on **September 9th**. On this day in **China** and in many other places in **Asia**, The Mid-Autumn Festivals begin. Celebrations and traditions vary, but the commonality is the making and sharing of specially made mooncakes and gazing at the moon.

The fall equinox occurs on **September 23rd**, heralding the beginning of **Fall**. Ancient agricultural societies marked this event with solemn rituals. Harvest rituals are one of the oldest forms of religious ritual. We can still see the agriculture deities that were honored today, like in **Greece**, where **Demeter** was depicted on a frieze in the **Parthenon**. In **Egypt**, colorful images of **Osiris** are preserved in tombs and a hymn to **Tammuz** can be found recorded in cuneiform, the oldest writing script in the world.

The **New Moon** follows on **September 24th**. At this time of turning inward, reflect on not only the harvest, but the things that continually need tending in your life. After the sun sets on this day, The **Jewish New Year Rosh Hashanah** will be observed. This is also a time of self-reflection and renewal.

One of the benefits of modern technology is the ability to virtually travel around the world, to literally zoom to someones door step and see how they live and celebrate the change of season or religious holidays. The ability to reconnect with traditions from the lands of your forebearers or to discover a tradition that resonates deeply with you is indeed a harvest. We can reap the benefits of the technology that has become very much a part of modern life. Blessed Be!

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SEPT. 20 - Sat. (10am - 6pm) -- MABON FESTIVAL and PSYCHIC FAIR FEATURING THE DROP SKULLS! - Mabon Ritual, celebrating the 2nd Harvest (fruit & vine) at 1pm with Coven of the Goddess Moon. (no cost). Healings with Shaman Jeff and Master Wayne Lee (\$40/30 min.) and Readings: Tarot, Runes, Astrology, and more (\$20/15 min.). Private time with the Dropa Skulls, Az-Ka (Purity) and Za-Ka (Integrity) is \$1.00 per min. per skull -- set your own time (ex. \$20 for 10 min. with each skull or 20 min. with one).



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2nd Saturday CASSADAGA Tea Leaf class 5-7pm with Torre LaRock at Cassadaga Hotel \$25 per person RSVP 386-228-2323 [www.venusinvelvet.com](http://www.venusinvelvet.com)

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Sundays, FT MYERS 9:15 am and 11am services at Unity of Fort Myers, with Rev. Jim Rosemergy. [www.unityoffortmyers.org](http://www.unityoffortmyers.org)

Sundays MELBOURNE 10am 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) 961-5390

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 [openmindzen.com](http://openmindzen.com)

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**Daena Croghan**  
**Morgana Starr**



# Connecting the Dream in Your Heart to Reality



*...continued from page 8*

More than connected with, we are one with the universe, one another, with the trees, the rocks, the atmosphere, rivers and oceans, raindrops, and everything from those pesky mosquitoes to the most fierce mountain lion—we're in this together. While you inhabit your piece of cosmic real estate, life is much bigger, more creative, and more interesting than you might have imagined.

## Commitment to a Transformed Relationship

In the old dream of Western culture, people assume rights over nature. This allows us to use resources for our benefit without understanding reciprocity and our complete dependence on keeping a balanced equation between ourselves and the rest of "it." Expecting the earth to meet all our needs without taking responsibility for our behavior is an addictive relationship.

Conscious connection calls us into a transformed relationship based on honesty and integrity. Integrity means complete and undivided—whole. As we claim our membership in the earth community and acknowledge reliance on the natural world, we're making a commitment to getting real. Conscious connection with the earth community doesn't require a **Smoky-the-Bear** hat and shovel. The earth community needs teachers, songwriters, song singers, mechanics, bus drivers, politicians, chimneysweepers, bankers, and virtually every other occupation you can name.

Conscious connection is not about your job; it's about who you are—a positive, solution-seeking player in the life we all share. Conscious connection is about living in the largest sense—living connected with self and others, connected with earth, and connected with Spirit. This brings the gift of belonging that you long for, it offers the grounding you need, and the nurturing you have always deserved. The word human, like humus, means organic soil. We are of the earth. Carrying conscious connection is strong medicine—in fact, it's the only medicine.

