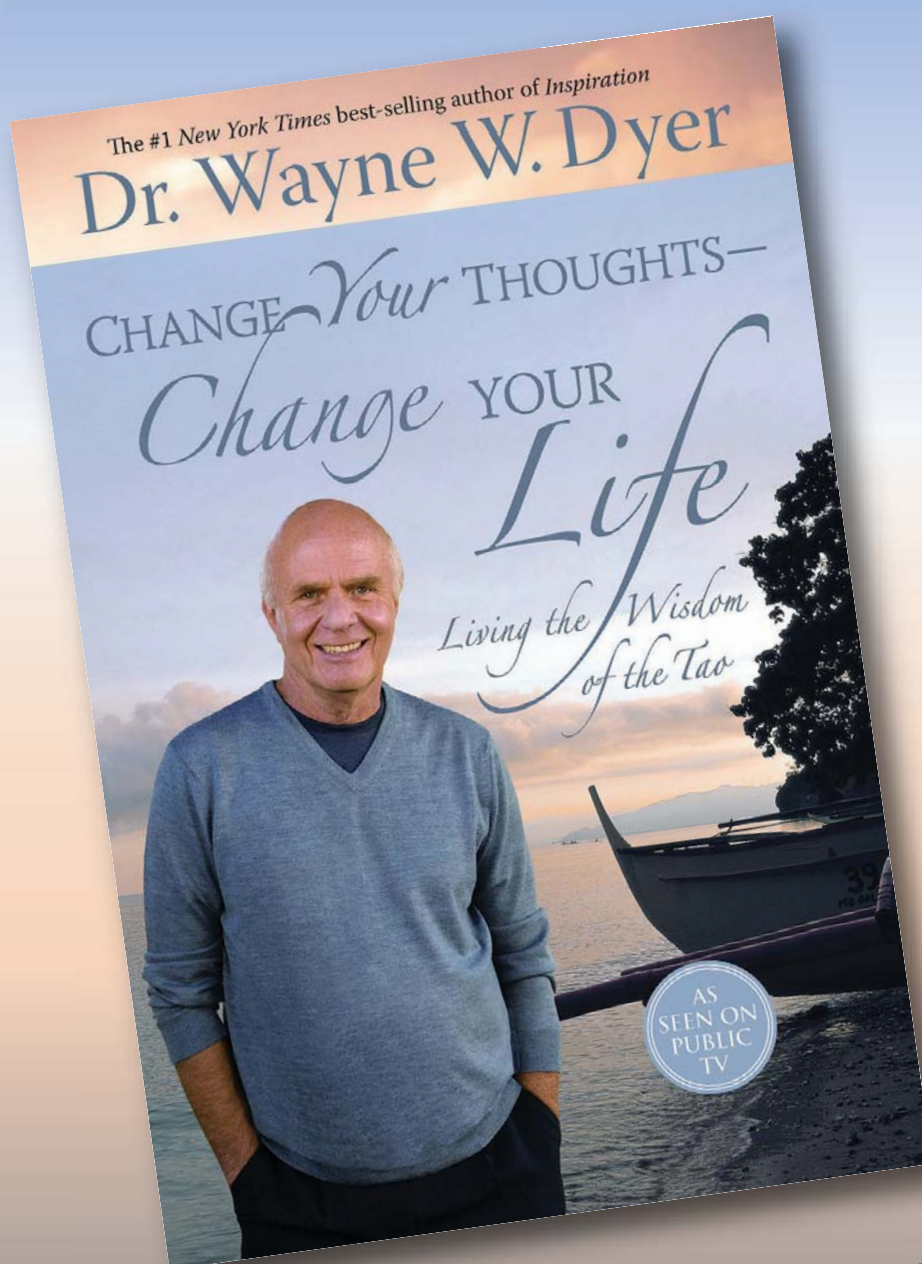


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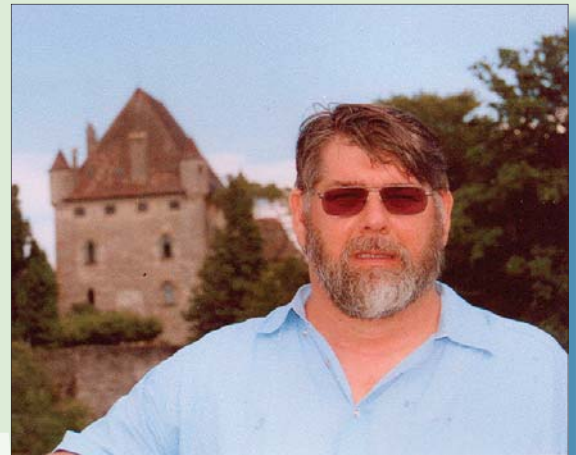
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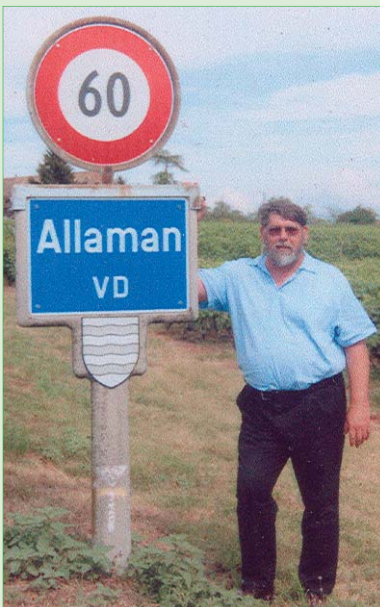


CREDENTIALS:

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.



Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies. Visit him online at www.psychicconsultant.org



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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 **July 2007** edition of **Horizons Magazine**. This month we've got two excerpts from **Wayne Dyer's** new book, **Change Your Thoughts, Change Your Life: Living the Wisdom of the Tao**. He writes about **Living in the Flow**, and we've all been there, haven't we? It's a place we'd like to spend more time in. It's a place we recognize once we're there. Everything begins falling into place. Circumstances and events line up, barriers vanish, obstacles are cleared, people are calling you while you're looking up their number. You're in the flow and riding the wave and good things are happening at lightning speed. Of course, there's the other flow also *hehe* the flow that is more like a spiral and not always upward! Dyer gives a contemporary look at an age old system, the **Tao Te Ching**.

Lately people have been telling me they are falling into a hermit mode more frequently the past several years. That place where they just want to hole up alone and away from

everything and everyone they know. You know the feeling. When you don't want to get out of bed, or tend to your obligations and commitments. You don't even let your loved ones know it's ok and it's just a mood and it will pass shortly. It's not that you don't care if they worry, you just don't want to engage in dialogue about it right then.

For me, I'm not always aware I am sinking in to that place. Sometimes I get so many calls and emails that every few weeks, I just want to get away, alone, in the dark and the quiet, to recoup/recupe for half a day. Depending on the work schedule, that half a day may turn into a week, during which time I probably have a train of thought going that I don't want to break by talking to anyone else. Emailing doesn't break the train of thought. Voice talking does. I'm probably doing some prepaving and visualization on a particular project or series of projects - since that is part of my job, after all.

I have particular routines I use to release physical and mental resistance during these times. If I'm brave, I'll go to the gym and walk the treadmill and workout, but sometimes the gym is a little more social than I want to be while I'm in the hermit mode. Most often, I change into my gardening gear and take my clippers and walk through my property. There are always trails to be trimmed, potato vine and wedelia to pull, grapevine and honeysuckle vines to be re-routed, gardens to be watered, sprinklers to be moved, bird feeders to be filled, birdbaths to be cleaned, squirrels to be fed, firewood to be gathered, dead limbs to be pruned, deadfall to be raked, mulch to be spread. There's

...continued on page 28...

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THE SCIENCE OF DELIBERATE CREATION



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

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

LIFE IS SUPPOSED TO FEEL GOOD

You would never be discouraged if you knew, as we do, that anything you want must be, and that all you have to do is line up with it. You would never be discouraged if you knew, as we do, that when contrast causes you to clarify a desire, that, in the moment of that clarification, even if you don't speak words about it, Source immediately says yes to that desire and becomes one with that desire. So, there is no possibility whatsoever anywhere in this Universe that your desire is not being answered in the moment that you give birth to it. But if you don't know that, if you're still looking at the gap between your realization that you want it and your realization of the manifestation of it, then, because you have forgotten that it's going to happen for sure, we can see how you might get discouraged.

Feel the difference between something that you want that you know you can achieve, and how exhilarating that is, and something that you want that you feel powerless to achieve. And what we're wanting you to understand, is: You need not ever again feel powerless about the achieving of anything—because when you ask, it is given, every single time.

There is no such thing as something that is incurable; there is no such thing as something that is impossible. There's only vibrational discord with the wellness; that's what illness is. There's only vibrational discord with abundance; that's what poverty is. There's only vibrational discord with clarity; that's what confusion is.

You have Guidance within you that will help you to quantify your journeys. And so, you can tell (if you care about how you feel) whether you're marching, marching, marching towards something that you're going to like when you get there. People will say, "Abraham, it came out of the blue!" And we say, hardly. You've been beating that drum for a long, long time. And you say, "No, I haven't. I haven't been thinking about that. I didn't think about the specifics of this terrible thing that happened to me." And we say: You thought about enough things that were a vibrational equivalent to this powerlessness that you are feeling (or to this rage that you are feeling) that you activated a vibration that kept you from going in the direction of what you want, and, in fact, took you directly to what you do not want.

When you are feeling ornery, ornery, ornery, ornery, ornery, ornery, you can't end up in Happyville. It's on a different path, you see. When you are frustrated, frustrated, frustrated, frustrated, everywhere you go, things that are frustrating in nature are there waiting for you. They are waiting for you with open arms. "You planned us," they say. "You prepared us. You called us from the ethers." And the Universe and Law of Attraction goes to great trouble (it's really no trouble at all; it's just a natural consequence of the Laws of the Universe). Law of Attraction (that which is like unto itself is drawn) will meet you around every corner with the essence of your vibrational nature. It's everywhere you go. That's what we mean when we say: you take yourself with you.

What we want you to come to understand is that, here you are, wherever you are, and out there somewhere, is something you really want, and out there somewhere else, is something you really don't want. In other words, it's like your future is a big long stick with things you really want on one end, and things you really don't want on the other end. And here you are, in every moment of every day, making a decision about which direction you're going. So, it's like there are all of these potential forks in the trail.

