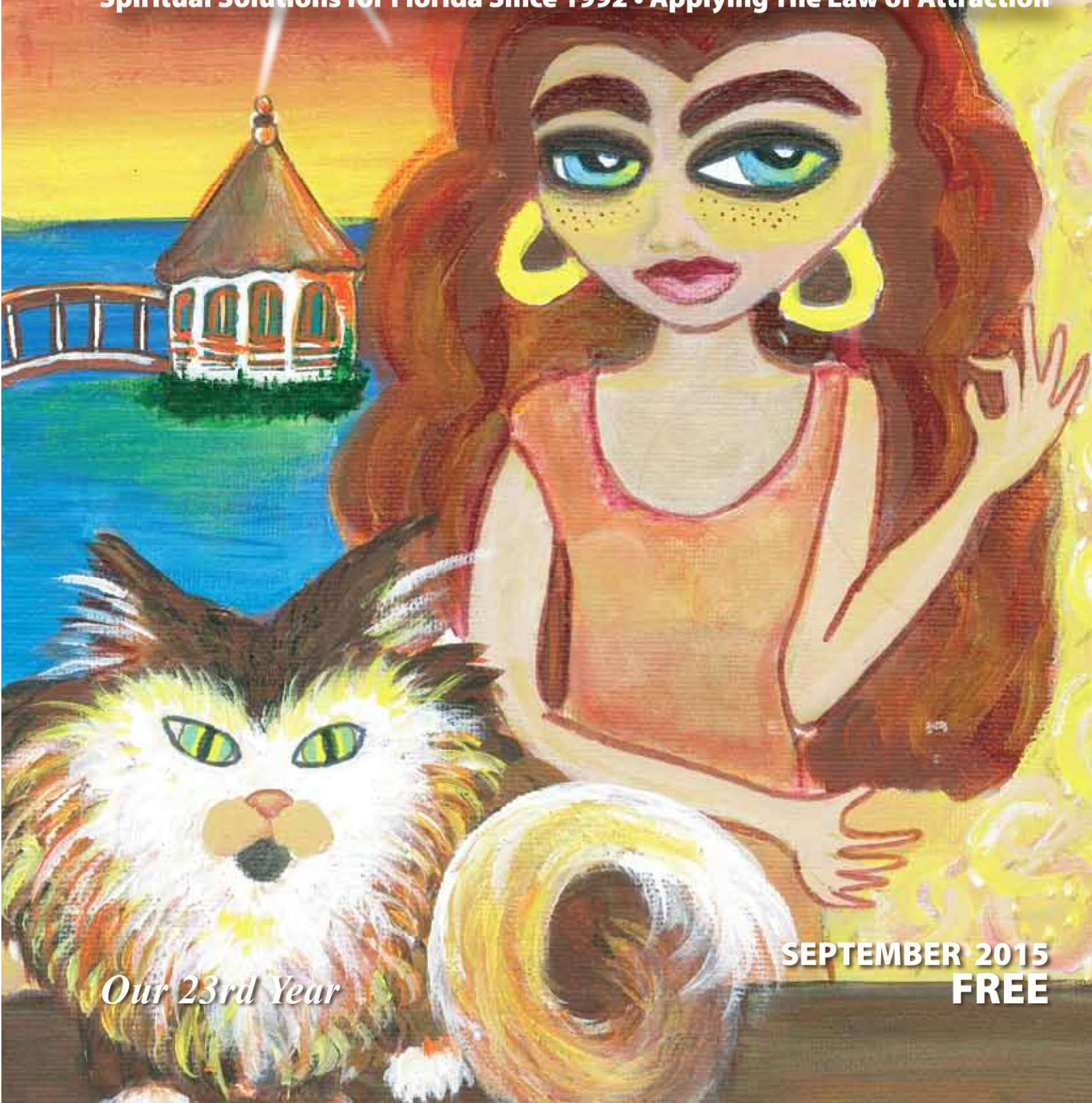


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GEM SPOT

Margaret Ann Lembo is the author of *The Essential Guide to Crystals, Minerals and Stones*; *Chakra Awakening*; *Color Your Life with Crystals*; and the *Angels and Gemstone Guardians Cards*. She is a spiritual entrepreneur and practitioner, aromatherapist, and owner of *The Crystal Garden*, a book store, gift store, and spiritual center. Visit www.MargaretAnnLembo.com and join her on [Facebook.com/MargaretAnnLemboPage](https://www.facebook.com/MargaretAnnLemboPage)

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Sept 17-19 Prayer Chaplain Trainer's Workshop This training is for ministers, teachers, those stepping into leadership and prayer chaplains. Register at Light & Love Ministries. Registration \$450. 602-843-8360.

Sunday, September 20th 10:00am
Guest Speaker Rev. Lei Lanni Burt

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**Thursdays Noon to 1:00pm
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**Thursdays 7:00-8:30pm
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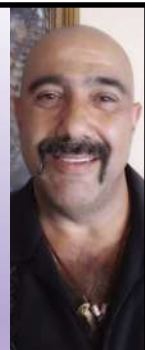


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HORIZONS

On the Cover (page 26)
Gazebo Gal
by Andrea de Michaelis

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Andrea de Michaelis

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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



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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.

ARTICLE SUBMISSION: You may submit articles of up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com. 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 paid for.

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- 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



showing. That wasn't the case this year. I saw quite a few and had a good meditation wishing on all the "falling stars." It was as though one wish would be made and then I'd have to make another and then another and then another. It got to be a game, to see if I'd have another wish ready before another meteor streaked the sky. That's how the **Universe** is with us, as well. It will grant us one wish after another, never ending. All we have to do is make the wish and then find something to be happy about. See on page 28 how to make that "*think happy thoughts*" stuff work for you.

EVEN WHEN YOU THINK HAPPY THOUGHTS, YOU'LL RUN INTO PEOPLE WHO DON'T. DON'T EXPECT IT TO MAKE SENSE

Hello and welcome to the September 2015 edition of Horizons Magazine. Fall Equinox is September 23

No matter who we are or where our people came from, our ancestors had many magical ways of honoring the **Autumn Equinox**. It is when the day and night are of equal length and the world finds balance for a breath of time. After this equinox, the nights grow longer than the days, so it is traditionally a time to look inward, take stock, give thanks for the harvest, and prepare for the time of dreaming. Give some real time and thought to your own harvests over the past year. What did you learn? What did you do? How have you grown, deepened, or changed? What were the major events or accomplishments you would like to honor?

On the early morning of **August 13, 2015**, I sat outside in the back yard about 2:00 a.m. to watch for the **Perseids meteor shower**. **Hurricane Jeanne** in **2004** took out the big oak in the backyard, so I now had a clear view of the northeastern sky. New moon was two days later so the sky was dark. I knew that because of **Jupiter's** position at the time, **Earth** would be likely to see more than the usual meteoric display. Some years it's been so cloudy that even from the beach it's a meager

A **Facebook** friend posted about all the stupid and fake people in her world who create drama and start pointless fights to gain notoriety. I joked that *they've got you good if you're talking about them*. She then began name calling me, saying I consistently belittle her. I have never met her. I've made maybe 5 comments in 5 years on her posts, none negative. I was the only one who donated to her online request for \$\$ years ago. When people are stuck in their own head, don't try to make it make sense. It has nothing to do with you. You are triggering something in them and they don't know what else to do with how they feel. They'll say you said and did stuff you did not so they can play act the other side of the conversation for their audience. Don't get irked when that happens.

When we're on the path, our minds will play tricks with us and make us do crazy and wacky things. The kundalini moving through us will burn away the dross in any areas that need clearing up.

...continued on page 28...

