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October 13th in Stuart, Florida
MEDITATION with Roy Eugene Davis,
direct disciple of Paramahansa Yogananda
at Unity Church of Martin County
See details inside

SEPTEMBER 2007

3833

Stuart, Florida: Saturday, Oct. 13 South of Port St. Lucie; north of West Palm Beach



MEDITATION SEMINAR

Presented by Roy Eugene Davis

A direct disciple of Paramahansa Yogananda

Techniques and Routines for All Levels of Practice, Holistic Lifestyle Guidelines, Kriya Yoga Initiation

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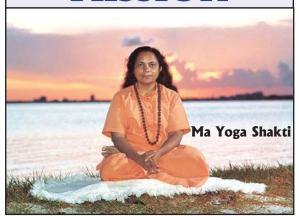
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Sept 24

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HEALING SERVICE Sunday, September 2nd @ 6:30PM

SEPT 12TH at 8:00 pm begins UNITY WORLD DAY OF PRAYER 24 HOUR PRAYER The opening ceremony will be held at 8:00pm, Wednesday, Sept.

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Silent Unity Prayer, healing service usually lasts about 30 minutes.

There will be a concert during the Closing Ceremony unity Prayer, nealing service usually lasts about 30 mil.
There will be a concert during the Closing Ceremony.

BREATHWORK WORKSHOP 3 Saturdays, Sept 15, 22 and 29, 2007,

9am-11:45am Love offering for the church, (regularly \$125 for private sessions) Wear comfortable clothes, bring pillow and blanket www. ClarityBreathwork.com It's Fall clutter clearing time for your body, mind and spirit with Clarity Breathwork. Three Saturday's only... Breathwork enhances your awareness, boosts your energy, reduces your stress and helps lower your awareness, boosts your energy, reduces your suces and neaps hold in your conscious and sub-conscious mind and then transform those limiting thoughts and patterns. 70% of body waste is eliminated through breathing, so you are cleansing and purifying on all levels. Upgrade the quality of your thinking, experience greater inner peace and connect to your higher source. Resonate at the deepest level where blame becomes obsolete, forgiveness becomes natural, and taking complete responsibility for your life PRANIC HEALING 2nd & 4th Sunday of each month @ 4:30PM

OUR SUNDAY MUSICIANS ROCK!

Calling All Artists to Show and Sell at Inspirational Arts Festival November 4th 10AM -5PM. Unity of Mel-

bourne is once again sponsoring their annual Peace in the Park Inspirational Arts Festival, to be held on Sunday, November 4, 2007 from 10 a.m. until 5 p.m. Peace in the Park is open to the community as an inspirational day of positive reflection to embrace and celebrate the peace within all of us. Artwork is the centerpiece of this festival that will also feature day-long live music performances, a premier drum circle, intuitive and healing arts, an enlightening labyrinth walk, children's activities, food and beverages, and more. This year's theme is Peace Expressing as Gratitude, affirming the belief, "A grateful heart is filled with

IN CONCERT • DANIEL NAHMOD

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THE CREATEST OPTICAL ILLUSION IS SEPARATION

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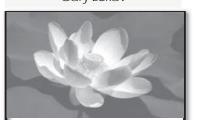
Andrea de Michaelis

Thanks for help this month

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

Contributing writers:

Richard A. Singer, Jr. Rev. Tom Sannar Roy Eugene Davis Rev. Beth D. Head Cecelia Avitable Roger Coleman Abraham-Hicks June K. Brown Karen Williams Jamie Sanders Louise L. Hay Barbara Lee Sharon Janis Alan Cohen Lori Grear Gary Zukav



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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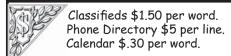
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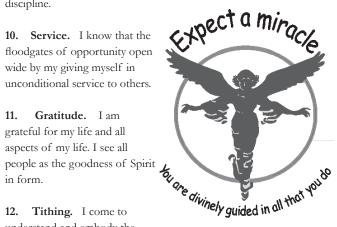


12 Steps of

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

- 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.
- **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.
- Willingness To Change. I am willing to assess my life, to honestly look at and face all my fears.
- **Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- I Live On Principle. I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 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.
- Forgiveness. I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 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.
- 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.
- Gratitude. I am grateful for my life and all aspects of my life. I see all
- 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.