Have you ever taken an airline trip or a car trip, or any trip, even a hiking trip, where you have made a direct line from where you are to where you want to be? Or, are your trips always ups and downs and around things? In other words, aren't you just always correcting your course, generally going in the direction? Jerry and Esther are amazed sometimes when they look at a map, and they realize that the road that they were on that says I-10 East doesn't go east a good deal of the time. It's really interesting how often it is going north, or even south in its general direction of east.

...continued on page 30...



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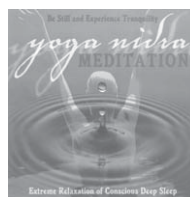


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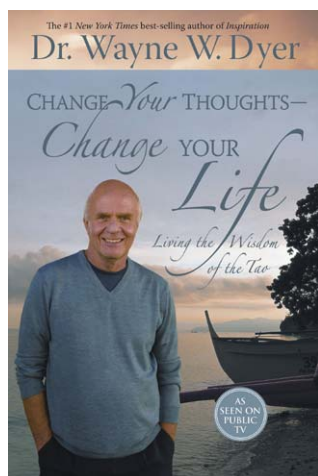
LIVING IN THE FLOW

The following excerpt is taken from the book *Change Your Thoughts Change Your Life Living the Wisdom of the Tao*, by Wayne Dyer. It is published by Hay House (June 2007) and available at all bookstores or online at: www.hayhouse.com

The Tao and water are synonymous according to the teachings of Lao-tzu. You are water; water is you. Think about the first nine months of your life after conception: You lived in, and were nourished by, amniotic fluid, which is truly unconditional love flowing into you . . . flowing as you. You are now 75 percent water (and your brain is 85 percent), and the rest is simply muscled water.

Think about the mysterious magical nature of this liquid energy that we take for granted. Try to squeeze it, and it eludes us; relax our hands into it, and we experience it readily. If it stays stationary, it will become stagnant; if it is allowed to flow, it will stay pure. It does not seek the high spots to be above it all, but settles for the lowest places. It gathers into rivers, lakes, and streams; courses to the sea; and then evaporates to fall again as rain. It maps out nothing and it plays no favorites: It doesn't intend to provide sustenance to the animals and plants. It has no plans to irrigate the fields; to slake our thirst; or to provide the opportunity to swim, sail, ski, and scuba dive. These are some of the benefits that come naturally from water simply doing what it does and being what it is.

The Tao asks you to clearly see the parallels between you and this naturally flowing substance that allows life to sustain itself. Live as water lives, since you are water. Become as contented as is the fluid that animates and supports you. Let your thoughts and behaviors move smoothly in accordance with the nature of all things. It is natural for you to be gentle, to allow others to be free to go where they're inclined to go, and to be as they need to be without interference from you. It is natural to trust in the eternal flow, be true to your inner inclinations, and stick to your word. It is natural to treat everyone as an equal. All of these lessons can be derived by observing how water, which sustains all life, behaves. It simply moves, and the benefits it provides occur from it being what it is, in harmony with the present moment and knowing the truth of precisely how to behave.






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...continued on page 32...



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



Lori, I have forgotten how many pennies belong under the front door mat? I know I had the right number under there, but some funny person put a bunch more in, and I can't remember how many should be there!

Also, have met guy I like, and he seems to like me too, we go out some but he is very frightened of a relationship. He's been hurt badly etc. Is there anything I could do in my place to help him calm fears? J.R., Fort Myers

A: It is 5 shiny pennies face up under the mat. Add two large heavy stones to the relationship corner of the house and the master bedroom to stabilize his emotions and to add a steadiness to the relationship.

Q: MY lucky bamboo plant was doing great but now is getting yellow leaves is it ok to take apart and discard the yellowing stalks and leaves? J.K., Naples

A: Yes, throw the yellow part of the plant away. I have to tell you though, usually once they start yellowing it usually spreads to all of the stalks.

Q: How can I counteract the problem of the bed facing the door with the feet at the door end? Could I maybe put something hanging from underneath the door frame? D.A., via email

A: Yes, you will want to hang a small round faceted crystal between the door and the bed. That will resolve the problem quickly. Blessings.

Q: I will ask you my final question about a floor plan for my house. What do you consider better in Wealth sector, a kitchen or a formal dining room? That is now my only doubt, and my husband is going crazy! I would like my kitchen in Wealth but it is very difficult to enhance it with the proper color (purple), due to purple not being common in a kitchen. So should the kitchen be in Wealth or Fame? C.S., Fort Myers

A: A dining room that is used is a wonderful addition for the wealth sector. They usually represent abundance and the gathering of families.

A kitchen is fine in a wealth sector if it is used often, and kept warm and nurturing. Remember, you can also use the color green in a wealth sector.

I personally prefer to have kitchens in the relationship area (because they represent nurturing), or in the fame area because of the strong fire element represented by the stove. Good luck.

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Jamie Sanders is an ordained New Thought Minister, professional speaker, workshop facilitator and television personality. He has been the producer and host of his own weekly television program, "Positive Living," and is a certified Pastoral Counselor. Jamie currently serves as the Minister for Unity Church of Christianity in Pensacola, FL. Visit www.unitypns.com and you can email Jamie at Jamie1118@aol.com for information on upcoming events and availability for speaking dates.



Ever have something happen in your world that really rattles you to the core of who you have believed you are? Life is going along smoothly; the sun is shining, and suddenly, out of the blue, comes a raging storm! Often times we can see it coming in the distance, but we avoid taking cover because we think are content with how things look and feel on the surface. The wind is picking up, the clouds are getting darker, but we want to play just a little bit longer, so we ignore the warning signs that something is brewing in and around us. If only we had paid more attention to that voice that whispered "watch, look, and listen!"

Inevitably the storm comes, does its thing and shifts our world a bit, leaving us dazed and bewildered. We may have taken a beating from the flying debris and the foundation cracking beneath our feet that we have so firmly stood on, but in surveying the aftermath, do you find yourself standing or have you crumbled?

Life happens; and to this statement there is no debating its credibility. It is coming to the understanding that life does indeed happen, but not without our charting the course. Every thought, every choice we make, maps out the journey!

For some, this kind of thinking is utterly ridiculous, while for others, it gives them power, understanding and wisdom to become master's of their destiny. I choose to be a master, how about you?

Motivational teacher, **Lisa Nichols** said recently on the **Oprah** show, that we set the precedence on how others treat us; by the way we treat ourselves... That we set the precedence on how others love us, by the way we love ourselves. Hearing those words, something shifted within. Ask yourself this; How have I been treating myself? How have I loved me? The answer, when answered honestly can be a real eye opener and a pivotal shift to changing the way you live your life and see your world.

...continued on page 42...

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"A GOOD NIGHT SLEEP IS KEY TO A HEALTHY LIFE"

Millions of Americans take sleep medications rather than using Alternative approaches that are just as helpful with far less side effects.

Every once-in-awhile you may miss a night of sleep; it's when this happens every night it becomes bothersome. Maybe you are someone who can fall asleep but you wake-up over and over. Sleep is only beneficial if it is re-cooperative.

The obvious signs of sleep deprivation are lack of concentration, confusion, moodiness, pain plus when you don't sleep well your body begins to over-produce **cortisol** and **adrenaline** which leads to poor health due to a weakened immune system.

In most cases insomnia can be helped with a few simple herbs. **Chamomile** is a very mild herb that most consider first as its soothing and relaxing properties are safe even for restless or irritable children. For adults **chamomile** can be helpful if pain, anxiety or tension is what's keeping you awake. Just one teaspoon in eight ounces of boiling water steeped for 5-10 minutes may be all that you need.

Let's say you're the type of person who falls asleep easily but you wakes up and can't fall back to sleep because of thinking too much. You know what I mean the list of chores, things said or unsaid and the list goes on. Then **Lemon Balm** can work wonders because it quiets the mind. The terpenes in **Lemon Balm** give it its sedative properties this is good for over-active or nervous adults or children who can't sleep. It's also known as "The Gladdening Herb" for **insomnia** due to **depression**, **tension**, **anxiety** or **nightmares** **Lemon Balm** works wonders.

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You can use a sleep pillow be made with a small muslin bag or a sock (you now have a use for your un-matched socks) filled with herbs like **Lavender**, **Chamomile**, **Roses** or **Hops** (use only a small amount of Hops or you will think you're sleeping with dirty socks).

An aromatherapy diffuser with the oils of **Lemon Balm**, **Lavender**, **Marjoram** and **Clary Sage** blended together can ease you into sleep and help to keep you there.

Take some time before bed to unwind, listen to some quiet music, a guided meditation, drink a cup of relaxing tea (using herbs like **Chamomile**, **Lemon Balm**, **Catnip**, **Linden**, **Roses**, **Passion Flower** or **Oatstraw** either alone or in combination). Take a nice warm bath filled with relaxing herbs, light some aromatherapy candles and ease your way into sleep. Sleep should be enjoyable - not just a chore to get you to the next day.

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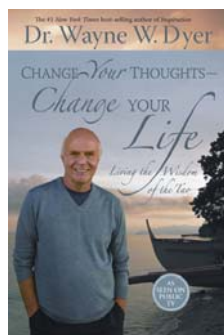
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CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

The following excerpt is taken from the book **Change Your Thoughts**

Change Your Life Living the Wisdom of the Tao, by Wayne Dyer. It is published by Hay House and available at all bookstores and at: www.hayhouse.com



Change Your Thoughts—Change Your Life is the end product of my yearlong journey of research, contemplation, and application of the **Tao Te Ching**, a book of wisdom that's been translated more than any volume in the world, with the exception of the Bible. Many scholars consider this Chinese classic the ultimate discourse on the nature of existence; and it continues to be a valuable resource for achieving a way of life that guarantees integrity, joy, peace, and balance. I recently read about someone who overcame life-threatening addictive behaviors by reading and rereading the 81 verses of this ancient text. Just imagine! In fewer than 100 short passages, it describes a way of living that's balanced, moral, and spiritual, and that works for all facets of life on Earth.

Legend tells us that the **Tao Te Ching** was authored by **Lao-tzu**, a prophet who was also the keeper of the imperial archives in the ancient capital of Luoyang. Seeing the continual decay during a period of warring states, **Lao-tzu** decided to ride westward into the desert. At the Hanku Pass, a gatekeeper named Yin Hsi, knowing of **Lao-tzu's** reputation for being a man of wisdom, begged him to record the essence of his teaching. Thus, the **Tao Te Ching** was born out of 5,000 Chinese characters.

