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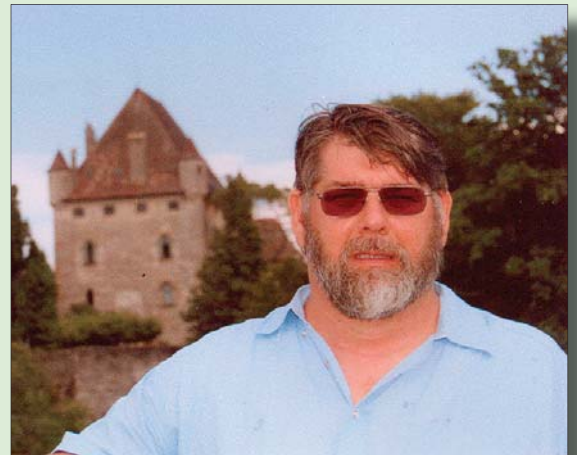
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Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. He offers readings in person and by phone. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients . He uses this gift to give people gentle but firm guidance into knowing themselves better.

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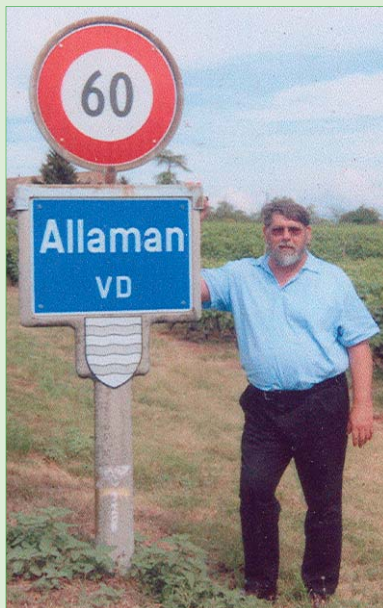
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- Provide insight into the lives and behavior of friends, family, co-workers, employees.
- Provide guidance for self-analysis, discovery and growth.
- Improve your understanding of people and events in your past including why they happened.



CREDENTIALS:

Albert was the subject of the internationally published book "VISIONS OF TIME", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with **NASA & the FBI**, to working on academic projects, to finding missing persons and sunken ships. He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities. He was also a Project Manager and Lecturer for the **Edgar Cayce Foundation** and their **Association for Research and Enlightenment**. Albert also hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

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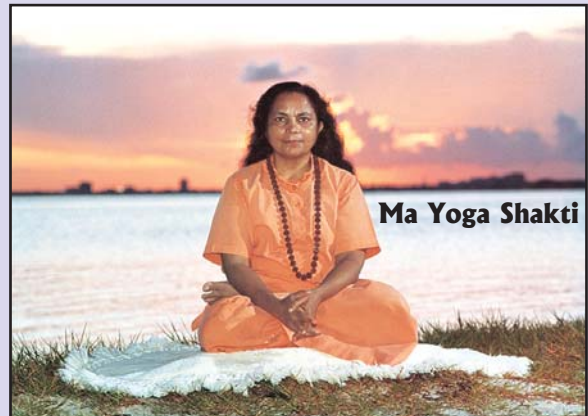
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Please contact Jagadamba Shakti judithelia@aol.com
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Shamanic Ceremony & Workshop

WITH **DON JOSE TAMAYO**

Yachaq Shaman of Imbabura

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Time: 7:00 pm

Donation Requested: \$20.00



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Time: by appointment

Cost: \$100.00

Don Jose Tamayo is a 4th generation Yachaq Shaman of Imbabura. He began his shamanic education at the age of 8 years old under the direction and guidance of his father, Don Esteban Tamayo. From his home village of Carabuela in the Ecuadorian Andes, Don Jose has visited North America to conduct ceremonies, lectures and workshops since 1990.

Where: **Heaven Sent Wellness Center** 4455 Pinewood Road, Melbourne

For Information, registration and appointments, contact:

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The Secret Behind The Secret

(see page 47, inside back cover)

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Horizons

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**And the day came
when the risk to remain
tight in a bud was more
painful... than the risk it
took to blossom.**

Anais Nin

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email oneheart@adelphia.net

1. Recognition - God Is First. I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.

2. Unification. I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.

3. Willingness To Change. I am willing to assess my life, to honestly look at and face all my fears.

4. Dominion. I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

5. I Live On Principle. I know that I am a Spiritual Being. I live my life with honesty and integrity.

6. I Live On Purpose. I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

7. Forgiveness. I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

8. Positively Present. I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

9. Persistence. I persist through faith. I maintain focus and discipline.

10. Service. I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

11. Gratitude. I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.

12. Tithing. I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.





Andrea de Michaelis
Publisher

This month's thoughts about things...

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



ello and welcome to the May 2007 edition of Horizons Magazine.

For everyone who's asked about the progress of my hands after the March dog bite incident, they are improving every day. I can now use the index finger of my left hand to type, and can use the thumb also. Yay! I am still bathing and grooming one handed, which is a trip, but it shouldn't be long. Thanks for your notes and prayers!

I've been doing a little reflection on my 'hand karma' and realizing in an expanded way that I may be unconsciously being a little prideful about my ability to overcome challenges. I am beginning to realize that is one way I attract and pre-pave these little crises for myself. By taking pride in being able to overcome them. Plus then I get to write about it, so everyone gets to hear my lesson. I need to update and revise that belief. I know behind it is my good intention that I want to save someone steps by writing about the lessons I learn along

the way. I find it hard to let go of the belief that what I do matters - yet that whole concept is of course a paradox. It's not my job to fix anyone, but I know holding thoughts on their behalf works. I know they don't have to participate consciously, but I also know if they do, that increases results dramatically, so I like to encourage them to do it.

Having to depend on other people for things that require two hands took a lot of getting used to, but I am now - after this last go round - officially over that! I've recruited several friends to... lend a hand... and everything is running more efficiently now.

Oh, did I mention that my computer crashed last month and I had not been backing up? I hafta just laugh, I was the one who attracted it! I bought a new computer in March that had to be returned a few days later, and I was working on my old computer when the crash occurred. I did have the April 2007 magazine file saved to a thumbdrive, as well as my bookkeeping program and journal. But my subscription list was gone, as well as my ad files and all my layout files. That was my gigantic bank of several years' worth of articles waiting to go in. Like the ones I didn't lay out yet for May..... hehehe

So I wrote to all the authors and publicists I could think of whose work was waiting to go in and they began resending to me. I knew I could recreate my subscription list since my bookkeeping backup was current, that it would just take some time to do. I did spend an entire day going back and

...continued on page 28...

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The Science of Deliberate Creation



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of Ask & It Is Given, The Amazing Power of Deliberate Intent and the New York Times Best Seller, The Law of Attraction and their newest dvd, The Secret

Behind "The Secret"! Visit www.abraham-hicks.com.

Excerpted from Abraham's New York Times Best Seller
The Law of Attraction

Everything in your life and the lives of those around you is affected by the Law of Attraction. It is the basis of everything you see manifesting. It is the basis of everything that comes into your experience. An awareness of the Law of Attraction and an understanding of how it works is essential to living life on purpose. In fact, it is essential to living the life of joy that you came forth to live.

The Law of Attraction says: That which is like unto itself, is drawn... When you say, "Birds of a feather flock together," you are actually talking about the Law of Attraction. You see it evidenced when you wake up feeling unhappy, and throughout the day things get worse and worse, and at the end of the day you say, "I shouldn't have gotten out of bed." You see the Law of Attraction evidenced in your society when you see that the one who speaks most of illness has illness; when you see that the one who speaks most of prosperity has prosperity... The Law of Attraction is evident when you set you radio dial on 630AM and expect to receive the broadcast from the transmitting tower of 630AM, because you understand that the radio signals between the transmitting tower and your receiver must match.

As you begin to understand—or better stated, as you begin to remember—this powerful Law of Attraction, the evidence of it, which surrounds you will be easily apparent, for you will begin to recognize the exact correlation between what you have been thinking about and what is actually coming into your experience. Nothing merely shows up in your experience. You attract it, all of it, no exceptions.

Giving Thought to It Is Inviting It

The more you come to understand the power of the Law of Attraction the more interest you will have in deliberately directing your thoughts—for you get what you think about, whether you want it, or not.

Without exception, that which you give thought to is that which you begin to invite into your experience. When you think a little thought of something that you want, through the Law of Attraction, that thought grows larger and larger, and more, and more powerful. When you think a thought of something you do not want, the Law of Attraction draws onto it, and it grows larger and larger, also. And so, the larger it grows, the more power it draws unto it, and then the more certain you are to receive the experience.

When you see something you would like to experience and you say, "Yes, I would like to have that," through your attention to it you invite it into your experience. However, when you see something that you do not want to experience and you shout, "No, no, I do not want that!" through your attention to it you invite it into your experience. In this attraction-based Universe, there is no such thing as exclusion. Your attention to it includes it in your vibration, and if you hold it in your attention or awareness long enough, the Law of Attraction will bring it into your experience, for there is no such thing as "No". To clarify, when you look at something and shout, "No, I don't want to experience that; go away!" then what you are actually doing is calling it into your experience, for there is no such thing as "No" in an attraction-based Universe. Your attention to it says, "Yes, come to me this thing I do not want!"

...continued on page 30...

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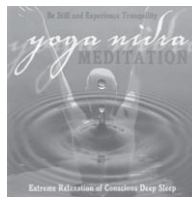
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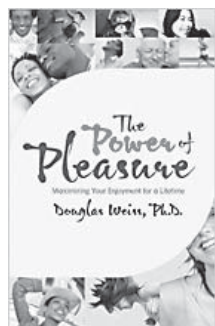
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The Power of Pleasure



The following excerpt is taken from the book *The Power of Pleasure*, by Douglas Weiss, Ph.D.. It is published by Hay House (May 2007) and available at all bookstores or online at: www.hayhouse.com



Chapter Three Spirit Pleasures

I want to discuss a world that many find to be a pleasure zone—the realm of the spirit. Even if you've never had any significant spiritual leanings, it's important to know about this zone for the sake of understanding other people better. The various pleasure zones are among the things that make our species amazing. As human beings, we're as different and unique among ourselves as the entire animal kingdom.

Spiritual pleasure zones are real. Billions of dollars are spent on religious development, worship centers, and organizations promoting a range of spiritual beliefs as broad as the ocean.

I want you to know that I have absolutely no ideological agenda in this chapter—that's not the purpose of the pleasure zones. I just want you to identify yet another area where you might already be receiving pleasure, or where you might consider doing so.

Meditation

There's an absolute joy in meditation: Your mind is clear, your body is calm, and the only things moving are your heart and lungs. When you're at peace, it's as if you can feel the world slowly move within your own stillness.

Meditation is sweet, intoxicating, and "wowing" to those for whom it's a primary pleasure zone. In fact, I know a woman who has a special room in her house just for this activity. She assumes a comfortable position, and all of life stops around her. She exists within the silence of her wonderful self.