BOOK AND BEAD OUTLET

Knowledge and Gifts from the Earth
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DREAMS FOR CHILDREN



The following excerpt is taken from the book *The Hidden Power of Dreams*, by Denise Linn.

When we take time to share our dreams and assist one another in understanding their secret messages, the quality of the day is more balanced. It isn't

uncommon that when children recount their dreams, adults will nonverbally communicate that they aren't to be taken seriously. And when our children have had a nightmare, we rush to reassure them, saying, "Oh, it's just a dream. It doesn't mean anything." However, listening to your little one's dreams—even in the middle of the night when you're longing to crawl back into bed—can have an inspiring and transforming effect on your child's life.

Dream Importance

It's important to communicate to your children the significance and value of their dreams. You want to encourage your child's interest in dreams. Never, ever, correct or criticize the child's behavior in the dream or belittle any of his or her feelings about it. Let your children know that you enjoy hearing about their dreams exactly as they occurred. And at the same time, it's all right to encourage a child to confront the beasts or other scary things in their dreams.

Teach your children that they can call on a dream guide or guardian angel to help them out of a threatening situation. Savanna, one of my daughter's young friends, told me that she was afraid to go to sleep at night because she thought scary monsters would come in the dark. I gave her a pointed quartz crystal that I'd programmed for use as a dream crystal. I told her that as she went to bed, she should hold the crystal in her hand and say out loud, "I command that all dream monsters leave now!" Savanna later informed me that since using the dream crystal, she hadn't experienced any nightmares and sleeps peacefully through the night.

It's valuable for children to feel empowered through their dreams. Let your kids know that they can have control over their dreams. If they have difficulty with this and have already attempted to change the course of their dreams without success, it's important to continue providing encouragement. Your children may feel worse about themselves because they haven't been able to alter their dreams. If this occurs, have them either act out or draw a specific dream and then create a more powerful and positive ending. Your emphasis should be on the flexibility and changeability of dreams. Listen carefully, and tune in to what your child needs in the moment.

Also let your children know that they can use dreams to develop a talent or ability that can then be incorporated into their daily lives. For instance, they can say before going to sleep: "I'd like to become a better swimmer [or skater or artist and so on]. Give me the dream that will help me accomplish this goal."

Dream Books To help your children with their dreams, obtain a "dream book" in which they can record dreams. It can be a notebook, scrapbook, diary, or even a few blank pages stapled together. Allow your children to select what appeals to them the most, and explain that this will be a special book to be used only for dreams. Children can write about their dreams themselves, or, if they're too young, you can jot down their dreams for them. Then have your kids create a drawing of their dream alongside the story. They may want to draw a picture of how they were feeling or how they wished the dream had ended. The dream book can also be utilized when children think of additional stories regarding their dreams. For example, if your son had a disturbing dream, he can go back into the dream and rewrite it, making himself the hero. Help him understand that it's all right to revisit the dream and make it end exactly the way he wished it had. Let him know that even scary things in the dream can be changed.

Dream Interpretation It's crucial for parents to give their children enough time and space to interpret their dreams. It may be difficult at first for kids to figure out what their dreams mean; however, by simply allowing them to share their dreams, you'll empower them in their daily lives. As you talk about the interpretation of your dreams, your children will feel safer discussing what they believe are the meanings behind their dreams. Dream guidance should be very gentle, and children should never feel that they're being pushed.

Nightmares If your child has recurring nightmares, you can help by giving crayons and paper and encouraging her to draw the object that scares her. When she draws the monster or scary creature, she can put it in jail, make it look silly, or even add in a dream guide who's bigger and more powerful. By doing this simple exercise, the child feels empowered, rather than victimized, and the nightmares often cease.

Communal Dreaming One delightful way to introduce children to learning about their dreams is for them to have a "dream visitation" night. One time, when my daughter was young, she invited her friends Savanna and Roslyn to spend the night. These eight-year-olds had never done any dream work previously. Just before they went to bed, I said, "Tonight, why don't you all share your dreams. Tonight, why don't you enter one another's dreams." It was interesting to note that not only did they recall their dreams, but each dream had all three girls in it. By showing them that they could be in control of their dream states, they were able to feel more powerful and this feeling carried over into their daily lives.

ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Author of *Ask & It Is Given*, *The Amazing Power of Deliberate Intent*, *The Vortex*, *Where Law of Attraction Assembles All Cooperative Relationships* and *NY Times Best Seller, Money and the Law of Attraction*, visit www.abraham-hicks.com.

All Ailments Resolve Themselves

All things do resolve themselves, if allowed. All things do. ALL things do resolve themselves -- if allowed.

You say, "Some things resolve themselves," and you believe that. And when we say all things resolve themselves, you don't really believe that. You want to, but you don't have personal proof about it.

There's the belief that says, "Well, I really don't believe all things resolve themselves," and as you activate that vibration, all kinds of people start showing up with unresolved things. But that's not the evidence you're wanting to attract. You're wanting evidence that says, "All things can resolve themselves."

Bridge your locked off statement by saying, "Well, I don't know how I've been disallowing it. I've been doing it without knowing I'm doing it. But now I am aware that negative emotion means I'm doing it, and I'm going to start watching for those moments when I'm not allowing it."

If we were standing in your physical shoes, we'd lie in bed every night and talk to the cells of our body, and expect the recovery, and we would feel the sensation of it. We would put ourselves in as much comfort as we could, as often as we could -- for about a week -- aligning Energy, relaxing into the discomfort, talking to the cells, knowing that they are summoning and that Source Energy is answering, knowing that we are receiving and allowing.

We'd acknowledge, "In this moment, I'm not doing anything that's causing any discomfort in my body. I feel perfectly comfortable. I feel such appreciation in this perfectly comfortable moment. In this mode of distraction, or in this mode of focused comfort, I'm in this place of appreciation -- I'm in this place of allowing." (Our attitude would be, "Let me see my physical progress.")

...continued on page 29...



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Helping Gout With Herbs



Gout is a very painful "arthritic-like" condition dubbed "the rich man's disease". Gout is a

common type arthritis caused by an increased concentration of uric acid (the byproduct of protein metabolism) that settles in tissue and joints. If you have never experienced a gout attack before it feels like needle-like crystals in the big toe. **Symptoms of Gout** can be severe pain that comes on suddenly in the big toe; but it can also be in the

ankle, feet, wrist, fingers or the elbow. Wherever it is the painful area may turn red, swell or feel warm. **Gout can be caused** when uric acid is not eliminated from the body fast enough or when the kidneys cannot keep up with uric acid production. When uric acid builds up it forms crystals, the body attacks these crystals with white blood cells causing inflammation and redness in the area. **Other causes of Gout** can be obesity, high blood pressure, medications like aspirin, antibiotics, or chemo drugs, kidney problems or a diet rich in foods containing purines such as shellfish, red meat, mushrooms, tomatoes, green peppers or eggplants.

Many natural remedies have been proven to help reduce pain and inflammation associated with Gout. **Diuretic herbs** flush out excess of uric acid, **Anti-inflammatory herbs** reduce pain and help remove uric acid from the body and Analgesic herbs reduce pain. **An old remedy for Gout is Gravel Root** it helps stimulate the elimination of uric acid from the urinary system. **Bilberry** helps prevent uric acid from destroying collagen around the joint. **Nettle** helps eliminate and clear our uric acid from around the joint plus it clears the kidneys of toxins. The diuretic actions of **Parsley** and **Celery** seed can prevent further attacks by helping rid the body of uric acid and other waste products through the kidneys. Plus they also help to reduce and neutralize acidity, reducing further inflammation. Another mild diuretic and anti-inflammatory herb is **Hawthorn Berry** it contains anthocyanidin, a constituent that helps lower uric acid build-up, reducing pain and inflammation. **Devils Claw** eases pain because its anti-inflammatory actions helps remove uric acid from around the joints. The alternative herb **Red Clover** cleanses the body of unwanted toxins such as uric acid and helps alkalize the body, which helps reduce inflammation and pain. **Dandelion** supports the liver and the kidneys and acts as a detoxifier and diuretic, this helps with removing uric acid. **Uva-ursi** supports, cleanses and tones the urinary system helping to remove excess uric acid throughout the body. It also has anti-inflammatory properties, which reduces the pain associated with gout.