In all my reading on the origins of the **Tao Te Ching**, I never found a definitive historical record of its writing . . . yet today it survives in thousands of versions in virtually every language. In fact, after reading this classic text one morning, and then taking in a different interpretation that afternoon, I was hooked. I ordered more translations, five of which were quite old and five of which were more modern (you'll find their titles in the Acknowledgments). Since neither **Lao-tzu** nor the origins of his verses are historically certain, I was fascinated by the different ways the 5,000 characters were interpreted by scholars in the editions I studied—especially when you consider that many of these ancient Chinese symbols are no longer in use and invite differing translations themselves.

I then felt called upon to write an essay for each verse that showed its valuable wisdom applied to the 21st century. From those ten translations I'd gone over, I pieced together the 81 passages in **Change Your Thoughts—Change Your Life**, based on how they resonated with me. This book is my personal interpretation of the **Tao Te Ching**, each verse of

which gave me an insight into life and nature. As you read on, know that these pages were pasted together from what I personally felt were the most useful aspects of those ten different translations I studied, and I apologize for any exclusions (or if the inclusions don't seem to be a perfect fit).

One of the many gifts of the **Tao Te Ching** is its mind-stretching quality, especially in the way that **Lao-tzu** uses irony and paradox to get you to look at life. If you think that being forceful is the appropriate response, **Lao-tzu** urges you to see the value in being humble. If action seems called for, he asks you to consider nonaction. If you feel that grasping will help you acquire what you need or want, he counsels you to let go and be patient.

...continued on page 20



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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.



IN HIS OWN QUIET WAY

For nearly twenty years I have been patronizing a small video store on a country road near my home. Over the years I got to know the proprietor, an amiable otherwise-retired chap named Don. Don and I regularly schmoozed over the counter about movies, our families, our dogs, and philosophies of life. Don's beloved pooch had gone over the rainbow bridge a few years earlier, and when I introduced him to my dog Munchie, Don lit up like a five-year-old boy at Christmas. He abruptly shifted from checkouts, snuggled Munchie on the counter, and magically produced dried chicken strip treats from behind his back. It didn't take Munchie long to figure Don's M.O., and he would start jumping in the car when we turned onto the video store's street. Once in the door, Munchie would make a wild dash behind the counter, where Don would love him up and produce the coveted poultry reward. (Later I learned that dogs in the hood regularly found their way to the store without their owners.)

Nearly everyone who worked in the store was Don's family. Even though they all lived far away, they would take turns coming to work for several-month stints. Over time I met Don's wife, sons, daughter-in-law, and granddaughter. The business was a family affair.

If you liked a particular actor, you were in luck. All the Brad Pitt films were on one shelf, Kevin Costner another, Julia Roberts another, and so on. No, Toto, I don't think we're at Blockbuster anymore.

Once, when I was preparing to present a weekend seminar on inspirational cinema, I took out about 20 films to show short clips to the participants. When I explained the project to Don at checkout, he refused to take my money. "It's for educational purposes," he noted. "They're on the house." He also never charged me for late returns.

Across from the counter on the side of a display rack was a tall, thin poster advertising an old Disney animated flick. On it the heights of customers' kids were recorded with horizontal lines accompanied by their names. I found it touching to watch Jonah's mark rising from year to year. Even though I never met the kid, it felt gratifying to know that somewhere out there a boy was becoming a young man.

A few months ago Don's son announced that the family was selling the store. Don, now at age 86, otherwise in remarkably good health, had had a few knee surgeries and it was getting harder for him to navigate the terrain of the shop. Don would be moving far away to be with his family, and closing the chapter of his life that interfaced him with the movies, kids, and dogs he loved, as well as the buttered popcorn smell that permeated from the in-store microwave, and the array of candy and red licorice at the checkout.

Although saddened to hear of the end of an era, I was happy that Don's family loved him enough to take him home and give him the support he needed. A large sign invited all the customers, "Come say aloha to Don next Friday night, 6 - 8 pm." Dee and I were disappointed that we would be away that night, but we made a note to visit Don at his home upon our return.

That meeting was eventful for me. Don answered the door spryly in his wheelchair and invited us to sit at a couch surrounded by cardboard moving boxes. As I sat in his home, I realized that I had a real relationship with this man. Our friendship crept up on me gradually, until Don had a place in my heart equal to other people I loved. Now I was going to miss him.

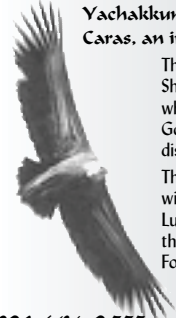
Don proudly pulled out the photo album that recorded his going away party. There were lots of people I knew: parents, kids, and dogs posing with their elder friend amid colorful balloons. Everyone contributed to a colorful scrapbook with notes of thanks, poems, and little kids' crayon drawings of Don and the store. In his own quiet way Don had touched many lives. It wasn't just the dogs who received treats when they entered. Everybody got a good feeling.

The time came for us to leave, and though we tried to hold back, we all shed a tear. Don was moving far, far away, and we would most likely not see each other again. Goodbyes don't come easily to me, especially maybe-not-again-in-this-life-goodbyes. Then Don told us in a chipper tone, "Well, I guess I'll see you in heaven."

His candor — and vision — struck me. I sat silent for a moment and nodded. "Yes, I will look forward to seeing you again in heaven," I replied. With that, Dee and I rose and exited.

I remained choked up for the entire ride home. I realized I had been privileged to know a very holy man. Not holy in the sense that he wore robes, talked to or about God, and did miracles. Holy in that that he has lived with extraordinary kindness, presence, and generosity. On second thought, I guess he did do miracles. In a world where fear, protectionism, and separateness seem to rule, Don reversed those conditions in his little shop on a country road. Maybe I don't need to wait till we get to heaven to see Don again, because he made the earth a little more like heaven. In his own quiet way.

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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 a free catalog call (800) 654-5126 or fax: (800) 650-5115. Please visit www.hayhouse.com. For info on becoming a certified teacher of Louise Hay's philosophy, call Patricia Crane at (800) 969-4584 U.S. & Canada, or at (714) 969-9383 internationally.




ear Louise, What is the correct way to do affirmations, and how many times a day is best? I'm not sure I'm doing it right! DS, Iowa

Dear D.S., You cannot do affirmations "wrong." What you can do is the "wrong affirmations." Every thought you think and every word you say "is" an affirmation. When we talk about "doing affirmations," we mean taking conscious control over our thoughts and words. The more times a day you can say your "positive" affirmations, the quicker you will get results. Remember, most of us think over 60,000 thoughts a day. So make the most of the positive affirmations, and you will improve the quality of your life beyond what you can imagine. Have fun doing your affirmation, and have a good life.

Dear Louise, I am at the end of my rope! I have been struggling to create peace and harmony in a relationship I've been having with a man for more than six years, and I'm also trying to trust him again. We have been to several marriage counselors, and he still continues to lie about little things—for example, he still keeps in contact with his old girlfriends. I find myself doubting him and doubting my own intuition about him. How can I get my power back? I really do love him, but six years of uncertainty can really get to a gal after a while, and this is beginning to affect my health. Help! K.M., Dallas, TX

Dear K.M., This is not love, my dear, it is self-hatred. Is this what you deserve? Obviously there are some hidden blocks and fears standing between you and the life you desire. You may want to look at the relationships that surrounded you as a child. Did your parents have a loving relationship? Did they treat each other with kindness, appreciation, and love? How did they treat you? Are you holding on to any resentments? To get your power back, you need to love yourself enough to leave this relationship now. Start to LOVE YOURSELF. Opt to use this time to really pamper yourself with small acts of kindness and appreciation. Buy yourself flowers; and surround yourself with colors, textures, and scents that please you. Life always mirrors back to us the feelings we have inside. When you are emotionally ready, the right person to share in your growing sense of self-love will be attracted to you like a magnet.



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YOUR DAILY WALK



Richard A. Singer Jr. is a therapist living in the Cayman Islands. The following is from his new book, "Your Daily Walk with the Great Minds of the Past and Present". To learn more, visit his Web site <http://www.yourdailywalk.org/> or E-Mail him at RAS9999@aol.com.

“There is a rhythm to the Universe. When we are able to get quiet enough, we experience how we are part of that perfect rhythm.”

Dr. Wayne Dyer

MEDITATION

Connect and participate in the magnificent orchestra of life. You have a special place in this symphony, which can only be discovered by quieting your mind and connecting to the precise pulse of the Universe. This rhythm exists outside of your understanding and intellect and can only be connected to by detaching from your ego and relying on the invisible force of the cosmos. This silent and unseen force connects everything and everyone we come into contact with. Connecting and perfecting your association with this power will allow you to achieve anything you wish without being interrupted by anything that stands in your way.

PERSONAL JOURNALING

How will you quiet your mind today and tune into the rhythm of life?

[illegible]

Today, I will silent my mind and allow my soul to be absorbed
by the rhythm of the Universe.

SECRETS

Excerpts from
Secrets of Spiritual Happiness



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

KNOW YOUR WEAKEST AND STRONGEST LINKS

You have been told that, even like a chain, you are as weak as your weakest link. This is but half the truth. You are also as strong as your strongest link. — **Kahlil Gibran**

It's the dichotomy of humanity. On one hand, we human beings can be so good. We are great and divine beings, capable of shining our love, compassion, and wisdom upon the land. As a species, we tend to cheer rescues, mourn losses, and generally like the idea of helping those in need, whether we always actually do it or not.

When moved to care, we care with such enthusiasm. When moved to express, we are so creative. When moved to love, we are so selfless. Yet, at the same time, humanity still has so many animalistic tendencies. You and I contain the potential for wreaking all kinds of havoc upon ourselves, others, and the whole planet.

As a species and as individuals, we are both our strongest links and our weakest links, mixed together in a flavorful, bittersweet cup of human nature.

Our strongest links may be clear and caring, brilliant, funny, happy, loving, and a master of exceptional timing - revealing all the best qualities that we admire and would wish to experience in ourselves and in others. On the other hand, our weakest links can be somewhat petty, judgmental, moody, greedy, controlling, self-serving, fearful, or angry.

Think about your own self. Every one of us carries different varieties and percentages of purity and impurity, good and bad, weak and strong. Each of us is designed with a different recipe and combination of ingredients, including genetics, environment, and many unknown special sauces. We also have individualized taste buds through which we experience the world and either smack our lips with satisfaction, or grimace in distaste.

The conflicting pulls between our higher and lower natures can keep us from experiencing spiritual happiness. In some cases, our stronger self may be feeling guilty for what the weaker self does. At other times, our weaker self may forget what the stronger self knows, and be unhappy due to the dissatisfaction of forgetting our greater nature. The degree of polar oscillations between "pure, good, strong self" and "impure, bad, weak self" varies from person to person. Contemplate yours. Watch your thoughts, speech, and actions. Study yourself. Honor and respect yourself enough to really get to know all the aspects that make up you.