For some people, meditation is an absolutely cleansing phenomenon, in which they block out all thoughts and just purge themselves of the world around them. In that moment, they're as focused as a downhill skier or mountain biker . . . totally lost in the moment.

Others practice a form of meditation that may include thoughts or music. They also get in a comfortable position, but they focus on an idea, spiritual thought, or world issue. They meditate as a way to achieve clarity about what's on their mind. They might use their back porch, a hammock, or a quiet space anywhere.

Some people intentionally utilize meditation in their lives for the sake of others, although they wouldn't necessarily call it by that name. I know a man who slips off to his hammock in the backyard when he comes home from work. Before engaging in all the joys of parenting, marriage, and housework, he lies there for 15 to 30 minutes just feeling the hammock's slow movements and experiencing relaxation. He's then refreshed and able to give more of himself to his family. He doesn't refer to this as "meditation"—he calls it "escaping"—but he enjoys it like a cold drink on a summer's day.

...continued on page 22...



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Lori Gear is a feng shui consultant, speaker, author and teacher. Her newest book, "Dear Empress", is available on the web at www.empressfengshui.com/. Send your questions to Lori@EmpressFengShui.com

You are right, Fame & Reputation is represented by the fire element, and water does put that out. It can be fixed in a jiffy. Add large terra cotta urns (earth blocks water) filled with lush plants (wood sucks up water), and add some red flowers around the patio (supporting fire). By using the cycles of elements we can make any area come to life.



I just looked at the Bagua map and my fame and reputation area (supposedly a fire area) is located in the middle of my pool. What do we do here in Florida? -- R.S., Sanibel Island

Does the garage count as part of my house when I lay the Bagua grid over it? -- M.H., Cape Coral

Yes, you need to include anything that is under roof or attached to the house. That includes the screened in lanai for you Floridians, porches for the rest of you, and garages.

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My child is having a lot of difficulty studying in his room, and his grades are starting to show it. We bought him a desk, but all it ends up doing is holding junk. -- K.F., Cape Coral

A poorly placed piece of furniture will just accumulate clutter. If the desk is located directly in line with the door to the bedroom it will not be used. Energy moves too quickly when it first enters a room, so placing a desk or bed there isn't a good idea. (It is a great trick to remember when you are trying to get unwelcome guests to leave, just move the bed.) Tuck the desk further back into the room, make sure the child can see the door from where he sits, provide good natural lighting and get ready to buy him a car for the grades he starts bringing home.

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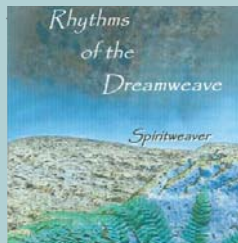
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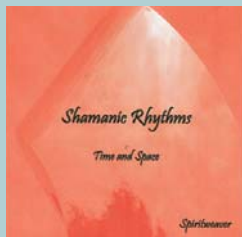
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Cecelia Avitabile is the owner of The Herb Corner and Learning Center in Melbourne Florida. She began studying and working in herbal healing over 19 years ago. She is a Certified Holistic Health Practitioner with a Masters of Herbalism Degree from the Australasian College of Health Studies; she is a member of The American Association of Drugless Practitioners, the American Herbalist Guild and The Plant Saver Society. You may reach Cecelia at 321-768-1551 or email HerbCorner@cfl.rr.com

Tis the Season of Sneezin

Alergy triggers are all around us especially at this time of year. In just one day we are being bombarded by a menagerie of possible allergens like ragweed, grasses, tree pollens or molds; basically if it blooms its a possible allergen. The result leaves us with watery itchy eyes, nasal congestion, a runny nose, postnasal drip, facial pain, headaches and fatigue.

When the immune system encounters an allergen it goes into over-drive thinking the allergen is an invader. This causes your white blood cells to produce **immunoglobulin E (IgE)**, which binds to specialized mast cells causing you to secrete histamines and other inflammatory chemicals; and then you sneeze.

Some people with seasonal allergies also have food allergies, if you know that you have food allergies this might be the time of year to avoid or cut back on these foods so you don't over burden your system with so many allergens.

One thing you can do to help yourself is desensitize yourself to allergens before the season begins with local **bee pollen** or **honey**. They contain the pollens that you may be allergic to. With bee pollen begin about 6-8 weeks before the season begins taking 2-3 granules increasing 2-3 granules per day; this slowly immunizes you to the local allergens. (Go slowly some people with severe allergies can have a problem with this.)

If your allergies are really bothering you stay indoors on windy days and use your air conditioner to filter out allergens, if you must go outside wait until after lunch; pollen counts tend to be higher from 5-10 am.

There are herbs that can block an allergic response with antihistamine properties. Starting these as early as possible can provide great relief. Some herbs with antihistamine properties are **Nettles**, **Rosehips**, **Green tea**, **Pine tree bark** and **Chamomile** you can also get this effect from **Quercetin**.

Co Q 10 and from the **bioflavonoids** from **Vitamin C** or from **Vitamin B5**. You can also thin out or dry up secretions of the sinuses, nose or eyes and reduce inflammations using herbs like **Eyebright**, **Elder**, **Goldenrod**, **Turmeric**, **Peppermint**, **Thyme** and **Garlic** or by supplementing with **Omega 3 Fatty Acids**.

Allergies can stress your immune system leaving you open to infections this is a good time to support both the immune system and your adrenal glands with herbs like **Astragalus**, **Ginseng**, **Garlic**, **Nettles**, **Licorice**, **Echinacea** and **Shitake**.

Supporting the liver, lymphatic system and the colon help your body efficiently rid itself of allergens and inflammations, **Cleavers**, **Red Clover**, **Burdock**, **Dandelion**, **Echinacea** and **Senna** are some herbs that can help.

Why not try mixing **1 part Nettles**, **1 part Rosehips**, **½ part Astragalus** and **¼ part Licorice** early in the season to lessen some of the effects of allergy season.

To help with the stuffy head, itchy watery eyes, postnasal drip, facial pain and cough that goes along with seasonal allergies using a formula with **Eyebright**, **Elder**, **Goldenrod**, **Astragalus**, **Echinacea**, **Yerba Santa** and **Yarrow**.

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My Journey with My Beloved Teacher

By Master Stephen Co

"Miracles are fantastic events which utilize hidden laws of nature that most people are not aware of. Miracles do not break the laws of nature, they are actually based on them" Grand Master Choa Kok Sui

Miracles are occurring throughout the world with astonishing regularity. Many are the result of the



application of the teachings of one of the most outstanding spiritual leaders of our century, **GrandMaster Choa Kok Sui**. He is my Teacher.

On **March 19, 2007** my Beloved Guruji, **Master Choa** passed from His earthly existence into freedom from the physical form. He has bequeathed to us a legacy of treasures for the Soul. I want to share with you some recollections and thoughts about my journey with my beloved Teacher.

I was a young rebellious youth with no direction in life. To help me with my future, my mother took me to see a fortune teller in an old hotel in **Chinatown**. The fortune teller looked at my palm and foretold: "at the age of 24 you will be blessed with a windfall, something so precious will fall out of heaven that your life will change permanently." In the next 9 years, every project I touched failed. Then, the gift came in the form of a Teacher. To receive that gift I had to learn to dedicate my life to service as my Teacher had.

People often wonder how an astute, self-made businessman and a trained scientist could be an enlightened guru. These are the qualities that made Master Choa a unique spiritual teacher for our age. His spiritual teachings are simple, straightforward and practical. He had a brilliant ability to synthesize and connect major spiritual concepts that have generally remained separated by tradition and practice. He blended the spiritual concepts of the **Christian Lord's Prayer** with the **Kabbalistic Tree of Life** relating these two seemingly unrelated doctrines to the ancient Indian tradition of Prana and Kundalini. Creating a new perception and far deeper understanding of energy healing and esoteric spiritual training, **Master Choa** developed **Pranic Healing®** and **Arhatic Yoga®**.

Master Choa's students were blessed to learn brilliantly simple methods to promote healing and greater success and harmony in their lives. These powerful teachings clearly reflected His grasp of energy and deep comprehension of life itself.

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In **1998**, He instructed me to teach **Pranic Healing®** in the West. It was a great commission and I agreed without hesitation. Then when I got to the **USA**, I realized that I had no skills that supported this task. But with His instructions came Power and Blessings. **As He had always taught me, despite personal weakness and lack of skills, as long as the disciple has the will to serve humanity, the Teacher and the Higher Beings will always assist him/her in manifesting the Divine Plan.** They are not looking for an expert, just an open heart with the Will to Do Good.

One time He came to our office and told me to get a pen and pad and follow Him to the next room. He closed the door behind us. I was expecting to get some special advanced techniques. He told me to sit down and proceeded to name about seven character weakness and faults that I needed to eradicate in the next 90 days! Initially, I felt very humiliated and upset. Instead of learning new techniques, He was spending the time chastising and scolding me. But I followed the purification protocols for the next 90 days. Then on a phone call from overseas, He instructed me to continue on for another 90 days. On His next trip to the USA, I excitedly reported to Him the success with registrations for His **Arhatic Yoga®** and **Higher Clairvoyance** events. He looked at me and said that it was because of following His instructions of internal purification that allowed the blessings and the energies of the Higher Beings and the Teacher to flow through me. "That energy," He said, "has a strong magnetic and attractive effect on Souls that are ready to receive the Teachings." What I thought was a punishment was actually one of the most priceless lessons my Beloved Teacher has ever taught me: **thorough internal purification makes us conductive to spiritual power.**

I was fortunate to learn from His Life. He fed the homeless, giving monetary support to people and organiza-

...continued on page 43...

From the Heart

Alan Cohen is the author of many popular inspirational books, including the extraordinary new prosperity guide, *Relax into Wealth*. Join Alan and others August 12-19 on the Alaska Cruise into Self-Discovery. For info, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



The Happiest People I Know

Over dinner one night Dee and I got onto the subject of happiness. "Who do we know who is truly happy?" she asked me. "And what do they know or do that makes them happy?"

Hmmmm. I did a quick mental scan. Several faces popped into my mind.

The first was a Japanese friend, **Shinn**, whom we met during our first visit to **Japan**. Shinn's energy, magnified by a wide genuine smile, is so radiant that he lights any room he enters. He is a bonfire of love.

Shinn was a cellist who had been diagnosed with cancer. He tried to fight the disease, but only felt worse. Then he decided to love his cancer cells. Every day he sent them blessings and appreciation for the wake-up call they provided. That process was so rewarding that Shinn decided to love his whole life — everyone and everything — no exceptions. The cancer disappeared. Shinn became happy. Shinn became a healer. Now he is an urban legend in Japan.