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

Andrea de Michaelis Publisher

ello and welcome to the September 2007 issue of Horizons Magazine. Oh! There are so many things going on this month! My friend John Strelecky, author of the international bestseller The Why Café has a new book just out, Life Safari (see www.thelifesafari.com) I was honored to contribute a blurb on the back cover, I wrote: "Loved it! The adventure of the story makes you want to keep turning pages, and yet the wisdom of the messages cries out for moments of contemplation. Every once in a while you find that something special in a book: where your heart, your soul, and the story you are reading all link up in perfect harmony to take you on an amazing journey. This is one of those books. A tantalizing mix that makes this an absolute must read."

Also, Esther & Jerry Hicks have a new book out, The Astonishing Power of Emotions, and we've got an excerpt for you. on page 8. This is good stuff! By the way, have you seen The Secret Behind The Secret yet? Don't miss it. More about Abraham in a few minutes...

I've been having a recent spell of misjudging my audience, with sometimes comical results. My most notable example was several years ago when I had walked into a metaphysical class at the last minute. It was a class I'd not been to before, although I knew many of the people in it. I came in and took the only available seat next to the facilitator, just as they were beginning to go around the circle and give names. The question we were all to answer was "name one thing you would change about your body." Inexplicably, they began with me, the newcomer. But I was glad for the question because I'd given it some thought just that morning! I said I'd like to be able to extend my arms out so they were 2-3 times as long, to enable me to accomplish tasks that needed long arms. Either that or I'd like a tail, a prehensile tail that I could use to grip things with. You could hear a pin drop. They thought I was kidding. The next woman to speak introduced herself and said she'd like to weigh 20 pounds less. The next one never liked her hair and so she'd make it straighter and finer. A few didn't like their noses and they wanted to change that. Thighs and wrinkles were other changes mentioned. I was stunned. It didn't take long to realize I had taken for granted that I was in a different level class than I was actually in. Here I was, in a class of people I know to be metaphysical students for years, and these were their sincere responses? I was stunned into silence.

...continued on page 28...

TUI	spirit!	
GET III		

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THE ASTOCIBELICA POWER OF EMOTIONS



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 NY Times Best Seller, The Law of Attraction and their newest dvd, The Secret Behind "The

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

The following excerpt is taken from the book The Astonishing Power of Emotions by Esther and Jerry Hicks. It is published by Hay House (2007) and available at all bookstores or online at: www.hayhouse.com

Abraham Welcomes Us All to Planet Earth

o here you are, living your life in your wonderful body on this magnificent planet, and while it is not the first day of your arrival here, we would like to welcome you to planet Earth.

Since you have been here for a while, it may seem strange that we are now welcoming you, but we do so because we want to help you gain a new viewpoint of this lifetime, of your existence, and of you!

Phenomenal Living Dr. Bev

Ordained / Intuitive Life Coach $Dream\ Interpretation$

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We have a clear view of you in your current life experience, but we also have the ability to step back and see you and your life in a much broader context than you can see it from your current perspective. It is our desire that our explanation of you, in its broader view, will assist you in realizing the perfection in this Eternal plan of life.

We know that your birth into your physical body seems as if it was the beginning of that which you are, but it was far from the beginning of you. It is a bit like your walking into a movie theater and feeling that your entry into this theater is the beginning of you.

You might argue, from your physical point of view, that walking into a movie theater is far different from being born into your body as an infant, because when you enter the theater, you do not forget what happened before you entered. You remember who you were and what you were doing before you walked into the theater. You have a keen sense of continuity about "before" you walked into the theater as it relates to "being in" the theater and what "comes after" being in the theater. In other words, it does not feel to you as if a new life began for you when you entered the theater.

But we are attempting to stretch your perception a little so that you can begin to realize that when you were born into the body, which you now refer to as "you," you were not "beginning" then, either. It is our desire to reawaken within you that broader sense of continuity as you start to remember who you were "before" you came into this body; and even more, it is our desire that you allow yourself to become that Broader Perspective, focused here and now, but remembering who-you-really-are and why you have come forth into this body.