ENERGETIC REASONS FOR OVEREATING

Judith Orloff MD is the author of many self-help books including, *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life*, *Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life*. Visit <http://www.drjudithorloff.com/>

As a psychiatrist and energy specialist, I know that there is more to overeating and obesity that meets the eye.

One big reason that many diets fail is that traditional weight loss programs don't factor in how we process subtle energy, what Chinese medicine terms life force or chi. Subtle energy penetrates and surround the body. Sensitive people who I call intuitive empaths unknowingly overeat in response to being overwhelmed by negative vibes. Empaths are people sensitive to energy, emotions, thoughts and physical sensations outside of themselves. If empaths do not remain aware as to what is their "stuff" and what is other's "stuff," they sometimes overindulge in addictive type behaviors, one of them being overeating, as a way of protecting themselves. If this sounds like you, there are ways to center and protect yourself when the impulse to overeat hits.

Food is a "grounding" device. It's the very thing that keeps us alive and grounded in the physical world. We all need food daily to remain alive. Similarly, many of my patients pack on pounds to protect against overwhelming vibes. They end up overeating as a protective device. Try these strategies to learn to cope with negative vibes without abusing food:

1. Identify an Addictive Craving from a True Need: Addictive craving, a symptom of nutritional abuse, is a frequent response to energetic overload. You eat certain foods like a drug addict would abuse drugs because of the high it gives you (ice cream, carbs, junk food). Overeating empty calorie foods leads to obesity. Whenever you keep lusting after sweets and carbs, be suspicious. With cravings, you eat to relieve stress, not to build energy. Try to identify addictive foods and limit them. A true nutritional need is not due to lusting after food to guard against negative energies. A true need comes from a centered place, not from drowning our emotions with comfort or binge foods. Feeling healthily nurtured from food never involves moodswings, sedation or elation, rather an even feeling of satisfaction. A true need lets you enjoy your meal, optimizes energy and doesn't lead to obesity.

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SOULSONGS 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.

Soulsong #260 Days of Our Lives

Every waking moment, I'm leading a double life. No, not in a sneaky way - I'm simply living an external life and an internal life. The external one is comprised of my home, work, relationships, possessions, schedule, etc. My internal life is comprised of my thoughts and the feelings they create.

Perhaps I've spent much effort trying to get my external world to the place where I can feel good in my internal world - achieving the education, job, health, appearance, friends, and appreciation that are common human goals. Perhaps I've been trying to line up circumstances so that I can feel happy.

And I've possibly experienced my share of frustration and disappointment as a result of making my external life the cause and my internal life the effect, whereas reality was designed in the opposite way. My overall thoughts and feelings determine the course of my life, and I could never work hard enough or smart enough to override that truth.

Now I know where to concentrate my efforts: inside myself, developing optimism, gratitude, contentment, and the ability to shrug off what I cannot change. Then I'll be able to achieve twice as much with half the effort and little wear-and-tear on my body, except those muscles I use when I smile.



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ON UNEMPLOYMENT QUESTIONS for Eckhart Tolle



Visit www.eckharttolle.com

Question: For those of us who are unemployed and seeking employment, how do you stay connected to the Source, and to your own sense of divinity, and still deal with the reality and the drama and the pain of trying to find a job?

Eckhart Tolle: It's challenging. Challenges are good, potentially - they can either wake you up, or they can pull you into more reactivity, unconsciousness and suffering. Suffering also comes from the diminished sense of self-worth. That's in your head. When you lose your job, the self-image can be damaged. And that is where the suffering comes from. The self-image is made up of thinking. The damaged self-image can lead to more suffering. Or you step out of deriving your sense of who you are - ultimately - from thinking. You go into the aliveness of Being, of Presence. And you realize that who you actually are is much more vitally there than anything you can think about.

The ideas in your head - the thoughts that tell you something about who you are and what you are worth - are ultimately illusory. It is illusory both when the thoughts are good, and when the thoughts are negative. The illusory nature can perhaps be more easily recognized when the thoughts become negative and cause suffering. Suffering can be an awakener.

Use that opportunity of a diminished sense of self-worth and self-image, and step beyond. Then, perhaps, you'll find a job - but your sense of worth no longer depends on what you do there, or what you don't do, or achieve or don't achieve. You will find some transcendence, and you can bring that transcendence into your next job. The clinging to mental images is not there anymore. You'll be surprised how well you'll do, when the clinging to images isn't there anymore.

You no longer look to external situations to fulfill you. When you no longer look to external situations to fulfill you, the miracle is that external situations become quite fulfilling. That is where you can use this challenge as part of your awakening. Any challenge, whatever it may be - it can be used as the fire that burns up unconsciousness.

DISCOVERING YOUR SOUL PLAN: Sports and Fitness?



Sonia Choquette is the bestselling author of several books including *Traveling at the Speed of Love*, *True Balance* and more. Visit www.SoniaChoquette.Com


We are all born with a soul plan, imbedded deeply in the heart. We also intrinsically know that unless we fulfill our soul plan, we will not find peace. Our soul plan is our spiritual curriculum. It keeps us growing and learning from lifetime to lifetime on a soul level, just like we grow and learn from classroom to classroom on the earthly level. Each person creates their own soul plan and it has two facets: karma and purpose and the two are not the same.

Your purpose is found in those things you have learned, even mastered in past lives and have now come back to share with others. It is those areas where you have acquired talent and skill and in using them can contribute to the planet and make it a better more beautiful and joyful place. It's the areas where you are the teacher and guide to others.

Your purpose is discovered in your strengths, the areas in your life where you naturally excel and in what you love most; it's where you "give to give" which is its own reward. Purpose is not necessarily your job or profession. It can be but more often than not, your purpose is actually found outside of work. For example, a young man came to see me because he had no direction or sense of purpose whatsoever. I could see that he loved and excelled at outdoor sports, skiing, biking and long distance running and doing these things made him supremely happy, which he admitted was true. "That," I said "is your purpose" which surprised him. "How can that make a difference in the world?" he asked confused, believing he had to save a rain forest to qualify as purpose. "When you do what you love," I said, "your personal vibration becomes peaceful and that vibration is contagious. The more peaceful you are the more peace you contribute to others."

"It's true that when I pursue sports I have the most amazing conversations with people and it makes me happy," he answered. But, then, he scowled, "So how do I make money and survive?" "That," I answered "is not a matter of purpose, but rather of karma, which is an entirely different thing."

Karma, unlike purpose, does not reflect your strengths, but rather your weaknesses. It encompasses those things you have not yet learned, those areas in which you are a student and have come here to learn. It centers on those areas that were neglected while you were busy mastering your purpose in other areas. The word karma itself actually means "to learn."



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It is your soul's lessons, chosen by you in this life. Karma can be best summed up in those areas where you are inclined to say, "Why is this happening to me?"

When it came to my young skier, he had mastered physical prowess and strength, but had not yet learned to stand on his own two feet financially. In his past lives, he had come from royalty many times over and had been encouraged to become strong and competent in sports, which he was. Yet he had never been asked to pay his own way, or support others, his karma for this lifetime.

