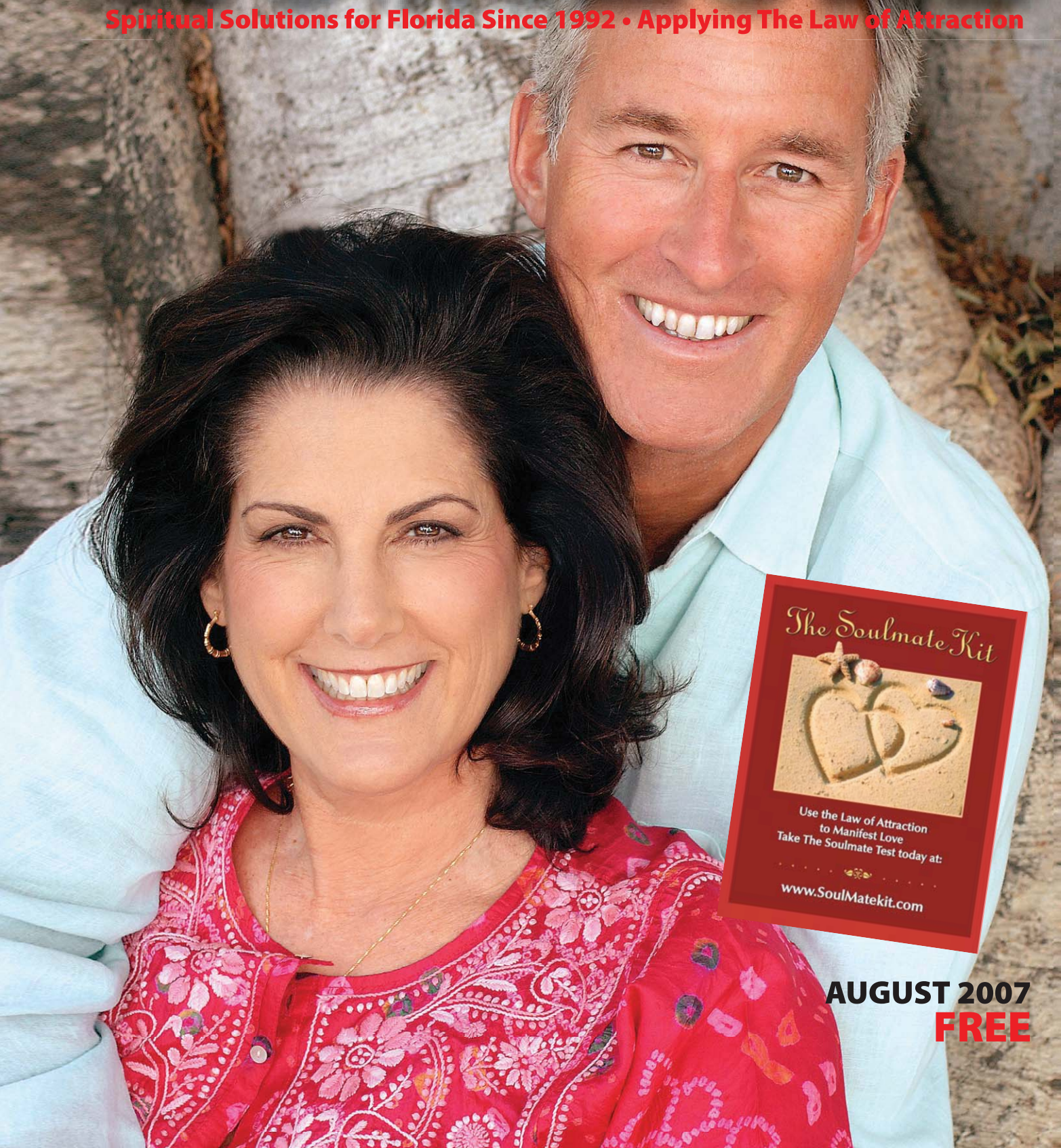


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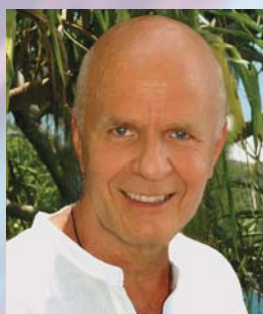


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shirts, have pizza & popcorn with  
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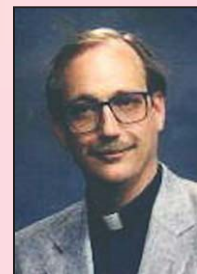
**Saturday August 25th**  
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**August 26th, 2007 2:00 PM**

***The Gospel for the Third Millennium and  
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**2nd and 4th  
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**PLEASE SAVE THIS DATE FRIDAY, SEPT 7TH**

We will be crafting the future of Unity Church of Melbourne and  
would love your input. This will be a fun evening and your partici-  
pation is vital to the future of this church.

**DIRECTIONS TO US:** I-95 exit 72, follow Eau Gallie Blvd (518) to Wickham Rd & go north (left) on Wickham Road,  
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**Publisher/Editor/Layout:**  
Andrea de Michaelis

**Thanks for help this month**

Cha Cha La Belle  
Rev. Beth Head  
Gerald Head  
Melanie!

**Contributing writers:**

Richard A. Singer, Jr.  
Rev. Tom Sannar  
Cecelia Avitable  
Roger Coleman  
Abraham-Hicks  
June K. Brown  
Karen Williams  
Lynn McTaggart  
Jamie Sanders  
Louise L. Hay  
Barbara Lee  
Sharon Janis  
Alan Cohen  
Jill Mangino  
Lori Gear



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

Anais Nin

Horizons thanks  
everyone willing  
to take the risk

# Horizons

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

[www.new-thought.org/](http://www.new-thought.org/) Email [oneheart@adelphia.net](mailto: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.



*If expecting a miracle will help the  
miracle to happen, I will gladly risk  
disappointment.* Holger Pedersen



**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

**H**ello and welcome to the **August 2007 issue** of **Horizons Magazine**. This summer's weather will be the same as last summer, and isn't it beautiful? The mild weather we've had to date also means the hurricane season will be easy for us again this year. Bear that in mind when the weather forecasters start pointing out every little storm that appears on their monitor! The severe weather of 2004-05 was needed to spin the climate back into balance and it's also reflecting the balance that we ourselves are coming into.

Last month at a morning service at **Unity Church of Melbourne**, I sat behind a chair, idly watching the pattern and color during the meditation. As I looked closer, something struck me. I looked at the other chairs around it and in front of it. It was the only chair I could see that had a different background pattern than all the other chairs. I

found that interesting and it felt significant to a particular situation in my life. I contemplated the metaphor that what I was looking at in that situation was different than what everyone else was looking at. And I wasn't responsible for it being there or it being different. I was just being the observer. I will give that some more thought.

As we've known for years, it's all about intention and I read with enthusiasm **Lynne McTaggart's** fascinating **Intention Experiment**, see page 9. It shows that with healing, the most effective approach may be, as with other forms of intention, have a goal in mind, then move aside, let go of the outcome, and allow a greater intelligence to restore order. Isn't that an interesting concept? Give up? Let go? Release it? I had a chance last month to do just that. A situation came up that required me to release something very dear to me and even knowing what I know, it wasn't easy.

I spent last full moon weekend visiting the springs up in north central Florida just chilling out. One reason I went on the trip was to give myself a chance to release some old patterns I could see emerging. I'd been on a writing binge the past month, pondering what things mean to me. I have over the years compiled an extensive collection of provocative questions asking what I want and how I feel about my life. During silent retreats, either alone or with a group, these questions would be answered as a personal development exercise. Whenever I need to release anything, or need a reboot to my system, or need to figure something out, or need to get out of a rut, or want to upgrade my situation, I take along these questions and get myself off

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

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**Yes! I want to receive Horizons Magazine at my own front door!**

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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](http://www.abraham-hicks.com).

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

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

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## GUIDE YOUR OWN VISUALIZATION

Just find something fresh in your now that you're excited about, and turn your attention to it. You see, there's a whole world out there with all kinds of different vibrations. And you could choose all around it. But the tendency is to believe that I have to clean all of that up before I can feel better. And so, you say, "Well that's ridiculous. I could never get that done. I don't have enough time in this lifetime."

Instead, say, "Where I stand is a very good place, because where I stand is the culmination of a whole lot of things that I've been wanting. And I don't have to go back and figure out all the steps along the way. All I have to do is figure out, from where I am, what do I now want? I don't have to explain or figure out how I got here. All I have to do is figure out, from where I stand, where do I want to be?"

And envisioning that gets easier and easier. Someone said, "I'm not very good at visualizing." And we say, most of you haven't practiced visualizing. You're good at turning on the television, or you're good at reading a book, or you're good at watching a movie. You're good at watching someone else's visualization. Most of you have not guided your own visualization that much.

## WOULDN'T IT BE NICE IF?

Here is the key to guiding your own visualization: Here's a nice way to do it: Play the Wouldn't It Be Nice If? game. The reason the Wouldn't It Be Nice If? game is so important, and so powerful, is because when you say, Wouldn't It Be Nice If?... you're choosing something that you want, and in your Wouldn't It Be Nice If? you're soft and easy about it. It's not the end of the world. It's a much softer vibration.

"Wouldn't it be nice if I stumbled on something that really worked for me? Wouldn't it be nice if the desires that I've been holding for a long time sort of came to a peak like a guiding light? Wouldn't it be nice if I could meet someone who had just run across something that really worked for them, that would light a fire in me? Wouldn't it be nice if I could reclaim the body weight that I had when I was such and such an age? Wouldn't it be nice if?..."

Your logic may tell you: "Hey, I've been at this for a long time. If I knew how to do it, or if I was good at it, I'd have already gotten it done. So there's something screwed up in this." And so, you hold yourself in that vibration. Where, when you're playing the Wouldn't It Be Nice If? game, much of that vibration will be diffused.

Imagine that you are the owner of a huge corporation. There are a hundred thousand people who work at various stages and places in this corporation, and you are the one who created it. You imagined it. You saw the need for it. You

*...continued on page 31...*



# LIVING THE FIELD

## THE INTENTION EXPERIMENT



Lynne McTaggart  
<http://livingthefield.ning.com>  
[www.theintentionexperiment.com](http://www.theintentionexperiment.com)

In my book **The Intention Experiment**, you'll read about a study with a healer named **Leonard Laskow**. Laskow was recruited by American biologist **Glen Rein** to test the most effective healing strategy for inhibiting the growth of cancer cells.

Rein prepared five different Petri dishes containing identical numbers of cancer cells and then asked Laskow to send out a different intention while holding each one.

Laskow's first intention was that the natural order be reinstated and the cells' growth rate return to normal.

With the next Petri dish he was to adopt a **Taoist** visualization that entails imagining that only three of the cancer cells remained in the Petri dish.

For the third dish he was not to have an intention, but simply to ask God to have His will flow through Laskow's hands. He offered unconditional love to the cancer cells of the fourth dish, which involved meditating on a state of love and compassion, much as Davidson's Buddhists had done.