Think about moments when you were going with the flow - being naturally and effortlessly wise, loving, good, kind, skillful, funny, and perhaps even brilliant. These represent the strong links in the chain of who you are. Now think of times when you may have felt jealous, petty, angry, spoiled, or defeated. These are your weaker links.

...continued on page 22...

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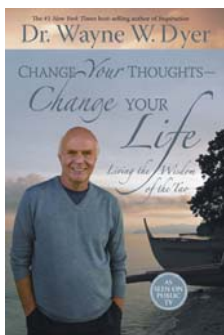
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CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

...continued from page 15...

And just what is this thing called "the Tao"? As we're told in the 1st verse, to name it is to lose it, so here's the best that I can come up with: The Tao is the supreme reality, an all-pervasive Source of everything. The Tao never begins or ends, does nothing, and yet animates everything in the world of form and boundaries, which is called "the world of the 10,000 things."

Commentaries on the Tao Te Ching generally interpret Tao as "the Way," Te as "the shape and power" (that is, how the Tao manifests), and Ching as "book." Every translation I read referred to the Tao as the Way with a capital W, and Te as adding light or color to the Way. Well, as I look at the name I've carried with me for over 65 years, **Wayne Dyer**, I realize what may have attracted me to studying and writing these essays! As you can see, the first three letters of my name make up the word Way, while a dyer is one who adds light or color. It's no wonder why I've been so totally involved in reading, writing, interpreting, and, most significantly, putting into practice these 81 verses.

In *The Wisdom of China and India*, Dr. Lin Yutang states, "If there is one book in the whole of Oriental literature which should be read above all others, it is, in my opinion [Lao-tzu's] Book of Tao. . . . It is one of the profoundest books in the world's philosophy . . ." As you read *Change Your Thoughts—Change Your Life*, you're going to find your way through Lao-tzu's mystical and practical

philosophy, along with the joy of applying it to your life in today's modern world.

Writing this book was a complete surrender to ideas that didn't always seem to fit a linear rational approach, and it has changed me in a way that's like the Tao itself: unexplainable and unnameable. Once I knew that I'd be spending a year on this project, its creation came about in the following way, which I have journaled for you:

I awake before 4 A.M., meditate, consume juices and supplements, and enter my sacred writing space. On a table, I have some framed drawings of **Lao-tzu**: In one he's clad in simple robes, in another he's standing with a staff, and in a third he's astride an ox. I ease into my work and read one verse of the Tao Te Ching, letting the words stay with me and inviting the forces of both the outer and the inner life to inform me.

Some of the passages contain ideas that seem to be directed to political leaders—yet in all cases I keep the average reader in mind. In other words, I seek the wisdom for everyone, not just for those in positions of government or business.

I jot down a few notes, and for the next three days I think about what Lao-tzu is offering. I invite the Tao to be with me throughout the day in all my activities as a background to the title of this book. "Change your thoughts, Wayne," I tell myself, "and watch how your life changes." And my thoughts do change.

I feel the Tao with me, always there, always doing nothing, and always leaving absolutely nothing undone. As I'm now seeing with a capital S, the landscape looks different. The people I see are godly creations who are ignoring their own nature, or even more poignantly, needily interfering in the affairs of others. I have a different perspective now: I feel

...continued on page 40...

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By June K. Brown

Animal Spirit Guidance is my passion. My Church is my backyard, the beach, or the grocery store parking lot. Everywhere I look, I

see the omens sent to me from The Great Spirit, guiding me daily on my quest to spiritual enlightenment. Thank you Grandmother Spider! Email June at JBr340@aol.com

OWL



A large shadow swept across the yard. I looked up, searching for the source. A huge **Great Horned Owl** silently soared by, perching itself at the top of a tall pine tree. He turned his large head toward me and I looked right into his enormous, yellow eyes. We stared at each other, for only a few seconds, before he took flight again and was gone.

I took a deep breath and knew that I had just been given an answer to my dilemma.

I had been upset for the entire weekend over a situation at my son's school. I had allowed my anger guide me and felt that I wasn't seeing the situation clearly. So, I stopped pacing around the house and tried to focus on the true problem. My had been put on a "time-out" at school and was left unsupervised for over an hour. That was the main issue, and I need to focus on that to get through the meeting with the teacher on Monday morning.

How does the **Owl** fit in? Well, the Owl means that you need to trust your gut instincts and that someone might be deceiving you. In my situation, the teacher kept avoiding the fact that he left my son in the hallway, unsupervised, for a long period of time. He continually changed the subject back to why my son was put in "time-out" to begin with (deception). This is when I allowed my anger and frustration to guide me, and I became obsessed with the teachers attitude.

Seeing the **Owl** reminded me that my initial questions concerning the amount of time my son was in "time-out" were correct and needed to be addressed. I knew that if I could control my anger and go into that meeting focused on that issue, everything would work out. And it did! The teacher in question got his slap on the wrist and the administration held a staff meeting that afternoon to design a better discipline plan.

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SECRETS

Excerpts from
Secrets of Spiritual Happiness

...continued from page 19...



One helpful application of contemplating our weakest and strongest links is to learn not to take important actions when we're in the weakest link. If something has upset you and your mind is racing, your blood is rushing, your emotions are throbbing, and you find yourself thinking weak, inferior-minded thoughts, consider that this may not be the best time to make that important phone call, to contact a person with whom you're upset, or to go into your boss's office to ask for a raise. Otherwise, you may get some version of, "You are the weakest link. Goodbye!"

An awareness of our multi-faceted nature can help us to experience greater spiritual happiness, because it opens the door to integrating the various aspects of ourselves into a more holistic level of self-awareness. To support this integration, we can strive to remain aware of our strongest links, not only when we're feeling strong, but also when we're feeling weak. We can be aware of our weakest links when we're weak and also when we're strong.

Use your intention and remembrance to draw strength from your strongest link when you're feeling weak, and to give guidance and blessings to your weakest link when you're feeling strong.

Being aware of our multi-faceted natures also gives an opportunity to integrate many dichotomies within ourselves, so we can speak and act with clear intentions. For example, sometimes our strongest link will want us to do something wonderful, but our weakest link may self-sabotage our efforts with tactics such as procrastination, shyness, or self-doubt. Understanding our strongest and weakest links is the first step toward healing and uplifting them.

Even though many of our internal dramas and struggles take place below the threshold of our usual awareness - in what psychologists refer to as the subconscious mind - we nevertheless do hold the key to overcoming the weaker self's tendencies. This key exists in the power of our intention. Intention is a major key in shaping our lives from the inside out.

Just by intending to expand the best of what exists in you, that very choice will help create more opportunities for expanding and increasing what is best in you. You can live like an artist - painting the landscapes of your life, and uplifting both your weakest links and strongest links into a realm of spiritual awareness, spiritual faith, and spiritual happiness. You'll be your own best friend, the maestro of your life song.

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THIS MONTH'S THOUGHTS ABOUT THINGS...

...continued from page 7 ...

always oak and bamboo leaves to rake into mounds around the trees, there's always new areas of the yard I've overlooked that I can create a little visual vignette in - using cuttings of arbutus and turks cap and star jasmine in a new area, clearing away the wedelia, loosening the ground - ok, the armadillos and raccoons help me with that job! Placing stone steps around a new winding trail, gathering several spider plants to hang from the old shepherd's hook and moving lirope from the side yard to the new garden. See how your mind just took you on a 20 second journey as you read that paragraph? I play in the garden to let myself be taken on a journey just like that, a journey that brings me totally into the Here and Now, with all senses fully engaged.

I've learned to walk out the door, dressed to work, and have all my tools nearby. To me that usually means overalls and hiking boots, with gloves and clippers stuffed in my pockets, even before what I intend to be the briefest of walks in the yard. When I am prepared, I find I have more expectation of opportunity to use my tools. Life is like that, too, isn't it? To make the most of opportunities, it pays to be dressed and ready when you walk out the door, equipped with whatever tools you think you will need for what you expect to do. Now, what you end up doing may change course completely, but if you're out the door and prepared for something, anything, WhoEver is Up There or Out There will see you ready and at the door, and The Way will open all around you.

Just the same, I've learned that when I first wake up, if I put on my workout gear, then I am more likely to find time during the day to run out to the gym. After all... I'm dressed for it, my gym shoes are on, my hair is up, all I need to do is drive over and run in for a few minutes. Being dressed for what I want to do inspires me to move in that direction. Half the job gets done just by preparing for it.

So when I go into my yard and start watering and trimming and bird feeding, that lets me lose time, that fully engages my attention so that I am hard pressed to have any other thoughts come in. It's a nice, relaxing, inspiring, free flow place to be in. I have found I rely on that time in order to release resistance and let my good flow into me more easily. And sometimes while in this place, I start to fall into that other place - the place of isolation and excommunicating friends - and I don't always notice when I am going into that downswing. But when I fall into that place, I am likely to not want to break my concentrated thought - no matter

what it is on - to talk to a friend. If they email me, that is likely to be read and even responded to. A phone call will have to wait, even hearing the voice mail - until I feel like listening to the phone or voices again.

My point is, there is a fine line between taking some well deserved down time to yourself, and isolating yourself while avoiding calls and missing appointments. Friends can feel easily alienated, I have learned that the hard way. Until I learned to manage my own schedule in a realistic fashion, I was promising everyone I'd be here and there and do this and that. And often I'd cancel at the last minute because I hadn't counted on it all catching up with me, and me having to actually take a break to catch my breath and recuperate before going back out again. I've done my share of breaking commitments and disappointing others, and my remedy the past few years is to no longer commit to anything. That has saved several friendships. If I can do it, I will. If I can be there, I will. But don't count on me. Don't make it my job to pick up so and so, and don't ask me to bring the potato salad. So when you get in the hermit mode, allow yourself to be there long enough to regenerate, but not so long that you begin to stagnate. Know when you're incubating and basking and when you're escaping in an unhealthy way,

As I finished final layout for this **July** issue, it had rained for several days before and the ground was nice and wet. I was looking at that little used space in my front yard, just west of the driveway and noticed the red Ti plant I had put there in **2005** had all but dried out and died. When I initially placed it in the new mound, I positioned it for maximum watering, but the sun hits it for a little while each day and the sprinklers aren't often there. I decided to spruce up that whole area, since it also leads into my entryway - kinda. The ficus trees block from the actual entryway, where the driveway segues into the front walkway.