The dream in your heart invites you make the big commitment: to pledge yourself to becoming free of addictions and distractions, and to be as healthy as possible—one choice at a time, one day at a time, and one meal at a time. This is about paying attention to what you eat, what you do, where you spend your money and your life

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force, and the awareness you bring into everything about your life. This is no small potato, but it is doable when you break it into smaller bites. You may have heard the saying "Think globally and act locally." That's what we're suggesting. Thinking globally, in this situation, means having an ideal you in mind—knowing how you want to live, not what you do, but the values and doable when you break it into smaller bites. You may have heard the saying "Think globally and act locally." That's what we're suggesting. Thinking globally, in this situation, means having an ideal you in mind—knowing how you want to live, not what you do, but the values and commitments you keep. Acting locally means doing the next right thing, guided by those values and commitments, one step at a time.

Lee McCormick and Mary Faulkner are the co-authors *Spirit Recovery Medicine Bag: A Transformational Guide for Living, Happy, Joyous and Free* (HCL Books.) an essential and life-changing resource that is half autobiographical journey and half medicine bag filled with spiritual healing practices for those who are struggling with any aspect of life. Offering a way out of life's maze, *Spirit Recovery Medicine Bag* is a guide for finding the way back to one's personal truth, authenticity and purpose by shedding the stories that we tell ourselves about or own lives. The book draws on Native American and shamanistic traditions, Eastern practices, universal spiritual pathways, and a medicine bag of other heart-opening methodologies developed by these two experts. Readers are given the tools to step away from addictive, compulsive behaviors that hold them back, to experience real happiness and joy as their spirit soars-- *Living Happy, Joyous and Free!* More info, see [www.SpiritRecovery.com](http://www.SpiritRecovery.com) or [www.hibooks.com](http://www.hibooks.com).

## GOOD VIBRATIONS

*...continued from page 11*



Many dysfunctions that medical professionals cannot find the causes for may be addressed successfully in spiritual and energy healing work because things that surgery and medication addresses do often not cause the problems. Scientists have found cancer cells and other diseased areas are vibrating at lower frequencies than normal tissue. Healing is about change. A quick fix is sometimes possible, but it is up to you to on create a higher vibration life to maintain health. So please indulge yourself in physical, mental and spiritual activities and practices to stay happy and healthy.

Documented healing cases that I have facilitated; chronic pain released or lessened, actual mending of broken bones, ligaments, and other cells completely healed, depression greatly lessened and released, large blood clots disappeared, chronic back problems relieved, fibroids gone, carpal tunnel gone, depression alleviated, MS, fibromialgia, lime disease symptoms relieved enough to have an energetic more normal life, high stress clients relax and allow themselves to make healing changes in their lives, infections and wounds heal in record time and much more!

## ABRAHAM-HICKS

*...continued from page 9*



We want you to understand the important role that you play as Consciousness focused here in these physical human bodies. You come forth with such powerful deliberate intent. But sometimes you say, "Well, why would we come forth into an environment where there are things that we do not like?" And we say, because you understand the power of variety.

You understand that it is like the smorgasbord where you go for Sunday brunch, where the more variety there is, the better it is. And as you are moving through that smorgasbord you say, "Yes, I would like some of that and I would like some of that, and I would like some of that." But you don't find yourself being very uncomfortable with the things that are there that others may choose, that you do not choose.

You do not find yourself feeling great resistance for the things that you do not want to put on your plate and put into your own mouth -- because you do not fear that someone else is going to put them on your plate and put them into your mouth, although, that may be where all that got started for you. You may have had parents who asserted, or they seemed to, in their quest for your Well-being.

*...continued on page 21*

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## ABRAHAM-HICKS

*...continued from page 20*

It may have felt to you in the early days of your experience that you were without choice about what got put on your plate and about what got put in your mouth. And that may have been one of your earliest points of resistance.

### You Feel Negative Emotion When You're Looking In The Wrong Place

"The money isn't in the bank yet, and when I look at the money that isn't in the bank yet - that I want and need - I feel negative emotion, and the negative emotion is because I'm looking in the wrong place. I'm looking in the bank, instead of into the vibrational reality." If you'll look in the vibrational reality where it is, now you'll resonate with the Source within you.

