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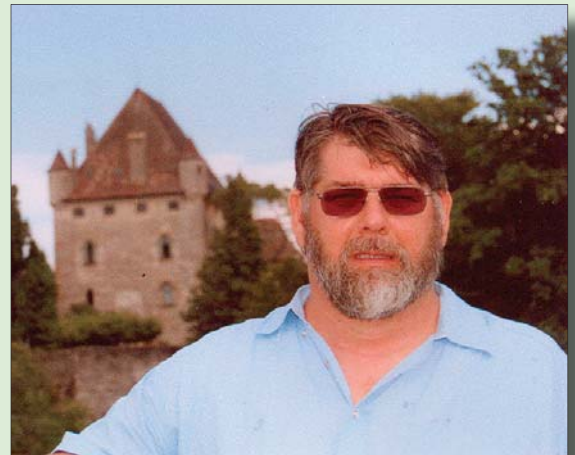
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Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. He offers readings in person and by phone. An Ordained Minister and Certified Psychic from Cassadaga, 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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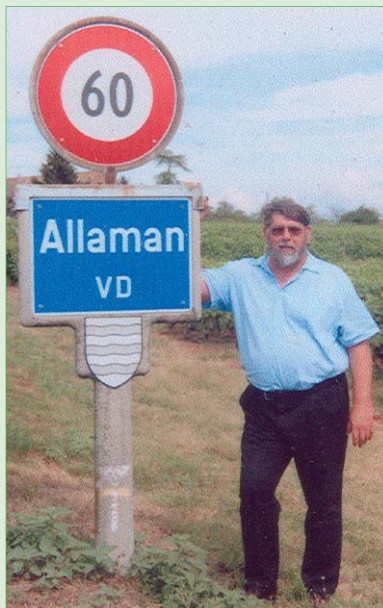
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- Provide insight into the lives and behavior of friends, family, co-workers, employees.
- Provide guidance for self-analysis, discovery and growth.
- Improve your understanding of people and events in your past including why they happened.



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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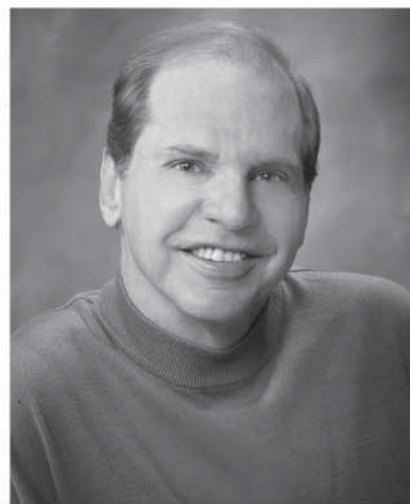
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Horizons

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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

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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

Hello and welcome to the June 2007 edition of Horizons Magazine. Wow, it's June already and the weather has just now begun to get warm. This is when I love living in Florida. As long as the weather stays cool until mid April, I'm thrilled because that means we got 6 months of not hot, not humid weather. Anything more than that is a bonus! Plus, remember that also means we will have an easy hurricane season. That's one thing the weather forecasters fail to mention when they are talking about every storm that blips onto their screen.

I never cared for Indian food until recently. I spent off and on in my 20's and 30's living in an ashram with a monastic group and Indian food was the order of the day. I found it not to my liking and thereafter avoided it. Then last year while attending the Pranic Healing Workshop in Orlando, I was invited to lunch with Master Steven Co and his group. Tom Park asked if I liked Indian food, since they were going to an Indian buffet. I inwardly cringed and outwardly smiled and said "Yes, I'd love that." To my delight,

I found there were many dishes I loved, and they tasted nothing like I remember "Indian food" tasting. So flavorful and so many vegetarian choices. I now go several times a month to the lunch buffet at Taste of India here in Melbourne.

In my new search for low fat, high flavor meal choices, I've been studying up on Indian food and trying out some recipes. The spices are very unfamiliar to me. I am not only learning their names, but how to use them. I am realizing the more creamy dishes contain yoghurt or cream, which I don't care for. I am anxious to learn more. I found a website with good info at www.food-india.com.

I've had to buy a whole set of spices unfamiliar to me: coriander seeds, cumin seeds, coriander powder, cardamom seeds and powder, turmeric, garam masala. I've also had to learn to cook using chilies, or chili peppers. The Indian foods use different flours, like besan (chickpea) and a lot of pastes, so you make (or buy) ginger paste, garlic paste, or puree onions and spinach into pastes to thicken sauces. That part interests me, since I am a gravy freak. Oh! To think I can have gravy! I'm excited!

I am also learning how each spice tastes, alone and in combination with each other. It's weird not being able to know right offhand, like I do with garlic, cumin, basil, oregano, tarragon: my staples. My remedy is to continue dining at the Indian buffet on a regular basis and question the server about the dishes I like. Then go home and go onto to www.google.com and search the name of the dish and find the recipe.

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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.

You, the Visionary Law of Attraction, the Manager

Are you knowing that you are the creator of your experience? Is that a good thing? Have you noticed that there is a continual new desire within you? Are you beginning to understand that the desire that is focused within you is the most natural thing in all of the Universe? Are you beginning to understand that the desire that continually focuses within you is the natural consequence of the contrast in which you are so dramatically, emphatically, and precisely focused?

You are focusing mechanisms and your ability to perceive within the framework of the variety that is around you causes continual focus, or desire, to be born within you. The entire Universe is established to help you -- a creator out here on this leading edge of thought -- assume your new stance or conclusion or determination or decision or idea, or desire.

Desires are born within you, constantly, whether you verbalize them, or not. You are focusing mechanisms creators out here on the leading edge of thought, in this natural environment where you synthesize data and conclude.

We are here to assist you, if it is your desire, in helping you to find vibrational harmony with the desire that is flowing through you. And, it is your work to allow the desire that has been concluded by your process.

We have been calling this gathering, "The Science of Deliberate Creation," for it is a wonderful thing when you are standing in a place of deliberate focus. But we think a very important subtitle for this gathering would be "The Art of Allowing." Because unless you have learned how to bring yourself into vibrational harmony with the Energy that you are pulling through you, (under the title of "desire") then you stand in a place of resistance.

Desire is a natural thing. When desire is born within you, and you are blocking or resisting or not allowing the desire that is flowing through you -- that is what resistance is. When you learn to allow the Energy, that is being summoned through you by the power of your desire, to flow in a non-resisted manner -- that is creation at its best. That is fulfilling your reason for being. That is living, as the extension of Non-physical Energy that is you, out here on this leading edge of thought -- allowing the Energy that creates worlds to flow through you.

What confuses most people about this is that you have not learned to be discriminating in that which you are giving your attention to. When you see something that you want, and you say, "Yes yes, more of that," what's actually happening, not by your yessing but by your attention to it, you are including that vibration in your mix, which means, when Law of Attraction acts upon that -- you are going to get more of this that you are saying "yes" to. But when you see those things that you do not want and you shout "no" at them -- because this is a Universe that is based upon attraction, and there's no such thing as exclusion -- when you say "no" to something it's really the same as saying "yes" to it. Yes means yes, and no means yes. Whatever you give your attention to means yes.

Don't Put It On Your Plate

What we are wanting you to begin to recognize is that there are different ways to evaluate contrast. There is that light way of making choices, like you do at a smorgasbord of food: "I will have some of that, and I will have some of this, and I will have some of this," where you don't get all upset about the stuff you don't want on your plate -- you just accept that you don't have to put it on your plate.

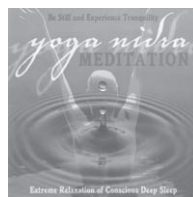
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Send your questions to Lori@EmpressFengShui.com

craft mirror and place it upside down (so it is facing the floor) under the bed. This will energetically separate the bed and the stove. Blessings.

Q: Lori I hope you can help. I have a 16 year old boy & a 14 year old girl. I am having problems with my son. I feel that there is real bad energy in my apartment. All my son and I do is argue. Where do I start?
J.M., via email

Q: I think I have a dilemma. I read on the internet about Feng Shui and bed placement. It said, "Do not place your bed above kitchen stove". Is this correct and really bad? If we put the bed against the other wall, the foot of the bed will be directly in line with the arch entry of the bathroom. Which way do you suggest for my bed placement? H.N., Florida

A: This is easily resolved. The problem is that the stove is very yang, and the bed is supposed to be very yin, and this can cause difficulty in sleeping. Simply take a small

A: First, you need to space clear the apartment. Burning sage and opening all of the windows for a while is a good start. I would also do a very deep de-cluttering and cleaning up of the space. It sounds like energy has really gotten stuck. Clear out as much as you can. Then, you need to examine the family area of your home, and make sure that it has symbols of growth (greenery, pictures of plants/flowers), and loving family symbols such as family pictures, as well as wood element (wood picture frames, the color green, etc.). Then bring in some rose quartz crystals to support healing and love. Good luck.

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Q: I exhibit my art at shows around the country. Is there a certain color that I can use for my table skirting that would entice people into my booth and to want them to make a purchase? I usually get no say in what direction my booth faces, but if I have a choice, is there a preference?
S., Fort Myers

A: The colors most strongly associated with wealth, prosperity and customer devotion are purples and reds. Greens are used to help a business grow.

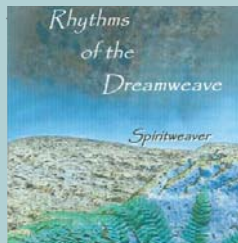
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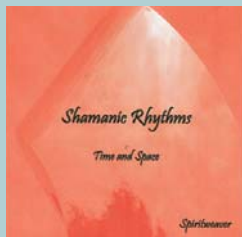
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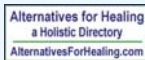
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Saw Palmetto, a Manly Herb (Or is it?)

I am writing this article in honour of my Dad who in his later years was afflicted, as so many men are, with an enlarged prostate also known as **Benign Prostatic Hyperplasia (BPH)**. According to my dad BPH has some pretty annoying symptoms like getting up more at night to go to empty his bladder. He also had a strong desire to urinate yet only a dribble came out along with excruciating pain. If you are concerned about the health of your father, brother or yourself, consider **Saw Palmetto** as the herb of choice.