Also, you might say, "But unlike the day I was born, when I walked into the movie theater I was mature—I was able to speak and walk and feed myself." And while we certainly understand why your small size and physical immaturity makes it seem as if you were only then beginning, that is not the case. Your new body and new surroundings provide a new opportunity for a very wise and very old Being to continue to expand in new ways.

As your Broader Perspective of who-you-really-are awakens within you, your appreciation of this life experience will be tremendously enhanced. As you look at life on planet Earth in this greater context, your fears will be diminished and your natural eagerness for life will explode within you.



Rev. Dr. Janet Claire Moore Spiritual Reader, Channel and Counselor ADL Minister, Licensed Mental Health Counselor

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The Value of Your Faith

So here we stand, looking at you and your life in its broadest of contexts, attempting to explain it to you from where you now stand. But you cannot see "you" from our perspective . . . and, of course, when you do see yourself from our perspective, then our explanation will be unnecessary anyway.

...continued on page 31...



Roy Eugene Davis, a direct disciple of Paramahansa Yogananda will appear October 13th in Stuart, Florida at Unity Church of Martin County. See inside front cover for details.

do To perform or execute. To carry out or diligently attend

to the requirements necessary to achieve a goal or

accomplish a chosen purpose.

quickly Happening in a short period of time.

awaken To become aware.

complete Whole. Skilled or accomplished.

realization Direct experience along with accurate knowledge.

Presently existing and progressing. current incarnation Interval of physical embodiment.

he Self (permanent self-identity) to be realized is your pure-conscious essence of being. That which is commonly referred to as God is the one, all-pervading Reality of which you are an individualized unit. Because you are a unit of the one Reality, at the innermost level of your being you have all knowledge of it and its processes. As you progressively or quickly awaken to the truth of what you are, all of your innate qualities and capacities to perceive and express, along with all knowledge of the one Reality, will be unveiled and Self-revealed.

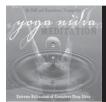
Whether your awakening is slow or fast will be according to the degree of your concentrated endeavor to be Self- and God-realized. If aspiration is mild or endeavors are erratic or misdirected, progress will be slow. If aspiration is fervent and endeavors are wisely chosen, consistently applied, and effective, progress will be rapid.

You have within you the potential to fulfill your spiritual destiny while you are in this world. Avoid thinking that you do not have the ability to do it or that mundane concerns are more important than your spiritual growth.



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- Learn what you need to do to rise above ordinary, modified states of mind and consciousness. Insightful study of what spiritually enlightened people have taught (and teach) will be helpful. When examining what you read, acknowledge what may be of value for your purposes. Apply what is learned to test its usefulness and acquire more knowledge by experiential practice. Choose to know what is actually true rather than be satisfied with only believing.
- Skillfully proceed with all of the knowledge and abilities that you have. You will soon learn to live effectively and nurture your spiritual growth.

...continued on page 33...



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

I am a very superstitious person, and I would like to know what I should do. Certain times of the year every year, I always experience bad luck. I would like to know, can feng shui help me?

Also, I was reading your answer about Elephants and I love them. What is the best position (Trunk in or out)? M.O., Cape Coral

We are moving into a rental that has the stove and refrigerator next to each other. I cannot move them. What can I do to create the correct Feng Shui balance? The sink is opposite and I know I can place a green rug on the floor between them, but what about the stove and refrigerator? M.Y., New Jersey

A: Hang a small mirror from the fridge facing the stove. This can even be a small craft mirror hung with double sided tape...it doesn't need to be anything fancy. We just need to separate the 2 energies.

A: The elephants should be placed with their trunks up facing into the house. Now, about the bad luck... I think there are several factors at play. First, you are probably much more on the lookout for bad luck during those times, so it is easier to spot it. Second, I am a huge believer in self-fulfilled prophecy. You believe you will have bad luck and so you do. To counter that let me recommend the book, "You Can Heal Your Life" by Louise Hay. This will put you in a positive mindset.