Next, I thought of my friends **Barry** and **Joyce Vissell**, a couple married over 35 years. They have dedicated their lives to their relationship and family, and teach others how to create loving relationships. "What do Joyce and Barry do that keeps them happy?" Dee asked me. "They are surrendered to their partnership," I told her. They value joy more than resistance. They do not resist each other, their relationship, their children, or their life. Their attitude is refreshingly childlike. They don't complicate their hearts with heady issues. Daily they find new ways to appreciate and celebrate their relationship, and it becomes an ever-greater blessing to them and everyone they touch.

"Who else?" Dee asked me. "**Barry Dennis**," I answered. Barry is a gifted energetic musician tapped into an infinite flow of creativity. He is passionate about all he does, continually surfing on his intuitive edge. What about Barry makes him happy? He is one with his purpose. He is a musician true to his calling. He does not busy or bother himself with spreadsheets, self-marketing, or waiting tables until he gets his big break. He gives himself a big break every day by letting himself be exactly what he is.

Then I recalled a television documentary I saw about centenarians, people who live to be 100. The interviewer tried to find some element or lifestyle common to people who live a very long time. He examined diet — nope, lots of them ate meat and junk food. Vices? Some of them drank and smoked. Profession? All kinds. The documentarian was stumped until he realized that all the centenarians were light-hearted. They didn't take life too seriously and they flowed with changes. Nearly all of their friends and family had passed on before them, and they still found beauty and wonder in each new day. They were happy to be alive, and so life kept them alive.

I thought, too, of a conversation I had with a well-known author and speaker. When our conversation casually came around to money, he told me, "I have enough money. I don't really need any more." My first thought was, "Well, sure— you make \$20,000 a lecture!" After I got over my knee-jerk reaction, I realized that this man has enough money because he decides that what he has is enough. I had never before heard anyone say, "I have enough money." Most people I have met believe they do not have enough money. I know people who have millions of dollars, and it is not enough. I know others who have just a few dollars, and they are quite satisfied. I learned from this man that "enough" is not a condition; it is a choice. People who see through the eyes of enoughness are constantly satisfied. Another clue.

As I scanned my memory bank for other happy folks, I looked across the table at this beautiful, present, and open-hearted woman across from me. I was zooming out on thoughts about how to be happy, when one of the greatest reasons for my happiness was sitting right in front of me. I took Dee's hand and told her, "There's one more element of happiness, maybe the biggest: gratitude. I am grateful to be here with you and to dance with you in the realm of expansive, joyful thoughts. I love it when you talk metaphysical to me." We laughed and enjoyed the rest of our dinner and evening — far richer for the conversation and insights.

Capsule summary of the elements of happiness, learned from my friends who live it:

Love it all.
Drop resistance.
Be true to yourself and your purpose.
Lighten up.
Find and celebrate enoughness.
Say thank you to your loved ones.

And talk metaphysical to me whenever possible.

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Dear Louise...

Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *The Times of Our Lives*. For the past 25 years, she has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise's works have been translated into 29 different languages in 35 countries throughout the world.



Dear Louise, I'm currently in a new relationship with a full-time single father who has a nine-year-old daughter. This girl has been suffering from Crohn's disease for over a year. We've tried everything to help her: eliminating wheat, refined sugar, and dairy products from her diet and using alternatives like acupuncture, but her condition is getting worse. I think this might have to do with the fact that about a year ago a very nasty divorce between her father and mother was finalized. Is there anything we can do to help her metaphysically? **G.T., Fresno, CA**

Dear G.T., Of course, the nasty divorce has everything to do with this child's condition! People with this disease always feel very insecure and unloved. Everything else you've done with her diet is right. Now use lots and lots of love. Think about how you can help this dear child feel secure. What does she need to feel safe? She's a precious little child and needs all the love you can give her. Keep affirming the best for her. Teach her mirror work. That is, have her look in the mirror and say, "I am safe, I am loved, and I am happy." Have her do this several times a day if you can, and you can even do it with her. It will do you both good. Maybe Daddy could do it, too.

Dear Louise, I'm curious about what you think of the chiropractic world. Some friends have told me they don't think having one's back adjusted does anything for them, but my mother-in-law says she loves going to her weekly appointment. What are your thoughts? **A.S., New Hampshire**

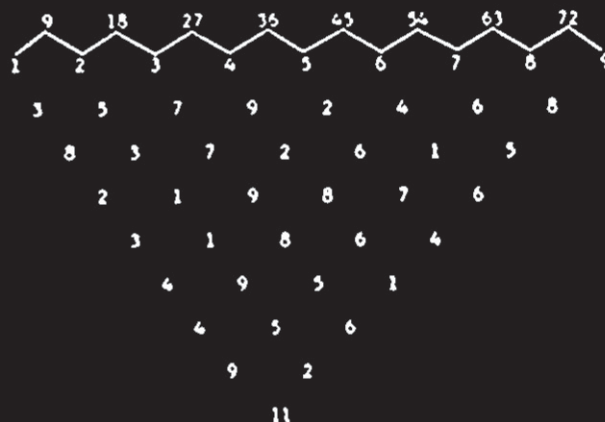
Dear A.S., Personally, I think if you want to release stress in your body, the perfect place to go is the chiropractor! But remember, you're the only judge of what's good for your body. So don't listen to other people. Go and experience a session for yourself.

I've been using chiropractors for many years and have received great benefits from them.

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"Together, WE Make a Difference"

Did you know there is an opposition between Neptune and Saturn right now? They are opposite each other as seen from our planet Earth. This has been going on since July 2006 and will continue until August 2007. This transit happens every thirty-five years because those planets move slow and they also appear to move backwards against the starry background. Astrologers call that retrograde motion. (I'll explain more next month with an article on Mercury retrograde.) Does the energy of this planetary placement effect you? Maybe and maybe not.

Just because the planets are in a rare position, this doesn't mean that you are part of the energy. You may feel nothing or the occasion could be flowing; like a follow through based upon past initiative. If you personally feel some jam because you are trying to do something for the first time, congratulations! You have an excellent opportunity to grow within the dynamics of what these planets represent! If you find yourself in relationship with someone who is affected; help them, because we are all connected together. Helping someone else will give benefit to ourselves. This thinking soothes tension all over the world.

Those ancient, and accurate, Babylonians could see Saturn as the slowest moving planet. Symbolically Saturn gives

meaning to the sphere of life that shows fruition from hard work that is real and tangible within what is truly possible. Saturn placements never use luck or spontaneous random occurrences to achieve goals. (That's Jupiter!) Saturn represents a journey down a long tunnel where you are not able to see much but because your steps are sure footed and based upon the reality of the situation you know there is light at the end. You get what you deserve because your homework is done correctly. Whether those rules come from the society you live, the science you practice, or the spiritual guidelines passed down from the wise who came before. No short cuts, but this road means you are not wasting time. Plant seeds the right way, monitor their growth, and you know what will happen.

Neptune, on the other hand, deals with universal absolutes. What is a universal absolute you ask? This is difficult to explain without deductive thought. Neptune is nebulous and deals with the inspiration coming from the Divine God or Goddess of your choice. Have you meditated and found yourself surrounded by something formless? This is Neptune in blissful connection to the All. Most of us can't do that for long. You know how water has no form or shape but fits the container in which it is held? In a way we each have a certain capacity to experience Neptune based upon the shape or size of the awareness of our consciousness. We are filled

...continued on page 32...



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SECRETS

Excerpts from
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Writer-producer-artist-musician Sharon Janis is the author of Spirituality For Dummies, Secrets of Spiritual Happiness, and Never to Return: A Modern Quest for Eternal Truth. Visit her website for inspiring book excerpts, streaming videos, devotional chanting, more: www.sharonjanis.com

Trust the Perfection in Imperfection

"The true work of art is but a shadow of the divine perfection. - Michelangelo

In one hand, we must accept the imperfection of this world. This is important, because it keeps us from having unrealistic expectations that would become broken again and again, thus bringing unhappiness. With an acceptance of the imperfect nature of this world, we can actually attain more peace, contentment, and happiness, because we are no longer having our expectations broken and disappointed at every turn.

At the same time, we can trust in an ultimate perfection beyond the grasp of the limited structures and abilities of our minds. We can trust that, in some way, this entire creation simply must be perfect, even if it doesn't always appear so to our limited minds. This trust is a porthole into a different kind of knowing that brings faith, optimism, and hope to support and maintain our spiritual happiness.

Eventually, steeped in the vision of universal perfection, we swim in the faith and trust that everything in every moment is absolutely perfect, destined, and meant to be. Even while making efforts in the world, we rest in knowing that only the great universal power acts through us. No blame, no shame, no gain, no pain - just universal perfection dancing in front of us, around us, and inside of us, as us. It's not that everything has to always look perfect for us to choose to trust this perfection. Nor does it mean we wouldn't continue to make efforts to improve ourselves.

The awareness of perfection in imperfection is an inner knowing, an inner trust, and a soothing place of inner rest. We all know this perfection deep inside, because we are all one with the universal flow of perfection deep inside. It is like a thread, and we are all like beads on that one thread. Everything in this whole magnificent universe - from the tiniest revolving electrons to massive exploding galaxies - is strung on this thread of universal perfection. When you know that you too are an integral element of this amazing dance of universal perfection, then spiritual happiness is in your hand - and you are in the hand of spiritual happiness.

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Kirk Douglas stars in ILLUSION

Powerful Performance, An Inspiring Film

By Arielle Ford



Arielle Ford has spent the past 20 years living and promoting consciousness through all forms of media. She is the author of six books, including the HOT CHOCOLATE FOR THE MYSTICAL SOUL series. She lives in La Jolla, CA with her husband. Please visit her websites: www.everythingyoushouldknow.com, www.fordsisters.com and www.soulmatekit.com



celebrated actor **Kirk Douglas** never expected to still be acting at the age of 88, especially after suffering from a debilitating stroke in 1996, until he found an irresistible script called **ILLUSION**.

Douglas, the star of more than 80 films including "**Spartacus**," gives the performance of a lifetime in **ILLUSION**, a feature film that will be available during the month of **May 2007** to members of **The Spiritual Cinema Circle DVD club**.

The award-winning **ILLUSION** tells the story of a once powerful but now lonely, aged and ailing film director, Donald Baines (**Kirk Douglas**), who finds himself in deep remorse after rejecting his only child, an illegitimate son named Christopher (**Michael Goorjian**). Late one night the legendary director is "awakened" by the ghost-like presence of his dear friend and editor, Stan (**Ron Marasco**) who has been dead for more than 35 years. Stan shows Baines three "mini-movies" of his son's life at times when the son is at a pivotal point.

What the old man sees is the tragic life of the son he never claimed and the impact that his absence had in his life and on his ability to love. On his deathbed, Baines is given the gift of redemption and the opportunity to help Christopher who discovers that the only person who could change the story of his life was the father he never knew.