...continued on page 27

FROM THE HEART

Alan Cohen is the author of many inspirational books. Join Alan's celebrated Life Coach Training Program, beginning January 1, 2016, to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's Hawaii Retreat, books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com.



The World You Prefer

One of my favorite movies is the Truman Show, in which a man has unknowingly been born and raised on a massive TV set on which the entire world watches his life unfold. Eventually Truman begins to discover that the life he has been living is contrived, and he attempts to escape the tiny world in which he is trapped. But the producer of the show cleverly throws up obstacles to make Truman turn back.

An interviewer asks the TV show's producer Christof, "Is there any way that Truman might escape?" Christof answers, "Truman can get out any time he wants. The truth is, he prefers his world."

A greater teaching has never been spoken. While many of us complain about situations in which we feel entrapped, on some level we are choosing them. The reasons for our choices prevail at a level below our conscious mind. The spiritual

teacher **Bashar** (bashar.org) calls this dynamic "the motivational mechanism." Every living thing does what it believes will bring it the greatest reward. The rub, in human terms, is that quite often the reward we perceive is not in our best interest. Working into the night and weekends may push us up the corporate ladder, but ultimately such a drive damages our health and relationships. Fighting with our ex- may punish him or her or keep us feeling "right," but meanwhile our soul gets tattered and our inner peace is reduced to nil. Grabbing a drink or joint may take the edge off of our current discomfort, but the issues that trouble us remain until we face and handle them.

A woman phoned in to my radio program (hayhouseradio.com) and reported that since her divorce a few years earlier, she had gained a great deal of weight and now she wanted to lose it. Considering the principle of the motivational mechanism, I asked her, "Is there any way you might believe that your weight is serving you?"

After some moments of consideration, she explained, "The end of my marriage and my divorce were horrendous and I feel terrified to get involved in another relationship. I believe that if I were thinner, men would find me more attractive and I would have to deal with having another man in my life. I'm just not ready for that."

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Dear Whitedove, I feel that I've made poor choices along this journey called life. I've done my best to make amends to my children and those close to me. This past year, I feel like I have awakened, and now I can hardly understand my previous actions. What was I thinking? [Awake in Akron](#)

Dear Awake, When a soul chooses to come into this planet as a human, pre-birth we are guided and counseled by our own Spirit Guides and heavenly teachers to help us better understand what we are about to encounter. Each life has a unique set of circumstances and is set up for pitfalls for the soul to overcome. We choose a set of difficult lessons and teachings that the soul wants to learn. Some of us clearly take on too much. We preview our future life to see if we are happy with the probable outcomes. Why would there be more than one outcome? Because with every free-will choice we make along life's journey, the future is changed, for better or worse.

In your case my friend, you are right where you're meant to be. You've played the role that was destined. On Earth there has to be a "bad guy" to impose karmic lessons on others. We come here to experience this duality; to take these negative experiences and transform our life in a positive manner, to spiritually evolve. How would we learn to forgive? How would we know joy, unless we experienced emotional pain? I don't want this to be used as an excuse, because you still need to right those that you wronged; for in the mending of hearts, that is where the lessons are completed. So do your very best to heal these relationships and ask for forgiveness.

Dear Whitedove, When you pray and meditate to ask Spirit for guidance, how do you distinguish this pure information from your intellect and our constant internal dialog?

[Listening to Voices in Vermont](#)

Dear Listening, When praying, you are talking to God. There is a misconception that we need to plead for information and outcomes. The reality is that God or Great Spirit, hears all of our prayers. In your daily prayers give thanks for the clarity that you seek. When you pray for information don't ask, give thanks, claim it. *For example:* Say thank you Spirit for giving me clarity, thank you God for healing my child, thank you Spirit for leading my way and sending me signs and putting the right people in my path. Give thanks and see your prayers manifest into reality.

Also the intensity, the sincerity and the passion that you use all matter, when you invoke God. That's why sing-songy prayers of rote are less effective. Pray with meaning, conviction and love. Tell Spirit your problems, and give thanks for the soul-utions!

As for **Meditation**; that's when we quiet the mind to listen for information and answers from the Heavens. When I pray and pause in meditation, the answers flow from Spirit. I'm not thinking about it or weighing my options as happens with mind chatter. Spiritual guidance, direction and answers just pop into your mind, it's usually the first thing that you hear.

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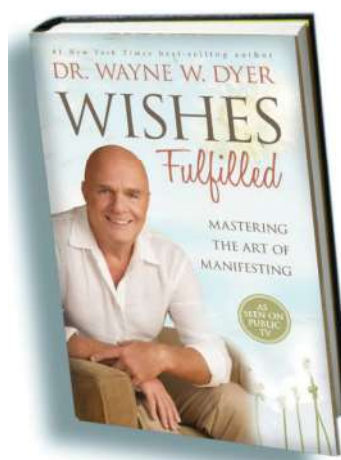
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THE ROLE OF FEELINGS in Your Manifesting

Your feelings play more of a role in your life than you realize

The following excerpt is taken from the book *Wishes Fulfilled* by Dr. Wayne W. Dyer.

It is absolutely imperative to learn how to assume, in your imagination, the feeling of already having and being what you desire. Your thoughts are

without form. If we could find a location in space for these thoughts, they would be in your head—but your head has boundaries, and your thoughts do not have boundaries, so they could reside anywhere or nowhere.

You choose the thought that you prefer, from the trillions of thoughts that continuously flow through your mind on that never-ending conveyor belt. You can pick one that suits you, put it back, and take another at any time. Your imagination is the repository of thoughts that you opt to keep.

Your feelings, on the other hand, are experienced in your body—the place where you do all of your living in this world. Your feelings play more of a role in your life than you realize.

In order to learn something intellectually, you engage in the practice of mental discipline: studying, researching, memorizing facts, participating in discussions and seeking expert opinions. Ultimately you draw conclusions about what you've been analyzing. You know the facts and are confident you've mastered the subject through the thinking process.

Knowing something spiritually is a very different matter altogether. In order to know something spiritually, you must experience it, there is no other way—you cannot simply think your way to a new awareness. You must experience it, and the only vehicles you have for directly experiencing a new and higher vision for yourself are your feelings. **What does it feel like in your body?**

You may have placed a picture in your imagination of who you'd like to be, but if you can't assume the feeling of that wish fulfilled, you'll find it impossible to make your future dream a present fact. Yet you do have this wondrous power to

take a thought that is in your imagination, live from that place in your daily life, and then experience in your body exactly how that feels and stay with this feeling. These words are important. Your feelings are where you live. If you have been able to assume the feeling within your heart and genuinely feel the love that this activity brings to you, you will be in a place where your wish must be realized—such is the power of your feelings.

Years ago, I'd ask graduate students: **"What do you respond to first—what you know, or how you feel?"** I wanted them to determine which domain captured their primary attention. For instance, on the cognitive level—their analyzing ability, mathematical prowess, or ability to memorize scientific formulas. On the feeling level—loneliness, sadness, fear, heartbreak, anxiety, love, ecstasy, joy, and so on. All reported that the feeling level was primary.

You most likely will agree that how you feel takes precedence over what you know—effect rules over cognition. Formal educational experiences, however, are almost exclusively devoted to the "what you know" aspect of your being. I'm suggesting you assume an entirely new approach. I want you to get the full brunt of the message that the assumption of feeling of the wish fulfilled will bring home to you. Here is **Neville Goddard**, speaking on this subject in 1944: *Every feeling makes a subconscious impression and, unless it is counteracted by a more powerful feeling of an opposite nature, must be expressed. The dominant of two feelings is the one expressed. I am healthy is a stronger feeling than I will be healthy. To feel I will be is to confess I am not; I am is stronger than I am not. What you feel you are always dominates what you feel you would like to be; therefore, to be realized, the wish must be felt as a state that is rather than a state that is not.*

The words I am strong are simply cerebral abstractions. **The feeling of I am strong is a sensation**—and as **Neville** sums up: "Sensation precedes manifestation and is the foundation upon which all manifestation rests." Here you are being encouraged to think feelingly only of the state you desire to realize. By literally feeling the reality of the state that you seek, which is firmly in your imagination, you have the means of creating miracles. "A change of feeling is a change of destiny." Keep this beautiful tidbit from **Neville** omnipresent in your consciousness.