For the final dish of cancer cells, Laskow carried out his only truly destructive intention, by visualizing the cells dematerializing, either going into the light or the 'void'.

As a yardstick of Laskow's effectiveness, Rein would measure the amount of radioactive thymidine absorbed by the cancer cells - an indicator of the growth rate of malignant cells.

Among Laskow's various intentions the most powerful were undirected intentions asking the cells to return to the natural order, which inhibited the cancer cells' growth by 39 per cent. Acquiescing to God's will with no specific request was about half as effective, inhibiting the cells by 21 per cent, as

...continued on page 32...



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by Tara Khafaf

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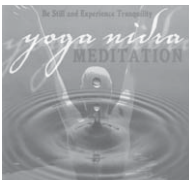
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**Q** I hope you can help - I'm new to feng shui! I would like to know where to place a small water fountain. The far left hand corner of my house would be my spare bedroom that I am using as a study/reading room. Would the water fountain face towards the doorway, or away from the doorway to this room? M.L., Tennessee

**A:** Anytime that a fountain is placed in the wealth corner (which is the far, back left corner of the home), it is placed so that the water flow moves towards the center of the home. This way it doesn't represent money flowing out of the home. If the fountain bubbles all over instead of in one direction, don't worry about it at all.

**Q** I read some where that 5 new pennies under the front porch carpet will bring good luck.. Is this true? I'm new at this! FM, Fort Myers

**A:** I usually place 5 shiny pennies (face up) under the welcome mat, but the porch would work too. It is said that when you do this, every time someone crosses your threshold they will draw money energy into the home.

**Q** Hi Lori. This year has presented me with some challenges. First the relationship breakup, then I lost my job. Since being unemployed, I have spent time fixing things around the house, but seem to be running in circles. Things I replace are faulty and need to be returned and replaced or repaired again. I try to keep my helpful people area clean (my garage). In my reputation area, I had a fountain that I wasn't running and I plugged that back in. I'm not sure what else to do to turn this unlucky streak around. Do you have any suggestions? C.H., Fort Myers

**A:** I would suggest adding a bit of moving water into the career area (this helps stop that whole moving in circles thing), and then adding some solid earth element (statues, ceramics, stones, heck, even bricks tucked away) to the relationship, knowledge, children and creativity and helpful people sectors. I would also completely remove the fountain (water) from the reputation (fire) sector, it is working against you. Good luck.



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# LIVING WITH-OUT

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 Minister/Spiritual leader for Unity Church of Christianity in Pensacola, FL. Visit his web site at [www.jamiesanders.com](http://www.jamiesanders.com) and join his online mailing list. You can email Jamie at [Jamie1118@aol.com](mailto:Jamie1118@aol.com) for information on upcoming events and availability for speaking dates.



**L**ook around you for just a moment.... What do you see? Now very slowly take a deep-centering breath! Inhale.... Now release..... Ahhhhhh.... Doesn't that feel great? Now let's really get down to business and take a look within, and really, really take one of those healing-cleansing-deep breaths!

When we take the time to do the "silence thing" it is amazing what we will find there. There is rejuvenation and renewal for the asking if we are but willing to simply go within and be quite for awhile. The key word in that last statement is willing. If we are willing to do something, if we are willing to seek higher vibrations and wisdom the Universe always will assist.

Many of us live our lives from with-out rather than from within. What exactly does this mean? Living from with-out means that we experience life mostly from outside sources, and believe this is probably the only option we have, or that we may be even consciously aware of. It breaks down to this: If we keep doing what we've always done, we keep getting what we've always gotten... Right? Think about it! When we grow spiritually, we suddenly find that the very things that once mattered, those things that ruled our way of living, and thinking take on a whole new spin. This spiritual shift begins to happen when we focus our time and energy on seeking the stillness and guidance of Spirit, rather than saturating ourselves with outer forms of stimulation to try and feel truly fulfilled (satisfied), or as **Rev. Michael Beckwith** says our seeking a sense of fill-fullment (unsatisfied)! Everything we desire can be found within. The love we seek is within, the joy, the peace; the wisdom of God is in each of us and is accessible right here and now.

*...continued on page 42...*



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## OH... MY ACHING LEGS

**I**n America between 8-12 million suffer from leg pain. **Restless Leg, Peripheral Artery Disease, Intermittent Claudication, Deep Vein Thrombosis** and **Poor Circulation** are some of the names given to leg pain. Any of these conditions can leave you with legs that twitch, cramp, feel cold, itch, sting or just plain ach when you are at rest or trying to sleep.

Circulation and inactivity play key role with these conditions. The less you move around the slower your blood circulates increasing your chance for blood clots or clogged blood vessels. When there is restricted blood flow you end up with a build-up of metabolic wastes, lactic acid and a lack of oxygen in the muscles of the legs. (It can affect other muscles too.)

If your legs bother you in the evening or keeping you up at night please see a physician for a proper diagnosis (you want to rule out blood clots) it's always best to know what you are working with before you choose any type of Alternative Healing modality.

Herbs can be helpful if you have leg pain specifically ones that tone and strengthen the whole cardiovascular system **Hawthorn, Garlic, Prickly Ash** and **Linden** help to nourish the circulatory system so it can work at its full capacity.

**Ginger, Prickly Ash, Rosemary, Cayenne** and **Ginkgo** are herbs with circulatory stimulating actions providing warmth to the extremities, carrying much needed oxygen and nutrients to the muscles of the legs.

To remove the metabolic waste and lactic acid anti-inflammatory and diuretic herbs complement each other **Celery Seed, Ginkgo, Horse Chestnut, Hawthorn** and **Butchers Broom** are herbs that can do this within the circulatory system.

Beside these you may want to consider **Cramp bark, Ginger, and Rosemary** to help quiet the restlessness and cramps.

### RECIPE:

A good herbal combination incorporating these actions might be: **2 parts Hawthorn, ½ part Ginkgo, ¼ part Prickly Ash, ¼ Cramp Bark, ½ part Horse Chestnut ¼ part Butchers Broom.**

Because our diets are not always what they should be you may want to consider getting more **CO-Q-10, iron, folate, lecithin, L-carnitine, L-cystine, calcium** and **magnesium** either from foods, herbs or supplements; these help to improve over-all blood flow providing more oxygen to your muscles. Some other lifestyle modifications worth considering for leg pain are cutting back on stimulants like coffee, tea, colas and chocolate (that's going to be hard for some of us) along with sugar and refined flour. Instead include more whole grains, fish, chicken and other lean meats along with **FRESH** fruits and vegetables in your diet. Exercise can also help bring more oxygen to the muscles.

You don't have to run a marathon to do this walking, yoga, tai-chi, gardening or dancing are some that can be enjoyable.

What about a massage? It not only feels good but it provides warmth and circulation to your tired and achey legs.

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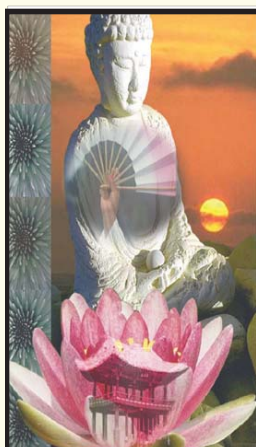
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# LIGHT YOUR WORLD

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



If we need healing or if we want to grow spiritually there are some stages that we go through. Well even if we don't want to grow spiritually, the universe usually has other plans for us. **Dr Herbert Benson** writes, "We are all wired for God - our inner circuitry, our DNA predisposes us to have spiritual life, to make God an active part of our life."

Sometimes we try to deny that wiring. When we've denied that problem long enough, I believe that is when we find that life doesn't have as much meaning as we think it should or when we have an illness or some problem. That is when we need healing. In his book, **Prayer and the Five Stages of Healing**, **Father Ron Roth** says that healing means to: "experience peace and love of God in all areas of life" - not just on Sunday. That healing can be in all areas of our lives- physical, mental, emotional, financial or spiritual.

The first step toward healing, or the first step in a new level of spiritual growth is a step of awakening. That is when we find ourselves feeding the pigs (like the prodigal son), or in the doghouse, or fired, or ill, or whatever.

When we are discouraged or lose heart - when we hurt deeply enough to no longer have hope - we sometimes turn to the world's coping mechanisms of drugs, affairs, alcohol, or expressions of anger. According to **Ron Roth**, this anger is usually at God for deserting us, but we take it out on someone else.

Awakening experiences come in all sorts of ways. 1998 **Josh Rempel**, age 16 from **Alberta Canada**, argued with his mom about religion. In his non belief "may God strike me down with lightning." Guess what. The next day he was struck by lightning - fortunately he lived through it, but now do you think he believes in God?

The second step toward healing is a step of purification. That is when we give up things that no longer serve us. A truth we would rather avoid is that situations don't change until we do - until our attitudes, beliefs, thoughts and/or actions change.

When I finished high school I was eager to 'escape' from home. I went to college as an escape - not for an education. So I dropped out and got married. Not much later I found myself a single parent and the only thing I was qualified for was dead end jobs - my son and I were barely surviving. Then with the help of those who loved me, I went back to school. Looking back, I wondered how I could have been so dense.

Today, I see young people who are smoking because it looks cool - or whatever the current term for cool is. Maybe they do it so they can belong or to assert their

independence. Years from now, I suspect they will look back and say, "I wish I had listened, how could I have been so dense."

Maybe we are in a bad relationship but we hang on. We hang on until it is so bad that we have to do something - we let go of the relationship and we have a moment of illumination, how could I have been so dense?

If we have overused drugs or alcohol, and we quit using and get support through **AA**, there comes a time when we wonder, how could I have been so dense?

**Myrtle Fillmore**, co-founder of **Unity**, wrote: Wisdom is our inmate soul power, if we will clear our mind of unnecessary clutter we will find unusual power of discernment" - and then we will automatically do right thing

The third step is illumination. That is when we know that we are all one - that we are connected with God and with each other. That's when we realize one religion is not superior to another, when we realize that we don't have to compete with each other, when we realize that to be happy we don't have to be better or have more.

...continued on page 40

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# FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore* and his new prosperity guide *Relax into Wealth*. Join Alan next March 9-15 in Maui for a life-changing Mastery Training. For information on this program or others, or to receive Alan's free daily inspirational quote and monthly newsletter, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com).



## Right Where You Stand

I saw an inspiring video about a young man with **Down Syndrome** who worked as a bagger in a supermarket. In addition to enjoying connecting with customers, **Michael** wanted to contribute to their day. So he wrote down his favorite inspiring quotations, had them photocopied, and each day he slipped a different quote in each customer's bag as they were checking out.

After a while the supermarket manager noticed that the line for checkout at Michael's station was three times the length of the other lines. The manager dispatched more clerks to equalize the lines, but the customers in Michael's line refused to move. They wanted their daily quote. (Some of them came into the store daily just to get it.)