You'll feel wonderful and, when you feel wonderful, that's the condition that is necessary for the thoughts to turn to things. But if you are conditionally-based, running around sorting the things, acknowledging the things, measuring the things, comparing the things, noticing the things that you've got and the things that you don't have, then you can't move beyond the existing conditions. You can't move beyond what-is, if what-is is all you got going on in your vibration.

And you've trained yourself to be such obedient observers of what-is that you slow the process from turning thoughts to things. You slow the process of turning what you've already created, what you've asked for and what Source has lined up into the manifested equivalent, you see? In other words, if you can take the money out of the equation and just put the emotion in the equation, now you've got it, you see? The money will follow. The lovers will follow. Everything will follow the emotion.

But you've gotta find the emotion. You've gotta be secure in the emotion. You've gotta show yourself that you can feel the emotion unconditionally. You've gotta unconditionally love. You've gotta unconditionally feel clarity. You can't demand that the condition perform in a way in order to give you the knee-jerk response. Eventually, it will, and you'll have a really nice rhythm going. But if you can feel it before it shows itself to you, when it shows itself to you, you'll feel it.

And after a while, you'll have this momentum going that you can't tell if you're feeling it, or if it's showing itself to you... because it's all unfolding so rapidly, so beautifully, such a dance of perfection. You, and the Source within you, and all of the cooperative components of the Universe assisting you in the fulfillment of everything you want, see? Nothing off-limits.

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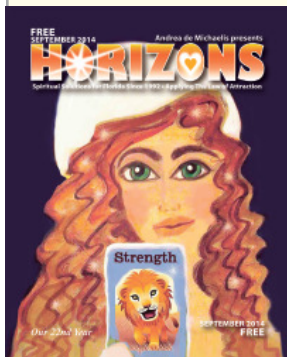
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# COVER ART

## MOON GODDESS STRENGTH

By Andrea de Michaelis



Andrea has published Horizons Magazine since 1992. "Creating art is meditation for me. The imagery is archetypal and I take everything as a metaphor having to do with my personal growth upon the spiritual path. I'm working on a series of paintings representing soul retrieval, showing the spirit version of the various fragmented

parts of myself, each bringing back a healed part. Before I create each image, I meditate on what the next step in my journey is. As I wait for thoughts to arise in answer, an image comes to me who I take to depict a part of me, a facet of my personality, in this life or previous or future lives.

A soul retrieval in shamanic tradition has you meditate to alter your consciousness, then takes you, via inner imagery and creative visualization, on a journey to the astral realm to enlist the aid of helping spirits to locate and restore lost soul fragments. These soul fragments are restored by discovering what gifts each part of your soul is handing back to you. I take note of everything that comes into my mind's eye, because everything has meaning. I enjoy watching what unfolds on the canvas during my journey, and what unfolds within me as I work on it. I use painting as a medium for my spiritual path work.

The moon appears often in my work. It has to do with not only illumination and reflection, but with doubt, obscured vision, illusion, dreaming, mystery, the emotions. I paint the moon to give form to the imagery of the emotions evoked within me. When I paint a person, I take them as a guide who's come to give me a message, then I wait for the message to unfold itself to me. They tend to have large eyes for seeing the broader picture than I do. Some have skewed eyes, so they can see from many perspectives. They tend to have wild hair since hair is a natural extension of the nervous system, like fine antennae enhancing intuition and inner guidance.

This month, she's sharing the Strength card, symbolizing that, whether we know it or not, we all have access to an inner strength that will take us where we want to go; yes, even when the Moon has our emotions front and center. Strength reminds us of the importance of mind over matter, a reminder that I have the ability to harness my thoughts and to use them for the highest good. Not only do I have the ability, I have the responsibility. "

Prints are available. Email [Horizonsmagazine@aol.com](mailto:Horizonsmagazine@aol.com).  
Read Horizons online at <http://horizonsmagazine.com>.  
Read Andrea's blog at <http://horizonsmagazine.com/blog/>



## Alan Cohen

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

It is a wonderful thing when your biological family is also your spiritual family. But if it is not, you must place yourself where you belong. You must gravitate to your just right tribe. You must take care of your spirit. If your family interactions are tattering your soul, you cannot afford to indulge them. You may need to step away for now. Hopefully at some point you can reconnect on higher ground. For now, you must establish yourself on higher ground regardless of what they choose for themselves. Send them love and know they are capable of better. When you have done your part, you invite them to do theirs.