You are not engaging in an intellectual exercise, you are learning about your Divine spiritual nature and how God works as you. You can look at anything that you have declared in your imagination as I am and access the feeling of love in every cell of your body. You will in time impress your subconscious mind with all that it needs in order to match your desires with your reality.

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Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location. \$10 extra for color or box around your listing

Tuesdays Noon to 1:00pm Prayer Service Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

Thursdays Noon to 1:00pm Prayer Service Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak email scribe@ironoak.org 321-722-0291

Thursdays, 7-8:30pm The Artist's Way with Fred Goodnight at Unity of Melbourne 2401 N. Harbor City Blvd 32935 (pg 4)

Sundays PALM BAY Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

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

Sundays MELBOURNE 10am Service Unity Church of Melbourne 2401 N. Harbor City Blvd Melbourne, FL 32935 321-254-0313 (pg 4)

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melbourne Auditorium 321-266-2117

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169

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Former criminal lawyer/psychotherapist, Jeff Brown is author of *Love It Forward*, *An Uncommon Bond*, *Soulshaping*, *Ascending with Both Feet on the Ground*, *Apologies to the Divine Feminine* and the spiritual documentary - *Karmageddon* - which stars Ram Dass, David Life, Deva Premal & Miten. Visit soulshaping.com

If one person doesn't want the relationship, then it's simply not a fit. No sense trying to figure out why we think they don't want it. No sense blaming it on their commitment issues. No sense waiting around for them to realize they wanted it after all. Because it doesn't matter why they don't want it. What matters is that we want to be met heart-on by a fully engaged partner. If they don't want it, then we don't want it, because we don't want to be with someone who is not there for it fully. That's the thing about love relationship- it's an agreement that has to be signed by both souls. If one doesn't sign, then nothing has been lost. If it's not a fit for them, it's not a fit for us either. On to the next adventure we go.



NOTES from the Universe

An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book *The Secret*, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. tut.com

Would it make any difference if you knew that we understand all you've ever been through and risen above? That we root and cheer for you? That you have your own fan club here? That on the weekends we watch movie clips of your life? That every single morning we celebrate your birthday? That what you've learned, you've taught us all? Would it make any difference if you knew that sometimes when no one's watching, we each, in our own way, pretend to be like you, walk like you, talk like you? Well, whether or not it makes a difference, you have.

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AN INTERVIEW WITH JAMES VAN PRAAGH

Interview by Janice Hughes and
Dennis Hughes, Share Guide Publishers
[http://www.shareguide.com/
VanPraagh.html](http://www.shareguide.com/VanPraagh.html)

Share Guide: How do you usually talk to people about reconnecting with their inner spirit and God?

James Van Praagh: It goes back to having a relationship with our spiritual selves, which is knowing who you are. So much of society in our world is caught up with the outside, and what you see in the physical, and disregarding what's on the inside. All things start from within. All things start with thought and creativity. We are the ones who are really responsible for creating our world, based upon our thoughts. So once people get into silence and have a relationship with themselves from the inner side of their being, they begin to see things in a much clearer perspective. Choices can be made much easier, when you are sitting in a position of balance and peacefulness in the heart rather than just the head, from truth rather than from fear. The more you meditate, that is how you are able to create choices, which I believe comes from the right perspective and will bring about the change that you want.

Share Guide: You mentioned in one of your books that many people have unrealistic expectations about life. What do you mean by this, in terms of spiritual health?

James Van Praagh: Instead of making life happen, we can easily get caught up in "victim consciousness." Many of us find it much easier to say "Poor, pitiful me. How can these things happen to me?" We blame others for our problems and don't take responsibility. This is true not only with spiritual health, but in many experiences in life. Even in many religions, people are encouraged to give the responsibility to God or to Jesus or whatever, instead of taking responsibility themselves. We have to learn to take responsibility for our lives and our choices, and that comes as a very hard lesson for some people. I think everyone is here to learn lessons in life, at their own rate. This is our schoolroom. I think that there are some lessons that are much more difficult than others. It's up to the individual. Again, it comes down to choices. Are you going to use the situation to better yourself, to learn, to evolve? Or are you going to use it to hold back, to be a victim? It is up to you to make that decision. That's my belief.

Share Guide: One of the things that you've talked about in your books is that when people cross over to the other side, there is an earth-like heaven where we have youthful bodies. Is that what you call the astral level?

James Van Praagh: Yes. The way I like to explain it is that the astral level is an exact replica or counterpart of the physical world. So you have a body that is very much like the physical one only a pure body. The astral world is almost like a temporary cross over station which has houses and trees and gardens and so forth, which appear very solid and very real. I talk a lot about this in my book *Reaching to Heaven*. This astral world is really there to help the individual to realize that they are no longer part of the physical world, yet they are still alive. This way it is not as shocking to them when they go and it seems like a very real world. This is my understanding, but of course I don't know anything for sure until I pass over myself. This is what a spirit has told me.

Share Guide: We can avoid a lot of the pain while we are alive and in the transition by being aligned with spiritual thoughts. What happens if you are in fear when you die?

James Van Praagh: I think that you go through the natural transition. With fear, it seems that it is harder leading up to the transition. One may go through a lot of pain, and it's a shame because you don't have to do that. The fear unfortunately makes you think death is going to be horrible and it is going to be painful, and it isn't. Fear seems to make it longer for the transition to take place. The transition is going to happen in God's time rather than our time. It's going to happen when it's meant to happen. I think that it would make the transition much easier if there is no fear involved.

Share Guide: If your mind is on the soul carrying on, and you are in a spiritual place, then whether or not you see it coming (like if a car hits you that you don't even see), if you are in a spiritual mode, then you are ready for the transition any time.

James Van Praagh: You are already over there. I remember Yogananda, who was ready for his death, he got everyone in a room and said something like "Okay, I am going to be leaving now." And he left his body and that was it. That is possible to do.

Share Guide: Is there a varying period of time between physical incarnations?

James Van Praagh: There is no such thing as time. From what I understand, we come back in "soul groups." Those souls in the group like to come back when the time is right for all of them. Not only are you as an individual evolving, but you are connected to a soul group that is evolving together as well, so as one develops, you all develop. Then you move on together.

...continued to page 21



An Interview with **JAMES VAN PRAAGH**

...continued from page 20

Share Guide: What if you are waiting to be reunited with a loved one but they have already reincarnated as someone else?

James Van Praagh: Good question. I tell people not to worry about this; you will always be with that person on one level or another. You are thinking of it from a physical, linear point of view. This is just this one personality you remember from the earth. But the soul is so much bigger, grander than that. You will recognize that soul when you pass over because there's a part that remains in the spirit realm. There are ways of existence that we are not aware of in the physical body; we are limited here.

Share Guide: When we are in spirit, in that so-called waiting room between physical lives, do we have some memory of our past lives so that we can learn from our karma?

James Van Praagh: Certainly. When you pass into spirit, you have an awareness of all of the lives that you've lived, and all the experiences. You see all the good and bad that you have done. From this you set up new karma, or new situations to work out in another lifetime. But while we are on this earth level, we go through what is called the "Valley of Forgetfulness" where those lifetimes are cut off from us on our conscious level.