This powerful and uplifting film is the creation of **Michael Goorjian** ("Party of Five") who, as writer/director/co-star of **ILLUSION**, literally bet the farm to make this film. After winning the First Place Feature and Audience Choice Awards at the **2005 Spiritual Cinema Festival-At-Sea**, he admitted, "I was, as they say in Poker, all in. I spent all of my money, that of my friends and family, and maxed out every credit card I could get my hands on to make this film."

...continued on page 40...

You Can't Afford the Luxury of a Negative Thought

by Peter McWilliams
www.mcwilliams.com/

Focusing on the Positive

In any given moment, there is ample evidence to prove that life is a bed of thorns or a garden of roses. How we feel about life depends on where we place our attention, that is, what we focus upon.

Why is it no one ever sent me yet One perfect limousine, do you suppose? Ah no, it's always just my luck to get One perfect rose. Dorothy Parker

Did you ever notice that every time you are given a rose, the stem is covered with thorns? Do you say, "Why are you giving me this stick with thorns on it?" Of course not. You admire the beauty of the rose. Even if you prick yourself in your enthusiasm, it never seems to hurt--you are too engrossed in appreciating the rose and the person who gave it to you.

Right now, in this moment, without moving from where you are, you can find ample evidence to prove your life is a miserable, depressing, terrible burden, or you can find evidence to prove your life is an abundant, joyful, exciting adventure.

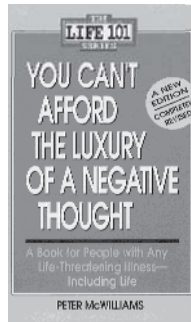
Let's start with the negative. Look at all the imperfections around you. No matter how good anything is, it could be better, couldn't it? Look for dirt, disorder, and dust. See all the things that need cleaning, repairing, and replacing? An endless array of clutter, chaos, and catastrophe assailing your senses. And all those damn alliterations in this paragraph. Dis-gusting.

Now, explore the same environment with an attitude of gratitude and appreciation.

Look around the same area you just surveyed and find the good. You can start with whatever you're sitting or lying on. It's probably softer than a concrete floor. Look at all the other objects you use but take for granted--glasses (both seeing and drinking), tables, windows, the walls and ceiling sheltering you from the elements. Consider the wonder of the electric light. A hundred years ago, you would have to have been very rich or very lucky to have had even one. And you probably have more than one--and a TV and a radio and many other electronic marvels.

What around you do you find aesthetically pleasing? A painting you haven't really looked at in years? The detail work on the clothes you're wearing? A flower? A vase? Wallpaper? Carpet? When was the last time you took a moment to appreciate colors?

One should sympathize with the joy, the beauty, the color of life-- the less said about life's sores the better. OSCAR WILDE





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The Power of Pleasure

...continued from page 9...



I regularly see some of these meditators on the plane. They have their headsets on and are off in a place of tranquility. They aren't sleeping; rather, they're connecting to a meditative state.

If you're someone whose primary pleasure zone is meditation, you'll need to meet this need quite regularly. It's the way you experience pleasure and feel centered in your immediate surroundings and the world at large. To those of you in a primary relationship with such a person, celebrate these moments of aloneness that give your loved one the recharging he or she needs in order to be a good partner and face the demands of life.

Prayer

Prayer is a pleasure zone that's distinct from meditation, since it's a talking-aloud and active-listening process. Prayer, unlike meditation, has a deity focus—something that's unique to this pleasure. Prayer is based on either a spiritual or a religious belief in a higher power. Now these distinctions are important:

— A spiritual belief in a deity is relational; that is, there's some interaction between the deity and the one who's praying. It's an offering or a communication of the self to the divine. The two beings are friends who are in an unequal relationship. It's like having an uncle, grandfather, or mother who loves you for who you are but who can see the unrefined spots in your life and has the resources to support your growth.

— A religious belief involves more of an object relationship with a deity. Often this supreme being has the ability to help but must first be pleased by a special performance or a litany of statements, and religious people are often more formal in the way they approach the higher power. The pleasure is in checking off the box or doing a "right" spiritual act, as opposed to engaging in a relationship.

Praying can be extremely pleasurable. Opening your heart to the divine can be incredibly engaging, cleansing, and empowering.

Praying for others, whether they're strangers or people you know well, can also be a wonderful experience for those who have this pleasure zone. I know some people who call themselves inter-

cessors. They receive real joy in pouring their hearts out on behalf of others. When they're done, they report experiencing intense pleasure spiritually, emotionally, and physically.

Prayer-pleasure-zone people need sufficient time to pursue their pleasure. Their praying allows them to feel connected to their deity as well as to those around them. They feel awesome knowing that they bring those they love closer to the divine on a regular basis.

If you're in a significant relationship with—or are married to—a prayer-pleasure-zone person, engage him or her on this level. Ask questions about your partner's prayer experiences, and share your real concerns about your life so that he or she can pray for you. Doing so will make your loved one feel honored and valued.

Service

The service pleasure zone also has a religious or "cause" focus. People with this pleasure zone feel joy in advancing their spiritual beliefs or causes. The beliefs themselves aren't the issue; the pleasure they receive in advancing them is what's important.

Such people find pleasure in teaching the young, their peers, and even those outside of the fold of their faith. This may take place in a local community of similar believers or in serving in some broader manner to help get the news out about their convictions.

Often "servers" won't just stop at donating their personal time but will often contribute financially as well. They work hard and give a percentage of their income to forward their cause locally, nationally, or globally.

They feel pleasure when serving and have a need to be a part of something bigger than themselves. They really like volunteering for service within their belief structure. Again, if you're in a relationship with a server, celebrate this fact. Your loved one will set aside time and money to serve, but afterward he or she is usually charged up about life and his or her relationship with you.

You've been exposed to so many pleasure zones, and yes, you'll usually have more than one. Finding and managing them will be the focus of future chapters. For right now, you might just want to pause for a moment and reflect on the idea that you're a being who's made for pleasure. You're uniquely created for a combination of pleasure zones that are yours and yours alone. Nobody you know has the exact pleasure-zone hierarchy that you do.

There's joy in discovering the special value of your own pleasure zones and in honoring and appreciating those of the people around you. Believe me, as you get good at detecting pleasure zones, you'll be able to identify them in your friends, children, parents, co-workers, and partner.

Once you uncover the zones of others, you'll find yourself engaging in more positive, supportive conversations with those whose zones are different from your own. The golfer and the skydiver can support each other on any given day as they both individually express their own respective pleasure zones.

I hope that you're enjoying identifying primary pleasure zones, and I heartily welcome you to the pleasure-zone lifestyle!

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This month's thoughts about things...

...continued from page 7 ...

forth over just what program I wanted them to go into, now that I had a chance for a fresh start.

I tend to stay stuck in particular work patterns and limit myself by not wanting to make a change to a new program or begin a new routine. When I catch myself doing that, I am always eager to break the pattern and broaden my perception of what else is possible. So I'm eager to restructure, now that I'm free of another layer of my past!

Still another layer I recently removed from my past was boxes of old files that I no longer needed. I bought a paper shredder in **March** and have been shredding junk mail and the old files. The paper shreds into small, beautiful elongated elliptical shapes. One evening as I was emptying the shredder basket, I watched as messages formed from the fragmented text as I sifted it thru my fingers. It was like reading one fortune cookie after another! I tried asking questions in my mind and got a series of relevant and insightful answers. It made me realize that I am in communication with the Universe all the time, and if I pay attention, I will hear its messages from everything around me.

One most recent message happened just yesterday. Earlier, I had emailed to my friend **Beth Head**: "I can bend the fingers on my left hand today! Last night as I finished my evening meditation, I noticed the fingers of my left hand were curled up for the first time since the injury, fingers bent. The second and third fingers are still swollen and the pads too sensitive to touch anything, and until last night they were also quite stiff. I am excited about the major progress! I can also now use my pinky on the left hand to type. Before, I could only type with the index finger since I couldn't bend the fingers to keep them out of the way. So thanks, your prayers are working."
end of email

About 15 minutes later, I wrote her another email: "Wow. Right after I sent you the last email, I walked out into the living room in time to hear **Jewel's** song from 1995 "**Hands**". As I stood with eyes closed listening, it spoke to me in a way it had not before. I came in and found the lyrics and here's how they spoke to me. I just wanted to share since it was my email to you that precipitated the whole encounter."

Lyrics to Hands by Jewel

If I could tell the world just one thing
It would be that we're all ok
And not to worry because worry is wasteful
and useless in times like these. *(something I know but was worried about my continuing hand injuries.)*

I will not be made useless *(I felt as though God was promising this to me directly)*

I won't be idled with despair *(again God was telling me this directly via my own internal dialogue)*

I will gather myself around my faith
for light does the darkness most fear. *(I had an instant image of God and gurns standing before me, above me and around me, one of those saturating images where I felt as though I'd been suddenly transported into the midst of an ongoing movie.)*

My hands are small, I know, *(I felt vulnerable and like I was making excuses not to work as I heard this)*

but they're not yours they are my own *(I felt as though God was reminding me He is working through me)*

but they're not yours they are my own *(when He repeated it, I got it in a way I had not before)*

and I am never broken. *(this I did know)*

Poverty stole your golden shoes
but it didn't steal your laughter
And heartache came to visit me
but I knew it wasn't ever after.

We will fight, not out of spite
for someone must stand up for what's right
cause where there's a man who has no voice
there ours shall go singing. *(I always thought this line said "there are shadows singing" as in Luke 19:40 Jesus saying, "...if these were silent, the very stones would cry out." For the first time, I heard it as it really is and received another deeper "a-ha" than I had before.)*

In the end only kindness matters
end of email

I spent some time contemplating the significance of Spirit working through my hands. I was reminded of a story we've all heard about during the Second World War, a quaint little French village was bombed by mistake. The villagers were forewarned and cleared out of the village before the bombing started. They sat on a nearby hill that night and watched as bombs leveled their town. They returned to their village and all joined together in the effort to rebuild. As the rubble was cleared from the village square, several pieces of white marble were found, the remains of the statue that stood in the square. The villagers called on the best sculptor to rebuild the old statue as a remembrance of the rebuilding of their village. The sculptor worked for

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The Science of Deliberate Creation

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Fortunately, here in your physical time-space reality, things do not manifest into your experience instantaneously. There is a wonderful buffer of time between when you begin to think about something and the time it manifests. That buffer of time gives you the opportunity to redirect your attention more and more in the direction of the things that you actually do want to manifest in your experience. And long before it manifests (actually, when you first begin to give thought to it), you can tell by the way you feel whether it is something you want to manifest or not. If you continue to give your attention to it—whether it is something you want, or something you don't want— it will come into your experience.

These Laws, even if you do not understand that they do, affect your experience even in your ignorance of them. And while you may not be aware of having heard of the Law of Attraction, it's powerful effect is evident in every aspect of your life experience.