Living in the south you are probably familiar with this plant. The **Saw Palmetto** gets its name from the sharp saw-like edges on its fan shaped leaves. The olive sized berries grow in clusters of about 18-24 inches long and are harvested in the autumn. Inside the outer part of the berry is a hard white oily seed which becomes dark purple to black with a notable odor and very hard when dried. This inner seed is where **Saw Palmetto** gets its healing properties from. The oil from these berries contain fatty acids, sterols, polysaccharides and flavanoids. These compounds appear

to have an effect on estrogen receptors and testosterone levels making it useful for treating symptoms of BPH.

There have been at least 20 different clinical studies done using **Saw Palmetto** which have found the herb to be useful for the symptoms of BPH including reducing inflammation reducing the size of the prostate, relaxing the smooth muscles surrounding the prostate, reducing the frequency of urination (especially at night). In fact one study showed it to be as effective as some of the prescription medications.

The formula that I put together for my Dad included **Saw Palmetto, Nettle Root, Oat Straw, St. Johns Wort, and Echinacea**.

Besides being good for the prostate **Saw Palmetto** has also been found to be good for increasing sexual energy, enhancing digestion, incontinence and bed wetting, impotence, cystitis, encouraging weight gain, adult acne, toning the bladder and male pattern baldness.

Oh yeah: Ladies, **Saw Palmetto** is also used as a reproductive tonic for women, especially if you have ovarian pain, polycystic ovaries, and painful period's, adult onset acne and for regulating menstrual cycles.

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Uncovering the Christ



Rev. Beth Head is Minister of Unity Church of Melbourne, where she welcomes you to the 9:15am and 11am Sunday morning services at 1745 Trimble Road, Melbourne. Call her at 321-254-0313 or email at RevBethDH@aol.com.

Susan Berringer writes in *Reader's Digest*, "Working at a college with a preponderance of non-English-speaking students, my sister sometimes had difficulty in communicating with the newly arrived. Once as she was enrolling a young man, she reached a standstill at the question of birth date. No matter what words or motions she used, the young man remained puzzled. Finally, a Chinese student standing nearby asked my sister, 'What do you need to know?' After my sister explained, the Chinese woman turned to the young man and hummed the first few bars of 'Happy Birthday to You.' His eyes lit up in recognition as he exclaimed, 'May 12, 1955.' The helpful student shrugged and said, 'Same song, every country.'"

Over the past several months I've been writing about the stages of spiritual growth, which are the same stages we go through when we need a healing, any kind of healing. The stages are awakening, purification, illumination, dark night of the soul and the final stage where we experience the divine - where we uncover the Christ within.

I wish I could say that we only had to go through these stages 1 time and then we would reach a blissful stage where "and they lived happily ever after". Unfortunately, I've found life to be made up with many of these cycles of growth. Just about the time we get the money thing figured out then there is the health thing to work on. Or if health isn't an issue, maybe its relationships that is ours to do.

Up until this stage we have been growing our partnership with God. And now suddenly the Christ is our managing partner. This final stage is the stage where we have a new and greater understanding of the Christ within. It is when we experience "I AM" of God. Other traditions call this deification, bliss, Hindu Samadhi, Buddhist Nirvana, ecstatic communion with the divine.

At this stage we feel a profound sense of oneness with God and with each other. Reading things about oneness strike a chord inside. Statements like this take on new meaning:

"You as one of the cells of My Body (God speaking), have a consciousness that is My Consciousness, and intelligence that is My Intelligence, even a will that is My Will...wholly Impersonal, and therefore common with you and with all the cells of my body... from *The Impersonal Life* by Benner.

"On the very same day Bloomington, Illinois', **McLean Stevenson**, who played **Lt. Col. Henry Blake** on TV's "**M*A*S*H**," died of a sudden heart attack, so did Hollywood actor **Roger Bowen**, who played **Lt. Col. Henry Blake** in the movie, "**M*A*S*H**." (Bill Flick, 1996)

"The first day or so we all pointed to our countries. The third or fourth day we were pointing to continents. By the fifth day we were aware only of one earth." (**Sultan Bin Salman-Saud - Saudi Arabia, astronaut**)

"Realize that the same lifeblood is circulating in the veins of all races. We are Americans or Hindus, or other nationalities, for just a few years, but we are God's children forever." (**Paramahansa Yogananda**)



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From the Heart

Alan Cohen is the author of many popular inspirational books, including the new *Relax into Wealth*. Celebrate New Year 2008 on the mystical island of Bali with Alan and Mary Manin Morrissey. Visit www.alancohen.com, email info@alancohen.com phone 1-800-568-3079.



Another One Bites the Light

Is it possible that things might be working out in your favor, even if they appear to be going wrong? Can the power of your intention attract to you your desired results in ways beyond your conscious manipulation?

We had an amazing demonstration of this principle at our **Mastery Training in Fiji**. At the outset of the week the host resort assigned our group to a meeting room at the top of a hill. The steep terrain, however, required us to arrange vehicular transport for the entire group for several gatherings each day — not an attractive prospect, but apparently our only choice. The first evening of the program we discovered the room was cramped, hot, and had poor acoustics. The space was far from ideal, and we did not look forward to pushing through the week there.

The next morning as we gathered to board the vans to ascend the hill, the resort manager informed us that a bus had broken down on the road to the meeting room, and it was impassable. To accommodate us he had erected an open-sided tent a few steps from the beach. When we met there for our seminar session, everyone in the group sighed, "Ahhhh! This is really it!" Our classes

were enhanced with a fabulous ocean view, swaying palm trees, and the vista of several exotic islands offshore. The sound of gentle waves and melodic birds provided background accompaniment, enhanced by soft breezes. As we recognized this to be the perfect setting, we all marveled at the synchronicity of the bus breaking down on the first morning of the week. The universe obviously had a better option for us than the resort had offered.



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Our ideal situation found us. Another one bites the light.

A Course in Miracles asks, "What could you not accept, if you but knew that everything that happens, all events, past, present, and to come, are gently planned by One Whose only purpose is your good?" To the cynical, judgmental mind, this notion seems preposterous, even insulting. Yet to the spirit that has captured a sense of faith in the unseen, it speaks of a stream of well-being that runs far deeper the obvious. As **Albert Einstein** noted, "The most fundamental question we can ask is: Is the universe a friendly place?"

Certainly if we gauge our assessment of life from the news, gossip, and the behavior of people under the influence of fear, the universe seems chaotic and unkind. If we shift our vision, however, and look at life through the eyes of appreciation and wonder, we find so much good and worth that we must say, "Thank you for my life and all of life."

A seminar participant named **Roger** recounted that when he was seeking a life partner he signed up with a dating service. When the director of the service showed Roger profiles of three women, he was very attracted to one, a lovely Japanese lady. "Something about her photo spoke to me," Roger explained. After one date, he knew that she was the one for him, and she felt the same way. "I was pretty surprised when you contacted me," she told him. "I cancelled my membership to that dating service over a year ago."

There is a grander dating service than the obvious one. So it goes for jobs and living situations. After being out of work for a long time, one of my coaching clients got fed up with hanging around and focused his energy on attracting his ideal position. He wrote up a strong resume, made 30 copies, and prepared to mail them to prospective employers. As he was about to leave for the post office, he received a phone call from an employer who needed someone with his precise skills. How easy can it get?

Events are created and results determined not simply by human manipulation. They are orchestrated by the **Law of Attraction**, which operates from a basis of mind, vision, and intention. Where you invest your attention and energy is far more significant than your overt actions. In the cases of our seaside meeting space, Roger meeting his wife, and the job-seeker's miracle call, the groundwork had been laid by pure and clear intention. The individuals had launched rockets of desire, uncluttered by fear or resistance, and the universe delivered the results.

You may be closer to your goal than you know. In the film **The African Queen**, the heroes make a long, arduous journey down the river toward the sea, until their boat gets stranded on a dry riverbed. Exhausted and exasperated, they give up and fall asleep in each other's arms. As the camera pans up to a view from above, we see that they are just around the bend from the ocean they seek. That night heavy rains fall and replenish the river, which floats the African Queen to the ocean. When the couple awakens in the morning, they realize they have arrived.

When something seems to be going wrong, hold space for the possibility that something bigger may be going right. Do all you can do peacefully on your own behalf, and let the universe support you in deeper ways than you can fathom. Hold the high watch and let life help you with the details. Your ship may be closer to the ocean than you know.

Dear Louise...

Louise L. Hay is a metaphysical teacher and 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 in discovering the full potential of their own creative powers for personal growth and self-healing.



Dear Louise, I broke my right elbow while playing tag football with my kids. Now my doctor is saying that it will never heal properly, I guess because of the type of break it was, which doesn't make sense to me. What do you suggest? S.S., Seattle

Dear S.S., Of course you can heal it! And you can do it on your own time line, not someone else's. I suggest that you look into Magnetic Field Therapy (MFT). MFT is a method that penetrates the whole human body and can treat you without chemical side effects. Magnetic therapy can be applied in many ways; and devices range from small, simple magnets to large machines capable of generating high magnitudes of field strength. MFT is so popular in Japan and Germany that the use of certain devices is covered by medical insurance. MFT is just beginning to be recognized in the United States as an alternative therapy.

MFT has been used for years by sports doctors in treating injuries such as yours. You can be fitted with a simple elbow brace (similar to an Ace bandage) or use a device to treat your fracture. It's best to have a practitioner in the field explain the options in more detail. I suggest you contact the following company to ask for a resource in your area: Bio-Electro-Magnetics Institute, 2490 West Moana Lane, Reno, NV 89509-3936.

Dear Louise, I've been plagued for quite a while now with carpal tunnel syndrome. I have to use my wrists every day in my field of work (I'm a grocery-store cashier). Can you help me heal this once and for all? Thank you! A.X., Kansas City

Dear A.X., Carpal tunnel—or any repetitive stress syndrome—can be related to fear and anger “frozen” in the muscles and nerves. The fear comes from our unwillingness to risk and change the patterns in our life that we find unsatisfying. The anger is often our frustration over feeling trapped by our fears.

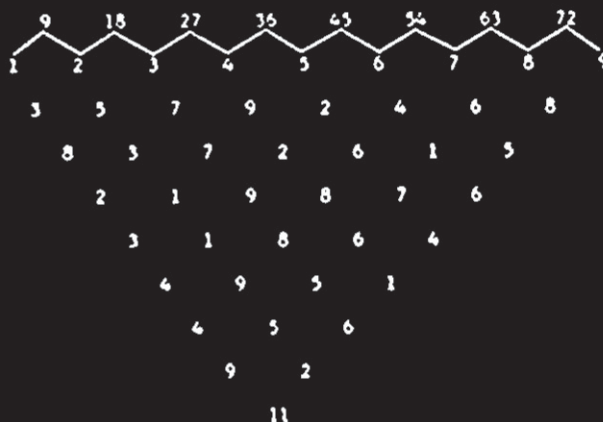
Send love and reassurance to your wrist and arms. Very often it's our inner child who holds on to the messages that it's unsafe to fully be ourselves and follow our own dreams and desires. Reassure yourself, just as you would a small child, about the steps you are taking to heal.