In a world that is become increasingly dehumanized, people are craving connection. As technology has reduced most business interactions to digital blips, the human contact element is becoming more crucial. I predict that the businesses that offer humanity as well as technology will be on the leading edge of service and success. For example, I recently phoned a computer business to order a part. I was greeted by a typical "all of our agents are busy" message, but then this message took a (welcome) left turn. A pleasant voice added, "So why not take a deep breath and relax, and we'll be with you shortly." I was delighted to hear this human note in a highly technical arena. I, for one, will phone that company again.

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The most powerful spirituality is to bring light to the world right where you stand. My friends **Sylvan and Suzie Schwab** direct the **East Maui Animal Refuge**, a sanctuary for injured and unwanted animals. The refuge houses about 600 critters, cats, dogs, deer, geese, pigs, birds, and you name it. The Schwabs and their volunteer staff are up before dawn and work until dusk feeding, medicating, bandaging, and loving their honored animal guests. When a local magazine interviewed Sylvan, the reporter concluded that Sylvan was something of a saint, and told him that he would surely go to heaven when he dies. Sylvan's response: "I don't need to wait until I die to go to heaven. I am already there."

I used to venerate yogis and saints who sat on mountaintops and meditate for world peace. I still do. But now I also venerate those who transform the world from within it. If you are searching for the pot of gold at the end of the rainbow, look again - you may be sitting in it.

I have been doing a new and deeper work with my coaching clients, based on looking within for the stuff that you are chasing without. For example, I was working with a woman who requested guidance to help her manifest her dream home. When I invited her to tell me about it, she drew this picture: "It's on a high hill surrounded by tall trees, with a broad ocean view."

"Great," I affirmed. "Now please tell me what is the primary feeling that the house gives you?"

"Security," she answered. "Having that house would help me feel secure."

"And the trees?"

"Trees represent growth and expansion to me."

"What is the feeling of being on a hill?"

"Perspective"

"And what does seeing the ocean tap you into?"

"Depth," she answered resolutely.

"So it's not the house on the hill you are seeking, but security, growth, perspective, and depth."

"Maybe so."

"And if you could feel all those good things without having the house, would you still need the house?"

"Maybe not."

I was not trying to talk my client out of her dream house; indeed I would be thrilled to know that she manifested it. I just wanted to point out to her that while she seems to be on an outer journey to collect these goodies, she is really on an inner journey. I told her that if she could get the feelings of security, growth, perspective, and depth right where she stands, two things would likely happen: (1) she would feel fabulous; and (2) the house on the hill would likely come quickly and effortlessly. That's the power of claiming your good rather than struggling for it.

You cannot personally transform the entire world. But you can transform your portion of it. Connect with yourself, spirit, and others right where you stand, and the rest will take care of itself. Then people will be lined up for your station, and the quotes you drop into their bags will be made not of paper, but gold.



# 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](http://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.




Dear Louise, I have had two chronic problems, and I would love to hear your opinion about their emotional and/or spiritual causes. First, after 20 years of intestinal problems (gas, bloating, diarrhea, colitis), I found a wonderful holistic practitioner and we discovered that I was lactose intolerant. I have been symptom free until recently. I am a single working mother of two children, two seriously ill parents, and a seriously ill boss. I know that stress can relate to colitis, but there must be an underlying emotional pattern that causes this lifelong problem.

Second, I am overweight. I exercise regularly, eat a low-fat diet, and watch my blood pressure and cholesterol because heart disease runs in my family. My family of origin includes a lot of alcoholics (which I am not) and compulsive eaters (which I am). I heard recently about insulin resistance and read that chronic digestive trouble and food allergies are also symptomatic. What do you know about insulin resistance? Thanks for all you do and the loving light you beam on us all. **K.E., Palm Beach, FL**

**Dear K.E.,** You have so much on your plate, and I feel that this has been true for most of your life. It is hard for you to "stomach and digest" all that is going on. Even though you try your best, it is impossible for you to heal your family or your boss. No matter how sick you get, that will not help them get well. The little child in you is still trying to make everything better. We are all under the law of our own consciousness, which means that we all create our own lives by the way we choose to think and believe. Your parents may be ready to leave the planet, and serious illness is a socially acceptable way to go.

Yes, it is true, on a physical level, that insulin resistance can contribute to chronic digestive trouble. It is good to work with a health professional on that. However, you need to forgive the past in order to move on. Please read **Chapter 7 of *You Can Heal Your Life***. Study it daily for a month. Do the exercises several times. The answers you seek are in this chapter. You must be committed to doing this work on yourself in order to have the entire Universe unfold before you. Everything you desire is waiting for you. You really are worth it!

*...continued on page 30...*



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If something is truly spiritual, it cannot be the sole claim of a single religion. This must also be true for the second coming. The author, Jim Rosemergy, found, in his investigations, that the second coming idea is part of many spiritual disciplines and religions. From this point, he saw the pathway leading to individual and global spiritual awakening – the journey to the common ground that Buddha, Moses, Mohammad, and Jesus trod.

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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](mailto:RAS9999@aol.com).

*"Problems are messages."*

Shakti Gawain

## MEDITATION

**E**liminate the word "problem" from your vocabulary and you will prevent the presence of unnecessary negative energy in your life. Without so-called "problems," we do not learn to grow, mature, or evolve as human beings. "Problems" are merely pieces of the puzzle that we must rotate and find a place for in the larger portrait of life. Successful and peaceful living comes from embracing challenges and following the guidance they provide for you upon your passage to abundance.

## PERSONAL JOURNALING

How will you embrace "problems" in order to grow and evolve today?

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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](http://www.sharonjanis.com)

## DON'T BRING OTHERS DOWN

*We are all full of weakness and errors, let us mutually pardon each other our follies – it is the first law of nature. —Voltaire*

**J**ust as you don't want to spend too much time worrying about what others think of you, you also don't want to spend too much of your time thinking about what others should do – judging how someone else looks, what they own, how they behave, or what hidden motivations they may have.

Modern society has gotten into some bad habits lately. One of the more harmful habits is when people, individually, and especially as a group, tear down those who are most precious to ourselves and to humanity as a whole. Many great leaders – political, religious, and otherwise – have a mountain of positive characteristics, yet we look for some spot of taint in them. Modern society has done this with everyone from presidents, to stock market savvy domestic goddesses, to kings of pop, divas of R&B, and even **Mother Teresa**, for goodness sake!

We sometimes look for taint in people, instead of just enjoying their offerings of talent, beauty, love, and skills. Network and cable news shows have also succumbed to this habit of tabloid mentality – bringing its tendrils into nearly every home where television is watched. Gossip has gone mainstream.

Of course, it is human nature to be curious and to want to know personal details about others. That, in itself, isn't such a bad trait. Interest is one thing; destructive gossip is another. Some journalists seem to relish magnifying each stain into some murky mixture of true and untrue headline gossip. Raucous and pretentious news show debates create national obsessions about every morbid, shocking, enticing, and risqué detail in the life of whatever public figure is being tossed to the gossip lions today. As a result of the media's propagation of this bad habit, we've become a gossip mongering society. This is a problem, because gossip destroys not only the object of gossip, but also those who are doing the gossiping, and the fabric of society as well.

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Nevertheless, blessings can be found anywhere, and one blessing that has come from this bad habit of journalistic gossiping is that we've finally learned, once and for all, that nobody is perfect, except in the universal sense of spiritual perfection. If you're here in form, you have lessons to learn.

This understanding makes it easier for us to also acknowledge our own frailties, without getting into a swamp of judgmental internal gossip about ourselves. Having witnessed the media's array of spicy personal revelations about just about every well-known person in history, we can come to the mature realization that nobody is absolutely perfect in every way, and through the eyes of every judge.

If we expect perfection from those who have achieved some greatness or shown a willingness to serve society, then we box these people into a life that fits into our expectations. They may feel obliged to put on a face that doesn't reflect their inner beliefs. Eventually, that distorted outer face may foster an inner environment that brings about distorted actions that go against their own religious, political, or essential beliefs – giving even more fodder for more gossiping.

Instead of coming into their own deeply guided relationship with God or their own deep wisdom, some spiritual, artistic, and political leaders may have to spend much of their time and efforts worrying about how their actions will be

*...continued on page 22...*

# TAKING CONTROL OF YOUR ROMANTIC DESTINY



Jill Mangino is a freelance writer and President of Circle 3 Media. [www.circle3media.com](http://www.circle3media.com). The Soulmate Kit is available at [www.soulmatekit.com](http://www.soulmatekit.com).

**N**o one ever said that finding Mr. or Ms. "Right" is easy. However, at the age of 39 and still single I have always looked to my friend, author **Arielle Ford** as my beacon of hope. Arielle did not meet her soul mate, Brian, until she was 44. Now happily and successfully married to her husband Brian for nearly 10 years, Arielle admits that she did not manifest her soul mate until she got "serious". On her journey towards finding her true love Arielle learned what does and doesn't work and is now sharing those secrets, along with cutting-edge tools and techniques in **The Soulmate Kit: How to Prepare To Manifest and Meet Your Soulmate**.

"As someone who didn't meet my soul mate until later in life, I became a symbol of possibility for all of my single girlfriends over 35. For the past 10 years many of them have asked me HOW they can manifest true love. I finally decided to write down all of the things that I consciously did to manifest my husband. This includes visualizations, affirmations, vision maps, feng shui, prayers and other tools of manifestation," shares Arielle.

Arielle also incorporated the skills she used to become one of the most successful publicists in the industry -she launched the careers of many best-selling authors including **Deepak Chopra, Jack Canfield, Neale Donald Walsch--** and applied them to her love life. She believes that finding true love is possible for anyone, at any age. She is living proof that you can find love when you are willing, ready and open.

**The Soulmate Kit** shows you how to take control of your romantic destiny by using the **Law of Attraction**, and features a DVD, 3 CDs and a companion workbook. According to Arielle, "One of the most important manifestation tools of The Soulmate Kit is what I call "feelingizations". These are audio visualizations where I take the listener through a journey to either heal a past relationship or manifest a specific intent. Seeing them on the page is not nearly as powerful as hearing them spoken aloud with soothing music. Manifesting requires clarity, intent, vision and feeling...by using video, audio and a workbook I believe you can get the best results."


Many people have so much "baggage and debris" from past relationships that preparation is critical. Arielle believes that healing the wounds of our heart, clearing the clutter of our mind and our home is important. Along with having a clear intent of the type of person and relationship that you are ready and willing to have. This is why the kit also includes a short quiz to surmise what thoughts and beliefs about yourself and about love that you need to clear in order to begin to manifest true love.

Also featured in the workbook is a chapter entitled **"Feng Shui to Manifest Your Soulmate"**. By following the Feng Shui guidelines for creating healthy chi (or energy) in your home, you create an open, welcome, loving space in which love can manifest. Arielle claims **"Feng Shui** is a physical way to show the Universe that your intention is to create **BIG LOVE** in your life."