As you consider what you read here and begin to notice the correlation between what you are thinking and speaking and what you are getting, you will begin to understand the powerful Law of Attraction. And as you deliberately direct your thoughts and focus upon the things that you do want to draw into your experience—you will begin to receive the life experience that you desire on all subjects.

Your physical world is a vast and diverse place full of an amazing variety of events and circumstances, some of which you approve of (and would like to experience) and some of which you disapprove of (and would not like to experience). It was not your intention as you came forth into this physical experience to ask the world to change in order to accommodate your opinions of the way things should be, by eliminating all things that you do not approve of and adding to the things you do approve of.

You are here to create the world around you that you choose, while you allow the world—as others choose it to be—to exist, also. And while their choices in no way hinder your own choices, your attention to what they are choosing does affect your vibration, and therefore your own point of attraction.

My Thoughts Have Magnetic Power

The Law of Attraction and its magnetic power reaches out into the Universe and attracts other thoughts that are vibrationally like it... and brings that to you: Your attention to subjects, your activation of thoughts, and Law of Attraction's response to those thoughts is responsible for every person, every event, and every circumstance that comes into your experience. All of these things are brought into your

experience through a sort of powerful magnetic funnel as they are vibrational matches to your own thoughts.

You get the essence of what you are thinking about, whether it is something you want or something you do not want... That may be unsettling to you at first, but in time, it is our expectation that you will come to appreciate the fairness, the consistency, and the absoluteness of this powerful Law of Attraction. Once you understand this Law, and begin to pay attention to what you are giving your attention to, you will regain control of your own life experience. And with that control you will remember there is nothing that you desire that you cannot achieve, nothing that you do not want that you cannot release from your experience.

Understanding the Law of Attraction and recognizing the absolute correlation between what you have been thinking and feeling—and what is manifesting in your life experience—will cause you to be more aware of the stimulation of your own thoughts. You will begin to notice that your own thoughts may be stimulated from something you read, or watch on television or hear or observe from someone else's experience. And once you see the effect that the Law of Attraction has upon these thoughts that begin small and grow larger and more powerful with your attention to them, you will feel a desire within you to begin to direct your thoughts to more of the things that you do want to experience. For whatever you are pondering, and no matter what the source of stimulation of that thought... as you ponder that thought, the Law of Attraction goes to work and begins to offer you other thoughts, conversations, and experiences that are of a similar nature.

Whether you are remembering the past, observing the present, or imagining the future, you are doing it right now, and whatever you are focusing upon is causing an activation of a vibration that Law of Attraction is responding to. At first you may be privately pondering a particular subject, but if you think about it long enough, you will start to notice other people beginning to discuss it with you as the Law of Attraction finds others who are offering a similar vibration and brings them right to you. The longer you focus upon something, the more powerful it becomes; and the stronger that your point of attraction is to it, the more evidence of it appears in your life experience. Whether you are focusing upon things you want or things you do not want, the evidence of your thoughts continually flows toward you.

Welcome, Little One, to Planet Earth

You may be feeling that it would be easier to be hearing these words if they had come to you on the first day of your experience upon this Planet Earth. And if we were talking to you on your first day of physical life experience, this is what we would be saying: Welcome, little one, to Planet Earth...

There is nothing that you cannot be, or do, or have. You are a magnificent creator, and you are here by virtue of your

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Science of Deliberate Creation

...continued from page 30...

powerful and deliberate wanting to be here. You have specifically applied the wondrous Law of Deliberate Creation, and by your ability to do that, you are here.

Go forth, giving thought to what you want, attracting life experience to help you decide what you want, and once you have decided, giving thought only unto that.

Most of your time will be spent collecting data—data that will help you decide what it is you want... Your real work is to decide what you want and then to focus upon it, for it is through focusing upon what you want that you will attract it.

That is the process of creating: giving thought to what you want, so much thought, and such clear thought, that your Inner Being offers forth emotion. And as you are giving thought, with emotion, you become the most powerful of all magnets. That is the process by which you will attract (what you want) into your experience.

Many of the thoughts that you will be thinking will not be powerful in their attracting, not in the beginning— not unless you stay focused upon them long enough that they become more. For as they become more in quantity, they become more in power; as they are becoming more in quantity, and more in power—the emotion that you will be feeling, from your Inner Being, will be greater.

When you think thoughts that bring forth emotion— you are accessing the power of the Universe. Go forth, (we would say) on this first day of life experience, knowing that your work is to decide what you want— and then to focus upon that.

But we are not talking to you on the first day of your life experience. You have been here for a while... Most of you have been seeing yourself, not only through your own eyes (in fact, not even primarily through your own eyes) but through the eyes of others; therefore, many of you are not now currently in the state of Being that you want to be.

Is My "Reality" Really All That Real?

We intend to offer you a process whereby you can achieve the state of Being that is of your choosing so that you can access the power of the Universe and begin attracting the subject of your wanting, rather than the subject of what you feel is your actual state of Being. For, from our perspective, there is a very great difference between that which now exists—which you call your "reality"— and that which your reality really is.

Even if you sit in a body that is not healthy or in a body that is not the size, shape, or vitality, that you choose; in a lifestyle that does not please you; driving an automobile that

embarrasses you; interacting with others that do not bring you pleasure—we want to assist you in understanding that while that may seem to be your state of Being, it need not be. Your state of Being is the way you feel about yourself in any point in time.

Your words will not bring you immediate manifestations of what you are asking for, but the more often you say them, and the better you feel while you are saying them, the purer or less contradicted your vibration will be. And soon your world will be filled with these things you have spoken about... Words alone do not attract, but when you feel emotion when you speak, that means your vibration is strong—and the Law of Attraction must answer those vibrations.

What Is the Measure of Our Success?

The achievement of anything that you desire must be considered success, whether it is a trophy, money, relationships, or things. But if you will let your standard of success be your achievement of joy, everything else will fall easily into place. For in the finding of joy, you are finding vibrational alignment with the resources of the Universe.

You cannot feel joy while you are focusing upon something not wanted, or the lack of something wanted; therefore, while you are feeling joy, you will never be in the state of contradicted vibration. And only the contradiction in your own thoughts and vibration can keep you from the things you desire.

We are amused as we watch the majority spending most of their life seeking a set of rules against which they can measure their life experience, looking outside of self for those who will tell them what is right or wrong, when all along they have within them a Guidance System that is so sophisticated, so intricate, so precise, and so readily available. By paying attention to this Emotional Guidance System, and by reaching for the best-feeling thought that you can find right now from wherever you are, you will allow your Broader Perspective to help you move in the direction of the things that you truly want.

As you sift through the magnificent contrast of your physical timespace reality, consciously aware of the way you feel, and deliberately guiding your thoughts toward those that feel better and better, in time you begin to see your life through the eyes of your Broader Inner Being. And as you do so, you feel the satisfaction of being upon the path that you have chosen from your Non-physical perspective when you made the decision to come forth into this wonderful body. For, from your Nonphysical vantage point, you understood the eternally evolving nature of your Being and the promise that this Leading Edge contrasting environment held. You understood the nature of your magnificent guidance system and how, with practice, you could see this world as your Inner Being sees it. You understood the powerful Law of Attraction and the fairness and accuracy with which it responds to the free will of all creators.

By reaching for the best-feeling thought you can find, you reconnect with that perspective, and you shiver with exhilaration as you reconnect with your purpose, with your zest for life—and with You!

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## SOUL ASTROLOGER

*...continued from page 18...*

with a certain silence that is really incredibly comfortable, for the faith of Divine assistance is simply known to be.

Neptune and Saturn seem to be very opposite in nature. One deals with the rules of the tangible existence in our three dimensional world while the other is the limitless expanse of what is beyond all that we can actively perceive. Anytime an opposition takes place the answer which is being asked for, at a conscious level, a level of awareness, is an integration of the opposites. At an unconscious level, where we react without thinking, an opposition means we swing from one extreme to the other.

Since none of us are fully conscious yet. (Do you understand everything there is to know about you and everything else at such a profound depth that you are able to communion with the All of All things? Oh, you can! Wow fantastic!) Sorry let me rephrase. Since most of us are not fully conscious let's start with a possible scenario.

We come up with some fantastic ideas within our consciousness that approaches our personal sense of an idealistic perfection. Our ability to imagine is almost unlimited in scope. We are truly inspired and high on life with this effort. But what happens when we try to manifest this awesome creation and transfer the idealistic into the mundane reality with its limitations and rules which must be adhered to. At our worst we may not even try because the effort is sure to lead to a disappointment. The harsh Saturnian reality is too much to handle and the spiritual bliss of Neptune is replaced by escaping reality with drugs, alcohol, or some other technique. The ideas stay locked up without expression.

With conscious awareness we choose a better path of realizing that the start of any original thought within must adapt in order to reach a final point of tangible accomplishment. Balance that by understanding that not all ideas are going to work right off the bat. The rules here say start slow and sure. Einstein said use perspiration with that inspiration. He also said geniuses don't give up. When JFK said let's go to the Moon, it took ten years, but there we were!

So please understand this is a general explanation of Neptune and Saturn working together. The specific avenues of your personal interest being defined within the parameters of this line up can be explained in greater detail through the tools of astrology.

Now in conclusion let's understand that we are all (Neptune) collectively bound down here on this tangible plane of existence (Saturn). Together, we make a difference!



# This month's thoughts about things...

...continued from page 28



years on the great challenge. Finally, a veiled figure stood in the square, then the veil was removed. There in the square stood a figure of **Christ** exactly as in the visitors center in **Salt Lake City**, with his hands outstretched to all. But this statue had no hands, because a bomb blast hit too close and pulverized them beyond repair. So the inscription, instead of reading as it once had, "Come unto Jesus," now read *"I have no hands but yours."*

I generally feel a duty to help out those in my immediate arena, and do, to the best of my ability. But it's also a good lesson for me to know that not everyone is looking for help. A friend recently suggested to me, to ask if someone wants to hear my suggestions, and to not just begin giving advice. Do you know people who are always giving unsolicited advice and opinions and sometimes it's hard to have a cohesive conversation because they keep butting in with what they think would be better for you to do, what you **SHOULD** do? Well, it turns out I am one of those people!

In a way, it's an occupational hazard, since in my private practice I am paid to point out to people any habits of speech or behavior I notice that demonstrates a belief system they might want to change or update. I spend so much time with clients and so little time in casual social settings, that my tendency is to "work" on my friends when I'm with them. Don't get me wrong, I don't do it on purpose and when I notice it, I correct it. But I catch myself at it time and time again. So I was invited to consider asking, "May I suggest something?" or "Would you like my opinion?" rather than just rattling off what I think they should do other than what they are doing. As soon as he pointed it out to me, I realized I did it a lot and that I have several friends who do it a lot as well. Vibrational match!