Affirm: I move beyond past limitations into freedom. I am now becoming all that I am created to be.

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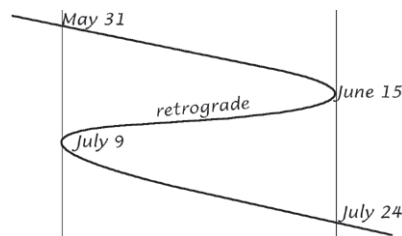
MERCURY THE MAGICIAN

Most of us hear about **Mercury retrograde** from time to time. Since this occurs three times a year, it is not surprising. So what is the meaning? Well the planet appears to move backwards. If seen over a period of time our planets move from left to right in the night sky; usually with a slant moving up or down. Add this retrograde action and the path curves back upon itself. The planet continues the curve forward when the retrogradation period is over. The whole maneuver carves a smooth Z. Looking at the apparent way planets move is the start of astrology!

In mythology **Mercury**, or **Hermes**, is the "messenger of the gods." Being closest to the Sun this planet hears solar thoughts directly and then travels through space faster than any other big body in the solar system. 'Quick delivery' means that Mercury's nickname on communication makes sense. So verbal speech, written word, listening, and reading, as well as the way a spontaneous thought is formed, transmitted, and received deals with Mercury. Also under consideration is how ideas travel. Is an email sent? Does a courier on bike bring the news? What kind of media is the medium for transmission? In some form or fashion Mercury is everywhere.

Many folks, and rightfully so, equate Mercury retrograde with problems. Seemingly well made plans fall through, congested traffic over the internet or highway stalls deliv-

eries, your confirmation number to retrieve those fantastic concert tickets is off by one digit, or you show up to the costume party to find out it is a retirement ceremony! An old astrology friend, the leader of a band, would never tour while Mercury was retrograde because of chronic difficulties. To be honest Mercury has another name during this period; Trickster! Have you ever found yourself doing something the hard way? Then an easier solution presented itself because you viewed the problem differently? Well the "trick" to dealing with Mercury retrograde is to see and understand the whole cycle.



The backwards journey of Mercury starts June fifteenth and ends July tenth but viewed as a whole the cycle begins May thirty-first and concludes July twenty-fourth! (Remember a cycle is an opportunity for new growth!)

...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

Count Your Blessings



Count your blessings, every one of them. Count and relish all your big and small blessings. You know that great feeling of contemplating what you're thankful for on **Thanksgiving** (in the

U.S.), or of praising **God** during other Holidays? Well, thanking God is free, and not limited to any country or to any particular day of the year.

Make every day **Thanksgiving Day**. When you wake up in the morning, open your eyes and thank God for whatever you see before you. As you step into each moment, allow your heart to leap with "Thank you God." Gratitude is the inner blessing that also waters all our flowers of outer blessings.

One reason many don't recognize or appreciate their blessings is because we human beings have certain engrained psychological tendencies toward comparison and relativity. These tendencies seem to be inherent in the wiring of our brains. Many of us have a tendency to judge what we

have by comparing it with what others have — most often with those who have more than we do. We get stuck in comparing this with that, me with you, him with her, this job with that job, this car with that car, this career with that one, and this family with that family. I'm sure that every unique person has his or her own list of comparison-minded tendencies.

...continued on page 22...

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Crystal & Gemstones: Using the Tools



Margaret Ann Lembo owns The Crystal Garden, a bookstore, gift store and spiritual center in Boynton Beach, FL. She has 6 published Guided Meditations CDs, is a professional speaker and author, trained spiritual healer, Reiki Master, ordained Minister and Angel Therapy Practitioner®. For the past 18 years, Margaret has facilitated workshops, weddings, lectures and private sessions in a variety of venues. www.thecrystalgarden.com



Crystals and gemstones have been used throughout the ages to improve various human conditions. The color and mineral composition lend energy to improving situations from headaches to digestion on a physical level and love loss or mood imbalances on an emotional level. But these rocks don't stop with just the physical or the emotional aspects of our lives. Crystals and gemstones can help us mentally and spiritually as well. By using your intention combined with the inherent qualities, color and vibration of the gemstone, you can transform any situation with determination and focus. Gemstones are a tool just like you would use a hammer to effectively put a nail into a wall, gemstones help integrate and align you with the intention that you have decided to put into your consciousness and make manifest in the world.

The color and vibration of each of the gemstones relate to and balance one or more of the chakras. There are seven basic energy centers within and around you known as chakras. Each of these energy centers regulates aspects of yourself on a physical, spiritual, mental and emotional level. You want to keep these energy centers in alignment to maintain overall health and well-being. Using a color or chakra meditation is helpful as well as the use of gemstones.

Using gemstones is easy. Simply carrying the stone in your pocket or purse and touching it from time to time during the day brings your awareness back to your goal or intention. Placing it in your pillow case at night or on your desk where you can see it is another way incorporates it in your life. A tumbled gemstone is small enough to carry in your pocket or put into your pillow case without weighing you down. They are pretty and affordable, too! Of course, wearing gemstone jewelry like a necklace, bracelet or earrings is very effective and attractive as well. Here are a few gemstones you may want to consider.

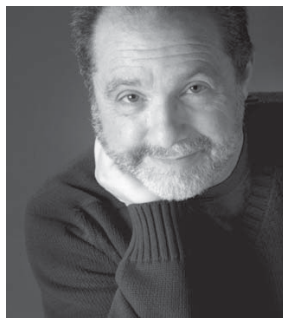
Selenite helps to align you with higher consciousness. As you develop spiritually it is beneficial to allow yourself to listen to or sense guidance from your higher self, spirit guides or angels. This stone opens the crown chakra to receive transmissions of information and wisdom. On a physical

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Living Luminaries

A Review by Stephen Simon

Stephen Simon produced such films as "Somewhere in Time" and "What Dreams May Come." He also produced and directed "Conversations with God" and "Indigo" and is the author of *The Force is with You: Mystical Movie Messages that Inspire our Lives*. Stephen is also the co-founder of The Spiritual Cinema Circle --[www. SpiritualCinemaCircle.com](http://www.SpiritualCinemaCircle.com)



Gotham Metro Studios' wonderful, fascinating, and illuminating new documentary, **"Living Luminaries" (On The Serious Pursuit of Happiness)**, details a young man's journey as he seeks to discover true happiness from extraordinary luminaries. We are treated to **Marianne Williamson's** brilliant and compassionate insights, **don Miguel Ruiz's** mystical vision, and **Eckhart Tolle's** wisdom of the power of now. Others in the film are less known to us but leave an indelible impression on our psyche and in our hearts.

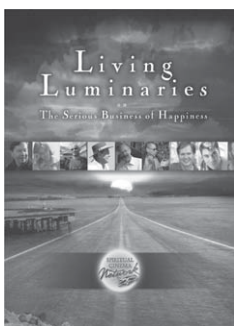


One of the most charismatic of the luminaries that we meet is the extraordinary **Dr. Michael Beckwith**, who is the force behind the **Agape Spiritual Center in Los Angeles**. Dr. Beckwith leapt out of "The Secret" into the national consciousness and many of us remember his extraordinary recent appearances with **Oprah**. In "Living Luminaries," Dr. Beckwith shares his unique blend of insights, humanity, humor, and vision.

The great gift of "Living Luminaries" is that we feel so empowered at the end of the film because it shows us that we can truly find, embrace, and retain whatever definition we have for happiness. The film actually illuminates a pathway down which we can travel to discover the essence of our own personal joy. When a film accomplishes that, it transcends the art form itself.

If you enjoyed **"The Secret"**, I think that you will find that **"Living Luminaries"** is the next step in the discovery of who we can be when we open to the magic of the beauty of our humanity.

Members of The Spiritual Cinema Circle are receiving **LIVING LUMINARIES** as part of the July 2007 DVD collection which also includes three outstanding short films. 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](http://www.spiritualcinemacircle.com) or by calling: (800) 556-0129.



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SECRETS

Excerpts from
Secrets of Spiritual Happiness

...continued from page 19...



By observing children, we can see that this tendency can enter the picture quite early, as these young ones clamor and cry to get a toy just because another child has one. The good news is that our tendencies toward comparison and jealousy can be healed and replaced, at least to a great degree, with other qualities from the palette of human colors - such as freedom, service, inner strength, gratitude, generosity, and profound contentment. One of the best steps we can take toward freeing ourselves from these comparison-based causes of unhappiness is to always count our blessings.

Learn to focus on your blessings, regardless of whether others have more or less than you. If you want to turn around a habit of comparing yourself to those who have more than you do, you may want to start by first comparing yourself to those who have less than you do. This can help bring you into a greater sense of gratitude and peacefulness about your own lot. Then you can eventually move into a view of life that stops comparing altogether, and simply be grateful as a natural way of life.

Imagine that your entire life is a big, personally designed, packaged gift from God. Maybe you have a lot of fun toys in your gift, or maybe some bits of challenging coal here and there. Maybe the percentages of toys to coal really do depend on whether you've been naughty or nice in the past, or perhaps it's just the luck of the draw. Maybe some items that appear as lumps of coal are really the best gifts, and vice versa.

Regardless of how many blessings you are able to count in your life, the truth is that if you are able to read or hear this book, then you already have much to be thankful for. If you have education, along with freedom of thought, speech, and religion, if you have shelter and enough food to eat for the next several days, then you are far more blessed than many who live right here, on our planet, today.

Regardless of all that we have, unless we find independent contentment inside ourselves, we may discover that more and more outer blessings will never be enough. Without steady gratitude and contentment, we may receive one outer blessing, then as soon as the excitement of that wears off, we'll need to create yet another blast of relative happiness, again and again.

People can become hooked on this cycle to the point where the ante of outer pleasures has to continuously be upped just to achieve a few small morsels of peace and contentment. Like a drug, they may need more and more dosage of outer blessings just to get the same, temporary experience of happiness. Gratitude, on the other hand, releases an ever-fresh stream of unending contentment and spiritual happiness.