One way Arielle used **Feng Shui** was to "activate" the relationship corner of her house with a small love altar filled with love icons, a beautiful crystal hanging on a pink ribbon and placing a big healthy plant with heart-shaped leaves in a strategic place in her bedroom.

*...continued on page 43...*

## The Soulmate Kit



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to Manifest Love  
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# ANIMAL SPIRIT GUIDANCE

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

## OPPOSUM



Have you ever just had one of those days? One of those days where everything you do and say causes a stir? It seems as though you

offend the world with your crazy ideas and thoughts? That, unfortunately, happens to me all too often.



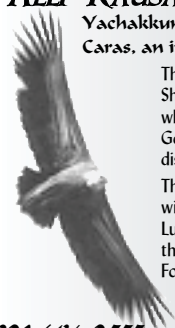
The other day, I was asking a friend some questions about some strange events that have been happening to me. I was comparing my new situation with an old situation and asked for her opinion (big mistake because I really wanted an answer, not an opinion). She immediately started telling me that I was dwelling on a situation that did not really exist and that if I was truly using The Secret (she's part of my Secret Circle) that these things would not happen. "And further more," she said, "no one has done anything to you to begin with! You are bringing this on yourself through your thoughts!" (Classic!)

Now, I am not one to dwell on things (for more than a week). I do, however, take these situations, think about why they may have happened and take action toward preventing it from happening again. (Something I learned from my study of The Secret) So, needless to say, I was a little bit upset about what she said. And since I have a very hard time holding back my thoughts, I let her know how mad I was. Not a great move, because along with my mouth I was guided by PMS! (Hmmm, I should have thought about that little problem before I e-mailed her back!) Now, since she is my friend, you'd think that she'd know all about me and my mouth and to take it all with a grain of salt. Nope. Not what happened. Instead, she ignored my e-mails (explaining why I said what I said) and phone calls. (Did I just get kicked out of the Secret Circle?)

Well, anyway, I heard through the proverbial grape vine that she was talking about me. Everyone knew what I said, everyone thinks I'm a Bi-Bi-bad person! Okay, so now I'm just feeling stupid. I mean, if you can't tell your friends how you really feel, were they ever your friends to begin with?

Enter Opossum! I went outside the morning after this little incident and there was an Opossum in my front

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yard! She was laying there, playing dead, as my Labrador stood over her, sniffing and pawing. Yep. Ya Gotta love this little guy! The Opossum tells us to play dead to rumors! How convenient for me! There is no point in dwelling on this situation. I tried to fix it, but she wouldn't listen. I tried to explain where I was coming from, but she refused to call me back! Now all I can do is ignore the rumors. I mean, rumors are just that; rumors. And who knows, she may not have even started the rumors! Maybe she was just venting her feelings to another friend, who then started the rumors! You just never know how it all begins, but the way to end it, is to become the Opossum and play dead!

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Dr's. Barbara and Paul Daniele

## SECRETS

*Excerpts from*  
**Secrets of Spiritual Happiness**

*...continued from page 19...*



perceived by the "viewing public," or the "voting public," or by those tabloid journalists who are licking their chops in hopes of finding the next explosive or salacious rumor to reveal publicly. This is how society unintentionally brings down its greatest achievers, with these gems of humanity being crucified again and again by the errant soldiers of judgment, animosity, jealousy, and greed.

Therefore, let's create greater happiness all the way around by practicing acceptance, tolerance, and respect toward ourselves as well as toward others.

One way to respect others is to stop participating in the group mentality of criticism and gossip. Both publicly and in our own lives, we can stop looking so hard at others to find and drag out any actions or qualities that appear to be faults to our own faulty eyes. We can also look upon those who have stumbled with a sense of compassion, and an acknowledgement that "there, but for the grace of God, go I."

Why do you see the speck in your brother's eye, but do not notice the log in your own eye? Or how can you say to your brother, "Friend, let me take out the speck in your eye," when you yourself do not see the log in your own eye? You hypocrite! First take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye. -- Luke 6-41, 42

Why not love, respect, and support our leaders instead of tearing them down? Why not love and respect ourselves as well? Why not focus on people's good qualities? Why not be grateful and appreciative for those who have offered themselves to various avenues of world service? Why turn every famous and accomplished person into pabulum for the tabloid gossip industry?

This doesn't mean that we have to hide anyone's frailties or pretend that they have no faults, but we also don't have to distort and exaggerate their mistakes into big blockbuster headlines. How would you like it if people looked for slip-ups to report in every move you make?

Respect for one another is one of the foundations of spirituality - do unto others as you would have them do unto you. If we can learn to truly welcome one another with love and respect, spiritual happiness will shine brightly in our lives and in the world.

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## THIS MONTH'S THOUGHTS ABOUT THINGS...

*...continued from page 7 ...*

by myself in some new scenery and give myself a few days of immersion in self. If I'm honest and stay focused, I learn a lot and move forward. If I'm a brat, I goof off the whole time and only later realize I'm still stuck in the stuff I went up there to resolve...

This trip was more fruitful than I'd hoped for. A friend loaned me her cabin. I spent much time journaling overlooking the river, and I kayaked twice in 3 days, both times with people I don't know well. These are events I don't often do so I think about them for days afterward. I journalled in my workbook, I took time to think and process. After sundown, I meditated on the night sounds; they were comforting and intriguing and I'd follow the moon across the sky in an all night vigil, a favorite full moon pastime of mine. Each morning the sun would peek through the heavy woods and I could hear the small woodland creatures prowling around outside, digging up sprouts and raiding the bird feeders. With each dawn, I felt lighter and freer of more layers of my "stuff" as I pondered questions such as "What would I benefit from releasing right now? What is in my life right now that no longer serves me? What am I no longer willing to give attention to, in order to more fully focus on the more important things and people right in front of me? I was surprised at how my answers unfolded. I even drew and painted some of my answers.

The first morning, I walked down to the outpost where the canoes and kayaks are rented to see if there was anyone there I knew, since it was full moon time. It had already been a synchronistic week and I wasn't surprised to see several familiar faces and I agreed to join them in a trip downstream. The metaphor of that was not lost on me either. I wanted to, as **Abraham-Hicks** says, allow myself to float downstream for awhile. I find most things I can't work on alone, although I can figure it out on my own. Figuring it out is one thing, but to practice it, I need someone else there playing **Devil's Advocate**, pushing my buttons. Kinda cool that there's no shortage of that. People wanting to push our buttons, I mean. Hey! Some people PAY to have their buttons pushed!

Before my trip, I was experiencing some minor conflict with several people (me being one of them) and trying to figure how best to negotiate the territory. I know that how I move through this discord with this situation will determine the shape that future situations will take. Whatever lesson

I can learn from this and work through now, that is one less lesson I need to repeat in the future. If I heal this, then maybe we can all move past it together, right now. If we're able to agree to release from our joint lives the part that is no longer working for us, and to do it with respect and grace, then we can move into the next level of what we're meant to do together. But if not, at least the stage is set for a healthier more open and harmonious next time, and either way, everyone wins.

I know I get as much unconditional love from others as I give. If I want someone to look past my faults, then I can't keep pointing out theirs. If I want someone to care about my process, I have to care about theirs. If I want to be shown attention and affection, I have to show it first. Knowing this, I still get into that head space with some I am close to where I only want to give love if I am shown it, I only want to show interest in their life to the extent they show interest in mine. I only want to be open and light and playful with them if they are being that way with me. That's not unconditional. That says "I will only give you back what I get from you." But if we only give back what we get first, we may lead lonely lives. That's why we want to see past appearances and past the seemingly neurotic tendencies of those around us. We want to release from our consciousness all past perceptions of who they were or who we remember them to be. Allow them to be new in each moment now. Release the thoughts about them that no longer serve the relationship.

During my retreat, I pondered that we are all in each others' lives in the first place because we're all vibing at the same rate. To the extent I can see past the appearances and see the higher vision, to that extent can I help that higher vision come to pass. I pondered that we can draw that out of those around us. We can help draw out of them more of who they can be. As **Abraham** says, act with everyone as you would under the best of circumstances. Treat them well no matter how they treat you. Be pleasant and kind and helpful even if they are being sarcastic and flippant and mean spirited. If we can do this, if we can put ourselves in that state of allowing and reduced resistance, then we will either draw forth those traits from the ones we're with, and we will come in harmony with them, or they will begin to leave our experience as those who are more a vibrational match to who we are now begin to appear.

Either way, bless them for being in your life to help you practice getting it right! Because you know if you just storm off and huff away from this one without working it out, you'll just more of the same until you work it out with **someone**. You'll get the same package of problems and lessons, just with a different face and body, over and over again until you choose one to work it out with. Just do it and get it over with and get on with your happy life.

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





## THIS MONTH'S THOUGHTS ABOUT THINGS...

*...continued from page 28 ...*

I pondered that in relationships, often one comes up in vibration and one goes down in vibration as you interact. We've all done that. You want to help cheer up a friend who is down in the dumps and you find yourself instead falling into their abyss. Then it's not about them at all, you've become your own anchor, dragging yourself down and then down farther. I am always willing to help a friend who is passing thru a rough time until they get to the other side. I am not however, one of those who will stay in a rocky situation and do the dramatic, emotional going back and forth with each other. But I can get initially caught up in it the same as everyone else. I may just catch it a little quicker - hopefully.

I have the advantage of knowing how energy anatomy works and knowing that it's just a matter of energy management between the parties, knowing to catch yourself as you enter a downswing, knowing to release and recharge on a regular basis. Whenever you interact with a new person, it takes a while for the shakti between you to sort itself out. Whether it's business or personal, the energy dynamic between the two of you will drive the relationship and ultimately it all comes down to how you manage your kundalini.

In the personal growth field - and if you're reading this, that means you - we are always in the process of moving kundalini, whether we actively engage in physical practices or not. If we pray, we move kundalini, if we meditate, we move kundalini, if we intend and do visualization work, we move kundalini. When we have compassion, we move kundalini, as we overcome fears and work through personal psychological issues, we move kundalini.

So our shakti, our kundalini is being moved and raised all the time whether we know it or not and whether we work on it or not. If we are not working on it, it is likely to be working on us. But we can also decide to set a schedule to raise it as a daily practice. I find that makes it manageable for me. Being an Aries times 5, I can get the shakti squirting out all over the place and really run my physical and mental bodies down if I'm not careful; if I don't do some energy management on a regular basis. For me, good energy management results in keeping myself stored up like a battery that I can draw upon whenever I need it.

In conventional society, where you don't know diddly squat about personal growth or self help - unless you're in **AA**

- where you don't meditate, where you watch tv and read newspapers, you keep up with celebrities and discuss politics and sports and have a 9 to 5 job, these people have found a routine that is comfortable and safe, albeit some might say superficial.

When we enter the personal growth field, wait. what is it called these days? Self help? Human potential? Self realization? Personal discovery? When we embark upon this spiritual journey, it is because we no longer find satisfaction in the superficial life. It's like we are agreeing with the Universe that we want to make changes in our lives and want to break free of our habitual patterns of thinking and being. Or maybe not wanting to be free of anything, maybe just agreeing to put yourself in a more receptive posture to accept and allow wherever the Universe wants to direct you.