I began by moving the plant to a ground location, with a small moat around it to catch water. Then I pruned it, then I watered it. I began pulling a lot of the wedelia out, then raked the last several years' oak and ficus mulch away from where it had accumulated along the perimeter. I put 9 white steppingstones in a line toward the berm where the plant had been removed, and a large stone on the berm at the end. I dug a small sinkhole in the top of the mound and placed some ivy and several star jasmine cuttings there and watered them well. I kept walking to the driveway and peering through the ficus to see what the view would be to someone in the driveway. I wanted to give them something pleasant and inviting to see.

I gathered rocks and placed them along the new stone path, and placed the plaster ducks along the path. I piled mulch at the base of the palm tree and planted ivy and philodendron cuttings along inside it and watered them well. I placed 3 spider plants on top of the mulch facing the driveway. I found a small stone birdbath and placed it on a stone

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STEPS TO NURTURE SELF LOVE

Rita Loyd is a writer and a painter. Visit her website to see her art and affirmations. Also available are greeting cards, her BOOK "Expressions of self love" and her DVD "In search of self-love". www.Nurturingart.com Contact: rita@nurturingart.com or 256 880-3935.



Realize that self-love is valuable. It nurtures peace, happiness, health, wholeness, healing and empowerment.

Know that self-love is not wrong. There is a difference between spirit based self-love and ego based self-love.

Realize that you deserve self-love. If you believe otherwise know that it is only because someone ignorant of real love convinced you of it.

Decide that you want self-love in your life. Then explore what it is. What it isn't. What it looks like. How it feels.

Examine the relationship that you have with yourself. How do you talk to yourself, treat yourself and view yourself. Is it with gentle compassion or is it with criticism and judgment?

Learn from teachers. Read, search the Internet. Find a workshop. Observe people who are happy. Etc.

Give yourself permission to express yourself creatively. Creative expression is healing because it allows you to get in touch with the real you when you allow yourself to create from a deep and honest place from within.

Don't be ashamed of your past. You are a survivor not a victim.

Look inward and examine your life with a mindset of compassion instead of judgment. See what you believe and know why you believe it. The more questions you ask the more you can learn and the more you learn the more you can understand, forgive, love, heal and grow.

Forgive your mistakes. When we can look at our mistakes and understand their reasoning we are then able to find the compassion to forgive them. And when we are able to forgive our mistakes and the mistakes of others we then are able to let go of the pain that those mistakes once made us feel.

Look for the message of your emotions. Are they revealing to you your wounded self that needs your time, attention and truth to heal?

Be patient with yourself and your rate of progress. Self-love is a gradual process.

Examine your coping skills. Have they matured since childhood or have they become a source for problems? With new knowledge and intention it is possible to evolve the techniques we use to cope.

Check-in with yourself every day. Ask "What do I need? What am I neglecting?"



KATHRYN C. FLANAGAN

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SCIENCE OF DELIBERATE CREATION



...continued from page 8 ...

There are many twists and turns in your road, but you must have your Guidance System activated consciously so that you can tell, when you twist and turn, how you're wanting to correct yourself—because, of course, things are going to happen—of course. Something's going to sneak up on you that you didn't see coming because you weren't aware that it was active in your vibration. Sometimes, stuff got activated in your vibration when you were really little, when you were living with somebody else whose activation was very strong, and you didn't even know it got activated until you got old enough that you started watching the manifestational response.

It's a wonderful thing, that what you think and how you feel is always a vibrational match. It's a wonderful thing that what you think and how you feel—and what manifests—is always a vibrational match. But if you wait to correct your course until something is already manifested, it's harder to correct your course. We call that post-manifestational awareness.

It's ever so much more effective if you are correcting your course, based upon the way you feel, and that you stop in the middle of an ornery moment and you say to yourself, "I'm marching, marching, marching toward something that I'm not going to like when it gets there. Can I find a slightly better approach?"

Now, this is the thing that we really want you to hear: We do not expect you, because no one has ever done it, to go from an ornery vibration directly to bliss—it doesn't happen. We don't expect you to immediately correct your course. We don't expect you to teleport yourself to where you want to be. This is a physical time/space reality where you have this magnificent buffer of time. So, you have plenty of time to get yourself lined up. And with every effort of realignment that you attempt, you will find a slight enough improvement that you will begin to see manifestations that reflect your effort. Even though you're not all the way to where you want to be, you will see manifestation that reflects your effort. (We're not kidding you one bit about that.)

So, you might see yourself as standing always at a fork in the road because there is always the option of finding a way that feels better. In other words, wouldn't it be nice if? Or, making the best of it. Or, there is also the option of, wouldn't it be awful? Or, making the worst of it. In other words, you get to choose.

We see a lot of you (lovely Beings that you are) making the worst of it over and over again. And do you know why you do that? It's for very well-meaning reasons. You make the worst of it because, at every level of your Being, you understand that you are supposed to feel good and that things are supposed to go well for you. And when they don't, you're, sort of, freaking out on even very deep levels... there's some-

thing that makes you want to shout, "Somebody should call somebody about this! Somebody should call somebody, and somebody should fix something, so that my life goes better," because you were born with that promise in place. You were born knowing that you are the center of the Universe. You were born knowing that the resources of All-That-Is would back you up. So when something's going freakishly wrong, we understand your consternation. We understand how frustrating it must be, or how disempowering it must feel. But we want to say to you: All you have to do, is make the best effort you can right now, to fork a little bit in the direction of what you want—that's all the work is.

Every moment of every day, you have these forks where you can go closer toward something that you want, or further from something that you want.

You want to demand the world give you what you want. And we say, the world cannot give you what you are demanding. The world is giving you what you're deserving. The world cannot give you what you're demanding; the world is giving you what you're offering vibrationally, and nobody can change what you're offering vibrationally—but you... We think the reason that you may not be very good at it, yet, is because you want to change too much, too fast. You want the manifestation to change, right now. And we want you to just take this opportunity to mold your vibration. Because as you take this opportunity to mold your vibration, and this one, and this one, and this one, not only do you feel better along the way, not only do you have more friendly clerks across the counter, not only do you uplift rather than make people feel terrible, you feel better along your way. Your journey is brighter and brighter. And ah, the manifestations that reach out to you, the people that you rendezvous with, they are equivalent to the vibrational forks that you take in the road.

You are the creator of your own reality because you are the chooser of the thought right now.

Don't be hard on yourself. If you're standing in a place where you've been chopped off at the knees, where you've been hit in the gut, where you're feeling awful, don't feel bad. Don't beat up on yourself for not being able to choose the best thought you've ever thought. Just choose the best thought you can find from where you are. In other words, just fork off gently in the direction of what is important to you. And before you know it, your path will get brighter and sweeter, and brighter and sweeter. And the people who watch you will say, "You know, you amaze me. Things go well everywhere you go. Why is that so?" And you say, "I've come to expect it." And many of them will say, "Agh." They don't want to hear how you expect things to go well. They'll say, "Oh, that's because you're rich. Oh, that's because you have an entourage that travels with you." We promise you, no entourage can buck your current. There is no one in the world who can prepare your path for you, you see. You are all as rich as everyone else because you all have the resources of the Universe at your fingertips. And when you take the time, when you care enough to take the time to find the better-feeling thought, now, you're moving toward something that will please you.

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SCIENCE OF DELIBERATE CREATION



...continued from page 30...

Every step you take, you are marching toward a manifestation. And if you feel good while you're stepping—you are marching, marching, marching toward things that are going to delight you when they get there. And if you are ornery, if you're unhappy, if you are frustrated, if you are blameful, if you are angry, if you are hateful, if you are revengeful, if you are fearful, if you are depressed—you are marching, marching, marching toward things that are going to augment that feeling of depression, of anger, of frustration. In other words, the way you feel must net you more stuff that feels like the way you feel.


The better it gets, the better it gets, the better it gets, the better it gets, the better it gets, the worse it gets, the worse it gets, the worse it gets, the worse it gets, the worse it gets. You cannot defy the Laws of the Universe—please give it up! Stop trying to use your words and your action for the stuff that attitude and mood, and vibration are to do. In other words, mold yourself into place. Do the vibrational work before you do the action work, and the action work will be a fraction of what it has been before.

If you take the time to do the vibrational work first, you won't have to offer nearly as much action. You'll begin to discover that the things that are important for you just unfold for you because the Universe is at your fingertips. The fairies of the Universe are there for you. You are the center of an enormous entourage that means to please you.

And when you, through your magnificent deciphering of contrast, give birth to a rocket of desire, that rocket of desire is duly noted, understood, and absolutely agreed with by all of the resources of the Universe. And now all you've got to do, is to get in the vibrational compliance with what you are asking for. (Isn't that nice to know?)

There are three steps to the Creative Process: Step One, you don't have to worry about; contrast makes you take that step. Contrast causes you to desire or focus, or prefer. Step Two, not your work, anyway. Source and all of the resources of Source answer your request. That's that vibrational alignment. That's that one point of vibrational relativity that happens instantaneously.

So, your only work is Step Three. And Step Three is: Can I find a thought right now that feels a little better than the thought I've been thinking? That's all Step Three is. Finding a thought that causes me to feel a vibration (or a feeling) of relief. So, there is allowing of what I want, or disallowing of what I want. There is allowing of what I want, or resisting what I want. You are either practicing the art of allowing, or the art of resisting. When you're forking off toward things you want, you're practicing the art of allowing. When you're forking off to things you don't want, you're practicing the art of resistance. And every day, and every moment of your life experience is a perfect reflection of how you've been forking.



What You Love To Do

JULY IS JEWELRY MONTH

What You Love To Do

is featuring handmade jewelry this month by **The 3 Sisters**. Their jewelry is funky, fabulous and fun to wear. Their collection features jewelry fashioned from dominos - dominos on one side while on the other side, a picture is painted.

What You Love To Do

carries **The 3 Sisters** domino collection in earrings, bracelets and necklaces, along with their equally sassy bottle cap jewelry. Martha from **The 3 Sisters** has been featured on **HGTV** and **SG magazine**. Check it out!

The delicate jewelry created by **Kathy Bransfield** who has patiently etched inspiring thoughts, words and quotes onto her gold and silver necklaces, is another featured jewelry item at

What You Love To Do!

The whimsical handcrafted earrings from Neeley Designs are also being highlighted during "July is Jewelry Month" at

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As always there is plenty of space to rent for your seminar, class or learning experience. We can accommodate 25 people in our seminar area and for more private counseling; a private room is available

at What You Love To Do.