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This month's thoughts about things...

...continued from page 7 ...

Then I got in a chile pepper stage and tried cooking with different chiles. I first tried the tiny hot Thai peppers and found they were "burn my face off" hot. A little goes a long way with me, so a few slivers in a stirfry or soup was my limit. Next I tried the larger, sweeter varieties: Poblanos, Hungarian wax, Anaheims and Cubanelles. These went well with the Indian curries and also led me into the arena of Mexican recipes. I like any kind of latino food, but I prefer the lighter versions with very little fat or cheese.

My first Poblano recipe was a casserole version of chiles rellenos, which sounded good... on paper. In reality, it was an underspiced dish of peppers stuffed with heavy ricotta and cheddar, nestled into a quiche type mixture and overcooked. My kind, patient **Carl** pretended it was edible (bless his heart). I pondered what to stuff the peppers with next, and tried 2 different ways I'll share with you here:

No. 1: I defrosted a dozen shrimp and sauteed them with leftover rice, an onion, a cup of chopped fresh basil and 2 tbsp chopped garlic. Also some salt and pepper, 2 tsp lime juice, and 4 tbsp light cream cheese. This is what I stuffed 2 fat peppers with. I wanted to top it with a green chile enchilada sauce, but did not have a can of the El Paso brand here. BUT I had a can of green chiles, so I found a recipe online and made a green chile sauce: cook an onion with garlic and cumin, add equal parts of canned, chopped green chiles and chicken broth, cook down about 20 minutes. I topped the stuffed peppers and put them in the oven at 350 for 30 minutes.

No. 2: The second thing I did was take 2 Poblano peppers and cut them into long 1" strips and boiled them for 3 minutes to soften them. I put some of the green chile sauce in the bottom of a baking dish. Then I took some corn tortillas and softened them in the microwave for 30 seconds. Inside each one, I put a strip of chile and some of the rice shrimp basil mixture from No. 1 above, and then rolled it up and lined the bottom of the pan with them. On top I put the remaining green chile strips, then the remaining chile sauce, then a layer of shredded cheese on top, then baked at 350 for 40 minutes.

I ate some of each and they were all flavorful. I'd add

a few slivers of a hotter pepper inside the rice mixture if I make them again. The shrimp and chile was a good combination, and the lime juice and basil made a big difference in giving high flavor.

With the new cooking regimen, I'm often asked **what do I have in my pantry and fridge right now?** Let's see, I have Thai eggplants and bok choy, I have fresh mushrooms, onions, basil and bean sprouts, potatoes white and sweet, onions, red and Vidalia, carrots, celery, scallions, cherry tomatoes, eggs, feta, tahini, garlic paste, ginger paste, fresh ginger, chopped garlic, garlic chili sauce, fish sauce, corn tortillas, Bragg's Liquid Aminos, a jar of Peanut Wonder, mango jam, soy milk and Earth Balance vegan spread, which I do finally prefer over butter. In the pantry I have linguine pasta, Raisin Bran, tom yum paste, some canned curry sauces, Campbell's Chicken Noodle soup and Italian Wedding soup. I have Irish oatmeal, Scottish oatmeal, rice noodles, egg noodles, a variety of the Lundberg Farms rice blends, canned tomatoes, canned green chiles, canned chipotle in adobo sauce for when I'm feeling brave, and a selection of canned and dry beans: black, pinto, navy, garbanzo, split pea. In the freezer, besides my secret stash of breads, I might have salmon or tilapia and white shrimp, lemongrass, gangalal and keffir lime leaves for my beloved tom yum soup. Most days I keep it simple and breakfast might be a cup of chicken noodle soup with a teaspoon of tom yum paste and some beansprouts and fresh basil leaves in it.

Cooking alone is always soothing for me. Since my mom passed in 1996 and my dad in 1987, **Mother's Day** and **Father's Day** I typically spend alone quietly doing things at home. Cooking reminds me of doing kitchen seva at the ashram. I've discovered that I cook when I grieve. My dad did that also. As I look back, I remember making hundreds of sourdough hard rolls in 1976 when my brother Bobby committed suicide. I kept everyone supplied with hard rolls for months. If I made hundreds of them, Daddy made thousands. I have a photo somewhere of him in the kitchen behind giant stainless steel bowls full of rolls. When my second husband died, it was hundreds of crepes; when mom died it was, oh right that was the year I ate everything and gained 40 pounds. Smile. When my dad died, I changed the routine and fasted for a week.

Speaking of Daddy, **Happy Father's Day**. I didn't always get along with my dad as I was growing up. My brothers and I were typical ungrateful kids who didn't realize how hard our parents worked for us, or how much of their own lives they sacrificed to provide for us. My dad could be verbally abusive, although no worse than most. I see that now. At the time, however, I thought I hated him for being so mean and restrictive. He never smacked me unless I was really disrespecting and backtalking him and egging him on. I searched my journal and found an entry from 1985, after I'd grown up a little bit, and gotten over myself:

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Excerpted from SpiritsVerse a book of Spiritual Poetry by Coach MacArthur

When inner conflict begins to cease

The soul begins its inner peace

When you are forgiving and hold no grudge

When you are impartial and do not judge

When you do not quarrel or engage

When worldly events do not enrage

When you take each moment as the moment appears

When you drop the past and withdraw your fears

When you acquire an inner trust

When you no longer think you must

When creation has no flaw

When all you see is full of awe

When love overwhelms and stirs your soul

When Godly ends become your goal

When with

spiritual thought and selection

You reach out and make

connection

Then, the time has come,

Your road to peace has now begun

The Science of Deliberate Creation

...continued from page 8 ...

But in the smorgasbord of life, most of you get all bent out of shape about those things you don't want in your life, and so you offer a vibration of resistance, as if, if you could shout "no" loud enough, or push hard enough, you could keep those things out of your experience. And Law of Attraction (that which is like unto itself is drawn) says you can't.

The harder you push against something, the more you vibrate in harmony with it, and the more you vibrate in harmony with it, the more Law of Attraction yields it to you. Not because you're bad, but because you are vibrating mechanisms that are saying "yes" to things you do not want. Your work as an allower, is to get happy and stay there. The Universe knows exactly what you want. And because you are blessed, worthy beings, this benevolent Universe is yielding to you, constantly, all this good stuff.

Well-Being is Natural to You

You are magnificent beings in this perfect time/space reality, and we are wanting to assist you in finding fewer and fewer excuses to disallow the Well-being that would be there otherwise. We are wanting you to realize that Well-being is your legacy. Well-being was your plan. Well-being is what is natural to you. And anything less than absolute Well-being, which means anything less than passion, anything less than clarity, anything less than eagerness, anything less than exhilaration, anything less than perfect vitality and physical Well-being, anything less than abundance and prosperity relative to all things that you desire, anything less than that means only one thing: you've picked up some habits of thought -- that you are holding as beliefs -- that are pinching off the Well-being that would be there otherwise.

We want you to be able to recognize, from now on, when you are in the place of disallowing the natural Well-being. Because when you get that, then you become one who is looking for rampages of appreciation. You become one who is looking for positive aspects. And it's a gradual thing, friends. Don't beat up on yourself if you cannot go instantly from aggravation to joy. Or from a place of depression to exhilaration. Or from a place of confusion to clarity. Don't ask yourself to do something that defies Law.

We want to show you how to switch your vibration, little by little by little -- by reaching for the thought that feels better from right where you now stand. You may be in the middle of something that has your attention, that has caused you to regurgitate feelings from a long time ago. And the vibration within you may be very far from the eagerness and clarity and abundance and Well-being that you want. In other words, you feel pretty rotten, right now, let's say, and so, as you're feeling really, really rotten, and some bright-eyed, shiny person comes in and says, "You know, you are the creator of your own reality," you sort of want to just punch

their lights out. You wish they would just go away, because you are vibrationally very different from where they are, and that's the last thing that you can, or want to hear.

In Harmony With Disharmony

When you feel rotten, you're saying to the Universe, "Don't yield me anything that I deserve, and don't give me anything that I want, for heavens sakes! because I have decided to use this nitpicking thing as my excuse to hold myself in vibrational disharmony with all things that I consider to be good. I'm out of harmony with clarity. I'm out of harmony with good. I'm out of harmony with abundance. I'm out of harmony with wellness. I'm out of harmony with eagerness. I'm out of harmony with all things that I want. I'm in harmony with feeling rotten, and I hate it. But here I am." That's what you're saying when you're standing in that rotten feeling place.

So, what do you do about it? Well, you can't reach for a joyful thought because you do not have vibrational access to a joyful thought. It is as if there has never been a joyful thought in your head. That bright-eyed shiny person would like to get you to think a happy thought. They're dangling them in front of you like carrots. To you they look like scum. In other words, you can't see, through those eyes, in the way that they would like you to.

Moving Up Your Vibrational Range

So, what does one do? Well, you stand right where you are, in this rotten feeling place, and you say, "Which thought feels best?" And in this rotten feeling place, you have a range of choices. And as you choose the first thought that feels best, not much will happen. You might not even realize that you feel that much better. But just by making the effort of choosing -- from all these rotten choices -- the thought that feels a little better than the other, just by choosing this thought that feels best out here on the edge of your range, and by holding it for as little as 17 seconds, you have shifted.

Now your vibrational range has shifted. That thought that was on the edge of your range now becomes the center of your range. You can't go back, in this moment, to that further negative edge of your range. But you now have more available that feels even better.

It takes a selfish person: You have to want to feel good, and if you are selfish enough to reach for the thought that feels better, the same thing happens again. And if you maintain it for just a little bit, 17 seconds is really enough, that becomes the center of your range. And now, in less than a minute, you don't even have access to the really wretched thought that was touching you a moment ago. And you now have access to range of much better feeling thoughts than you did before.

...continued on page 31...



Science of Deliberate Creation

...continued from page 30...

Try it another couple of times, and you might be back in range with your bright and shiny friend. Maybe not. But one thing is always true: When you make the effort and you shift, even slightly, the entire Universe yields to you differently. Which means, you now have opened to a whole new range of thoughts. A whole different set of memories is now accessible by you. A whole different pod of traffic is accessible to you. A whole new range of ideas... That with which you will rendezvous, physically, mentally, through memory, reaching into the future, or right here in your moment, has shifted because of this very minor effort that you have made. You reach the place where you easily get to this really good place of feeling wonderful. But that's does not mean that you cannot go all the way back to where you started in 17 seconds.