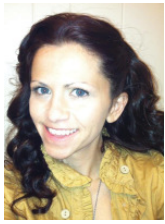
You might also indulge in negative interactions because you feel obligated to do so. These are your co-workers and this is the Christmas Party. Pip pip, good cheer, socialize appropriately. No job is worth the price of your aliveness. I am not suggesting you quit, although that might be a realistic alternative. I am suggesting that you don't drop into negativity with them. All relationships, interactions, and conversations are like Velcro Tape. The little hooks on one side of the tape fit with the hooks on the others side of the tape, and the flap sticks together. Likewise, your conversations are by agreement. If you agree to go to a dark place, you get to be there. If you do not agree, you get to not be there instead. The power to hook or not hook is entirely yours. No matter what others are choosing for themselves, you have the right, power, and responsibility to choose for yourself.

You might also stay in the dregs because you fear to lose a friend. You have known this person for a long time, you have a history together, and she might be hurt or offended if you don't spend as much time together as you used to. Yet what was is not what is. If you do not match now, you do not match. People change and grow in different directions. No one is wrong. You are both right, and you both have to be in your right place. Friendships, like marriages, should continue only if both partners choose to be together. If you both want to connect, that's a good enough reason. If one of you doesn't want to connect, that's a good enough reason. Trust that if you follow your spirit you will be in your right place and so will your friend.

### 4 WAYS TO CREATE CHOICE CONVERSATIONS:

- (1) Diplomatically change the topic.
- (2) Reframe the conversation with kindness. "I know he's been grumpy, but I guess he is still in pain about his divorce."
- (3) Direct truth: "I am not really into politics or gay-bashing. Can we talk about something else?"
- (4) Withdrawal: leave the room. Any of these will work, as long as you have the confidence to move with inner guidance.

As we enter a new school and business season, followed by the holidays, you will have plenty of opportunities to participate in interactions that match you, and those that don't. This is your life. Make every encounter count.



# ANONYMOUS ANGELS

*...continued from page 12*

## 9 WAYS YOU CAN BE AN ANONYMOUS ANGEL:

1. While going through a toll, throw some extra coins in for the traveler behind you
2. Leave an inspiring note or phrase someone for someone to find.
3. SMILE! It's free and virtually effortless and because frowning causes wrinkles.
4. Pay for someone's coffee at a drive through
5. Give someone an umbrella if they get caught in the rain.
6. HOLD THE DOOR! Whether it is an elevator or regular door.
7. Tip well when deserved. Servers work their tails off. Show appreciation.
8. LISTEN. This is a big one and also doesn't cost anything just your time. Sometimes people want nothing more than a warm and open heart sitting next to them.
9. Be Merry and Jolly everywhere you go. Just because Christmas is once a year doesn't mean you have to be a grouch for the next 11 months.

*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? Is your emotional life a roller coaster? Are you moving between feelings of numb blankness to despair? Are you:

Have you had a major life upheaval such as  
paranormal or mystical experience  
near-death experience  
death of loved one  
change of location  
job change  
marriage  
disability  
divorce  
illness

hurt  
angry  
irritable  
fatigued  
restless  
resentful  
melancholy  
mentally foggy  
over or under fed  
sleepless or overslept  
using addictive substances?

**"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 view of the world and of your place in it. Together we can discover more of who you came here to be. **\$60 for 45 minutes 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." Jeremy Bonner (TwoFishes)*

### ARE YOUR SPIRITUAL NEEDS BEING MET?

Spiritual emergence-y is a form of identity crisis where you undergo 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, I can help you navigate this smoothly.



**Andrea de Michaelis 321-722-2100**

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Andrea online at <http://horizonsmagazine.com/blog/>  
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## *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."*

### **MY LIFE GETS REBOOTED IN A FLASH**

Last month I was looking out into the yard as it was raining, and a sudden flash of lightning and thunder startled me. The lightning was so bright that it whited out the entire backyard. That let me know it hit close. I found my internet, cable and land line phone lines were down. Brighthouse arrived 36 hours later and he first wanted to find the amplifier that sent a signal to his equipment, which should be, he said, a cable connection that is plugged into an electrical outlet. We looked at every outlet in the house and couldn't find one. Then at the cable box outside he found a splitter looking thing that he says is typically attached to an amplifier and not supposed to be in there, and that it had gone bad. It looked, he said, as though a technician prior to him didn't have the correct device on his truck when he came out and replaced it using this one, then the tech didn't alert the office that it needed to be swapped out. The message I take from it -- because everything contains a spiritual message for me -- is that I've been rebooted. That an overload had weakened the system, so a reboot, a reconnection was necessary. I HAVE been feeling like I need a reboot.