Check out our message at 321-540-0304 for upcoming events. Our website www.whatyoulovetodo.com should be up this month and events will also be posted there.

Deborah, Keith and Kathryn would like to thank all of you who attended and/or participated in our Grand Opening. We thank you from the bottom of our Hearts for your support!!!! Thank you!!!!

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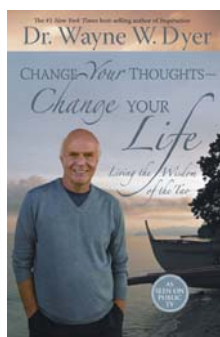
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LIVING IN THE FLOW

...continued from page 9...

What follows is what Lao-tzu might say to you, based upon his writing of the 8th verse of the Tao Te Ching:

When you're free to flow as water, you're free to communicate naturally—information is exchanged, and knowledge advances in a way that benefits everyone.

Be careful not to assign yourself a place of importance above anyone else. Be receptive to everyone, particularly those who may not routinely receive respect, such as the uneducated, homeless, or troubled members of our society. Go to the "low places loathed by all men," and have an open mind when you're there. Look for the Tao in everyone you encounter; and make a special effort to have acceptance, gentleness, and kindness course through you to others.

By not being irritating, you'll be received with respect. By making every effort to avoid controlling the lives of others, you'll be in peaceful harmony with the natural order of the Tao. This is the way you nourish others without trying. Be like water—which creates opportunities for swimming, fishing, surfing, drinking, wading, sprinkling, floating, and an endless list of benefits—by not trying to do anything other than simply flow.

Forget about fighting life or trying to be something else; rather, allow yourself to be like the material compound that comprises every aspect of your physical being. In *The Hidden Messages in Water*, Masaru Emoto explains that we are water, and water wants to be free. The author has thoroughly explored the ways in which this compound reacts, noting that by respecting and loving it, we can literally change its crystallization process. If kept in a container with the words love, thank you, or you're beautiful imprinted on it, water becomes beautiful radiant crystals. Yet if the words on the container are you fool, Satan, or I will kill you, the crystals break apart, are distorted, and seem confused. The implications of Emoto's work are stupendous. Since consciousness is located within us and we're essentially water, then if we're out of balance in our intentions, it's within the realm of possibility that our intentions can impact the entire planet (and beyond) in a destructive way. As our creator, the eternal Tao, might put it, "Water of life am I, poured forth for thirsty men."

Do the Tao Now

Drink water silently today, while reminding yourself with each sip to nourish others in the same life-flourishing way that streams give to the animals and rain delivers to the plants. Note how many places water is there for you—serving you by flowing naturally. Say a prayer of gratitude for this life-sustaining, always-flowing substance.

THIS MONTH'S THOUGHTS ABOUT THINGS...

...continued from page 28



pedestal at the base of the mound, where the old Ti plant had been relocated to. I gave them a nice pile of mulch. I moved two oak stumps from the firepit area and placed them under the pine tree as seats and circled them with rocks. I trimmed the ficus so it would not touch me as I walked along the path. Now when I look at it, it is a pleasant space inviting me in. It feels as though the energy is moving in that area anew, like a new beginning. I get tickled as I drive up and see it now!

As I was working, I was meditating upon how the current gardening project (cleaning up a neglected area to free up the chi) was a perfect metaphor for my life right now. I thought of how people move in and out of our lives... staying awhile, we never know for how long... and how long doesn't really matter, does it? Sometimes you just stop being in sync with each other. Sometimes there are misunderstandings and you feel slighted and need time to get over it. Sometimes you feel taken advantage of and you decide to stop rowing the boat and see if you continue to move. Do you continue to move forward because some else is also rowing? or do you begin to go in circles because you were the only

one rowing all along? Do you find yourself doing that with friends through the years? Some may begin to act like deadwood, signaling the relationship may be drying out. However, sometimes a little sprucing up is all that is needed. A little break from the routine, a break from the **same old shitake**. A little more attention to this area, or that, find some new friends and new hobbies, begin to relate to people in a new and different way. Change is good. Explore a new path with an old friend, and make new discoveries together. Explore your childhood with a new friend, and see it through their eyes, reframe your whole life through the lens of their eyes. That keeps the energy moving, and the chi flowing. I felt very refreshed after creating my new garden area, and my hours' long garden meditation had helped me reframe a past event in better light, in a light where I felt new peace, where I felt resolution had taken place. I love when that happens! It's like time traveling to change the past. Wait, it is **exactly** time traveling to change the past...

...continued on page 41...



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PG-13
PARENTS STRONGLY CAUTIONED
SOME MATERIAL MAY BE INAPPROPRIATE FOR CHILDREN UNDER 13
MUSIC BY GAY HENRICKS FOR CONVERSATIONS WITH GOD BY NEALE DONALD WALSH
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SoulSongs

Karen Williams of Winter Springs, FL, e-mails "SoulSongs" several times weekly to subscribers worldwide. For a free subscription, e-mail her at soulsongkaren@cfl.rr.com. She also writes a humor column, "Funny Side Up," for *The Seminole Chronicle* (Florida) newspaper. Visit <http://www.karenwilliams.net>



SOULSONG #47? WHAT DO DREAMS MEAN?

Dreams surely convey some sort of message to me if I can understand the language. If I find it fun to try to interpret the specific symbols of my dreams, fine and dandy. But if I find my dreams perplexing and mysterious, I can rest assured that I really only need to ask myself one thing: how did I feel in my dream?

Was I relaxed and happy? Agitated? Thrilled? Threatened? Joyful? Terrified?

The way I recall feeling in my dream is a message to me from my wise Inner Being. If I was feeling emotionally bad, then I would do myself a favor by cleaning up my vibration - my habits of thought - before I pull something unwanted into my physical reality via Law of Attraction.

If my dream was a good-feeling one, I can know that I've been predominantly focusing my mind in a positive direction - one that will lead me to the manifestation of those things I want.

Dreams are one of the ways that my Inner Being gets my attention. They can be a tap on the shoulder, saying, "Better focus more on what you like and want and less on what you don't like and don't want." Or they can be a pat on the back, saying, "Way to go! Your thought patterns are moving you in the direction of your goals and desires."

Dreams are a handy indicator of where, in a broad and general sense, I'm headed. The specifics of a dream don't really matter. The feelings do.

Mystery solved.

OUR CALENDAR OF EVENTS

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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. **Private readings available by appointment.** 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.

Mondays in July..9,16,23,30 BUNNELL, FL "Reiki I and More" Creating Balance and Harmony in Your Life-Working with the Universeal Energies. Min & Max class size. \$50.00 for a 4 week course. Reservations Required. The Reiki Sisters. Location and contact: The Source, 4601 E. Hwy 100 - Unit F-3, Bunnell, FL. 32110 386-437-3230.

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

Wednesdays 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 Astrology for Beginners with John Culbertson. 7PM. Starchild. Call for class fee. 941-743-0800 www.starchildbooks.com

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 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 PT CHARLOTTE Channeling and Messages with one of Starchild's Psychic Mediums. 7PM - 9PM. Prepayment required. \$25. Starchild. 941-743-0800. www.starchildbooks.com.

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. **Private readings available by appointment.** Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifs.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. **Private readings available by appointment.** Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifs.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

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

2nd Sunday COCOA Eckankar Services, 11:00 AM at the Holiday Inn Express, 301 Tucker Lane. Cocoa (520 and I95). Learn more about the ancient religion of Light & Sound. This month's topic is "Tips on how to Understand Your Experiences" Free Booklet

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

Saturday 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

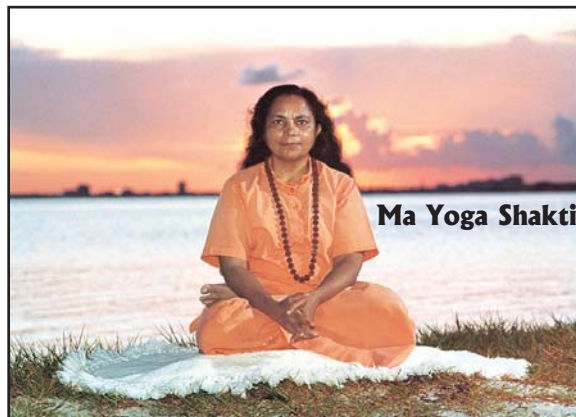
2nd Friday, July 13th, 7-9 pm- New Smyrna Beach 6th Sensory Lightworkers' Discussion Group, Speaker- Joanne Vogel, L.P.N., C.H.T.P. Certified Healing Touch Practitioner. Call Judson @ 386.847.2367

Fri & Sat July 13, 14 BUNNELL, FL Rev Christopher Tims. Mystic Messages. Three sessions - Two Weekends. Friday, July 13 7:00 P.M. - 9:00 P.M. (Love Offering) Saturday July 14 Morning Session 10:00 A.M. - 12:00 & Afternoon Session 2:00 P.M. - 4:00 P.M. \$25.00 per session. Reservation Requested. Call for details: The Source-4601 E. Hwy 100, Unit F-3, Bunnell, Fl. 32110: 386-437-3230

Fri & Sat July 27, 28 BUNNELL, FL Rev Christopher Tims. Mystic Messages. Three sessions - Two Weekends. Friday July 27 = 7:00 P.M. - 9:00 P.M. (Love Offering) Saturday July 28 = Morning Session 10:00 A.M. - 12:00 & Afternoon Session 2:00 P.M. - 4:00 P.M. \$25.00 per session. Reservation Requested. Call for details: The Source-4601 E. Hwy 100, Unit F-3, Bunnell, Fl. 32110: 386-437-3230

2nd Friday, August 10th, 7-9 pm, New Smyrna Beach 6th Sensory Lightworkers' Discussion Group, Speaker- James Tucker, The Spirit Guide, columnist, motivational speaker, with a weekly column and Star Scopes in the Hometown News. Call Judson @ 386.847.2367

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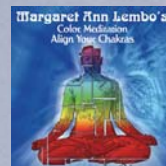
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SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

JULY 2007

July - Quintilis Mensis, the Fifth Month

Welcome to **July**, known in Polish as **Lipiec** and named for the linden tree! The tree produces a fragrant nectar-filled blossom that attracts bees. The tree was special to the **Great Mother** who was also called the **Bee Goddess**. It was also special to **Freya**, goddess of love, marriage and birth. Ancient Germans considered the tree sacred and would get married under its leaves. Bees were attracted to the sweet nectar. It was considered so unlucky to cut down this tree that laws were passed to protect both tree and bee!