We are not asking you to look at something awful, and call it good. What we are encouraging you to do is develop such a propensity for vibrating up here, that before long you have established a medium of vibration that no longer yields you access to the rotten feeling stuff like that.

So, your life just gets better and better. The better it feels, the better it feels, the better it feels, because, as you offer the vibration, the Universe yields it, because it is always true: "What I'm thinking and feeling and what I'm manifesting are always a vibrational match. So now, as I'm manifesting this good feeling stuff, now I'm standing in an easier and easier place to anticipate more good stuff."

Should I Take Action?

What we see, so often, is, you stand in a place where you don't want to be. And you say, "I really don't want to be here, I really don't want to be here, I really don't want to be here, I want to be over there. Okay, I think I'll take this action to get over there." And we say, before you take the action to get over there, take another step first: Imagine being over there. Imagine the finished place of being over there. Imagine the thrill of being over there. Get excited about being over there. Feel like you're over there more than like you're over here.

Do the Energy work first, and then take the inspired action. Because when you take an action to try to correct something that is wrong, all the action does is amplify what is wrong... There's not enough action in the world to compensate for your vibration.



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COVER ART

Warmth by Rita Loyd

"I first began painting Nurturing art when I became ill with stomach problems and chronic fatigue syndrome in 1996. As my life slowly narrowed around me from lack of physical strength and chronic panic attacks, my ego had no other choice than to step aside, and allow the voice of my spirit to emerge and comfort me through my artwork.



Through the years I have always chosen to paint images that encourage me to heal, to think positive and to love myself more. To find the inspiration to paint such images I go through a process of self examination to explore where in my life I need the most encouragement. To do this I first make sure that I am in a mind space of self compassion rather than self judgment for self judgment only causes me to feel self defensiveness rather than open and honest.

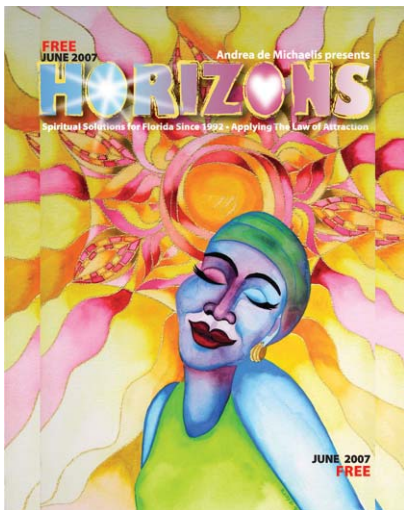
Once I can be honest, I look at my life and see where in my life things are not flowing well and I explore the reasons

and the misconceptions that have created this block. With the information I find, I review my spiritual studies and search my spirit to find a message of wisdom. When this message of truth comes through, I imagine the symbolism that will translate it best into art form and that is what I paint. Once a painting is finished, it becomes a powerful reminder and a tool for visualization."

See more art by Rita Loyd <http://www.nurturingart.com/>

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SOUL ASTROLOGER

...continued from page 18...



The space Mercury travels two weeks before and after the retrograde is just as important. Each stage smoothly fits together. You just have to know different techniques of communication for each one.

When we make plans our deductive mind looks at the realistic possibilities within whatever is available. Step by step we produce a workable plan. The greater our ability to know everything possible the more solid our approach to fulfillment. Unless the date falls during Mercury retrograde. Somehow something you didn't know or couldn't plan for throws a monkey wrench and emotional frustration sets in. Understanding the bigger view, beyond all the tiny pieces is the start to helping us effectively deal with the possible difficulties. We can learn and become more than we were before!

Our western mind looks after the details of what we do. Mercury's normal forward movement asks for our typical attention. From May thirty-first through to June fifteenth be sharp as possible, especially for any plans you have made from June fifteenth to July ninth. Holiday celebrations should be planned in advance. Double check business arrangements; provide backup where possible. Make sure people you work with are on your same page. Ask for what you want and have it repeated back to you. Do the same for them. Make two-way communication your forte!

Here is some extra credit work. If you are naturally intuitive try to feel for the environmental shift on June fifteenth when Mercury changes direction. (6:40 pm central) This reverse movement asks for more awareness. The retrograde period is a wait and see experience. If something goes wrong (notice that's if not when; be positive!) don't fix the unworkable. This will bring on ultimate frustration. The trick to this part of the cycle is to just pay attention to the big picture. Use an overall awareness to watch everything at a broad level. Try your intuition which knows what it knows without knowing how it knows it. (Magical stuff!) Take yourself deeper. Notice yourself at an inner level. See what pops up from the unconscious and use this information to redo some thoughts on communication with yourself and others. During an unplanned difficulty, honestly look at past methods. Take time, don't rush. Did you notice how Mercury moves slower during the retrograde? With patience you will eventually find a better way . . .

(Mercury shifts again on July ninth at 9:15pm central.) Now use another aspect of Mercury's personality, the Educator! Try what you have learned. The forward motion allows for new methods to flow through. Your deductive mind can get back to work, and realize how well it works in communication with the intuition. Your growth is your magic! Congratulations!

This month's thoughts about things...



...continued from page 28

Happy Father's Day, Daddy. You were unfair when I as a child, yet through my childlike eyes I judged you for it and saw not that you, too, were merely a victim and in your ignorance knew no other way to treat me. Now that we're both older and wiser, we don't have those problems, or at least the confrontations no longer take place. Perhaps you are cowed at my own empowerment, or maybe I'm just a more formidable foe now. A man who mistreats a child is not to be hated, rather we should extend compassion for his lack of control. So now we silently sit together five times a year, the Hallmark card placed like a holy icon between us, hoping to heal the past without mentioning it. I accept your unspoken apology as I see how frail you've become. Not so much in body, but in spirit. Beaten down from your own abuses coming back to haunt you, I needn't add to the burden, nor can I voice my forgiveness. You understand. We understand each other now and that's enough. And today, finally, I love you very much.
####

Daddy was an interesting character. In the **February 2003 Horizons Magazine**, I wrote that my elder brother **Jerry** had contacted me via email after 37 years. This was a surprise to me, considering that Daddy told me in the late 60s that Jerry had died in **Vietnam**. They'd had a falling out and apparently Jerry, age 18, was deemed the black sheep and got banished. In the meantime, he's been raising his own family and having his own father/son experiences, which I am sure are a trip. **Happy Father's Day, Bratly Brother!** I'm glad we're back in contact. We joke that we're really twins since we are so much alike, despite having been separated for almost 40 years. We both have studied various spiritual paths, both studied hypnosis and NLP, read many of the same authors, enjoy many of the same ideas and opinions. We play psychic games and test each other, he's very psychic as well, which can be aggravating when I want to be secretive. He's the best brother a girl could have.

Well, except perhaps, for my new **Brother MFC-665CW** all in one printer. It combines a color copier, color printer, color fax, and scanner. It literally replaces 5 machines I had in my office. I love it when I can streamline and have more space to move around in. The older I get, the more empty space I like having around; and the more I want to look across a room and see a big, open expanse. I used to cram so much furniture into my rooms. When I was younger, it seems I needed to have all my stuff with me where I could see it.

Couches, tables, chairs, lamps, pillows, rugs, wall hangings. Now I like keeping it open and uncluttered, it suits my life-style more now. In the past, I felt safe and secure with all my familiar 'stuff' around me. As I get older, I'm delighted to find I don't need those things. That while providing me with a sense of security, they were also walling me up in a small, tight place that was very restrictive. I like my physical environment the same as I like my spiritual environment - free and open, unlimited and welcoming.

No longer for me the strict dogma of traditional religions, although I recognize their place in our world. A few days before I wrote this, **Jerry Falwell** died. Falwell was notable for his intolerance and narrow religious and political viewpoint, often publicly bashing minorities as 'the anti-Christ', and blaming gays for attracting the **Sept 11** event. I admire his dedication to his beliefs, however misplaced. I had a dream the night after he passed, and in it Falwell was trapped and I was part of a team sent to help him transition to the proper locale. When I "saw" him, he was wrapped in a giant ball of what appeared to be giant rubber bands. A few of us moved in to begin unwrapping the bands, and he was adamant to leave them alone. It seemed he thought the bands were what was holding 'him' together. I had the feeling we were surrounded by many, many others, yet they were not 'allowed' to come down and 'help' us. It was frustrating to some of the helpers, and one by one they dropped away. As did I, eventually. Not a good vibrational match, I guess.

It was clear to me that Falwell was trapped in a hell of his own making, and aren't we all?? We don't always know exactly what we're signing up for, especially if we don't see the big picture, and if we don't give thought to decisions before consequences emerge.

Remember the old question: *If someone offered you a million dollars to push a button which would kill someone else, and no one would know you did it, would you do it?*

Would you still do it if you knew by doing so, that would add your name to the list of those willing to play that game, which means you might be the next one to be destroyed by someone else upon their decision to choose the million dollars.

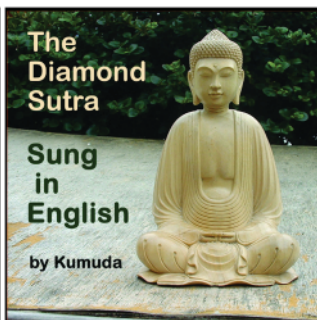
What games are you signed up for? Do any of these sound familiar?

The Game of Lying

Your entry into this game is by telling small fibs, exaggerating, distorting and/or censoring, and telling outright lies to anyone for any reason. Once you've joined this game, you can expect to attract fibs, lies, exaggerations, distortion and censorship at any time, from any one.

...continued on page 41...

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SOULSONG #471 - HOW CAN I RID MYSELF OF UNWANTED THOUGHTS?

It's contrary to universal law to try to get rid of anything, for that which I focus on will grow in my experience - that or something equally unwanted. So, even though thoughts that I've identified as negative and self-sabotaging keep jumping into my cranium, it won't do much good to have a tug-of-war with them.

However, it might be a step in the right direction to get mad at these thoughts if I'm feeling powerless over them. Anger is a significant step up the emotional/vibrational scale from feeling helpless.

And it's easy to become angry at negative thought patterns when I realize that they are the only obstacles to the manifestation of my desires. For there is no problem, pain, or disappointment that has ever entered my experience without being summoned by my unhappy thoughts.

So if I'm feeling a victim of my downer or anxious thoughts, I can punch a pillow, yell at them (in private - I wouldn't want to embarrass them or myself), or flip them off (using a rubber band around my wrist, perhaps).