At <http://theadvancedsoul.com>, a friend writes on the topic of **Unsolicited Advice and Shoulding on People**. He says: "On my journey, I came to realize that giving unsolicited advice had the opposite effect I intended. I've been working on myself for 4 years now and I'd like to think that I have gotten somewhere, or rather I have returned to a place of inner peace I once knew. And over this time I have acquired lots of bits of information to make my life harmonious with the world. Naturally I want to share this info with those close to me, and with the world actually. I mean my life is so happy and amazing, wouldn't everybody want this? The answer to

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*everybody's problems are so simple and I have them. Then I try to share them with somebody not on or even near a path of enlightenment and it backfires. They rip me apart for even offering this advice. So where did I go wrong? Well, my uncle once told me never to give unsolicited advice. That is a tough thing to handle when you think you have all the answers. I live by some simple rules that make things run happy and smooth, but the advice rule has been hard to follow. I mean you see somebody struggling with a problem that is making them miserable and you know all they have to do is this one thing and all will be happy.*

*But the fact is, this thing will solve my problems because they are my truths at this moment in time. I could not have taken that advice 5 years ago because I was not in the proper place in time. I suppose there are many paths to enlightenment, one is not the correct one and the others are not wrong. So I need to bite my tongue, maybe chew it off, I don't know. This is hard to do. One thing my wife does is to ask people if they want some advice. This doesn't always work, because people just say "yes" to be polite. But I guess they feel less angry at you since they did in fact give you permission. So my wife had a "talk" with me the other day about this. I've been giving her unsolicited advice a lot lately. For some reason, since she is on a path like mine, I thought it was ok. But I found out, it's never, ever, ever ok to give unsolicited advice."*

And now that it's been brought to my attention, I agree that's good advice.

Like eating a banana every day is good advice. I love bananas. I especially like to buy green bananas. The yellow ones bring up all my commitment issues. Will it be ripe before I'm ready for it? Will I place yet another banana in the freezer for that smoothie that never materializes? Will I guilt trip myself for doing that? Will I beat myself up for guilt tripping myself? Buying yellow bananas can bring up all sorts of issues if I'm not careful... But when I buy green

...continued on page 41...

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Side Up," for *The Seminole Chronicle*  
(Florida) newspaper. Visit  
<http://www.karenwilliams.net>



**SOULSONG #461 – HOW DO I  
DEAL WITH FAILURE?**

**L**oss of a job or relationship - social rejection  
- foreclosure on a property - a "wayward" child. If  
I feel like a failure in any area(s), I can rest as-  
sured that I CAN move from anywhere I am in life  
to where I want to go, and there are no exceptions.

My tendency after a perceived failure might be to take  
immediate action to validate myself. I might frantically try  
to find a new job or partner, work longer hours, call in new  
experts, simply TRY HARDER.

But until I begin thinking in new ways, I'll likely rush head-  
long into more - you guessed it - failure.

Every person and every circumstance responds to me ac-  
cording to my vibration, which is simply an accumulation of  
my thoughts. My first order of business, then, is to soothe  
myself and shrug off a sense of inadequacy. I can start by  
acknowledging that the only people who never fail are those  
who never try. I can read inspiring articles and books about  
people who rebuilt their lives after problems and mistakes.

Then I can spend time each day envisioning myself as I  
want to be - successful, fulfilled, relaxed, competent, ap-  
preciated, sought-after. I imagine myself feeling this way  
in a variety of circumstances, and I keep at it until this  
sort of picture of myself begins to feel natural.

As my self-image changes, my circumstances will change  
accordingly. People will respond to me differently, and op-  
portunities will manifest. I'll exude wisdom, accuracy, and  
efficiency. I'll get far greater results with less effort, for  
I've set countless good things in motion with my thoughts.

Failure can wondrously jumpstart me into new patterns  
of mental focus - happy patterns, positive patterns - that  
gradually unfold a no-limits life.



# OUR CALENDAR OF EVENTS

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**No calendar listings taken by telephone. Please do not fax flyers or press releases.**

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Mondays ~MELBOURNE ~ Psychic / Spiritual Development Classes ~ 1 Monday / Month ~ 7:00 - 9:00 PM ~ Each class includes meditation, a topic/lesson, and hands-on actual practice to develop your personal skills. Marilyn Jenquin, International Foundation for Spiritual Knowledge 407-673-9776 or [www.ifsk.org](http://www.ifsk.org)

Mondays PT CHARLOTTE Psychic Development with John Culbertson and Lisa Freeman. 7:00PM - 9:00PM. \$20/class. Starchild. 941-743-0800

Mondays CASSADAGA Mediums Night at Cassadaga Spiritualist Camp. Mini-readings available from certified camp mediums. Readings are provided by Camp certified mediums the first Monday and student mediums the third Monday of every month. Visit our website at [www.cassadaga.org](http://www.cassadaga.org) or call 386-228-2880.

Tuesdays MERRITT ISLAND 6-7pm Drumming at Natural Mystique in the Merrit Square Mall, featuring Fred Goodnight. Bring your drums and percussion instruments. Donations accepted. 321-455-1538

Tuesdays PT CHARLOTTE Basic Tarot with John Culbertson. 7:00PM. \$20/class. Starchild. 941-743-0800

Wednesdays MERRITT ISLAND Meditation & Healing Service 12pm Christ Church of Positive Living 1353 N. Courtenay Pkwy 321-454-4109

Wednesday FORT WALTON BEACH Yoga Classes Taught by Louise Davis. Wednesdays mornings at 9:30 am and also at 7 pm. Way of Life Unity Center, 1797 Hurlburt Field Rd. 850-864-1232 Info: [unityinstitute@cox.net](mailto:unityinstitute@cox.net)

Wednesdays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 6:30-7:45pm Family Health and Wellness Center on AIA 321-626-5333 [Rivers97@rocketmail.com](mailto:Rivers97@rocketmail.com)

Wednesdays PT CHARLOTTE Kabbala Pathworking with Sandy Anastasi. 8:00PM - 10:00PM Prepayment of \$100 for the lower tree or \$15/session. Starchild. 941-743-0800

Wednesdays, MERRITT ISLAND, Spiritual Discussion/Meditation Group, 7 PM Garden Chapel 480 Sail Ln, 321-634-5188

Thursdays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 6:30-7:45pm Family Health and Wellness Center on AIA 321-626-5333 [Rivers97@rocketmail.com](mailto:Rivers97@rocketmail.com)

Thursdays COCOA Course in Miracles discussion Group 7pm at The New Church - call Eddie at 321-264-1911

Thursdays Pt Charlotte Belly Dancing with Sandy Anastasi. 7:00-8:00pm. Free. Starchild. 941-743-0800.

Thursday FORT WALTON BEACH Saht Meditation led by Sonny Goldson. Thursdays at 7 PM. Way of Life Unity Center 1797 Hurlburt Field Road 850-864-1232 Info: [sonnysound@aol.com](mailto:sonnysound@aol.com)

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Thursdays ~ TALLAHASSEE ~ Psychic/Spiritual Development Class - 1 Thursday/month - 7:15-9:30 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776

**CALENDAR CONTINUED ON NEXT PAGE...**

# OUR CALENDAR OF EVENTS

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

Friday FORT WALTON BEACH Tai Chi Taught by Bill Weimers. Fridays at 10 am at Way of Life Unity Center, 1797 Hurlburt Field Road 850-864-1232 Info: [unityinstitute@cox.net](mailto:unityinstitute@cox.net)

2nd & 4th Fridays - WEST PALM BEACH - All Message - 7PM, UMC 528 S. Haverhill Rd, 561-686-0217

Fridays, INDIALANTIC Spiritual Discussion/Meditation Group, 2 PM Garden Chapel 501 Oakridge Dr, 321-634-5188

Saturdays CASSADAGA Historial & Orb Photography Tours at Cassadaga Spiritualist Camp. Historical at 1 and 3 pm; Orb at 7 pm. Visit [www.cassadaga.org](http://www.cassadaga.org) or call 386-228-2880.

Saturday ~ ST. PETE/TAMPA ~ Psychic/Spiritual Development Class - 1 Saturday/month - 7:00-9:00 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776. Locally: Karen 813-356-8066.

Saturdays ORLANDO Pranic Healing Circle 2-4pm With the blessings of Grand Master Cho and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Christ Church Unity 771 Holden Avenue in Orlando. For information, call 407 852-3940

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully appreciated. Hield Road is off Minton Road, just north of Palm Bay Road, go west a mile or so.

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 321-452-2625

Sundays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 10:30-11:45am Family Health and Wellness Center on AIA 321-626-5333 [Rivers97@rocketmail.com](mailto:Rivers97@rocketmail.com)

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church 1745 Trimble Rd (off Wickham) 321-254-0313

Sundays CASSADAGA Services at Cassadaga Spiritualist Camp. Church services 10:30 am; Afternoon Message Service 12:30 pm. Visit our website at [www.cassadaga.org](http://www.cassadaga.org) or call 386-228-2880.

Sunday MERRIT ISLAND 11am Sunday Service, Christ Church of Positive Living, 1353 N. Courtenay Pkwy, 321-454-4109

Sundays ST. AUGUSTINE 6:15 pm Psychic Development Classes at 47 San Marco Ave. Ph: 888-753-3290

Sundays MELBOURNE Metaphysicians' Circle meets at 1924 Melody Lane behind the Melbourne Auditorium. 7-8:30pm \$2.00 fee. Info 321-537-3843 Interesting and compelling presentations on metaphysical topics

Sunday FORT PIERCE Science of Mind For Positive Creative Living. We meet at Unity 3414 Sunrise Blvd Ft Pierce each Sunday at 4pm come join us, we have great speakers 772-785-8525

Sundays-WEST PALM BEACH - Metaphysical Church - meets at Unity at 6073 Summit Blvd, 5:30 PM Healing 6PM Service. Various guest speakers.

1st Sunday of every month MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:00 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd Sunday COCOA Eckankar Services, 11:00 AM at the Holiday Inn Express, 301 Tucker Lane. Cocoa (520 and I95). Learn more about the ancient religion of Light & Sound. This month's topic is "HWhat would love do now?" Free Booklet.

**CALENDAR CONTINUED ON NEXT PAGE...**



# OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm With the blessings of Grand Master Cho Kok Sui and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road For information, call 321-254-0313.

Saturday, May 12 - HOLLYWOOD - Intimate Conflict Resolution workshop. Want to love, not fight? Learn this easy and healthy method! 7:30-9:30 PM. \$25/single, \$35 couple/partners. The Goddess Store, 2017 Harrison Street. 954-929-2369. <http://home.earthlink.net/~beki>

May 14,21,28 and June 4 will be Freeing Your Breath, Freeing Your Spirit...a 4 week series with Valerie Carruthers, RYT. Investment = \$420 Breathwork enables you to gently release issues held inside the physical, mental and emotional bodies. Valerie provides you with simple yet powerful techniques so you can reclaim your true Wholeness. For more information contact: Valerie Carruthers-386-437-9372. Location is The Source-4601 E. Hwy 100-Suite F-3-Bunnell, Fl. 386-437-3230

May 19-20, 2007 MELBOURNE Tantric Shamanism Healing Weekend, Journey to Wholeness w/Gary Matthews & Cynthia Amrita Rothchild, \$250. Uniting the Masculine/Feminine with breathwork, ceremony, deep processing and bodywork. 321-795-1595 shamanic-counselor.com.