When you make that decision, your kundalini begins to rise. As your kundalini rises, any dross remaining in dark places in any of the chakras will be burned through. As you release - through whatever process you use - whatever no longer serves you, kundalini is then able to move upward unimpeded and, as it does, your state of consciousness evolves and your perception broadens. As your perception broadens, life becomes more meaningful and satisfying, more manageable and malleable.

**How do I know that's happening, that kundalini is rising and burning through my old blocked stuff?** Well, I take a look at my life. If I have second chakra issues (sex, relationship, money) that are unresolved, then as the kundalini moves through that chakra, it is going to activate opportunities for change in the areas governed by that chakra. It is going to bring up everything unresolved in those areas. That means ex-boyfriends will contact me out of nowhere (I am not kidding, I just received a call as I typed that). That means I'll be fired from my job. That means friends will betray me. Anything to do with that second chakra that I could benefit by learning is going to show up as a mirror in the form of people who are working on the same issues, being thrown right in my face. It's the Universe tossing us all in a tumbler together, letting us work off each others sharp edges between ourselves.

**Then people ask, "Why would you want to initiate that process if you didn't have to? Why even bring up old stuff, emotional baggage, in the first place if you're just going to release it? Why just not drag it up in the first place?"** And for me the answer is that the alternative would be unbearable, as in the **Anais Nin** quote, "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." As **Dawna Markova's I Will Not Die an Unlived Life**.

I want to work through my stuff and get on with my happy life and so far, so good. If I know this is what is happening, I can manage my energy a little better while it runs its

*...continued on page 33...*

This month we are featuring Keith and his Sound Therapy. Come in for a Tuning Session. Leave balanced, in tune, with a smile on your face!



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## DEAR LOUISE...

*...continued from page 17 ...*



**Affirmations to use include: I have high regard and respect for myself. I support and love myself unconditionally. As a result, I am safe to express all that I am!**

**Dear Louise,** I have been experiencing acute pain on and off for five years. It occurs on my right side, extending from my lower back, up to my shoulder, neck, and sometimes down my arm. It feels as if my muscles are wound up or frozen. In addition, my ribs feel as if they are constricting, and I have trouble breathing. I get powerful headaches and have difficulty sleeping. At night, I cry great choking sobs to get some relief from the tension. I am feeling completely worn out. I have sought numerous treatments and advice from a variety of sources, as well as addressing many personal issues. Yet, the fact that the symptoms keep recurring obviously means that I have not acknowledged the real cause. What is my body trying to tell me? How can I heal myself? How is this experience linked to my life's purpose? **B.B., Australia**

**Dear B.B.,** When we carry a heavy load of guilt, we subconsciously look for punishment, and punishment creates pain. Perhaps this is what is happening to you. I would ask what incident occurred in your life around five years ago? Do you continue to carry guilt over this incident? Perhaps it even goes farther back than five years. Does it have something to do with your father or a father figure? Whatever it could be, you need to forgive yourself.

If you can make amends, do so. If not, just send the other person a lot of love. Remember, we are all doing the best we can at any given point in time and space, according to where we are in consciousness. If we could do it differently, we would. Wake up in the morning forgiving yourself. Whenever you see yourself in the mirror, say "I forgive you, and I love you. It is time to heal now." Do this every day for at least a month. I am sure it will help.

For a free catalog of books, audios, videos, and other products by Louise Hay and other Hay House authors, please call (800) 654-5126 or fax (800) 650-5115. If you would like Louise to answer your letter in this publication, address your letter to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100. Please visit the Hay House Website at: [hayhouse.com](http://hayhouse.com). (Letters used in this column may be edited for space and clarity.) For information on becoming a certified teacher of Louise Hay's philosophy, call Patricia Crane at (800) 969-4584 in the U.S. and Canada, or at (714) 969-9383 internationally. There are teachers trained in Louise's philosophy throughout the world. They are all listed on the Internet at [louisehayteachers.com](http://louisehayteachers.com)



# SCIENCE OF DELIBERATE CREATION



...continued from page 8...

dreamed it. You found vibrational harmony with your dream. And now it's yours.

And there are a thousands who don't know how to use their computers, they don't know how to file very well, they are learning at different stages, it's a constant turnover of people, they're in and out, they're squabbling over parking places, some have windows, some don't. It's an immense organization.

And you have a manager that is just incredible. Because this manager takes care of all of this, you don't have to deal with anything. You get an idea, and you express it softly. And the manager says, "Consider it done." You get another idea and you envision it, and your manager says, "Consider it done." You have such an extraordinary manager that you are free. You're not dealing with the nitty gritty in the parking lot, not dealing with raises or vacations, you're not worried about any of this stuff. You are the visionary. And you have a manager that deals with it effectively and perfectly. And you count your lucky stars, every day, that you found this manager.

And now, we're saying to you, you have such a manager -- and it's called Law of Attraction. But most of you do not know that you have that manager. And so, you keep thinking that you need to step into those many roles, and be the

facilitator. And then you get bogged down in all that nit-picking, nitty gritty stuff that doesn't have anything to do with who you really are or with your vision.

Our message to you is: You are a visionary. And of course it is lovely to be an actionary too. But if you will let your vision be real and full and you find full alignment with it before you take action -- then the effort that you offer is always joyful, fulfilling, satisfying effort.

And so, keep telling the "manager" what you want. Not because the manager (called Law of Attraction) needs to hear it, but because every time you talk about it, and every time you come into vibrational harmony with your own desire -- you open your vortex of allowing so that the Universe can yield to you a little bit more of what it already knows you want.

You are all working much too hard at all of this. It goes like this: You are wonderful beings. You are blessed beings. You are deserving of Well-being. Well-being is on its way to you. Chill out and let it in. Play more. Do the Hokey Pokey.

Someone gave Jerry and Esther a little note:

"Whenever you start guiding yourself by caring about how you feel, you start guiding yourself back into your

Stream of Source Energy, and that's where your clarity is; that's where your joy is; that's where your flexibility is; that's where your balance is; that's where your good ideas come from. That's where all the good stuff is accessed from.... You cannot get to the good stuff from the place of feeling bad - it defies Law. And you cannot get to bad stuff from the place of feeling good - it defies Law."

Abraham - 5/28/05  
Chicago



"Wouldn't it be funny if it turned out that the Hokey Pokey is what it's all about?" It turns out, it is. It is!

## Sacred Journey to Sedona & The Grand Canyon

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Maya Malay

# THE INTENTION EXPERIMENT

...continued from page 9...



was the Taoist visualization. An unconditional acceptance of the way things were had no effect either way, nor did imagining the cells dematerializing. In these two instances, the problem may have been that the thought was simply not focused enough.

In a follow-up study, Rein found the strongest effect of all occurred when Laskow combined two approaches, mixing an intention to return to the natural order while imagining only three cells left; his rate of cell inhibition doubled, to 40 per cent. Clearly the combination of asking the universe to restore order while imagining a specific outcome exerted a powerful effect.

Finally, Rein instructed Laskow to hold each of his five states of mind in turn while grasping one of five vials of water, which would later be used to make up the tissue-culture medium of the cancer cells.

The water treated with the 'natural-order' intention again had the greatest effect, inhibiting the growth of the cancer cells by 28 per cent.

In this case, water apparently 'stored' and transferred the intentions to the culture medium and on to the cancer cells.

Laskow's approach is instructive. The most effective healing intention is framed as a request, combined with a highly specific visualization of the outcome, but not necessarily a destructive one.

With healing, the most effective approach may not be to destroy the source of the illness, but, as with other forms of intention, to move aside, let go of the outcome, and allow a greater intelligence to restore order.

*The strongest effect of all occurred when two approaches were combined, mixing an intention to return to the natural order while imagining only three cells left; his rate of cell inhibition doubled, to 40 per cent. Clearly the combination of asking the universe to restore order while imagining a specific outcome exerted a powerful effect*

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# THIS MONTH'S THOUGHTS ABOUT THINGS...

*...continued from page 29 ...*



course. I can take time to attune myself to the subtleties of what is happening within me.

**Why do I want to tune myself to the into the subtleties of what is happening within me and pay attention to it?** That's easy. So the things in my life don't have to break down and fall apart in order to teach me a lesson. If I can keep myself relatively mindful and open to change and in recognition and understanding of my part in whatever I am experiencing, I can minimize how it shows up in my physical, 3D world because it will be taking place in my inner cinema, in my emotional and psychological world. It doesn't have to extend to my external physical world unless I am ignoring the subtle signals and hints.

I can also begin to contain and regulate my energy by adopting exercises to direct the energy flow within me. These can take as little as 20 minutes a day. Wise teachers point out it's best not to directly try to awaken kundalini. I feel it's useful to breathe my core energy up into my heart, especially during those times I feel high energy. I feel I am storing it up like a battery; it invigorates me and helps settle my scattered mind. Each time I do it, I feel more uplifted, more buoyant, more peaceful, more stable, more resilient, more receptive, more open, more attuned, in a greater state of expectancy, of wonder, and I see the world through a new lens, the more I do it. It's like the shutter opens wider and lets in more light and there are less shadows and I have a greater peripheral view, and - everything - it's all so much clearer in the new light. That's why I suggest everyone embarking on a personal journey of self discovery do some conscious breathing exercises to get their shakti under control as they wind their way along The Path.

I recognize that in my lesson with my friends last month. Anytime someone comes into my inner circle, we typically will meditate together to attune to each other's energy. If we do this at the beginning of each meeting, we stay attuned, we have harmonious interaction and we stay on purpose. If we don't do this, we tend to act and react more from a superficial, personality level, which isn't always real conscious, and that's what happened with my friends and me in last month's conflict. And we all know it's about energy management. As I understand it, all "neurosis" is simply unmanaged or mismanaged shakti. I always suggest friends read **The Kundalini Experience** by **Lee Sannella**, especially those I will be meditating with, so they know what personality changes

to expect as the serpent winds her way up the spine. And I'm not naive enough to think I don't transmit **shaktipat** to everyone I come in contact with, so I just take responsibility: **"I asked you on this ride, I'll make sure you travel safely."** And to the extent that I keep my old stuff released, to that extent am I a clear channel and safe traveling partner.

And for you serious students of Eastern philosophy, I don't mean shaktipat in the sense of a guru on high granting to lowly student chela, I mean in the sense of I know the good stuff is inside me, I know it bubbles out on everyone, I mean in the sense of being contagious with whatever is inside you. If I am going to leave a slippery slug trail wherever I go, and energetically I do just that, then I want people around me to get stuck in my happiness and in my joy and in my desire for them to have what they want, and in my feeling of "this is getting better and better every day," and in my feeling of "we're all in this together, and isn't it great."