Bees were also considered sacred to the Goddess. Many goddesses were associated with the bee such as **Diana**, **Artemis**, **Ma**, **Persephone**, **Cybele**, **Ceres** and **Rhea**. Many cultures considered the bee to be the representative of the soul. But today,

A swarm of bees in May is worth a load of hay.
A swarm of bees in June is worth a silver spoon.
A swarm of bees in July is not worth a fly.
Old English Proverb

...no respect, no respect at all! This attitude may change since there have been many bee hives discovered with the bees missing! We could feel the sting of their loss since they provide the pollination of berries and cherries, melons and pears, many vegetables and of course honey. Let's hope scientists can find out how to save them.

July is a projective month, that is, it lets you know it's around! No wimpy month, that!

The Summer looks out from her brazen tower,
Through the flashing bars of July.
Francis Thompson, A Corymbus for Autumn

And from our friend, **Brite Templeton**, who has just published her first book (congratulations Brite!)
Hot July so full of fire
Ignites a dormant soul's desire
Minds are set on hearts to win
When hot July comes roaring in
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Well, I'm not looking forward to this power bill!

July

Jul 9th - Baha'i: Martyrdom of the Bab, the first prophet

Jul 13th - Shinto, Japanese Buddhism: O-Bon, the Festival of Souls

Jul 14th - New Moon at 8:05 AM, EDT

Jul 23rd - Rastafarian: Personal birthday of Haile Selassie (ceremonial birthday on January 6th)

Jul 23rd - Roman: Neptunalia festival celebrating Neptune, god of sea and earthquakes. Burn blue candle with trident inscribed.

Jul 24th - Mormon Christian: Pioneer Day, celebrating journey of Mormon pioneers, led by Brigham Young

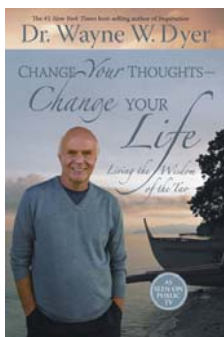
Jul 26th - Native American: Hopi Kachina ceremony (Arizona)

Jul 29th - Full Rose Moon at 8:49 PM, EDT

Jul 31st - Wiccan/Pagan: Lammas Eve celebrating Lugh (also called Lughnasadh)

A FACTOID WITH WHICH TO END THE MONTH:

During O-Bon, families reunite and travel to the tombs of their ancestors. Once, a disciple had a dream that his mother was indulging in selfishness in the realm of the Hungry Ghosts or gaki. He asked the Buddha what he should do and was told to provide a feast for seven generations of the dead. He did this and his mother was released. So happy with her release, that he danced with joy a dance that is now called Bon Odori or Bon Dance where one's ancestors and their sacrifices are remembered.



CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

...continued from page 20...

more peaceful and patient. I keep being reminded of the cyclical nature of the world of the 10,000 things and have powerful insights that change what I see. I know that we humans are like the rest of the natural world and that sadness, fear, frustration, or any troubling feeling cannot last. Nature doesn't create a storm that never ends. Within misfortune, good fortune hides.

Following my days of thinking and then applying the wisdom of a particular verse, I look into the eyes of Lao-tzu's picture in the early morning, and I wonder, What did you mean? How does this apply here, today, to anyone who might want to live according to these majestic teachings?

What happens next is mind-blowing in that it simply comes. Through the ages, through the atmosphere, through my purple pen and onto the page, flows what I can only call automatic writing. I know I don't own it. I know I can't touch it, feel it, see it, or even name it, but the words arrive in the world of the 10,000 things. I am grateful, bewildered, astonished, and overjoyed. The next day I begin another four-day adventure with this wisdom a Chinese master recorded 2,500 years ago, feeling so blessed, honored, and completely awestruck by the profound impact these words have on me.

It's my vision that in this 21st century, our world must recruit future leaders who are steeped in the importance of Lao-tzu's words. Our survival may depend on understanding that the concepts of "enemy" and "war" can cease to exist through living Tao-centered lives. Government will need to retreat from regulating our personal lives, overly taxing our income, and invading our privacy.

Yet the lessons and truths of the Tao must be discovered and applied by individuals. In this way, it can bring you to the enormous wonder of your own being—yes, you are the Tao at work. Your being came from, and will return to, nonbeing. So for maximum enjoyment and benefit, make reading this book a personal journey. First peruse one of the passages of the Tao Te Ching and the essay that follows it. Next, spend some time applying it, changing the way you've been conditioned to think and letting yourself open up to a new way of conceptualizing these ideas. Finally, individualize the verse by writing, recording, drawing, or in expressing yourself in whatever way you're called to. And move on to the next verse with a rhythm that suits your nature.

The following is from 365 Tao: Daily Meditations by Deng Ming-Dao, which I love to turn to each day. Read this excerpt and see the Tao coming alive in you:

If you spend a long period of time in study and self-cultivation, you will enter Tao. By doing so, you also enter a world of extraordinary perceptions. You experience unimaginable things, receive thoughts and learning as if from nowhere, perceive things that could be classified as prescient. Yet if you try to communicate what you experience, there is no one to understand you, no one who will believe you. The more you walk this road, the farther you are from the ordinary ways of society. You may see the truth, but you will find that people would rather listen to politicians, performers, and charlatans.

If you are known as a follower of Tao, people may seek you out, but they are seldom the ones who will truly understand Tao. They are people who would exploit Tao as a crutch. To speak to them of the wonders you have seen is often to engage in a futile bout of miscommunication. That is why it is said that those who know do not speak.

Why not simply stay quiet? Enjoy Tao as you will. Let others think you are dumb. Inside yourself, you will know the joy of Tao's mysteries. If you meet someone who can profit by your experience, you should share. But if you are merely a wanderer in a crowd of strangers, it is wisdom to be silent.

Perhaps the overriding message of the Tao Te Ching is to learn how to luxuriate in the simplicity of what you're being told throughout this ancient sacred text. As you put its ideas into practice, you'll discover how profound it all is—but then you'll find yourself startled by its simplicity and naturalness. The advice of this ancient master is so easy to apply that you mustn't try to complicate it. Simply allow yourself to stay in harmony with your nature, which can be trusted if you just listen and act accordingly.

I hope that you'll feel joyously in love with Lao-tzu and his wondrous Tao Te Ching, and that you'll add your light and color to the Great Way. I offer you my love, along with my commitment to a Tao-centered world. I can think of no greater vision for you, for our planet, or for our universe.

— Wayne W. Dyer
Maui, Hawaii

...continued on page 43...

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THIS MONTH'S THOUGHTS ABOUT THINGS...




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

...continued from page 33 ...

It was about 7:30pm when I finished working, so I hurried to gather kindling to make a sundown fire. I like the process of gathering kindling and building and tending a fire, it gathers my focus and engrosses me completely. I would much rather watch a fire than watch a movie or tv show. I often forget to begin gathering kindling until it's dusk and then it's not easy to spot the twigs on the ground. I have lots of twigs for kindling and wood to burn, and I only do it when the ground is wet. This was a good clean fire, I used some of the older logs and can just about figure how much wood a one hour fire needs. Tonight's fire burned cleanly, barely any smoke. It was interesting watching the logs and how they burn and interact with each other at the various stages of disintegration. Just like us humans as we cook the ego and become more ash, more of the essence we are, without the bark and dense fibre of our materialistic overlay.

I watched the logs burn more brightly when they were together, just as we do. I watched them all eventually mesh into one mass of ash, just as we will ultimately do. I watched a log off by itself, still burning though not as brightly. I put the marshmallow in on the stick and tried various cooking distances from the flame. I found it cooked even when just barely within the space of the pit, though of course cooked faster as it approached the flame itself. A great metaphor for my own social interaction. I am cooked faster by some people and events than by others, depending on how close to the situation I want to get, and how open I am to receive what it being offered. As Rumi says, "Give me burning!"

As I watched the fire and the sun fading on the horizons I thought again how lucky and blessed I am to live here, where I can be out in nature in my own little woods anytime I want. It feels good to sit outside and watch the big sky and the birds and the squirrels. The cats came and sit nearby with me. Watching the big sky, it occurs to me that I seldom look "up", that I look mostly straight ahead, at or below eye level. But when I'm outside in my yard, I look up at the sky. When I sit at the firepit, I watch the sky. I couldn't watch the sky before the fire of **June 2003** took my west oak and pine woods down. Or before **Hurricane Jeanne** in **September 2004** took the giant oak in the back yard down. Now I see that big beautiful wonderful sky every day...



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SO THIS MONTH I'VE LEARNED OR BEEN REMINDED OF:

I'm not the only one that falls into "hermit mode" and I need to not taken it personally when friends around me do.

I need to create routines for myself to release physical and mental resistance and tension.

Gardening and a sundown bbq in the firepit are favorite routines to relax and divert focus to release resistance.

I'd rather watch a fire than a tv or movie.

A fire is a great metaphor.

I am cooked faster by some people than by others.

I can time travel to change a past event by reframing it in light of new understanding.

I can learn to enjoy an alternative view, even if it's scary and unfamiliar until I get used to it.

Change can be a good thing.

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
Horizons!**



FOCUS BABY... FOCUS!

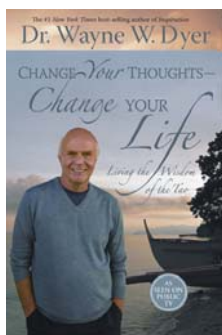
...continued from page 11...



Who do you choose to have in your inner circle of close friends and loved ones? Do you surround yourself with people who truly support and nurture who you are? Are the people in your life positive and uplifting? These are important questions to ask; actually they are detrimental in moving into a place of wholeness within ourselves. When we surround ourselves with people and energy that are positive, that encourage, love, and believe in us, we are lifted up rather than held down. We make choices everyday in how we will live our lives, those we will hang out with, love and call friends. Choose wisely! Examine the relationships and see if they are healthy and loving to all those involved. Toxic relationships are a storm brewing in the distance. How we handle them determines how severe the winds will be. When we become clearer on the roles we play in life through our choices, and the thoughts we choose to focus on, we are firmly grounded and better equipped to face the difficult challenges that come along.

Life is about learning while living! Not about living and being unhappy, or choosing to stay unhappy because of what has happened! Nothing happens to us in life, but rather it happens through us! It is never really about who we are when things take place, but more about what do we need to learn from the experiences we face and survive. Victim thinking says, this happened to me; Victory thinking says this happened through my experience and here is what I learned from it!