Saturday, May 26th, 2007 FT. PIERCE Waves of Bliss Aquatic Bodywork & Tantra present Aqua Tantra w/Cynthia Amrita Rothchild. Watsu & Tantric Massage on Land & in Water! A playful, intimate and heart centered mini-retreat. 10-10pm \$200. Single/\$300. Couple. Reservations @ 321-795-1595. Wholebodywork.com

Friday May 26th MELBOURNE 1 - 3pm at Heaven Sent Wellness Mold - Allergies Become the Home Healer: Making your Home Environment Healthy for your family. Cleaning the air you breathe, the power of Thieves™ Non-toxic cleaning solutions and more. 321-652-5910

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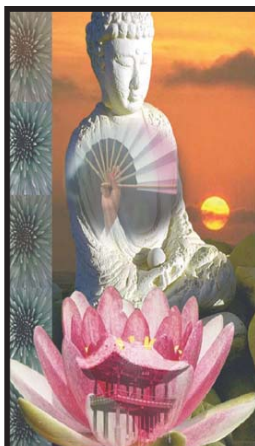
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-- Carol M., Seattle, WA

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Roger is the Principal Minister of the Church of Iron Oak, ATC. He is also East Coast Presiding Elder with the Aquarian Tabernacle Church, an international Wiccan Church. He loves nature and finds Spirit among the trees and flowers, even after having lived in Florida for 30 years. He can be contacted through the church at (321) 722-0291 or through [www.ironoak.org](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

### MAY

**May Day!** The first of May and the ancient celebration of Beltane or Calan Mai, a holiday celebrating the return of life and fertility, which brings us back to the question we asked earlier. So, what is it that was so horrific to the Puritans that they had it banned? Why, the May Pole, of course! Once a part of an ancient Celtic celebration, it became a target of the church around 1517 when the church sparked crowds to tear them down. That very same object invoked such merriment that its mere presence was abhorrence to them. Surely, they reasoned, the king of the May must be Satan himself!

Under Puritan pressure, Parliament prohibited it in 1644. Later, Charles II allowed it to return and even had one built 134' high. After continued resistance by the church, it was the last public May Pole and was moved from London to Essex in 1717. There, Sir Isaac Newton propped his telescope upon it. Was that the end of the banishment? Nope! As late as the period from 1950 through 1960, public May Poles were removed from even American cities!

But not to end on a negative note, I will pass on to you this lovely poem by none other than Ben Johnson himself. It's good for any month with a full moon in it and this one has two!

Earth, let not thy envious shade  
Dare itself to interpose;  
Cynthia's shining orb was made  
Heaven to clear when day did close;  
Bless us then with wished sight,  
Goddess extremely bright.  
Ben Johnson, Hymn to Dianna

Yes, this month, we have a second full moon! Stick around and find out why it is not blue!

May 1st - Wiccan, Neo-Pagan: Beltane, Celebration of the Sacred Marriage of Goddess and God  
May 1st - Hawaii: Lei Day to honor Hina, the Great Mother  
May 2nd - Full Grass Moon at 6:10 AM, EDT  
May 4th - Buddhism: Wesak Festival, day of reunion, pilgrimage and rejoicing  
May 8th - Roman: Lemuria, return home of wandering spirits  
May 14th - Greek: Noumenia, festival honoring Selene, goddess of the moon  
May 15th - Yoruba/Santeria: Feast of Ochossi, Orisha of animals  
May 16th - New Moon at 3:28 PM EDT  
May 29th - Roman: Celebration of Dea Dia, goddess of fertility and agricultural wealth  
May 31st - Full Blue Moon at 9:05PM, EDT

#### A factoid with which to end the month:

On previous "blue moon" months, we repeated the story about the blue moon being the second full moon in a month. Sorry, it was wrong! The error was made when Sky and Telescope magazine printed the error in 1946. They printed a retraction 60 years later! By the time they found out the mistake, it was too late. Now, everybody thinks it's true, as did I!

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# Kirk Douglas stars in ILLUSION

*...continued from page 20...*

Goorjian's compelling script combined with Douglas' star power and entrancing performance make ILLUSION a movie that appeals to people from all walks of life. During his extraordinary lifetime of achievement, Mr. Douglas has appeared in 87 films, 10 plays, written 9 books and been married to his wife Anne for more than 50 years. In 1958, he broke the notorious Hollywood blacklist when he gave screen credit to black-listed writer **Dalton Trumbo** for the Spartacus screenplay. He was widely condemned for his decision at the time. It was not until 30 years later that the **American Civil Liberties Union** and the **Writers Guild of America** recognized his act as courageous.

I recently had the opportunity to interview **Kirk Douglas** and **Michael Goorjian** about ILLUSION:

**Q: Mr. Douglas, why did you say yes to Michael Goorjian to star in ILLUSION?**

KD: Michael came to me at the right time. ILLUSION appealed to me because I found something spiritual in it. The man I played was not a very good guy throughout his life but he felt the need to do something good before he died. He wanted to help the son that he had ignored. Playing this role was a great privilege.

**Q: Michael, some would say that this film is about the Akashic records. What that your intent?**

MG: The Akashic records became a metaphor through which to tell this story.

**Q: Mr. Douglas is there a relationship between the role you played and your relationship with your father?**

KD: Of course. My father never gave me a pat on the back. He just couldn't do it and that's something that I missed all of my life. He was a Russian immigrant and it was difficult for him to express deep emotion. I always wanted to make sure I gave my children a pat on the back. I once asked my son Michael if I had been a good father. He took a long pause and finally said, "Ultimately you were a great father". And I said, "Ultimately?" He said "yes." I thought about that a lot...I even wrote about that pause in my book because it bothered me. I realized there was a period in my life where maybe I was too wrapped up in making movies and that my son missed something. Doing ILLUSION reminded me, "Oh my God, before I die I want to do something for my kids."

**Q: Michael you maxed out all your credit cards to make ILLUSION. Was it worth it?**

MG: Yeah, absolutely. A definite theme of this film is to follow your dreams and I figured that if I'm going to make pictures like this-- I'd better live this way.

KD: I think Michael should be proud of ILLUSION. To me it was a wonderful thing to work with so many young, talented people. It was rejuvenating to me.

MG: Kirk was very inspiring to me. During our first month of rehearsals I realized that Kirk is just like me or any other actor, he loves acting. In ILLUSION we got a chance to really explore the deeper side of life.

**Q: Mr. Douglas, you were Bar Mitzvahed a second time at age 73. What drew you back to your religious and spiritual roots?**

KD: I don't know if there is an "after life" but I thought it would make my mother happy. I'm not a very religious guy. I think there's too much religion in the world. It's doesn't matter what religion you follow, if it makes you considerate of other people and you do unto others as you would have them do unto you, then that's the right religion.

**Q: Michael, tell me about your first meeting with Mr. Douglas.**

MG: I remember the first time I went to his house. He came up and looked at my chin and said, "It'll do." Everything happened pretty quickly after that. He read the script and agreed to star in it.

**Q: Mr. Douglas, do you believe that certain things in life are pre-destined?**

KD: I think it's true. I recently celebrated my 90th birthday. When I was a kid I almost drown. I survived a helicopter crash, I have had operations on both knees, I've got a pacemaker and had a stroke and I'm still around. Sometimes I wonder why and I think it's because I want to help younger people because lets face it; the world is in a mess. My generation has not done a very good job and we are leaving a lot of problems for the younger generation to solve.

**Q: Michael, what are you working on now?**

MG: I'm writing a new picture; a love story that has a lot of metaphysical aspects to it.

**Q: Mr. Douglas, what are you now working on?**

KD: Well, I just finished my 9th book. It's called LET'S FACE IT 90 Years of Living, Loving, and Learning. I dedicated it to my grandchildren. In this book, I share the mistakes that I have made, the things that I like and don't like. Writing this book has been a catharsis. The book comes out in March. Members of The Spiritual Cinema Circle will receive ILLUSION as part of the May 2007 DVD collection. For a limited time, new subscribers to The Circle can receive a free trial membership (for a nominal shipping fee) by visiting: [www.spiritualcinemacircle.com/free](http://www.spiritualcinemacircle.com/free) or by calling: (800) 556-0129. ILLUSION will be available in stores nationwide on May 29, 2007 or through GAIAM ([www.gaiam.com](http://www.gaiam.com)) for \$14.98.



# This month's thoughts about things...



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

...continued from page 33 ...

bananas, well, that changes the storyline! I begin to look forward to them turning yellow. Every day I walk by and wonder how much longer they are going to take. Sometimes they play really hard to get, taking a week or more. They know that gets to me. They like to play with my head. They are playing coy **Venus** to my **Aries Mars**.

Hey, forget the bananas for a minute! **Abraham-Hicks!** Order the dvd, see the inside back cover of this magazine for info, or go to [www.abraham-hicks.com](http://www.abraham-hicks.com). I admit I was a little miffed to find **Abraham-Hicks** edited out of *The Secret* movie. Which is silly since Jerry and Esther didn't seem miffed. I guess disappointed is a better word. The biggest difference I noticed in the edited (what they call the 'extended') version is that without the crystal clarity of Abraham woven in and out of the other speakers, many subtle nuances of 'the secret' are missing. While most of the co-presenters were, if not students of Abraham, then certainly very familiar with the Hicks work and for many the Hicks material was their first introduction to the law of attraction. Yes, they all mention other authors, going back many years. But remember, all reference to **Abraham-Hicks** has been removed from the edited (extended) version of *The Secret*. If you can locate the **original edition** of *The Secret*, buy it!

At **Amazon.com**, **Stanlie Lee** wrote a great review: A majority of the teachers quoted in "**The Secret**" DVD had studied **Abraham**, the clearest source of **Law of Attraction** teachings. This DVD appeals to two audiences: fans of "**The Secret**" and fans of **Abraham-Hicks**.

**First group:** If you've read the book *The Secret* or viewed the DVD *The Secret (Extended Edition)*, or better yet, viewed the original DVD *The Secret (Original Edition)* that included **Abraham/Esther Hicks** in it, and you'd like an even clearer, more comprehensive explanation of the **Law of Attraction** and how and why our emotions or feelings create our reality, then this DVD is for you. The teachings called **Law of Attraction** are a spiritual teaching of a universal, spiritual law, and who better to teach it than the group of spiritual beings who call themselves Abraham or Source Energy.