Share Guide: Edgar Cayce would tap into the Akashic records--the cosmic library of all past experiences.

James Van Praagh: I do a lot of work with Dr. Brian Weiss, who wrote *Many Lives, Many Masters*. We do workshops together, and we've seen many people go through experiences when they were regressed back to remembering past lives. Prior to that regression, there would be fears and anxieties about certain things. Nine times out of ten, these fears or phobias are linked to a past life experience, and that's why in this present situation there is still an unconscious memory of that. After they go through a regression, and discover the experiences that caused these anxieties and fears, they are able to move past them.

Share Guide: In your latest book, *Healing Grief*, you focus completely on the subject of grieving. I was wondering what led you to that.

James Van Praagh: I wrote *Healing Grief* because there are thousands and thousands of people from around the world who get stuck in grief. It seems to be quite an obstacle. They don't know what to do with their lives or how to move on. I just

want to give them a way out--a key, if you will, to a doorway to help them out and away from the obstacles. I want people to learn how to live with grief and to not let that hold them back in life. Instead, people can learn to use the grief to help make them stronger, and as an opportunity for growth.

Share Guide: In the book you talk about moving through anger and denial, toward acceptance.

James Van Praagh: There are many stages of grief. The most important thing to realize is that people will grieve differently at different times and in different ways. There is not just one set way to grieve. Not one right way, not one wrong way. Each situation is unique to that individual. So we cannot apply our own laws and rules upon someone else's grief.

Share Guide: One of most significant aspects of your work is that it allows people to learn to let go and move on with their lives. You've met many people who had very difficult losses. Do you have difficulty in taking on the intensity of other people's emotions? How do you protect yourself?

James Van Praagh: It's interesting, because I am human. I feel for these people very much. In a way, it's similar to a surgeon who is doing an operation. But surgeons are people that are just doing their job, and in a way they are outside of what they are doing. They get in and get out, and that's it.

It is very similar for me. I don't become attached to the work, because if I put myself in there, that wouldn't do anyone any good. I just need to be a clear channel and help them with the message--the realization that life is eternal, that there is no such thing as death. If I got involved on an emotional level (and to some degree I do anyway), I wouldn't be able to do the work because I'd be so caught up in the emotion. I have to step aside and look at it objectively. That makes it much easier for me to do this work. And when you come to realize that life is eternal and there is no such thing as death, it makes it easier to work that way.

When you are dealing with it from a spiritual perspective, then the larger picture makes it much easier than looking at the smaller picture. Even though some of the situations are horrendous that I deal with--like the mother who loses her child in a horrific way--I still know that those two souls will be together again one day. That is what keeps me going and allows me to be able to do the work, because I have this awareness.

Share Guide: In closing, are there some simple exercises or thoughts that you could give us for our own spiritual healing?

James Van Praagh: Definitely! I would say the number one thing is to get involved with meditation, and go into the silence. Work on the energetic level as well; learn how to balance your energy levels by paying attention to the nuances around you. We need to pay attention to the spiritual signs and symbols and signals around us, because we have them every single day. Learn to listen to them. Learn to see them, not from just a physical point of view but from a spiritual point of view. Be aware, be mindful. That is the number one path toward spiritual healing.

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COVER ART

Gazebo Gal

by Andrea de Michaelis



Alan Cohen

...from page 14...

This was a huge aha! for this woman. We talked about the possibility of her simply choosing to not be in a relationship, if she was truly not ready for one, and not needing to use the weight as a buffer against potential emotional pain. She liked that idea and decided to explore that pathway.

If you are not reaching a goal you say you want, ask yourself, "What greater reward do I perceive in not having this? How do I believe my current situation serves me more than getting what I say I want?" You must be extremely honest in your introspection. If you are, you will unveil the perceived payoff. Looking squarely at the perceived payoff will likely reveal that it is not a real payoff, and the payoff of achieving your goal would ultimately be greater.

We might also state the key question of the motivational mechanism in this way:

Why would you continue to engage in a behavior or pattern you say you do not prefer?

We step into tremendous empowerment when we realize that everyone is always acting out of choice. The reasons for many choices may be insane, but choices they are. People get all kinds of hidden rewards through fighting, complaining, worrying, being sick, and engaging in dramas. To truly help yourself or others, you must hold the hidden reasons up to the light.

Richer rewards are available than the ones the ego delivers. Spending rewarding time with our family and friends yields more pleasure than working to death. Harmonizing with our ex- brings far more peace than keeping the fight up. Facing and mastering our self-doubts or fears gets us far more mileage than a drink or joint. What we ask for is not outrageous. What we settle for is.

The truth is, we prefer our world. Yet there is a greater world we would far more prefer. For Truman to escape, he had to discover the true man. So it is for all of us. There is one within us that truly recognizes what would bring us happiness. When we heed the call of our vision, the lights on the movie set go out and we find ourselves standing in broad daylight in a world we have chosen for ourselves rather than one that others have chosen for us.

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ENERGETIC REASONS FOR OVEREATING

...from page 11

2. Quickly Pinpoint Energetic Stressors: Ask yourself: Was I exposed to bad vibes like a loud-mouthed neighbor, a siege of overbearing phone messages from your mother? Don't write off the "smaller" incidents which notoriously send empath's high-tailing it to the refrigerator. Don't panic. Pinpoint cause and effect. Don't be victimized by negative energy. Clear it quickly.

3. Breathe Negative Vibes Out of Your System: Take a five minute break for damage control. Slowly inhale and exhale. Your breath activates positive energy and releases negative vibes in the body. For instance, negative vibes go to my gut; I feel like I'm being irradiated by a toxic stun gun. Identify your vulnerable points. Then practice this visualization: Just as your lungs take in oxygen and expel toxic carbon dioxide, breathe in light and clarity, breathe out stress. Breathe in vitality. Breathe out fear. Repeat until you're free of negative residue.

4. Pray to Release the Addictive Craving: If you're gripped by a craving, go into praying-mode. For a few quiet moments, breath slowly. Bring your awareness to your heart and be compassionate with yourself. The craving may feel impossible to handle, but that's okay. In this calm state, ask your higher power lift it from you. If you surrender your ego-involvement, this simple heartfelt request works like a charm.

5. Take a Bath or Shower: A speedy way to dissolve negative vibes is to immerse yourself in water. It washes away everything. While you relax, water works on you. It has alchemical cleansing properties which purify your physical body and energy field.

6. Visualize a Protective Shield Around You: Visualize white light surrounding every inch of you from head to toe so that negative energy cannot penetrate this shield and deplete your energy.

7. Eat with Attunement: Develop a diet that satisfies your energetic needs. Let energy motivate why you eat, more importantly than taste or dietary dogma. Whatever you put in your mouth, run by your energy meter; see what truly nourishes or depletes. Even foods you've previously avoided become more attractive when you experience their energy lift.

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DISCOVERING YOUR SOUL PLAN

...from page 13

And from the look on his face, he was not happily enrolled in the class at the moment. He still held vague remembrances of times past where others paid his way and supported him, and so spent a great deal of time attempting to recreate that experience again, only this time with no luck. Though he was to enjoy his sports because the joy it gave him contributed greatly to the planet, it did not relieve him of the need to become self sufficient. In his case, the ideal solution was to become a sports instructor, (purpose) and in doing so, others could reciprocate in appreciation by paying him (karma). "I always did want to become a ski instructor or a personal trainer," he said. I just didn't think it was a "real" job. Knowing his soul plan, he began coaching. Seven years later, he led three separate teenagers to state and national championships, and became in great demand as an instructor. More importantly, his soul plan was fulfilled.