Make a conscious choice to focus on only the good things in your life. If you can't think of anything right now, how about we start thinking about all the things in your life that you are grateful for! A roof over your head, that friend who is always there when you need them, that job that gives you a paycheck, the warmth of the sun on your face, the music that makes you wanna get up and dance, or the love of that special someone that holds you when you need a hug. The list goes on and on... Play with it, run and have fun with it, feel how your mood and energy shifts when you think of these things. There is always something to be grateful for, something to bless when you look at your life differently. What we focus on, what we choose to give our attention to, will always expand! The choice is ours! Life is for living abundantly baby! Stop choosing to be unhappy and feeling not enough! You are plenty! All of God's creation is enough! You are wonderful! You are a blessing to planet Earth! Now get busy being all that and more! The world needs someone as awesome as you!



CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

...continued from page 40...

The following is from 365 Tao: Daily Meditations by Deng Ming-Dao, which I love to turn to each day. Read this excerpt and see the Tao coming alive in you:

3RD VERSE

Putting a value on status
will create contentiousness.
If you overvalue possessions,
people begin to steal.
By not displaying what is desirable, you will
cause the people's hearts to remain undisturbed.

The sage governs
by emptying minds and hearts,
by weakening ambitions and strengthening bones.

Practice not doing. . . .
When action is pure and selfless,
everything settles into its own perfect place.

LIVING CONTENTMENT

This 3rd verse of the Tao Te Ching advises rearranging priorities to ensure contentment. Focusing on obtaining more objects of desire encourages external factors to have control over us. Pursuit of status, be it monetary or a position of power, blinds us to our relationship to the eternal Tao, along with the contented life that is available. Overvaluing possessions and accomplishments stems from our ego's fixation on getting more—wealth, belongings, status, power, or the like. The Tao recommends refraining from this kind of discontented way of life, which leads to thievery, contentiousness, and confusion. Rather than seeking more, the Tao practice of gratitude is what leads us to the contented life. We must replace personal desires with the Tao-centered question: How may I serve? By simply changing these kinds of thoughts, we will begin to see major changes taking place in our lives.

The advice to practice “not doing” and trusting that all will settle into a perfect place may sound like a prescription for laziness and a failed society, yet I don't think that's what Lao-tzu is offering here. He isn't saying to be slothful or inactive; rather, he's suggesting that trusting in the Tao is the way to be directed by the Source of your creation and to be guided by a higher principle than your ego-driven desires.

Ego-fixated wants can get in the way of Divine essence, so practice getting ego out of the way and be guided by the Tao in all that you do. In a state of frenzy? Trust in the Tao. Listen for what urges you onward, free from ego domination, and you'll paradoxically be more productive. Allow what's within to come forward by suspending worldly determination. In this way, it will no longer be just you who is conducting this orchestration that you call your life.

If Lao-tzu were able to view our contemporary world from his 2,500-year-old perspective, I believe that he'd offer the following advice based upon this 3rd verse of the Tao Te Ching: Remind yourself daily that there is no way to happiness; rather, happiness is the way.

You may have a long list of goals that you believe will provide you with contentment when they're achieved, yet if you examine your state of happiness in this moment, you'll notice that the fulfillment of some previous ambitions didn't create an enduring sense of joy. Desires can produce anxiety, stress, and competitiveness, and you need to recognize those that do. Bring happiness to every encounter in life, instead of expecting external events to produce joy. By staying in harmony on the path of the Tao, all the contentment you could ever dream of will begin to flow into your life—the right people, the means to finance where you're headed, and the necessary factors will come together. “Stop pushing yourself,” Lao-tzu would say, “and feel gratitude and awe for what is. Your life is controlled by something far bigger and more significant than the petty details of your lofty aspirations.”

The Tao is working for and with you, so you needn't remind it of what you crave or what you think it has forgotten on your behalf. Trust the harmony of the Tao. It took care of everything that you needed in your creation as well as your first nine months of life without any assistance from you, and totally independent of any desires you may have had. The Tao will continue to do so if you just trust it and practice not doing.

Inventory your desires and then turn them over to the unnameable. Yes, turn them over and do nothing but trust. At the same time, listen and watch for guidance, and then connect yourself to the perfect energy that sends whatever is necessary into your life. You (meaning your ego) don't need to do anything. Instead, allow the eternal perfection of the Tao to work through you. This is Lao-tzu's message for our world now.

Henry David Thoreau made the following observation in the middle of the 19th century as he wrote at **Walden Pond**, and I feel that it personifies this 3rd verse of the **Tao Te Ching**:

Let us spend one day as deliberately as Nature,
and not be thrown off the track by every nutshell and
mosquito's wing that falls on the rails. . . . If the en-
gine whistles, let it whistle till it is hoarse for its pains.
If the bell rings, why should we run? . . . I have always
been regretting that I was not as wise as the day I was
born.

Trust in your essential sagemess. Don't let desires obscure your eternal connection to the Tao.



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



ARIES: MARCH 20 TO APRIL 20 "I AM". The lessons in store for you this July have to do with your very own power struggles in relationships. The test of tests is walking a fine line between standing your ground in relationships and staying true to your boundaries. Be loving but don't give your power away.

TAURUS: APRIL 20 TO MAY 21 "I HAVE". You feel like you have been given a second chance, a new lease on life lately. You are to take the ball and run with it and give it everything you got. Being a Taurus can be so interesting being a lover of all the good things in life. You know quality when you see it and will not settle for anything less.



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HOROSCOPES FOR

GEMINI: MAY 21 TO JUNE 21 "I THINK". You are long over due for that family vacation! The stars have aligned for you to take time off to relax and enjoy yourself. On a more interesting note, teaching has been calling to you, as it continues to nudge you in the rear, it is time to listen to the guidance and follow your promptings.

CANCER: JULY 21 TO JULY 22/23 "I FEEL". With transiting Mercury on your tail this July you are a bit more emotional and stubborn than usual. You feel like a light switch has been turned on, where your creative mind keeps running with new ideas. Run with those ideas, for they are guidance from the divine.

LEO: JULY 22/23 TO AUGUST 23 "I WILL". You are being pulled between two realities; Transiting Venus in Leo and Transiting Saturn in Leo both conjunct and aspecting your Sun sign, you haven't decided weather you are coming or going. Venus wants to play, and Saturn wants to work. A perfect solution would be to love your work!

VIRGO: AUGUST 23 TO SEPTEMBER 23 "I ANALYZE". You will find fulfillment in this life time through creative self expression. July is a wake up call for you to do something about your own happiness. Your old habit of being dependent on others has weakened you in the past, but now you are able to stand on your feet with a strong back bone, and speak your truth.

LIBRA: SEPTEMBER 23 TO OCTOBER 23 "I BALANCE". This month can be a family reunion of the third kind if you want it to. Remember you do not have to have peace at all costs. It may not be worth keeping your mouth shut, the odds are against you on that one. This Summer relationships are very important, so take the time to nurture them.

JULY 2007

SCORPIO: OCTOBER 23 TO NOVEMBER 22 "I CREATE". In your quest for inner peace you are faced with why it is so hard for you to let go of your old possessions. The reason you hold on so tight is because of your fear of lack that fosters insecurity. Your lesson is to take off the mask and allow the Higher self to come through.

SAGITTARIUS: NOVEMBER 22 TO DECEMBER 21/22 "I PERCEIVE". This July sounds like you are going to have a blast, and for the next year as well because of transiting Jupiter in Sagittarius aspecting your Sun sign. Optimistic and outgoing, this Summer will be full of lots of outdoor activity and lots of fun.

CAPRICORN: DECEMBER 21 TO JANUARY 20 "I USE". This is the Summer that you are to have lots of fun, even in your seriousness you need to get down to party planning. July awakens an enthusiasm inside you to create an internal focus with creative energy, leadership and administrative ability.

AQUARIUS: JANUARY 20 TO FEBRUARY 18 "I KNOW". If you can imagine it you can have it. Your ability to focus on what you want is especially great right now. Your greatest lesson has always been to trust yourself and what you feel. July is a strong inner peace month where it is very important for you to focus on what you love and leave the rest up to God on how it all gets manifested.

PISCES: FEBRUARY 18 TO MARCH 20 "I BELIEVE". Discovery is the path of your inner child this Summer. You are to awaken the creative writer and the lover in love with romance. Put the two together and you have a romance novel or an ideal relationship. In your efforts to recreate yourself enjoy the excitement of a new you!



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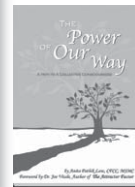
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Are you fulfilled in your relationships?

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The Law of Attraction: Teachings of Abraham
by Esther and Jerry Hicks www.abraham-hicks.com

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

From www.hayhouse.com
Change Your Thoughts Change Your Life Living the Wisdom of the Tao,
by Wayne Dyer

From www.newworldlibrary.com
**Angelic Messenger Cards: Divine Guidance for
Personal Healing & Spiritual Discovery**
by Meredith Young-Sowers



Playing the Quantum Field by Brenda Anderson

Reader of Hearts by Darrin Owens

From www.weiserbooks.com
The Art of the Pendulum by Cassandra Eason

Crystal Ball by Sibyl Ferguson

MUST SEE DVDs

The Secret Movie <http://thesecret.tv/>

The Secret Behind The Secret www.abraham-hicks.com

From thecrystalgarden.com \$12 each by Margaret Ann Lembo

Meet Your Master Guide: A Guided Meditation

Color Meditation: Align Your Chakras

Short Meditations For Busy People: Relieve Your Stress!

Meet Your Power Animal: A Drumming Journey

Open Your Heart To Love

Crystal Singing Bowl Meditation



From www.soundstrue.com
Invoking Angels by Rabbi David A Cooper

Emptiness Dancing by Adyashanti (Music)

When the Impossible Happens by Stanislav Grof

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. We do this by our intentions, beliefs and expectations, by every thought we think and every word we speak.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation. Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, now.

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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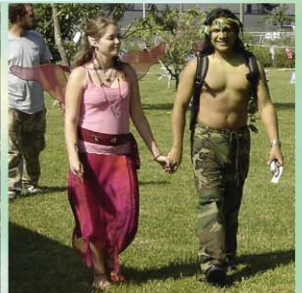
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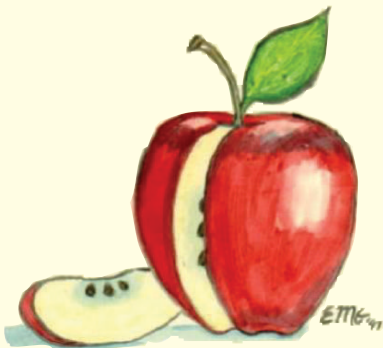
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