And when it bubbles up, and when a friend gets stuck in it, and when their muscular and endocrine and nervous systems start acting wacky because they are not used to this new sticky substance, when they start feeling like they are having a nervous breakdown or midlife crisis, when they feel panic and neurosis setting in, and they can't get away from you fast enough - well \* smile \* welcome to the next rung up the ladder, this is ascension, welcome to the next vibratory frequency. This is all part of the process. These are just symptoms of kundalini moving and blockages being cleared. All the attendant body and mind reactions are just like getting your sea legs on the ocean for the first time. You're in a different vehicle than you've ever been in, on a different surface than you've ever been on. You're there, but you're shaky and feel insecure and self-conscious. But if the guy next to you says, **"Hey, you're doing great man, you'll get used to it in no time, it'll settle down, just do some deep breathing and keep your eyes focused on the horizon and it'll be smooth sailing in no time. And if you let yourself, you'll have the ride of your life."**

At the writing of this editorial, the situation of last month resolved itself amicably and we're all relating in a more healthy way now, having released another layer of "our stuff." My exercises in digging within myself resulted in me making some needed changes in my thinking, which has already resulted in my outer world changing to reflect that.

**Finally, in the interest of personal discovery, I invite all former friends, mates and business associates to email or write me and give me an exit interview, telling my strong points, my weak points, and anything you'd like me to know.** You won't get in trouble for it, I promise! I'm far less passive aggressive than I used to be \* smile\* You can even send it in anonymously if you wish, or through someone else's email. It is not my intent to print them in Horizons, rather they are for my own edification. If I decide to reprint from them, I will ask you first.

*...continued on page 41...*

## Sacred Mysteries of Iona Tea Leaf Reading & Sacred Stones



**Saturday, August 18, 2007**  
An Evening Program with Dikki-Jo Mullen  
*Astrologer and Parapsychologist*

**This special and mystical event will be held in Indialantic (321.773.1414)**

### Highlights include:

- \* 50 minute film about the Isle of Iona, Scotland.
- \* Sacred stone, prayers of Iona and keepsake
- \* Tea and traditional baked treats from the UK
- \* Tea Leaf personal mini reading

*Dikki-Jo has just returned from visiting the sacred Isle of Iona in the Hebrides, Scotland. This unique island has been a sacred place since the year 597. Smooth stones which line the shores have been collected as lucky talisman for protection and spiritual strength for over 1000 years! They have incredible energies! Copies of two sacred prayers from this spiritual place and an original scenic photo for your altar will also be provided for you to take with you and use for personal meditation and reverie.*

7:00 - 9:00PM \$20 RSVP by August 10 either by email to [skymaiden@juno.com](mailto:skymaiden@juno.com) or 407.895.1522 (Dikki-Jo's office)

# 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](mailto:soulsongkaren@cfl.rr.com). She also writes a humor column, "Funny Side Up," for *The Seminole Chronicle* (Florida) newspaper. Visit <http://www.karenwilliams.net>



- How Am I Guided? Nobody says it better than Abraham-Hicks: "Whenever you start guiding yourself by caring about how you feel, you start guiding yourself back into your Stream of Source Energy, and that's where your clarity is; that's where your joy is; that's where your flexibility is; that's where your balance is; that's where your good ideas come from. That's where all the good stuff is accessed from.... You cannot get to the good stuff from the place of feeling bad - it defies Law. And you cannot get to bad stuff from the place of feeling good - it defies Law."

Abraham workshop - 5/28/05 - Chicago

## SOULSONG #484 HOW AM I GUIDED?

I may regularly experience unseen guidance. It might come to me in the form of intuitive hunches, circumstances that seem to say, "Go this way!" or simply finding myself in the right place at the right time. Many people experience an increased sense of this kind of guidance after they spend time in silence, simply observing their breath or listening within.

As helpful as intuition can be, my supreme guidance system consists of my emotions. When I emerged into physical expression, I understood that the message of my emotions would never fail me. Needing no convoluted interpretation, they would serve as my life line to Source energy and to my well-being.

When I feel negative emotion such as fear, anger, resentment, guilt, or jealousy, it means one thing: I am viewing my circumstances in ways that are different from the way my divine inner being sees things. I'm not aligned with my Source energy in this particular area, and thus I impede the flow of well-being that is my birthright.

Conversely, feeling emotionally good is good for me. It brings me health, prosperity, and fulfillment. It tells me that I am viewing life with acceptance, appreciation, and optimism.

I create my life through my mental focus, and every moment my emotions offer me feedback about where I'm heading, about what sort of circumstances I'm lining up for myself.

It can be interesting to develop intuitive, esoteric skills that help me see beyond the surface of life, but all I really need is my emotions. They convey their messages, loud and clear, every moment.



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30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.

You may also fax 321-722-0266 or email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) with credit card info.

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

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

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

Mondays 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](http://www.cassadaga.org) or call 386-228-2880.

Monday 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](http://www.ifsk.org)

Tuesdays - What You Love To Do, 602 Brevard Ave, Cocoa, is having Movie Night at 7:30 pm, No Admission Charge, (321) 504-0304.

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

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

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

Wednesdays ST PETERSBURG Lightworker Guidance Classes begin 8/8, 7pm. \$27.50. Enchanted Forest 3015 16th St N., 727-823-9291 <http://lightworker.bravehost.com> All Welcome!

Wednesdays PT CHARLOTTE Astrology for Beginners with John Culbertson. 7PM. Starchild. Call for class fee. 941-743-0800 [www.starchildbooks.com](http://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](mailto: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 PT CHARLOTTE Channeling and Messages with one of Starchild's Psychic Mediums. 7PM - 9PM. Prepayment required. \$25. Starchild. 941-743-0800. [www.starchildbooks.com](http://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](http://www.SuzieMiller.com) email [Aquaaura@gmail.com](mailto:Aquaaura@gmail.com) 321-254-0000

2d, 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](http://www.cassadaga.org) or call 386-228-2880.

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

# OUR CALENDAR OF EVENTS

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

Saturdays in August COCOA VILLAGE "Discover your hidden strengths." Four Fun Filled Classes, Sat. Aug. 4, 11, 18, 25th 10:30 am at "What you Love to Do" 602 Brevard Ave. A love offering will be accepted for each class. Increase your income, build better relationships, know the "real you." Presented by Enneagram expert, Steve Hart [www.SteveHartSpeaks.com](http://www.SteveHartSpeaks.com)

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

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.

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](mailto:Rivers97@rocketmail.com)

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

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

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

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

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

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

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

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

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.

Thursday-August 2 -COCO A VILLAGE 7:00 pm-wellness Preview, with Jerrie Hixon, (Nikken Training Center) at What You Love to Do, 602 Brevard Ave, 321-504-0304.

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

Saturday-August 11-COCO A VILLAGE 12:30pm-Booksigning by author Diane Carr and Illustrator "Java John" Goldacker, "River Dragon-A Real Florida Fair Tale, What You Love To Do, 602 Brevard, 321-504-0304.

Sat August 11 BUNNELL, FL John Springer Fairy Day...."Photo the Paranormal" The Source-4601 E. Hwy 100, Unit F-3, Bunnell, FL. 32110: 386-437-3230

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



# OUR CALENDAR OF EVENTS

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Monday, August 20, 7:00 pm, Re-discovering the Goddess Workshop led by Kathryn Flanagan, Location: At What You Love To Do, 602 Brevard Ave, Cocoa, \$20.00.

Friday August 24 BUNNELL, FL Rev Christopher Tims "Walking in the Master's Shoes" ....7-9 PM....\$10.00 Love Offering The Source-4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230

Saturday August 25th BUNNELL, FL Rev Christopher Tims "Relationships, Beyond Compromise"....10-Noon & 2-4 PM....\$50 The Source-4601 E. Hwy 100, Unit F-3, Bunnell, FL 32110: 386-437-3230

Saturday Sept. 8 FORT LAUDERDALE Intimate Conflict Resolution workshop. Learn conflict resolution skills to help deepen your love or make any relationship more meaningful and productive! 9am - 5pm Commercial & Powerline. [www.intimateconflictresolution.com](http://www.intimateconflictresolution.com)

Saturday September 15th JACKSONVILLE 1:00- 5:00 PM ~ WORKSHOP - "Understanding and Developing your Intuitive / Mediumistic Skills in the British Style". If you've ever wondered how these kinds of things work or how to handle the experiences you're already having, then this workshop is for you. Taught by Marilyn Jenquin, International Foundation for Spiritual Knowledge. Held at Unitarian Universalist Church of Jax, 7405 Arlington Expressway, Jax 32211. Cost \$50. 407-673-9776 ~ [www.ifsk.org](http://www.ifsk.org)

Sunday, September 16, 2007 FORT LAUDERDALE Florida Psychic Cruises Hosts A Psychic Cruise To Benefit The Pet Project (2:00 Pm - 6:00 Pm) - Please Don't Miss The Boat: [www.FloridaPsychicCruises.com](http://www.FloridaPsychicCruises.com) - early discount registration (save up to \$35 for 2) - contact Bob Greene - Fort Lauderdale: 954/925-2352 or Toll Free: 866/701-1113



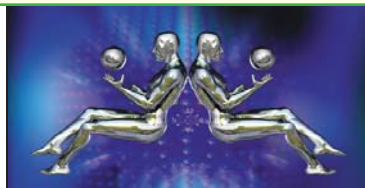
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## Mirror Image

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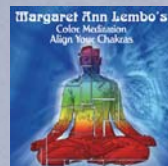
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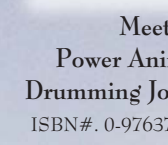


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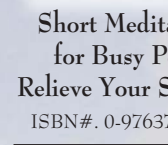
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## SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

Roger Coleman 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](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

### AUGUST 2007

*There was three men come out o' the west their fortunes for to try,  
And these three men made a solemn vow, John Barleycorn must die,  
They plowed, they sowed, they harrowed him in, throwed clods upon his  
head, And these three men made a solemn vow, John Barleycorn was dead.*

English Folksong

**W**ell, this sounds bad! It's a song about a bunch of people getting together to kill someone. Not only that, they plowed and sowed and harrowed the hapless human! That's gotta hurt! That's not good! How can anyone feel good about themselves singing this song?

Well, not so fast, my friends, we're not talking about a person, after all. We're talking about the grain barley. This song is often attributed to a celebration of harvesting. Why? There are lines that seemed to speak of all sorts of really nasty things that would not feel good to one who has experienced them. But in fact, they are actually the harvesting processes of reaping and malting.

*They've let him lie for a very long time, 'til the rains from heaven did fall,  
And little Sir John sprung up his head and so amazed them all, They've let  
him stand 'til Midsummer's Day 'til he looked both pale and wan, And little  
Sir John's grown a long long beard and so become a man. Ibid.*

Now, if you really dig into the history of the song, it was co-opted by many that had their own axes to grind and there are various versions of the lyrics. None-the-less, it is often taken to represent the spirit of life as poor Mr. Barleycorn is cut down in the summer, brewed into beer where he lives again. To the Christian, he could be the symbol of death, rebirth and redemption. To the Pagan, he is the cycle of life. It has also been interpreted as representing the royal persecution and prosecution of populist uprisings!