TO DISCOVER YOUR PURPOSE AND KARMA:

Take a sheet of paper and draw a line down the middle. On the left side write down all the things you love and never tire of, the things that make you feel more alive than anything. That is your purpose. Do one of these things every day and you will fulfill your purpose. On the right hand side of the paper, write down the things you struggle with, the places where you keep repeating the same mistakes or believe the world is against you. This is your karma, your classroom, chosen by you. You do not have to master karma in order to be peaceful. You only have to be willing to learn. Our soul plan allows for everyone to be both teacher (purpose) and student (karma). We are all in this experience called life together, taking turns both giving and receiving. Only in undertaking our soul plan willingly and with great love, we will achieve peace both for ourselves and for our planet.



This month's thoughts

... 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."

The better we can handle the personality integration, the less friends we'll lose in the process. What's happening is your personality is integrating with your soul as the kundalini moves around and through the chakras. You'll be given lots of opportunity with different people to work out all sorts of issues you didn't even know you had. With some, you'll take things personally and act out in anger and not know why. As soon as you realize what's going on, you stop the name calling, realizing it's all about you and not them. I consider it an honor when someone publicly uses me as the scapegoat to work out their own reflection. That tells me I'm in their life for soul growth. Knowing that, I consider it an honor and I deeply bow.

If you find yourself gossiping about or being combative with someone, you might ask yourself *Why do I feel compelled to make up stuff to cause trouble? What in me is being triggered that I need to act like this? What is the real reason I find it hard to be considerate and generous with this person?* We all go through it. When we recognize we're doing it as adults, we stop.

SO HERE ARE SOME THINGS TODAY'S CRITIC ACCUSED ME OF THAT I DON'T DO

1. talk about archangels and fairies
2. run around the world and think nothing is wrong
3. pray to a crystal and expect it to heal the world
4. tell someone who is being raped to be more positive
5. say "think happy thoughts and you won't die while jumping off a cliff"
6. say the world is all daisies and beautiful entities trying to teach you and let you grow

Archangels and fairies are simply not my topic, but the last five are pretty funny. This comes of talking about things you don't know. I publish *Florida's new age* magazine the last 23 years. Some people see the words "new age" and have an automatic opinion about what it is. Apparently this critic has the idea it's about *archangels and fairies, praying to crystals, being blind to reality and pretending everything's all sunshine*. Clearly she's never read my writing since I don't talk about archangels or fairies or crystals. You don't "tell someone being raped to be more positive," you don't tell someone to "think happy thoughts and they won't die jumping off a cliff." I was glad she wrote because it never occurred to me someone would think those things. It gave me a chance to address it. This will help to understand how it works.

HOW THAT "THINK HAPPY THOUGHTS" STUFF WORKS

Q: So then how does positive talk/happy thoughts work?

A: It works this way: As soon as you realize that your inner self-talk is what propels you into your next experience in life, that is when you begin a daily practice of thinking happy thoughts on purpose. I didn't know it until I was 30. It took another few decades to have discipline over my thoughts so I could think on purpose.

Q: So as soon as you begin thinking happy thoughts, the bad experiences in your life stop happening?

A: No. When you begin thinking happy thoughts, you stop setting unwanted things in motion and you start setting in motion the things that you want. When you begin thinking happy thoughts on purpose, you stop activating old wounds and you begin instead finding things to look forward to.

Q: So why do bad things continue to happen if I'm thinking happy thoughts?

A: Because you're still at the mercy of past momentum, the momentum of past thoughts and actions that haven't yet come back around. You're still awaiting the karma, the consequences of past actions. Consequence as in you open your hand and the ball drops. Consequence as in you let go of the string and the balloon floats to the sky.

Q: How do you know when your past momentum is caught up?

A: You'll know you're free of past momentum because you'll notice that what you were thinking and feeling the day before is what you can expect to think and feel the following day, and that is okay with you. If you're a good mood person, life will begin going smoother for you. People will be less combative and you'll experience less conflict. Thanks one way to know. If you're having a challenge finding a silver lining and thinking happy thoughts on purpose, then do something that makes you happy. Whatever it takes for you to feel happy. Look for things around you to be happy about. Skip over the unhappy things, they are not for this exercise. Think, "I'm standing, I'm walking, I'm breathing, the sun and wind feel good on my skin. I can move my arms and legs, I can hear crickets and birds and see them in the trees and the rain is making everything grow. We really live in paradise and every day is a new beginning. I never know what good awaits me right around the corner. Anything is possible and I know the Universe loves to delight me."

Begin practicing good thoughts and visualizing happy scenarios. Soon enough, you'll be free of past momentum and begin creating day to day. And once you're beyond past momentum and have begun creating on purpose on a day to day basis, it's very unlikely you'll find yourself "being raped" or "jumping off a cliff." You're simply unlikely to be within vibrational range of those scenarios. You'd most likely be within vibrational range of asking inwardly for help, having insights, enhanced intuition, finding shortcuts, seeing increased opportunities. Sure, it's a choice in every moment every hour of every day in your life, but you can keep yourself within vibrational range of all sorts of good stuff once you learn to think happy thoughts on purpose. And then begin thinking them. Enjoy our offering this month. Hari Om.

Andrea



ABRAHAM-HICKS

...continued from page 9

Just allow yourself to receive what the Universe is offering. Before you know it, your body will be back in alignment. Every bit of allowing is going to bring you greater and greater results. Give the cells of your body an opportunity to make their request; give yourself the opportunity to receive what the Universal Forces are offering -- and before you know it, your body will be back into alignment.

So many people are convinced that their physical bodies are in a state -- once you reach a certain stage of life -- of steady decline. It is amazing the amount of expectation that is wrapped around that. And it is absolutely opposite of what you've intended, of what your cells know how to do -- and of what Source Energy is supplying.

You do not need to decline. It is only your negative expectation -- or your worrying about this and that, and the other -- that pinches off the Energy. You don't decline because your body wears out. You decline because you disallow more of the resources that keep you feeling good. That's all. Every single time. There are no exceptions.

The only reason that you don't allow your natural Well-being is that you have experiences--presented by others, presented by your own life experience, presented by your own conclusions--that cause you to offer vibrations that do not allow the Well-being that is natural to you. That's the reason you do not allow

Why Is It So Hard?

Often people will say, Why does it have to be hard? If we are Pure Positive Energy, and then we are born into these bodies, why are we so assured that there will be resistance surrounding us? Why does it have to be? Why does there have to be so much that we worry about that gets our attention and sets up resistance within us, and keeps us from being in the place of allowing that we so much want?"

And we say, it is because the benefit of the contrasting environment is millions of times more valuable than it is detrimental. If you did not have the ability to discern difference, you could not prefer; and if you could not prefer, you could not vibrationally summon Source--and if you could not vibrationally summon Source, we would all cease to be.

The entire Universe is based upon our ability to conclude the new idea, which is the summoning forth of the new life into the new space. And then you say, "But wouldn't it have been better if we could have had an environment where it was easier to stay connected?" And we say, there is no environment that is easier to be connected than an environment in which you are free to choose thought. Find a thought that feels good, and practice it.

And you say, "But it's hard to choose a thought that feels good, when there's so much around me that feels bad. And we say, it's only because you haven't practiced it that way. It's only because you've been convinced that you've got to clamor around the problem in order to find the solution. And there is truth in some of that. The clamoring around the problem is what is giving birth to the desire, you see. And so, it's all an integral part of all this.

Is Desire Not Painful?

There are some who say that we should not encourage you to have desire. And yet, we cannot stop you from having desire; the Universe is established to produce desire. There are some who say that it is inappropriate to have desire. And we say, those are only those who have not figured out how to find vibrational alignment with the desire, so the desire is always painful. And we understand why you would not want to have a desire that is painful--but the only reason it is painful is because you have not yet learned how to allow.