My lesson from the faux-amplifier that had gone bad and lost signal? A message to me that I can't depend on anything outside myself to motivate me and amplify my experience. If I don't do it myself, the Universe will take it out of my hands and arrange a blowout to reboot me. As in the defunct amplifier, the quick fix that seemed like a good idea at the time to the tech -- the one in charge -- the one I trusted to find the remedy -- was not a long term solution. My lesson is I am the only one who can amplify my experience. I do it by focusing on what I am doing and finding things about it to appreciate. That's what amplifies anything in my life. Right now, I'm appreciating being back in the art studio. I'm appreciating that a whole lot.

### **I'M DOING A SERIES OF PAINTINGS AS A FORM OF SHAMANIC SOUL RETRIEVAL**

I'd been feeling a little off signal and like I was ready for a reboot. Now that I'm back in the art studio after years away, I'm feeling enthused on many levels, re-motivated and back in the slot. I know one reason is that art is a form of meditation for me, and more meditation and self reflection is always good for me. In shamanic fashion, I've been working on a series of paintings for the purpose of soul retrieval,

showing the spirit version of the various fragmented parts of myself, each bringing back a healed part. Before I create each image, I meditate on what the next step in my personal journey is. As I wait for thoughts to arise in answer, an image comes to me who I take to depict a part of me, a facet of my personality or character, in this life or previous or future lives. A soul retrieval in shamanic tradition has you meditate to alter your consciousness, then takes you, via inner imagery and creative visualization, on a journey to the astral realm to enlist the aid of helping spirits to locate and restore lost soul fragments. These soul fragments are restored by recognizing they exist, then discovering what gifts each part of your soul is handing back to you. I am painting the parts as individual messengers and power totems that I encounter along my journey. In my daily life, I take note of everything that comes into my mind's eye, because I know everything has meaning.

### **A 7 STEP PROCESS TO JOURNEY FOR SOUL RETRIEVAL**

When I want to journey for the purpose of soul retrieval, it begins as a mental process and unfolds from there. These are the steps to the mental process.

1. I set the intention to retrieve any pieces of myself I may have lost along the way.
2. If I am aware of an issue, I focus on that one.
3. If I am unaware of an issue, I let come up what may.
4. I then engage in a mental review of my life story. Since I am asking for something to work on and keeping my mind clear of distractions, soon enough will come to mind a past event or person or place and a scenario will unfold for me.
5. In the scenario that comes into my mind, I'll see where I encountered resistance in some form and how I felt a piece of my power was taken from me at the time.
6. When feelings arise, I notice and ask where they originate from
7. I then ask inner guidance and my own body wisdom how I should go about retrieving what was lost. How long it takes and how much power I call back depends on whether or not I'm willing to face all that arises.

I'm enjoying watching what unfolds on the canvas, and what unfolds within me as I work on it. Time and awareness reveal life's patterns to us, then we see how simple it all is. If you'd hit me over the head with it 10-20-40 years ago, I wouldn't have seen it. I wasn't tuned to the right channel. I was not in a vibrational place to receive it. I'm more open now and ready to receive. It's a process. I'm in no hurry. I've got all the time in the world, and not a moment to lose.

Accept all things. It's the only way to wake up...  
anything else perpetuates the dream.

Enjoy our offering this  
month. Hari Om.

Andrea





# OPEN MIND ZEN

*...continued from page 27*

The shoulders should be directly above the hips, and the head balanced on the neck and shoulders. The feeling should be that there is a line attached to the back of the head pulling upwards. This will slightly stretch the neck up. Eyes should be at a 45 degree angle looking down at the floor, and the tongue settled on the roof of the mouth, barely touching the back of your top row of teeth.