Aug 1<sup>st</sup> - Wicca, Celtic Pagan: Sabbat of Lammas 'Loaf Mass', blessing of bread. Also, festival of Lughnasadh honoring the Celtic god Lugh.

Aug 1<sup>st</sup> - Christian: Lammas 'Loaf Mass', blessing of bread

Aug 1<sup>st</sup> - Norse: Brotmesse, harvest festival

Aug 8<sup>th</sup> - Roman: Festival of Venus (sunset to sunset)

Aug 10<sup>th</sup> - Irish: Puck Fair, believed to celebrate Lughnasadh

Aug 11<sup>th</sup> - Islam: Lailat al Miraj, night journey and ascent of the Prophet Muhammad

Aug 13<sup>th</sup> - Greek: Hecate's Day, Celebration of the goddess of the crossroads, wilderness, childbirth and sorcery.

Aug 15<sup>th</sup> - Festival of Vesta, goddess of hearth, home, family

Aug 18<sup>th</sup> - Chinese: Festival of Hungry Ghosts

Aug 19<sup>th</sup> - Native African: Gelede, dancing and mask ritual

Aug 27<sup>th</sup> - Hinduism: Festival of Devaki, wife of Vasudeva and mother of Krishna

Aug 28<sup>th</sup> - Jain: Paryushana, reflection on spiritual faith begins



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# LIGHT YOUR WORLD

...continued from page 15...



Illumination is when victimhood no longer serves us - when we decide to get on with our life, no matter what was in our past. Illumination is when forgiveness more important than revenge. Illumination is when we realize the beauty in our lives - it's always been there, but we didn't have eyes to see or ears to hear.

Through communion with spirit are we are illumined, we are elevated to the divine. This happened in the **Bible** when **Peter** recognized the **Christ** presence in **Jesus**. Our Christ presence is awaiting our illumination.

When you are around someone you love your face lights up and there's a sparkle in the eyes. Love always lights up our life. In **Ephesians 5:13**, scripture says "Light has the power to change what it shines upon." When we experience illumination, we want everyone else to be illumined. There is an energy, or a feeling we want to share. We want them to see the beauty or the meaning.

Illumined, we see greater possibilities. Illumined, we feel more expansive. Illumined, we feel more oneness. Illumined, we are self responsible and don't look outside ourselves for answers. Once illumined we can't understand how we could have been so asleep, so dense.

Illumination is not limited to extraordinary events - elaborate visions, speaking in tongues, deep trances, levitation, or out of body experiences. For most of us, illumination is inspiration - the breathing into us of Divine Spirit in a way we can all receive it. So while some may experience extraordinary phenomena most of us need to be alert to the simple grace of insight, hunches, dreams and intuitive guidance of all sorts - an inner knowing.

According to Bible scholar, **George Lamsa**, fully 40% of the Bible is based on dreams, visions and revelations. Bible characters were always having the appearance of **God** and angels. The root word for dream in Aramaic (the language of Jesus), Hebrew and Arabic is to heal or to make whole or well to integrate. (Interestingly, the root word for dream in English is evil.)

Illumination doesn't require elaborate spiritual powers or psychic abilities. **Lama Rimpoché**, founder of **Naropa**, "we don't have to pursue spiritual practices and power as if they were collectibles. They can clutter our spirit just like too many antiques can clutter a room."

We don't have to be 'special' or know someone 'special.' All we have to do is relax and be open and receptive to God's inspiration. When **Ben Franklin** wanted street lights in Philadelphia, he didn't lobby, publish editorials or argue. He just placed a lantern/light outside the door of his home. Soon others put lanterns out. As people rushed to walk in the light street lights became the norm.

If we seek illumination all that we have to do is focus on love - loving God, loving ourselves and loving others. (In the Bible, God is defined only 2 times, once as love and once as light.) When we praise and thank God as all knowing and wise, this very act opens channel through which he pours his wisdom.

When I need illumination I pray affirming illumination - illumination with such clear signs that I can't miss the message. This month if there is any area of your life where you need illumination, ask for it! And then keep moving ahead - assume that if there is an absence of a direct indication otherwise that you are on the right path. If you find that there are doors that you might have entered that are suddenly closed, know that the exact right door will be opened. Using your intuition not so hard - what feels true, feels right, or feels good. It's not a mind thing, but a heart thing. If something makes you feel empty turn away. If you feel passion and enthusiasm and good then proceed. If a path has heart - then it is good.

What prevents enlightenment - is our belief that God does not speak to us individually.

I read a story about **Joshua** and **Sarah Shepherd**. She was injured in a car accident. When Joshua received the call and rushed to the hospital, Sarah was in a coma. And she stayed in that coma. Joshua wanted her to know he was there. He wanted her to know that he loved her so that she would fight for life. He talked to her, he touched her, he sang to her, he put a bit of her favorite ice cream on her tongue.

One day as he left for the hospital he noticed her favorite cologne. He put some on. When he kissed her that day a tear came down her cheek. Soon Sarah was back to normal. Josh tried every way he knew to let her know she was loved. Every day of your life, **God** is trying every avenue to get message through to you that you are loved beyond measure.

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# THIS MONTH'S THOUGHTS ABOUT THINGS...

...continued from  
page 33 ...



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

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

Goodbye to one form of relationship doesn't have to signal demise of friendship.

If I'm able to be honest with myself, I can help direct my own spiritual growth.

If I'm able to surrender and allow, it won't be too painful.

I need others to push my buttons to help me practice what I know.

How I move through discord today determines the pattern from which I form future interactions.

I get as much unconditional love as I give.

If I want someone to look past my faults, I can't keep pointing out theirs.

If I want someone to care about my process, I have to care about theirs.

Those annoying ones around us are all in our lives in the first place because we're all vibing at the same rate.

The sooner we figure that out and get over it, we can get on with it.

Twenty minutes a day, sitting doing conscious breathing, will change your life and bring order and peace.

We're all contagious with whatever is inside us and squirting it out onto everyone all the time. Make sure it's good stuff, like kindness and compassion and understanding and humor and flexibility.

There's not much better in life than floating downstream with a bunch of happy others.

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

*Andrea*



## Predictive Astrology for Spiritual Transformation

UNLOCK THE FUTURE. What should I be doing with my life? What are the potentials? Newborn • Birthday • Wedding What are the reasons? Death • Health • Accident • Loss

*Charts & Reports by Andrea de Michaelis*



**SOUL CENTERED TRANSIT REPORTS.** Knowing which planets are affecting us each month gives insight into what area of life we're working on spiritually and guidance to overcome challenges

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As summer ends, I am focused Chiron. Chiron is the Wounded Healer. Chiron shows in our charts where we have been wounded, where we work on healing, and where we have a talent for healing. **Transiting Chiron** brings to light unresolved and unhealed issues, giving the opportunity to heal and resolve the issues. For example, **Chiron transiting Venus in the 7th house** will bring unhealed and unresolved issues of relationship, past and present. The degree of readiness to confront the pain of these issues will determine the actual healing that takes place.

### WHAT WILL A TRANSIT CHART TELL ME?

Planetary transits to Chiron activate the core wounding issues in our lives. **Transiting Saturn** will ask us to take responsibility for our wounds and unresolved painful issues. **Uranus** will try to give us a glimpse of the higher understanding of our wounds. **Neptune** will try to awaken us to the possibility of reconnecting with love and light beyond the pain of the wound. **Pluto transiting Chiron** will give the wound a mighty shake and try to get us to turn our current understanding of it upside-down. **Chiron transiting Chiron** always encourages us to find the path of healing one way or another.

*Let me show you how Chiron is  
affecting your spiritual journey*

## FOCUS BABY... FOCUS!

...continued from page 11...



My friend, musician **Sue K-Riley** wrote a song called "I AM the Thinker" and the lyrics say:

*I AM the thinker who thinks the thought  
that changes things that shape my life.  
I AM the thinker who thinks the thought.  
I have the power to change my life.*

Do you want to find that special someone or relationship? Seek it within yourself first, and it will be made manifest. Looking for something or someone outside of ourselves to give us a feeling of worth and wholeness is usually a short-term ride, but when we tap into that loving presence that is within ourselves, we find a love that can't even begin to be explained with words. When we are willing to love ourselves more, to love ourselves enough to not settle for just what-ever comes along, we set a new standard for what we will draw into our experience. (Yes! I'm reading my own words here God!) It is then that we are working from a new state of consciousness and the healing shift begins. As above so below, as within so with-out!

Thoughts are things baby! Turn within and shift who you are at the core level. Life lived from within brings new light, new freedom and a sense of that bigger picture the Universe holds for each of us. We are here for a purpose and that purpose is to be the very best we can be while we live and love here. There is nothing outside of you that will ever bring you that love and deep seated joy you are seeking. Trust in the light and love that you already are.

Believe in the spark of Divinity that shines in the darkest night and in the most radiant light of all that God is. You will never be the same my friend. I guarantee it! Now take another one of those deep cleansing-fulfilling-consciousness shifting breaths.... Exhale slowly... Ahhhhhhhh ..... Be still and know that all is well!

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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!**





# TAKING CONTROL OF YOUR ROMANTIC DESTINY

...continued from page 20...



So how do you know when you have actually met Mr. or Ms. Right? According to Ford, "When I met Brian I knew in every cell in my body that we were meant to spend our lives together. It was a deep recognition and he had the same experience." She adds, "I believe a soul mate is someone with whom you have a deep, loving connection. Someone with whom you can walk through life with as a best friend, lover and partner. I believe we all have a soul mate....sometimes maybe more than one but hopefully never two at the same time."

By using **The Soulmate Kit** you will find out pretty quickly whether or not you really do want to create what Ford calls "Big Love" in your life OR whether or not you just want to keep complaining about how bad your love life is. **The Soulmate Kit** is an opportunity to look within and heal the past while creating the future. It requires reflection, intention, and action.

There are nine sections in the workbook with exercises and a personal inventory for revealing your thoughts, beliefs and feelings about your past relationships, expectations for future relationships and what you need to do to create the love of your life.

For some people this involves forgiveness and a willingness to let go of the past. For others it means falling in love with themselves and being willing to ask the Universe for what they really, truly desire.

Arielle explains "For everyone who goes through the nine steps it involves a fun and creative process. These are tools I have shared with my closest friends and I KNOW they work."

**The Soulmate Kit** features real life stories of soul mates from every walk of life including Arielle's mother-in-law who after 50+ years marriage and five years as a widow found love again at 80! "Whether you are 25 or 85 it's never too late to find your perfect match."