"I'm mad as Hades and I'm not going to take it anymore" will help me regain a feeling of being in control of my own gray matter. And then, in days to come, I'll keep gradually moving up the emotional scale, experiencing mere resentment of my wayward thought patterns and eventually shrugging them off.

Ultimately, I may well find them gone, leaving hardly a trace.



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OUR CALENDAR OF EVENTS

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

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You may also fax 321-722-0266 or email HorizonsMagazine@aol.com with credit card info.

If payment is not received with listing, your listing will not be placed and you will not be called for payment.

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

Mondays LARGO Healing Circle The Spiritual Center 160 6th Street SW from 5-9 pm open to all Reiki, Quantum-Touch energy practitioner ~ love donation. Meet new people and learn new skills. **Tuesday Service Healing** starts at 7pm Service 7:30 with messages to follow **Sunday healing** 10:30 Service 11:00 **Sunday Evening Meditation & Messages** 6 pm 727-585-4985

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

Mondays PT CHARLOTTE Psychic Development with John Culbertson & Lisa Freeman. 7- 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 or call 386-228-2880.

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

Tuesdays ORANGE CITY The Purple Door 9:30am Yoga with Mike Willeford \$10.00 class 386-774-9928

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

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

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 6, 13, 20, 27 FLAGER/BUNNELL We have a Floral Design Class - instructor Marianne Theil, 10:30am - Noon \$10 per class, plus cost of product. Please call for reservations The Source - 4601 E. Hwy 100 - Suite F-3, Bunnell, FL 386-437-3230

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

Thursdays WEST PALM BEACH Meditation & More United Metaphysical Church 528 Haverhill Rd. 561-686-0217

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

Thursdays FLAGER/BUNNELL 7, 14, 21, 28 Laugh For The Health Of It... Instructor - Linda Marlow, CCL. 1:30-2:30pm \$10 Please call for reservations. The Source - 4601 E. Hwy 100 - Suite F-3, Bunnell, FL 386-437-3230

Thursdays ORANGE CITY The Purple Door Tarot Readings 1:00pm-3:00pm \$25.00 for 1/2 hour and 3:00 p.m. Tarot 101 Class with Barbara Sorenson 386-774-9928

Thursdays FLAGER/BUNNELL 7, 14, 21, 28 Meditation 101... Instructors - Dave & Jonella Bachman. 7:00-8:30pm Investment \$10 per class. Please call for reservations The Source - 4601 E. Hwy 100 - Suite F-3, Bunnell, FL 386-437-3230

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

Thursdays MELBOURNE 7-9PM Mindwalk Expand your abilities! Improve your life! Weekly classes in psychic and personal development. Beginners and intensive workshops too! www.SuzieMiller.com email Aquaaura@gmail.com 321-254-0000

CALENDAR CONTINUED ON NEXT PAGE...

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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

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

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 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

Saturdays ORANGE CITY The Purple Door 9:30am yoga with Mike Willeford \$10.00 class 386-774-9928

Saturdays ORANGE CITY The Purple Door Tarot Readings 1:00pm-3:00pm \$25.00 for 1/2 hour and 3:00 p.m. Tarot 101 Class with Barbara Sorenson 386-774-9928

3rd Saturday WEST PALM BEACH Psychic Saturday 11AM-4PM United Metaphysical Church 528 Haverhill Rd 561-686-0217

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully accepted. 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

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 or call 386-228-2880.

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

Sundays WEST PALM BEACH United Metaphysical Church Services held at Unity in the Pines 6037 Summit Blvd. Healing 5:30 PM Worship 6PM 561-686-0217

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

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

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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 "Have you lived before & How it relates to this life." Free Booklet

2nd and 4th Sunday MELBOURNE Pranik Healing Circle 4:30-6:30pm With the blessings of Grand Master Cho Kok Sui and Master Stephen Co, Central Florida Pranik 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.

June 1, 2 FLAGER/BUNNELL Polymer Clay class - instructor - Katherine Hilton. Katherine is going to have you come in as 3:00pm on Friday, take your clay home with you overnight and bake it and then bring you back at 10:30 Saturday morning to instruct you how to finish it off. She has also invited the folks that can only come on Saturday and says she will catch you up. Investment \$30 plus cost of product for both days. Please call for reservations The Source - 4601 E. Hwy 100 - Suite F-3, Bunnell, FL 386-437-3230

Saturday June 2nd 10:00 am ORANGE CITY The Purple Door Booksigning- meet author Ed Masessa and Illustrator Daniel Jankowski - the fabulous author and illustrator of THE WANDMAKERS GUIDE BOOK 386-774-9928

June 3 WEST PALM BEACH Workshop with Michelle WhiteDove. 1 PM-3PM 'Aura's-the Color of your Soul' United Metaphysical Church 528 Haverhill Rd 561-686-0217

Friday June 8 NEW SMYRNA BEACH 6th Sensory Lightworkers' Discussion Group - speaker Ron Reid, Ph.D. - Guidance and counselling specialist who performs past life regression bny hypnosis. He has researched parapsychology for years and is very knowledgeable on the subject. Call Judson at 386-847-2367

June 15, 16 FLAGER/BUNNELL Polymer Clay class - instructor - Katherine Hilton. Katherine is going to have you come in as 3:00pm on Friday, take your clay home with you overnight and bake it and then bring you back at 10:30 Saturday morning to instruct you how to finish it off. She has also invited the folks that can only come on Saturday and says she will catch you up. Investment \$30 plus cost of product for both days. Please call for reservations The Source - 4601 E. Hwy 100 - Suite F-3, Bunnell, FL 386-437-3230

June 16 PANHANDLE Psychic Fair 10-4 at Indigo Skies 251-981-4377. Aura photography, Egyptian Healing Rods, readings by Graybear, artist's imaging, pet psychic, massage therapy and more

Saturday June 23rd Orange City The Purple Door Summer Solstice Celebration and Goddess Celebration at 5:00 pm - dress like a goddess 386-774-9928

June 23 CASSADAGA, FL. from 1-4pm. Prepaid \$25 and \$30 at door. Fun learning experience through music from around the world. This workshop also covers the health benefits from vocal toning and chanting. Attendees receive a guide for home study. To reserve call: 386-228-2880.

June 29, 30 FLAGER/BUNNELL Polymer Clay class - instructor - Katherine Hilton. Katherine is going to have you come in as 3:00pm on Friday, take your clay home with you overnight and bake it and then bring you back at 10:30 Saturday morning to instruct you how to finish it off. She has also invited the folks that can only come on Saturday and says she will catch you up. Investment \$30 plus cost of product for both days. Please call for reservations The Source - 4601 E. Hwy 100 - Suite F-3, Bunnell, FL 386-437-3230

June 30th 2007 MELBOURNE 1 - 3pm at Heaven Sent Wellness 12 Oils of Ancient Scripture. Discussion on the 12 most common oils mentioned in the Bible and how we can use them in our daily lives. Plus hands on with the Kit. 321-652-5910

Saturday July 7 The 2nd Annual World-wide Lotus Grid Opening Celebration with Carol May, Sacred Voice For the Light, in Atlantic Beach with . Music, Food and Meditation to assist METATRON in opening the planetary Chakra of Pure Love and Creativity. Call 904-372-4297 or visit www.lotusgrid.com

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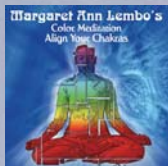
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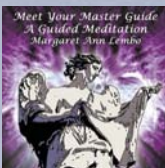
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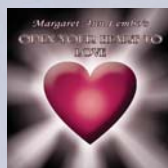
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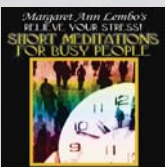
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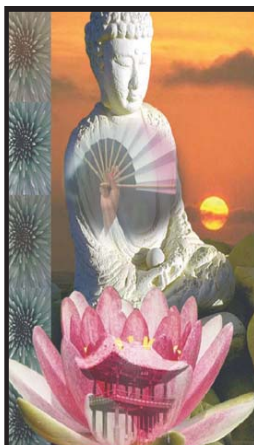
"Margaret Ann Lembo's knowledge, expertise and passion for the material she presents on her CD's ensures the listener a deeply enriching experience. Her many years of facilitating workshops has helped develop the subtle nuances of the material not found in many other CD of similar content. Working with Margaret CD's is like having a private session with her. I recommend them highly." - **David Cronin, owner of Changing Times Books and Gifts, West Palm Beach**

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- **Melissa L. Applegate, Meditation instructor and author of The Egyptian Book of Life: Symbolism of Ancient Egyptian Temple and Tomb Art**

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SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

Roger is the Principal Minister of the Church of Iron Oak, ATC. He is also the 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 thirty years. He can be contacted through the church at (321) 722-0291 or through the web page at www.ironoak.org or www.ironoak.us

JUNE 2007

June - Sera Monath, Anglo-Saxon for "Dry Month"

This is the month of the Summer Solstice. The summer solstice, of course, is the time when the night is the shortest and the day is the longest. It is at this point that the sun is at its northern most tip of its yearly trip. According to English tradition, the night of the solstice was the time when the fairies and elves came out, as reported by none other than William Shakespeare himself! The night was also dedicated to the fairy goddess Aine, whose name meant 'brightness' or 'delight'. At this time, people would wave torches made of straw over cattle to bring luck and guard against illness and infertility. Aine was also the goddess of healing, vitality, fertility and protection.

O my Luve's like a red, red rose
That's newly sprung in June.
Robert Burns

June was also the month of Kupala or Kupalo, the Slavic sacrificed god of joy and happiness. In his mid-summer festival, an image of Him is passed through a fire and then thrown into a river! I guess I would prefer to be thrown in a river if I just came through a fire! Anyway, He was associated with the dew gathered at night and of bathing. His name became the name for Summer Solstice in Slavonic-Russian cultures (Kupalo / Jarilo).

The year is ended, and it only adds to my age;
Spring has come, but I must take leave of my home.
Alas, that the trees in this easter garden,
Without me, will still bear flowers.
Su Ting, circa 700AD

So, as the weather gets warmer and warmer, remember that below the equator, people are getting colder and colder. That's why Wiccans celebrate Litha above the equator and Yule below the equator. It makes sense. Somehow celebrating Litha when it's cold and Yule on what may be the hottest day of the year...well, that's just weird, that's all!

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The air is like a butterfly
With frail blue wings.
The happy earth looks at the sky
And sings.
Joyce Kilmer, Spring

Happy June!