In the **Zen** school we use a specific **mudra** (an ancient, Sanscrit word for a particular hand position). That is, the right hand in our lap with the palm turned upward, the left on top, and the thumbs forming a bridge which creates an oval. This is called the Cosmic Mudra. It seems difficult at first, but with a little practice it becomes quite comfortable, and also helps put the weight of the arms and hands in the center of the body which promotes added balance while sitting. If you're really opposed to this position, there's no problem with putting the hands on the knees, or however you are comfortable. Now comes the hard part... relax! Actually, if you are in the correct position, with some practice you will find that it is very comfortable.

## BREATH

The disposition of the breath is an incredibly important factor when practicing Zen. When the body is not sitting well and the breath is agitated, the mind is unsettled also. So ideally we want to be breathing smoothly and effortlessly, which allows the breath to become lighter as our sitting deepens. Since the purpose of the breath is to supply oxygen to the body, as we sit more still our requirement for oxygen becomes much less. As a result, the breath will become gentler while continuing to move throughout the lungs. If possible, keep your mouth closed and breathe through your nose while inhaling and exhaling. Your breathing should be as quiet as possible

We accomplish this by at first focusing on the *hara*. This is a Japanese word indicating the area about two fingers' width below the navel. This area, thought to be the center of our being in **Chinese Taoist** philosophy, is the source of tremendous energy. The feeling is as if our breath is being poured into us from the top, which fills us up from the bottom. **Zazen** (zen meditation) has clearly demonstrated that with the mind's eye centered in the *hara* the proliferation of random ideas is diminished and the attainment of one-pointedness accelerated.

It's a good idea to take a few very deep breaths when you first begin meditation - it aids relaxation and oxygenates the blood. You will notice very quickly how integrally linked the body, breath and mind are. When our mind is extremely active, the breath usually comes in quicker, shorter gasps. Learning to relax this tightening reflex has profound implications for stress reduction, for helping calm and center the mind.

## MIND

The big issue facing most beginning meditators is what to do with our mind. In fact, in the beginning most **Zen** teachers prescribe the same type of practice as used by others **Buddhist** meditation systems, namely counting the breath or following the breath. In **Open Mind Zen** we generally start people off by counting the inhalations, or one can count "one" on the inhalation and "two" on the exhalation. You count to ten and then start over again. However, I've used this exercise to count to 100 as a way of testing my focus, especially during retreats. If you mess up and forget where you're at, you go back to one again. A variation on this technique is to "follow" the breath, or just be aware of the inhale and exhale on a subtler and subtler level.

The greatest danger in learning to meditate is in thinking that we must somehow stop thinking in order to be meditating effectively. One of the natural functions of the mind is thinking, and although we certainly can slow the process the deeper we go in meditation, it is not necessary to stop thought to be doing valuable meditation.

It is said that the mind of the past is ungraspable, the mind of the present is ungraspable and the mind of the future is ungraspable. Since the ego's function is to grasp or accumulate as much as possible, it treats the process of meditation the same way. Because the mind can't be stopped or grasped, frustration and conflict can result. Many beginning meditators stop practicing when these feelings arise, thinking that it is just too difficult for them. The simple fact is that no matter how hard it tries, the ego can't logically understand the mind. It isn't set up to function in that way. The moment can only be experienced, not thought about, but thought itself arises in the moment. So, we need to find a way that works beyond the scope of the ego.

This is where the experience of **Buddha-mind**, or **Big Mind** comes in. Since Big Mind includes the ego, as well as thought and everything else in the universe, it has no problem assimilating the apparent paradox that the meditation process brings rise to. If we learn to utilize Big Mind to meditate with, we no longer have to worry about thinking, as we see that it arises out of Big Mind and subsides into it as well. A spacious, relaxed quality results from this understanding. As we said before, early **Buddhists** from the **Theravadan** school in India called someone that experienced **Big Mind** a stream enterer. In other words, the moment can't be grasped, but it can be experienced as a stream or river which is continually flowing. The moment we experience that the river is a reality by touching our toe into it, our life is changed forever. **Zen** practice is oriented towards guiding us to this experience, and then teaching us to get more and more wet in that river until we're simply floating with it. We can spend our lives resisting the flow - it is possible to go against it for awhile, but why create more suffering for ourselves and others in this way?