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Barbara Lee is a Reiki Master Teacher, Psychic and Professional Astrologer. She offers phone consultations and a state of the art astrological chart service with six types of computerized reports available. Barbara can be reached at 1-208-773-7822 and at P.O.Box 3427 Post Falls, Idaho 83877 and on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or by email at [barbaralee21@verizon.net](mailto:barbaralee21@verizon.net)

**Aries:** March 21 to April 19 "I Am". Now is the time for you to get going with the plans you have been thinking about. This is a make or break cycle, do it now or loose it. You have learned to go to the inner planes to make the changes you want to make happen. You know from experience not to butt heads against ego and personality.

**Taurus:** April 20 to May 20 "I Have". You are driven to succeed in your career, It's no wonder why you pride yourself in the things you acquire. You are someone who enjoys all the finer things in life as well as having something physical to show for it. This August also will add a deeper dimension to your dreams at night, guidance comes in the strangest package.

**Gemini:** May 21 to June 20 "I Think". An Idea that comes to you this Summer has you on fire with desire. The passion that runs through you about your ideas will help you create a very successful business. You are absolutely driven. If you have felt out of sorts lately, you will finally feel that all of you is working together as one unit. So give it the works and success will be yours!

**Cancer:** June 20/21 to July 22 "I Feel". By August 5th your intuition and psychic ability will grow to an all time high. Don't be surprised that you will tend to finish peoples' sentences before they know it. People always say its' all in who you know, well that is also true for you this Summer. Your work opportunities will expand because of your great reputation.



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# HOROSCOPES FOR

## AUGUST 2007

**Leo:** July 23 to August 22 "I Will". With Transiting Saturn just at the end of its 2 1/2 year cycle, all your stuff seems to be coming up to the surface to be cleared, and clear you must. Some old habits are meant to go bye bye. You do have an insatiable desire to retreat within your soul as Fall approaches. Some time alone will do you good, and help you get back on track with your life.

**Virgo:** August 23 to Sept 22 "I Analyze". This Summer has many lessons in store for you. Your life is about to change on many levels, believe me you will be ready for it. You have taken a step back to take a deeper look at yourself and what is truly important to you, with this inspiration and higher guidance you will move forward in life with grace and ease.

**Libra:** September 23 to October 22 "I Balance". If you can just communicate your feelings you can be free from resentments. Once you clear the air you will feel like a new person. You are worth it, there is nothing to be afraid of when speaking your truth as long as you do it with love and compassion. Now that you have more clarity the decisions you make will come from a place of wisdom.

**Scorpio:** October 22/23 to November 21/22 "I Create". This Summer you have this incredible urge to settle into yourself with humility and self acceptance. As this August teaches you to be more loving and nurturing you will attract others that will want to nurture you. What you sow is what you will reap. The time you take to reevaluate your life will only deepen your ability to see life with crystal clear eyes.

**Sagittarius:** November 21/22 to December 21 "I Perceive". Your desire to have fun this August will only enhance your creative ability. You have needed a retreat, now that you are well rested you can take your life to a deeper level with more meaning and understanding. Now and the in the future you will greet the rest of the world with a smile that understands what people go through.

**Capricorn:** December 22 to January 19 "I Use". August is about work-work and more work. it will be worth it. You are laying the foundation for a solid future that will have big pay offs on all levels. This Summer there will be a bit of a reprieve, you will take time to play as well as investigate your creative side. You will feel like a person again towards a more balanced life style.

**Aquarius:** January 20 to February 19 "I Know". This Summer your sensitivity towards life increases beyond normal. Healing yourself and others will be your focus. Stand your ground you must, do not allow others to pull you off your path. There will be give and take but you must have the back bone to walk your talk and speak your truth. All doors are now open, this is your time to excel in every area of your life.

**Pisces:** February 19 to March 22 "I Believe". This Summer you will really be operating on a deeper level, you are a conduit of change and transformation. Everything you touch turns to gold. Your frequency is vibrating at peak levels. Your goal for the rest of the Summer is to serve humanity in more compassionate ways. You are such a light to the world, just remember to take care of yourself.

## Rev. Albert J. Bowes

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**PSYCHIC READINGS**  
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By appointment only

Readings have

the potential to:

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

### CREDENTIALS:

Albert was the subject of the internationally published book "VISIONS OF TIME", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with NASA & the FBI, to working on academic projects, to finding missing persons and sunken ships.

He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities.

He was also a Project Manager and Lecturer for the **Edgar Cayce Foundation** and their **Association for Research and Enlightenment**. Albert also hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "PM MAGAZINE" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.

Albert Bowes is a **REAL** psychic detective who has worked with local and national law enforcement agencies. Visit him online at [www.psychicconsultant.org](http://www.psychicconsultant.org)

**386-228-3209**

# SUGGESTED READING & LISTENING



**The Law of Attraction: Teachings of Abraham**  
by Esther and Jerry Hicks [www.abraham-hicks.com](http://www.abraham-hicks.com)

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

**The Kundalini Experience** by Lee Sannella,

From [www.newworldlibrary.com](http://www.newworldlibrary.com)  
**Angelic Messenger Cards: Divine Guidance for  
Personal Healing & Spiritual Discovery**  
by Meredith Young-Sowers



From [www.redwheelweiser.com](http://www.redwheelweiser.com)  
**The Mirror Cards** by Geoff Charley & Lucy Lidell

**I Will Not Die an Unlived Life: Reclaiming Purpose and Passion** by  
Dawna Markova, Ph. D.

## MUST SEE DVDs

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

**The Secret Behind The Secret** [www.abraham-hicks.com](http://www.abraham-hicks.com)

From [thecrystalgarden.com](http://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.musicforcandles.com](http://www.musicforcandles.com)

**Original ~ Gentle ~ Instrumental CD's featuring Native  
American Flute, Piano, Harp, Cello, and Guitar**  
**Starry Night**  
**Flow**  
**Dream Dancer**  
**Enchanted Lights**  
**Kokopelli Christmas**



## 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.

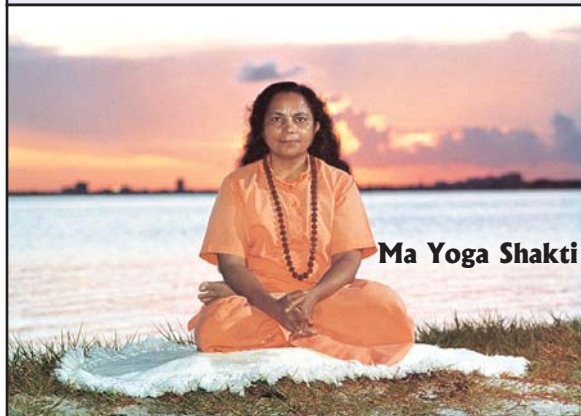
To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation. Once we experience our existence beyond physical circumstances, the fear of death is removed. The less 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*



# YOGA SHAKTI MISSION



Ma Yoga Shakti

**Sundays 9-10am**  
**Sunshine Lectures**  
*Talks on Spiritual Topics*

**First Saturday of  
month at noon**  
*Vegetarian luncheon \$7*

## YOGA CLASSES

\$7 Per Class

\$25/mo unlimited  
evening classes

### Monday

Gajendra - 7:00-8:00 p.m.

### Tuesday

Maryann and Jim Loafman  
7:00-8:00 pm

### Thursday

Val Anderson -9 -10 am

Chip & Shyama Iacona  
7-8 pm

### Full Moon Puja

Satya Narayan Katha  
Bring Fruit, Flowers  
and a Pure Heart

5 pm on Aug 28, Sept 26

### Ramayan Chanting

Sundays 10:15-11:15 am

### Bhajans/Kirtans

First Wednesday of Month  
6.45- 7 45 PM

### BOOKS BY MA YOGA SHAKTI

Yoga Syzygy Guide to Hatha Yoga \$15  
Techniques of Meditation to Enhance Mind Power \$10  
Shri Satya Narayana Katha \$5  
Hanumaan Chalisa \$5  
A Spiritual Message \$5  
Invisible Psychic Lotuses \$10  
Yoga Aasana Chart \$2  
Chandogya Upanishad \$5

*Mataji  
arrives  
in Palm  
Bay on  
Aug 22  
and  
leaves  
Sept 24*

## SIGN UP NOW FOR LABOR DAY RETREAT WITH MA YOGA SHAKTI

**Saturday Sept 8th from 9 - 11 AM**

### Sadhana Morning with Mataji

Practices based on Pujya Mataji's book "A Spiritual Message"

Donation \$25 includes light lunch

**Sept 12, 13 14**

**4.30 - 6 AM**

### Teacher Training Refresher

### Course with Mataji

\$60 complete course. Pre-requisite - study of Yoga Syzygy by Ma Yoga Shakti. Course includes Shat karmas, Yogasanasm Mudras and Vandhas, Pratyahaar, Praanaayaam, Dhyana. Advance registration is essential.

**September 19, 20, 21**

### Meditation Intensive with Mataji

Pre-registration essential. donation \$30 per class. class will take place in the temple. Learn to silence the mind in the presence of Pujya Mataji.



**PLAN NOW TO ATTEND THE  
NEW YEAR'S RETREAT**

# YOGA SHAKTI MISSION

3895 Hield Rd NW  
Palm Bay

**321-725-4024**

yogashaktipb@yahoo.com  
www.yogashakti.org

**HORIZONS MAGAZINE**  
575 Escarole Street S.E.  
Palm Bay, FL 32909-4802  
321-722-2100



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



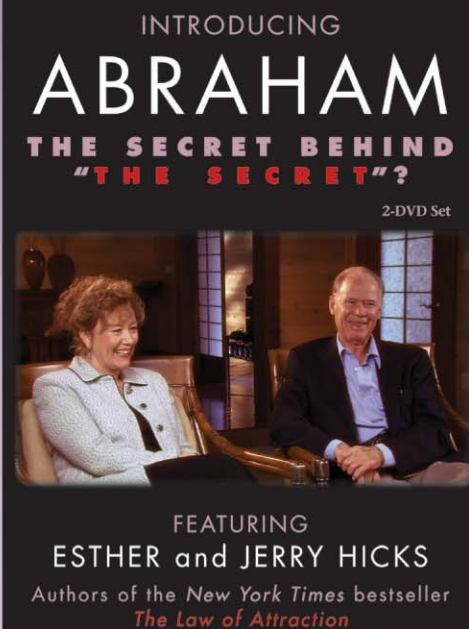
**NEW FROM ESTHER AND JERRY HICKS!**

## Are You Ready for the Real Story?

To call the Law of Attraction a secret is comparable to calling gravity a secret, as if you could keep its obvious results from being noticed. Without the heart and basis of the true message in *The Secret*, you miss understanding the affect of the Law of Attraction in your life.

In this enlightening new DVD, best-selling authors Esther and Jerry Hicks will present the nonphysical entity Abraham, who will set the record straight: You are the absolute creator of your experience. Find out everything you need to know about life and how to make it work and how all things, wanted and unwanted, are brought to you by this most powerful law of the Universe.

Discover for yourself the message of Abraham and let the power of your own being awaken within you!



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are sold or at [www.hayhouse.com](http://www.hayhouse.com)®**

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