**Second group:** If you've heard **Abraham** lecture on CD, on DVD, or in person, and one of your favorites in Abraham's talks has always been when Abraham tells a story about the intimate details of the lovely, very human lives of husband and wife **Jerry and Esther Hicks**, then this DVD is a must have for you, as Jerry and Esther themselves tell stories in this DVD about their life together, and detail, in a depth not available on any previous Abraham-Hicks Publications book, CD or DVD, their lives pre-Abraham and the step-by-step path that led them to Abraham.

There are three episodes of about 45 to 50 minutes each. The first episode is the interview with Jerry and Esther Hicks, who is the channel through which Abraham communicates. The second and third episodes contain the Q & A sessions with the entity Abraham. The questions are beautifully and lovingly answered by Abraham and this Q & A actually contains the most moving parts of this film. There is such unconditional love in these teachings, that one can't help but feel that this is what it's like to hear God speak.

Personally, I've found no clearer answers to life's big questions than those answers from this teacher called Abraham, and, not too long after I've immersed myself in Abraham's teachings, I sold all my other spiritual, self-improvement books to the used book section of the local metaphysical bookstore here. Reading other authors now feels like listening to a radio station whose signal is not always clear. Why guess at what an author means, why read between the lines, when there is a teacher as clear as Abraham who tells it the way the Universe really is, the way it's all really set up to run?"  
###

I am in complete agreement with that. When I first discovered Abraham \*thanks to **Walter Levine**, the crystal guy\*, my world changed. Just realizing that every subject was two subjects changed completely everything for me. Everything began making sense, and it's been uphill since then!

**So this month I've learned or been reminded of:**

1. Taking pride in overcoming challenges attracts more challenges into my experience.
2. Starting over can be very freeing and liberating.
3. The Universe is talking to me all the time. If I pay attention, I will hear its messages from everything around me. Even from the shredded trash.
4. My hands are not my own.
5. It's never cool to give unsolicited advice.
6. Some things are worth waiting for.
7. Abraham-Hicks offers the clearest answers to life's big questions, and makes the learning of it all very fun and doable. It doesn't have to be hard.



Enjoy our offering this month.  
Life is good!  
Hari Om.

*Andr a*



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## **Use Horizons Magazine to create your own Horizons Community Group**

• Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.

• Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.

• Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,

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# My Journey With My Beloved Teacher



...continued from page 15 ...

tions that improved humanity. He showed tremendous compassion and love even to those that treated Him unkindly. He was unfailingly courteous, kind and generous.

On one occasion He asked me how the Teachings had changed my life. I replied, "I can't even imagine what life would be without Arhatic Yoga® and Pranic Healing®". As I was pouring my heart out in gratitude to Him, He said "you are lucky you found Me". I looked at Him and said "No, Master, I am lucky You found me!".

In His physical absence He continues to teach us with the numerous books and divine inspiration that comes from practicing His powerful meditational techniques. It is up to us to live His legendary kindness, unending generosity and His priceless teachings which are a guiding light for our spiritual development for each and every day of our lives. Remain connected! Follow His simple instructions:

Practice diligently.

Purify yourself.

Spread the teachings.

May the blessings of God be with you!

Master Stephen Co is the senior disciple of Grand Master Choa Kok Sui and one of only two Master Pranic Healers in the world. He is co-author (with Dr. Eric Robins) of the extraordinary book "Your Hands Can Heal You." Stephen Co is a master of the Life Force energy. His skills as a compassionate teacher and accomplished healer have garnered him much media attention through the years. He serves as senior facilitator of the United States Pranic Healing Mission and has many thousands of graduates from all walks of life.

Internationally renowned as a lecturer, trainer and practitioner of Pranic Healing® and human energy studies, Master Co has given presentations to many thousands of people in the U.S., Mexico and the Philippines. He has shared Pranic Healing® at numerous hospitals in North America, While keeping themselves healthy, his students learn to help their patients.

His unique expertise comes from his experience as an engineer, successful businessman, lecturer, healing practitioner, practitioner of Arhatic Yoga, Martial Arts, and as a parent.

Stephen Co is the Senior Disciple of GrandMaster Choa Kok Sui, world's foremost authority and founder of Pranic Healing®. Pranic healing is a highly developed and tested system of energy medicine that utilizes prana (if you're new to Pranic Healing®, prana is our life force energy or Chi) to balance, harmonize and transform the body's energy process.

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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 available. Barbara can be reached at 1-208-773-7822 and at P.O.Box 3427 Post Falls, Idaho 83877 and on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or by email at [barbaralee21@verizon.net](mailto:barbaralee21@verizon.net)

**Aries: March 20 to April 20 "I Am".** Are you a bride or groom to be, or can you feel the new beginning that is happening all around you. Your life begins with you, as you live your life from the inside out remember to watch how integrity speaks for itself. Be like Nature in all of it's wonder; the grass knows when to grow and the blossoms know when to bloom.

**Taurus: April 20 to May 21 "I Have".** Your Solar Return month is the time to let go of old disappointments that should evaporate back into nothingness, it is only perception that can causes you pain. Lay down your burdens, for you are a beautiful child of God that shines so bright in the light. Empower yourself you must, there is only time to look forward to your bright future success.

**Gemini: May 21 to June 21 "I Think".** In order for you to receive your Harvest with open arms, a change of heart needs to happen. You can help your progress by thinking positive thoughts and not expecting the worst. Deep change is going on inside you on a cellular level. If something is meant to leave your life there is no holding on that will stop it. When one door shuts another door opens.

**Cancer: June 21 to July 22/23 "I Feel".** Birds of a feather flock together. The people that you are attracting into your life right now all seem to have similar issues. If you want to see yourself clearly, take a more honest look at yourself as well as the people in your life, just remember that they are your mirrors. When you aren't feeling everybody's emotions, life really is a joy.



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# Horoscopes for MAY 2007

**Leo: July 22/23 to August 23 "I Will".** What goes up must come down, the spinning wheel is turning round and round. You have an opportunity to be the Master of your life one step at a time. Balance is your teacher, the key to happiness is being peace in the present moment to moment. To Master yourself is your greatest lesson. In this time of new beginnings and change you are to reflect on where you have been and where you intend to go.

**Virgo : August 23 to September 23 "I Analyze"** Spring has sprung and you are more than ready to play and play as hard as you can, and play your must. Lighten up and free yourself from the burdens of old anger and resentments. Your future has so much in store for you, you are to walk freely and easily towards a new beginning. Your biggest lesson lately is to be able to believe in yourself and stand on your own two feet! Talk the talk and enjoy the walk.

**Libra: September 23 to October 23 "I Balance".** Yes balance is your middle name, but beware of over compensating, and too much attention to detail. Your greatest lesson at this time has to being true to your self as well as having the back bone to walk your talk and speak your truth. You are to avoid walking on eggshells and then exploding. It is much better to express yourself as the event happens rather than to allow it to fester.

**Scorpio: October 23 to November 22 "I Create".** After the full moon in Scorpio on May 2nd, your life will lighten up in many ways. Emotionally you will feel relieved that what ever was bothering you is now off your chest. Mentally you have alot of work that needs to get accomplished, but with more sunshine on the way you can say good bye dark clouds. Emotionally it is time to do what you love as you connect with your passion

**Sagittarius: November 22 to December 21/22 "I Perceive".** Wow on May 31 there is a Full Moon and a Blue Moon in your sign. You are willing to come full circle with your life as a work in progress. As you cocreate your life with the Universe you have learned that there is a time to play and a time to rest. For you the best is yet to come as you put down roots you will be thankful to share a home with someone that loves you. Your running days are over.

**Capricorn: December 21 to January 20 "I Use".** This is a time for you to not take yourself so seriously and have more fun in your life. You have great stamina and staying power, your lesson is to know when the task is finished. As far as relationships go disappointment in love comes when you are unwilling to give to yourself. There is a time to play and a time to work, you just have to know the difference.

**Aquarius: January 20 to February 18 "I Know".** Your guidance comes clear and loud with the voice of intuition. With Neptune's influence in your life you are being asked to listen to your higher self as well as act upon what it says. If you have ever thought of having a more spiritual line of work, now is the time to pursue these goals. You will also be less ego driven as you move towards a more spiritual line of work.

**Pisces: February 18 to march 20 "I Believe".** Relationships are the environment of your learning this month, and yes boundaries are very important for you. It really is okay for you to take off the rose colored glasses. Learning to love unconditionally is the Pisces way but not at the cost of self. Being that mars is transiting your sign it will help you build a back bone, and strong you will be.



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manity Ascending a must-see movie!

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Super Saturdays the 4 Saturdays in  
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(May 5, 12, 19, 26 and June 2) Rev  
Linda Machesic will teach Christian  
Healing and Metaphysics I from  
8-10 and 10-noon. Shirley Bishop, a  
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B from 1-3 and 3-5 pm.

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SATURDAY MAY 12th 10AM  
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# SUGGESTED READING & LISTENING



**The Law of Attraction: Teachings of Abraham** by Esther and Jerry Hicks

**Your Daily Walk with the Great Minds of the Past & Present** by Richard A. Singer, Jr. <http://www.yourdailywalk.org/>

From [www.chopra.com](http://www.chopra.com) or [www.Amazon.com](http://www.amazon.com)  
**How to Know God** by Deepak Chopra DVD

From [www.hayhouse.com](http://www.hayhouse.com) **The Divine Matrix**, by Gregg Braden

**MUST SEE DVDs:** **The Secret Movie** <http://thesecret.tv/>  
**The Secret Behind The Secret** [www.abraham-hicks.com](http://www.abraham-hicks.com)

From [www.hunahealing.com](http://www.hunahealing.com)  
**Chant & Forgiveness...** A Huna Odyssey Belinda Farrell  
**How To Call Back Your Spirit and Receive More Joy**



From [www.soundstrue.com](http://www.soundstrue.com)  
**The Wisdom of Your Cells** (audio course) Bruce Lipton Ph.D  
**Increase Energy** (music) Andrew Weil, M.D.

**MUSIC from [www.paulschwartz.com](http://www.paulschwartz.com)**  
**State of Grace III** Paul Schwartz with Lisbeth Scott

From [www.richheartmusic.com](http://www.richheartmusic.com)  
**Music of Peace Solo Piano** by Richard Shulman



**MUSIC from [www.soundings.com](http://www.soundings.com)**  
**Spa Rhythms** Dean Evenson\* Soulfood's DJ Free\*Rita Coolidge

## OUR MISSION STATEMENT

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

### OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life, and use our combined power to encourage each other in our personal visions, promoting social transformation.

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, 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.

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

*From my heart to yours,  
Andrea de Michaelis*





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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

Kirk Douglas Michael Goorjian

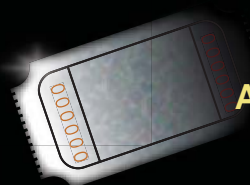
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