Jun 1st - 1925: Car dealer tries to mail himself using \$718 in stamps but the Post Office refuses*.

Jun 10th - Celtic: Oak Moon or half year recommitment to the gods and their chosen path

Jun 12th - Egyptian: Festival of Mut, mother of Khonsu the Moon

Jun 14th - New Moon at 11:14 PM, EDT

Jun 16th - Sikh: Guru Arjan Dev martyrdom

Jun 19th - Swedenborgian Christian: New Church Day

Jun 21st - Summer Solstice at 1:06 PM EST

Jun 21st - Wicca/Neo Pagan: Litha, (northern hemisphere), midsummer celebration

Jun 21st - Wicca/Neo Pagan: Yule (southern hemisphere), midwinter celebration

Jun 27th - Hindu: Rath Yatra Hindu Festival

Jun 30th - Full Planting Moon at 9:50 AM EDT

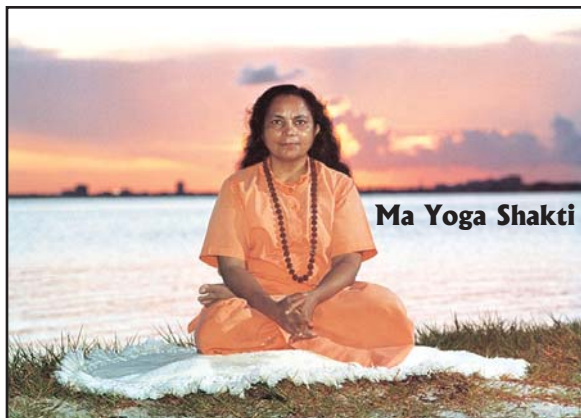
Jun 30th - Buddhist: Asala Puja Day - Dharma

*OK, it's has nothing to do with ancient celebrations, but I thought you should know!

A FACTOID WITH WHICH TO END THE MONTH:

June 21st is the longest day of the year and on this day hundreds of people go to Stonehenge in Wiltshire, England to watch the sun rise. Stonehenge is a circle of standing stones constructed from stones from hundreds of miles away!

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Shiva Das - 10:00-11:00 a.m.
Gajendra - 7:00-8:00 p.m.

Tuesday

Shiva Das - 10:00-11:00 a.m.
Maryann and Jim Loafman
- 7:00-8:00 p.m.

Wednesday

Shiva Das - 10:00-11:00 a.m.

Thursday

Val Anderson - 9:00 - 10:00 a.m.
Shiva Das - 10:00-11:00 a.m.
Chip and Shyama Iacona
- 7:00-8:00 p.m.

Friday

Shiva Das - 10:00-11:00 a.m.

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Full Moon Puja **Satya Narayan Katha** **June 30**

Bring Fruit, Flowers and
a Pure Heart - 5:00 pm

Ramayan Chanting **Sundays 10:15-11:15 am**

Bhajans/Kirtans **June 6** **First Wednesday of** **Month 6.45- 7 45 PM**

YOGA SHAKTI MISSION

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www.yogashakti.org

Crystal & Gemstones

...continued from page 20...



level it helps with the spine, bone and muscular structure of the body. Selenite is a white stone, though recently I have found red selenite (it looks orange to me) that can re-align the emotional structure of one's consciousness.

Charoite is a stone that helps to open your consciousness to higher spiritual thought. The purple coloring aids in protection on all levels and for the transformation and transmutation of negativity. The negativity it transforms is not only from outside sources but also from your own negative thoughts that you may not even be aware of. Therefore, charoite is an excellent stone to help you become more conscious in general. As you become more conscious you are able to step onto your spiritual path and consciously move forward assisting others on their path.

Jade is good fortune and good luck. Everything about this stone is good. It promotes loyalty, financial success, synchronicity, excellent health and anything else you can associate with love, joy, happiness and success. The green energy promotes overall well being. Carry this always!

Rhodochrosite opens the heart to give and receive love. You may feel that you are a loving person and yet I would like to have you ask yourself how you are about receiving love, attention and blessings. You may think you are good at receiving yet how do you feel about receiving and allowing loving relationships, close connections, intimate relationships and trusting in the full process of love and relationships. This stone is not just about romantic love but the kind of friendships that are balanced, deep and fulfilling. If you are having some challenges with allowing friends or family into your heart and your physical sacred space then you may want to bring some of the pink energy of rhodochrosite into your energy field. Life is too short to keep people at arm's distance. Open your heart and allow love!

Amber comes in various shades of golden yellow. It is actually petrified pine resin. Amber helps to allow the energies of love and closeness as mentioned above while still maintaining the appropriate levels of boundaries in relationships. There is a fine balance in combining your energy fields with others. Amber helps maintain a healthy balance by protecting you from energy vampires. It cleanses your aura. Amber is also a balancer of self-esteem and self-confidence. Experiment with these and other gemstones for yourself. Remember, it is the power of your intention, positive thoughts as well as the color, vibration and mineral content that effectuate the change you want in your life.

This month's thoughts about things...

...continued from page 33 ...



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

of worrisome situations to clear up, expect to draw niceness out of typically grumpy ones around you.

The Game of Getting Along and Being Supportive

Your entry into this game is by purposely deciding to have harmonious interaction with everyone you come across. You're playing this game when you tell others what you like and appreciate about them, and what they are doing right. You're playing this game when you point out what things you have in common. Once you've joined this game, expect all of your relationships to become more smooth sailing. Expect people to help you get what you want out of life.

The Game of Gossip

Your entry into this game is by talking about anyone not present in a way that diminishes them to the listener. Once you've joined this game, you can expect to attract others talking about you and holding unfair opinions about your character. This also includes the fibs, lies, exaggerations, and distortion mentioned in the **Game of Lying** above.

The Game of Stealing

Your entry into this game is by taking that to which you are not rightfully entitled, and by negotiating unfairly with those whom you pay for goods or services. You're playing this game if you're "borrowing" a book or cd from a friend, intending to not return it. You're playing this game if the waitress brings you change for a \$20 bill rather than a \$10, and you don't point it out to her. You're playing this game when you bootleg a cd. Once you've joined this game, expect to have things taken from you, expect to be denied access, expect to be taken advantage of.

The Game of Emotional Pain & Psychological Abuse

Your entry into this game is by purposely saying unkind and mean spirited words to someone. Whether you think they deserve it or not. You're playing this game whenever you purposely, through your words or nonwords, your action or inaction, intend someone else emotional pain by those words and actions. Once you've joined this game, expect to have those around you treat you in a way that makes you feel unloved and alienated.

The Game of Angry Reaction

Your entry into this game is by allowing yourself to automatically act and react in a way that is intolerant of those around you. You're playing this game when you don't think before you speak. You're playing this game when you blame anyone for anything. You're playing this game when you're impatient and snap at anyone. Once you've joined this game, expect to run into a whole lot of grouchy folks who won't take the time to understand you.

The Game of Unconditional Love

Your entry into this game is by purposely choosing to see past the faults of those around you. You're playing this game when you allow those around you, especially when they are not allowing you. Once you've joined this game, expect a lot

How many games are there? Email and let me know what games you can think of. Also tell me how you enter the game, and how you know you're playing it, and what you can expect to experience if you are in it. I like this kind of game - the **Let's Discover Something New** game.

One game I thoroughly enjoy is the **Turn My Yard Into A Jungle** game. The oaks and tallow trees have decided that it is indeed Spring, so they are back in full leaf again. The past several cold spells tricked them into shedding their leaves, so they've been very sparse until last month. I do some deep watering at the root of the larger trees to encourage them to grow quickly to provide shade for the summer, and I water the yard in segments using 2 sprinklers, moving them every few hours. I've been planting this week in the bare spot in my backyard which is overlooked by my back office window. The neighbor just removed a gigantic Brazilian Peppertree stand that gave half a yard of privacy between our houses, and I originally planted a heavy stand of papyrus there that has now died away. So I took some new cuttings from freshly pruned turk's cap and arbutus, and planted it along the fence line. I am watering like crazy to let the arbutus and 2 crepe myrtles there take off. I also planted 2 dozen marigolds in a bed in front of the arbutus and turk's cap cuttings, which are in front of the crepe myrtles. It should be private again in no time.

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

- My tastes, likes and dislikes change as I get older.
- I love finding new lowfat, high flavor foods.
- Cooking soothes me.
- My parents had a hard life and I could have been nicer.
- I like having a psychic twin for a brother
- I like feeling free and open and unlimited
- I need to choose wisely the games I get involved in.



Enjoy our offering this month. Life is good!

Hari Om.

Andrea

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

**Expand your
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losophy and Living Aloha. [www.
bobtoledo.com](http://www.bobtoledo.com).

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Uncovering the Christ



...continued from page 15 ...

Through these stages we start out empty, but soon we are filled to overflowing with God, with God's love. When you commune with God on a profound and continual level, you overflow with love and that overflow takes the form of wanting to be in service to others.

Our image of mystic, a person realizing their divine union, is one of isolation in a monastery or ashram, meditating in silence, studying scripture and chanting endless prayers is not the only image. Now our image is more holistic. To be a mystic, you don't have to give up stuff, it is ok to take care of the body and one doesn't have to renounce the world.

Instead of being expected to give up maybe we just have to be willing to give up. Do you remember the story about Abraham and his son Isaac? In the story, Abraham was asked by God to take his son up on the mountain and to sacrifice him. Can you imagine how Abraham felt to give up his son that he had waited his whole life for? But Abraham obeyed and he took Isaac up the mountain - where God told Abraham he didn't have to sacrifice his son.

We tend to think of mystics as hermits, but mystics of all times have been compelled to action. Spiritual development manifests as some form of service to others.

Like the Buddhist tradition of bodhisattva - a realized being who chooses to put off nirvana to return and work for the liberation of others, Paul finds it more compelling to stay in this body and be of service to others than to move on to what he expects to be certain union with Christ in heaven.

Edgar Cayce wrote, "There is as much of God in the physical as there is in the spiritual or mental, for it should be one!")

Today instead of being a hermit - mystics tend to be actively involved in the world - developing a life of prayer and then translating the experience of inner peace into a life of service to others. Being a mystic means learning to not want back from the place where you've given.

Past mystics known for their desire for service include:

Padre Pio, who used his mystical powers to save a village in Italy from being bombed

Ramana Maharshi - who used his staff to distract a dog to let squirrel escape and thus fell and hurt himself.

St Martin de Porres - the flying brother, who had power to be in 2 places at one time and spent his time healing the poor.