How Do We Allow It?

So then you say, "Well, how do we allow?" And we say, you find a thought that feels good and practice it until it becomes your proclivity. And you say "Oh, that's far too simple. There's got to be something bigger than that. There's got to be something a lot more than just feeling good." And we say, there is nothing more important than that you feel good, because when you feel good, you've got control of your vibration. And when you've got control of your vibration, you are the deliberate creator of your experience.

It's Easy to Allow

It's easy to allow. In fact, it is your dominant proclivity. You would much rather praise than criticize. You know how we know that? When you criticize you feel awful, and when you praise you feel wonderful. You would much rather know your success and know your value than to feel that you do not have value. You know how we know? Because we feel your pain when you choose the other.

In other words, we think that it must be easy to know "the stove is hot". In other words, that does not feel good to put your hand on a hot stove. And we do not understand sometimes why it is so hard to take your hand off the stove.

And you say, "My mother had her hand on the stove, her mother had her hand on the stove, our family puts its hand on the stove, that's what we all do. The day I was born they put my hand on the stove."

And we say, but now you get to decide how you like it.

And you say, "But it's hard. Do I dare take my hand from the stove?"

And we say, risk it and try it.

And you say "Ah, it is sweet relief to take my hand from the stove."



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, or email barbaraleellc@gmail.com

HOROSCOPES

SEPTEMBER 2015

Aries: May 20 to April 19 "I Am"

This is the month you have been waiting for if your energy has been dragging, not interested in finishing those household to do lists. The stars are lining up your planets just right in order for you and everyone else in your house to get things done, the right way.

Taurus: April 19 to May 20 "I Have"

Whatever you are being guided to do, it will be important to trust your intuition leading up to the Harvest moon (Sept 27th) and beyond. Focus on what brings you joy and happiness and accentuate your strengths. You need to be a pillar for those around you, especially children.

Gemini: May 20 to June 21 "I Think"

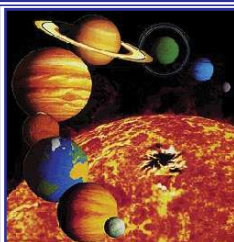
The signs are everywhere; your guidance is saying for you to follow your heart. Take a chance and allow some healing energy to frequently flow through you. Create rainbows in your mind and on canvas. The biggest lesson this month is for you to reestablish boundaries in your relationships.

Cancer: June 21 to July 22 "I Feel"

This month you are aware of some intense energies running through you. Your attention is being called to some under currents, trust your instincts and don't back down. You know what is right, so stand up for yourself. Do what you have to do without delay. It is the right choice.



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Leo: July 22 to August 22 "I Will"

As you are gently settling into your solar return, you have become aware of your connection to the underworld and how you are being guided to experience life at its very depth. Take a moment to view the crystal clarity of the synchronicity of all your needs being met on a daily basis.

Virgo: August 22 to September 22 "I Analyze"

You will be very fortunate all year long with Jupiter on your Sun. Make plans and get plenty of bids if planning to do a remodel, Santa is coming to town, make your list of what you want your life to be because the support is here to stay.

Libra: September 22 to October 23 "I Balance"

This month you have transiting Mercury in Libra on your sign; this may not be a good time for major decision making, you have a hard enough time making up your mind as it is. On a positive note, you will have uncovered some important documents having to do with your ancestors.

Scorpio: October 23 to November 22 "I Transform"

Once again what is important to you is changing, but you are used to that, being a Scorpio. What you need is some stability so figure out what is important to you this time around. Your energy is needed in the world, where ever you go you create change and transformation.

Sagittarius: November 22 to Dec 21 "I Perceive"

Your mood this month may become a bit of a bookworm, you have some different insights to share with the world. You may even decide to travel overseas. You are an expert at dictation from your higher self when it comes to hearing guidance from your guides. Follow their advice.

Capricorn: December 21 to January 19 "I Use"

You will most definitely make a name for yourself this month. If something needs to be done you are the person to do it, and do it right you will. There may be issues within your partnership that need to be addressed regarding seeing eye to eye on matters of importance; be firm.

Aquarius: January 19 to February 18 "I Know"

This month, all that you have been hoping and praying for will come to you easily and effortlessly. It was always going to happen, you knew it would, it was all a matter of timing. Be grateful for it is happening now, the Universe is on your side, you will be richly rewarded on every single level.

Pisces: February 18 to March 20 "I Believe"

With the onset of the Harvest Moon, a Lunar Eclipse in Aries on September 27th, you will be stimulated to write poetry and paint the world as you feel it. The second half of the month you will search out time alone to ponder on all the love and healing energies flowing through your life.

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*

YOGA: A Natural Pathway to Godhood



Ma Yoga Shakti is a beloved teacher with ashrams in India and US, instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907
Visit www.yogashakti.org or email yogashaktipalmbay@gmail.com 321-725-4024

Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga 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.

The great Sage Patanjali said in his "Yog Darshan" (2nd Sutra) "Yogash chitta vritti nirodhah." Yoga means controlling the waves of the mind, the thought waves. The mind is waiting for your orders. You can create any kind of wave you want. You can generate happy waves or unhappy waves. You can create anger or joy within yourself. You can laugh, smile or cry. You can do it at your will.

Usually we are carried away. We don't know when we are going to cry or be angry, but yoga teaches you that it is at your will. You can generate any kind of wave at your will. Learn to master your mind. Don't let your mind run wild here and there. Learn to control the waves. If you know all this you will not be disturbed by little things in this world. Your mind will have depth and you can sustain energy. You will not be hurt in this world.

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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

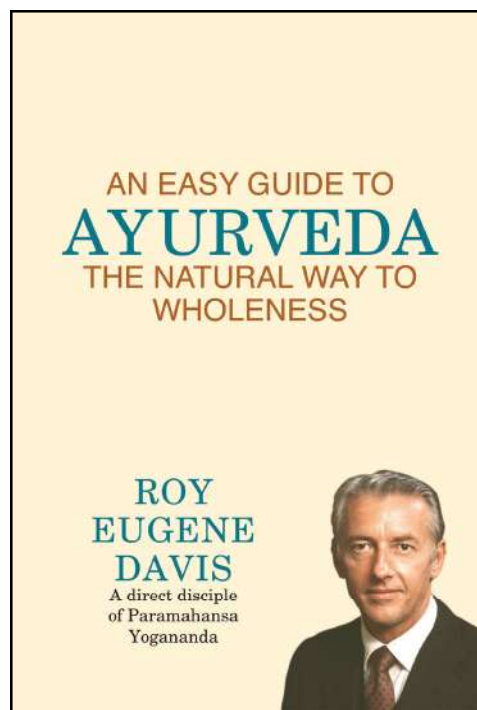
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world has unlimited
resources, our world
becomes unlimited.
Ma Yoga Shakti

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Chapter One

Basic Principles, Practices, and Lifestyle Routines

Chapter Two

Understanding and Balancing the Mind-Body Constitution

Chapter Three

Choosing Foods and Behaviors for Inner Balance and Spiritual Growth

Chapter Four

Routines for Mental and Physical Cleansing

Chapter Five

Rejuvenation, Enlightened Living, and Conscious Immortality

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**The Inner World of Colors, Gemstones, Metals, and Mantras:
Their Special Qualities and Beneficial Applications According
to Ancient Traditions and Modern Discoveries**

Roy Eugene Davis has been teaching spiritual growth processes for sixty years in North and South America, Europe, West Africa, and India. He was ordained by Paramahansa Yogananda in 1951. FREE: read Truth Journal, listen to Mr. Davis' talks, and see meditation seminar and retreat schedules at www.csa-davis.org