When we experience the stream as reality, and dive into its depths, our life then begins to flow with it instead of against it. When **Big Mind** is firmly experienced, the ego takes its proper place as the protector and organizer of the self, as a part of us that doesn't need to be subjugated or outwitted. In **Open Mind Zen** we don't oppose the ego, we work with it to understand the mind in a way that works with conflict.



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 1-208-640-9524, visit on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or email [barbaraleellc@gmail.com](mailto:barbaraleellc@gmail.com)

## HOROSCOPES SEPTEMBER 2014

**Aries: May 20 to April 19 "I Am."** This fall you appear to be going through unexpected changes in your home. They say inner changes bring on outer changes, so looks like you have done your homework. You may be doing some remodeling and possibly a significant other may move in with you, or a new pet may enter your life.

**Taurus: April 19 to May 20 "I Have."** You have some decisions to make this fall regarding your relationship needs. This issue may also have to do with what your heart wants verses what your wallet needs. Two issues; one is loving and nurturing, the other unfriendly cold and uninviting. You are at a crossroads that can bring you love of your life, or settling.

**Gemini: May 20 to June 21 "I Think."** It appears that more road trips are in your future. Your family relationships have really inspired you to be a better person lately. What may be unusual is that your emotions seem to have gotten the best of you for some reason; I bet you know why!

**Cancer: June 21 to July 22 "I Feel."** You make your way to the top by hard work and a positive approach to life. This month, the right ingredients make for a perfect outcome. Last month's super moon in Aquarius has you oscillating between needing time alone to integrate your inner changes and wanting comfort in the arms of a loved one.

**Leo: July 22 to August 22 "I Will."** Lucky Jupiter is in your fire sign from July 16, 2014 to August 12, 2015. For the month of September, get back on track free from apologies and find your place in the sun so your soul can shine like it was meant to. You are also feeling the after affects from last month's super moon.

**Virgo: August 22 to September 22 "I Analyze."**

Your mind is a powerful tool in regard to accessing higher knowledge for yourself and your community. This month is a time to step outside of your comfort zone and move beyond your self imposed restrictions and live life outside of the box. Just remember you don't have to understand everything for it to be valid.

**Libra: September 22 to October 23 "I Balance."**

This month you are reaping the benefits of taking the ball and running with it as far as your career is concerned. You will be handed a very important project that demands your execution of follow through of the many details could mean a huge promotion. Do your best and forget the rest!

**Scorpio: October 23 to Nov 22 "I Transform."**

You have been chosen to be the advocate to educate your peers one on one relationships as well as your day to day contacts. The key lesson here for you is mediation and disbursement of negativity, you truly are a light worker helping people resolve conflict in their lives.

**Sagittarius: Nov 22 to December 21 "I Perceive."**

You have a very active subconscious this month, so much that you are very sensitive to other peoples thoughts and feelings; TMI! There is definitely a time to go inward to ride the waves of emotional turmoil into calmer waters. The upcoming Autumn equinox will settle many issues for you.

**Capricorn: December 21 to January 19 "I Use."**

By now you have become friends with Pluto "the grand eliminator" What's left to get rid of: excess weight, people that don't belong in your life anymore, habits, old clothes that no longer fit you. The most important process is the shedding of the old you so the real you can step into your glorious new life.

**Aquarius: January 19 to February 18 "I Know."**

The month of September will push you out of your comfort zone like no other time before. Your level of intuitive insight and trusting your self will also rise to the top. You are strong willed and motivated to accomplish your goals and you will not stop until the task is completed. Many new opportunities on the horizon for you!

**Pisces: February 18 to March 20 "I Believe."**

This month you are part of a triangular relationship, not necessarily romantic in nature but you are close to a person that is close to someone who is close to someone you used to know. Your key role in this strange and unusual relationship is to be loving, understanding and neutral.



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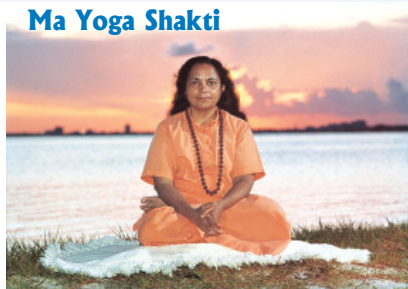
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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