Catherine of Siena - the mystic who ministered to prisoners sentenced to death and people suffering from black plague

And there are current examples, modern mystics who have devoted themselves to service:

Ram Dass - author of the books: *How Can I Help?* And *Compassion in Action*

Bernie Glassman - an aerospace engineer with McDonnell Douglas who became a Zen Buddhist. As abbot of Zen Center of New York, he moved the center from a donated mansion north of Manhattan to one of the poorest areas of Yonkers, NY. He began a bakery, hiring local people to work with monks. He renovated buildings to create permanent housing for homeless while developing a program to help those who wanted to get off welfare and enter workplace.

Mother Theresa - who worked with the poor in India.

Bo and Sita Lozoff - Prison Ashram program. In 1973, Bo Lozoff and Ram Dass came up with the idea to help prisoners to use their prisons as ashrams if they were tired enough of seeing themselves as convicts just biding their time until they were released. Ram Dass funded the work, and Bo began corresponding with prisoners and, with their feedback, developing spiritual materials especially suited to that environment. Neither Bo nor Ram Dass ever imagined that hundreds of thousands of hard-core convicts would be interested in such an idea. But within the first couple of years, the letters began pouring in and have not stopped to this day. By 1975, the Prison-Ashram Project had become Bo's full time job. Bo & Sita have visited over 500 prisons, leading thousands of workshops. Bo's books, in particular the well-known *We're All Doing Time*, have become "the convicts' Bible" in institutions around the world.

And in our church and in every church and every non profit there are people who are answering this call to service. Modern mystics in our midst. Going through these stages takes time. Enlightenment takes time. When you feel small urges or twinges of compassion - pay attention and try to act on them. When this feeling of love and its attendant impulse to help overtakes you at any point, direct that impulse toward some person or place that touches your heart.

Once we reach the stage where our sense of union with the divine is continuous the work is not over. In fact, the real work is just beginning. At this stage our soul and spirit are healed and we know nothing can harm us. At this stage we are truly here for others.

On a metaphysical level, when we are in stage of divine union, when we realize our Christ nature - it hurts us, torments us to cause suffering. We become unhappy with our own anger, resentments and pettiness - we give up our negative impulses and failing to forgive is no longer an option.

Mother Theresa, Ramana Maharshi, Francis of Assisi could only radiate love and compassion with no apparent thoughts for themselves. They could not do otherwise, because it would simply be too painful to them.

This month I invite you to consider this exercise - Silently or out loud, ask everyone you meet, "How can I be of service to you today?"

We don't go to heaven, we grow to heaven. We know we are there when we recognize we are one with God and one with each other. The everlasting truth is that being in service just naturally follows.

And here's a hint! To expedite growing to heaven, just be in service... just be the Christ presence in your world.



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, or by email at barbaralee21@verizon.net



Horoscopes for

Aries: March 20 to April 20 "I Am". You may be the one to settle any family disputes, remember to not take sides and all will be harmonious. This June is all about balance and fairness in your relationships. Just remember that the people that have showed up in your life have walked in to be your mirror. One thing for sure, you will learn a lot about yourself.

Taurus: April 20 to May 21 "I Have". These warm June nights bring the love bug out in you. Being a fun loving Taurus like yourself you are more than ready to enjoy all the finer things in life. But with that enjoyment comes partnership, it is so much more fun sharing the good life with the one you care about. The weekend of June 23 and 24 will be important for you to rest, to prepare yourself for what is next.

Gemini: May 21 to June 21 "I Think". As you begin a new study of thought as well as training your mind to receive higher guidance, you will be more open to hear what your higher self wants you to know. June 14 is a new Moon in Gemini, a day to pray and set your intention for what you plan to create. At the end of the month you really come full circle with your unresolved emotional ties.

Cancer: June 21 to July 22/23 "I Feel". Do you ever feel like you are doing all of the talking and nobody is listening. If so then just start keeping a journal, write to the people late at night that you want to communicate with. They will hear you in their dreams and you will not have to be bothered with drama. All in all this Summer is about self growth as you fulfill yourself within yourself.

Leo: July 22/23 to August 23 "I Will". You have a choice of either hanging on to your ego structure and materialism, or let go and trust in your intuition to guide your life. Yes structure you need with transiting Saturn in Leo on your side, but you also need the energy of Neptune in Aquarius, the mystical and psychic aspect of the inner life. June 14th a new moon in Gemini will support any creative effort you might have to think in bigger terms.

Virgo: August 23 to September 23 "I Analyze". Where you are in the scheme of life, you know that where ever you go, there you are. Now is not a time to run and hide, you must face the music so you can understand the lyrics. June teaches you self love with the ability to open to a larger flow of prosperity and what truly has heart and meaning for you.

Libra: September 23 to October 23 "I Balance". The full moon in Capricorn on June 30th will play a major role in what the Universe wants you to release. You are the activator this month, who ever you hang out with will have a tendency to have to deal with what ever has been eating at them. You are the catalyst, as well as the slave driver.



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JUNE 2007

Scorpio: October 23 to November 22 "I Create".

June 21st the Sun enters Cancer "The Summer Solstice". Take the 25th and the 26th of June to integrate the new energies that will be released. This Summer you are really up for some soul searching, by the Fall you will have integrated all the "new you" changes that will have been set in motion. The question "what do you want to be when you grow up" will become very pertinent.

Sagittarius: November 22 to December 21/22 "I Perceive".

The intensity of your emotional nature is heated up. If this is any indication of how your summer is going to go, it is really going to be hot. With Jupiter transiting your sign for the rest of the year, you are going to feel everything ten times more than normal. Be careful what you think about because it will expand. This is a great time for you to manifest your heart's desire.

Capricorn: December 21 to January 20 "I Use".

Issues with your Mother want to surface to the forefront of your consciousness. The Full Moon June 30th in Capricorn will speak to you loud and clear about who you have become versus who you would rather be. Self acceptance is the key. If you remember anything that your Mother ever taught you, remember that you have the freedom to be yourself, so you might as well enjoy the process.

Aquarius: January 20 to February 18 "I Know".

Your higher self has quite the summer in store for you. June is about establishing new friendships, as well as nurturing current ones. July brings in more stabilization as you integrate new knowledge for your career. August is about writing and teaching what you have learned. The important thing to remember is to keep your positive outlook on life.

Pisces: February 18 to March 20 "I Believe". You are still feeling the affects of the New Moon in Pisces "Solar Eclipse" that happened back on March 18th of 2007. August 28th a Full Moon in Pisces a "Lunar Eclipse", you will have so much clarity on your life and you will have come full circle with every aspect of yourself, your relationships and your gifts. Use June to prepare for the results you want in August.

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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.hayhouse.com
Spiritual Principles Marianne Williamson

Your Destiny Switch Peggy McColl

The Power of Pleasure Douglass Weiss

From www.newworldlibrary.com
Wisdom of the Peaceful Warrior Dan Millman

Love Colors Pamala Oslie

Creativity for Life Eric Maisel

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

MUSIC from www.soundings.com
Spa Dreams by Dean Evenson d'Rachael
Soundings of the planet

MUSIC from www.soundstrue.com
Invocation by Ty Burhoe

Relax and de-Stress by Joshua Leeds

Flow of Grace by Krishna Das



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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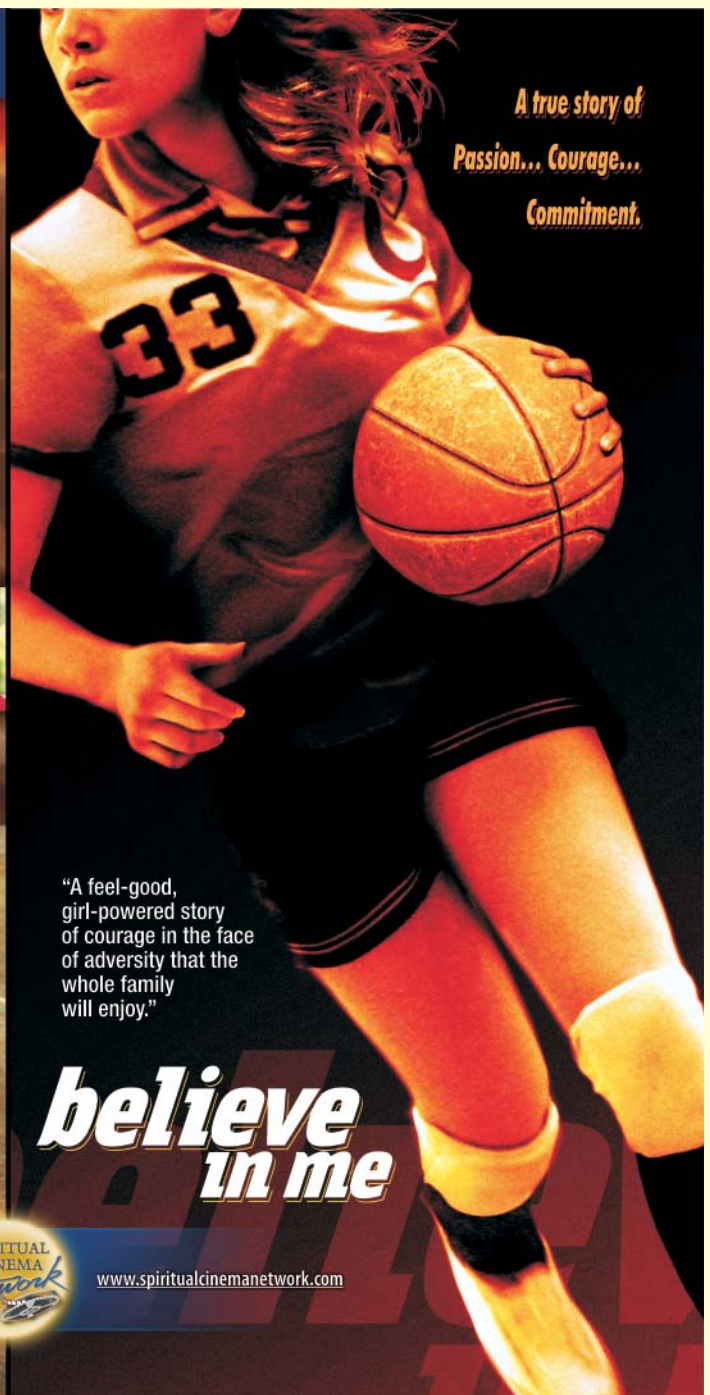
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