Next, I would love to see you space clear your house, burning sage is a great way to do that. You need stability at your core which means you need to feel safe and secure. Add comforting touches to your space, comfy chairs and soft pillows, those small things will make a big difference. Best of luck.

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My daughter is having a baby. It took her a long time to be able to conceive and so this really is a wonderful time. We've bought tons of things to say the least! However, I would like to get her something small to bless the baby's room. Any suggestions? R.F., Fort Myers

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A: Many congratulations to your family! A child really is a blessing. There are many things that you can do. Purchasing a beautiful bell that can be used to energetically clear the child's space is one option. It can be tucked into a drawer in the room when not in use. Do make sure that the child's name is displayed somewhere in the room.

Also, it is said that a stuffed tiger in a child's room protects them from all harm, so that is an option.



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 and join his online mailing list. You can email Jamie at Jamie1118@aol.com for information on upcoming events and availability for speaking dates.

ave you ever been busted spiritually? I'm talking about when it's as if the Universe finally says "enough is enough here, and you my friend need to snap out of it!" I don't know about you, but it happens to me from time to time. I don't always welcome it with open arms, but usually in retrospect I can say, "Wow God, Thank you I needed that." What does it mean to be busted? Busted simply





means you have been found out, caught, or called on the carpet for something you've done, or said. We all have those days where we are not walking our spiritual talk, or being as kind and loving as that still small voice within calls us to be, and it never fails that we get a wake-up call for our less than favorable behavior. Do we always hear the call right away? If we tend to deny that there is a problem or challenge before us, we miss the call altogether. What happens when we make a choice to hang out in the Land of Denial isn't always a bad thing. Denial can literally strap us in for a little longer ride on the thunderous roller coaster of drama we tend to create and create so well.



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We have options in how, and what we experience in life! It takes some of us longer than others to find the option clause in our life contract, but it's there. We can choose to be focused and centered on what is happening within us (which is always the truth of who we are) or we can live life by choosing to slowly, and often times painfully experience what it is we need to learn over and over until we get it. Denying that one has issues that need addressing simply prolongs the spiritual shift and healing in our own consciousness.

...continued on page 42...

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/ANKIND'S OLDEST MEDICINE

erbs have been used as a standard practice of health-care for thousands of years. History has accumulated a vast knowledge of healing with plants. Ayurvedic, Chinese, Native American, Homeopathy and Aromatherapy all have herbs in common, providing us with a huge variety of healing options.

There are over 750,000 plants on planet Earth and they all contain chemical compounds that can be converted in to hormones, vitamins and minerals to sustain human-kind Hippocrates once said "Let your food be thy medicine, thy medicine shall be thy food". In healing, herbs address the root cause of the condition - not just the symptoms - working like precision instruments, providing over-all support for the body.

With the introduction of scientific pharmaceuticals, herbs became associated with quackery, witchcraft and voodoo. What I find interesting is that science still pooh-poohs herbs, yet they are extracting chemicals from plants that are beneficial for health conditions; the same plants that herbalists for years have used for the same conditions. Today more than 25% of our medicines originate from isolated plant compounds or synthesized versions those compounds. When this is done, side effects occur because pharmaceuticals don't work synergistically like plants do. Even Eli Lily the originator of the pharmaceutical company, once said "a drug isn't a drug unless it has side effects.

What science forgot to do is look at the whole plant. With the infinite wisdom of the creator there are chemicals in plants that can be dangerous but, when using the whole plant there are also chemicals in the very same plant that are protective, much like an antidote.

I believe that herbs and pharmaceuticals can safely be used to complement one another, and physicians and herbalists can work together. It wasn't that long ago that a member of my family developed a rare brain tumor, so rare that before him no-one survived and his only option was radiation - no surgery or chemo could help. He opted for radiation plus herbs and he informed his physician of this. Docs' reaction was "as long as the herbs don't cause side effects". Using my herbal training, I blended herbs to protect his body from the side effects of the radiation and herbs that had been found in the past to shrink tumors. I am glad to say that over five years later he is doing well. His doctors are still amazed. He never got sick or missed a day of work throughout his treatment. Why him and no one else?

I'm not saying no medication. I'm asking why not herbs?

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REFURING HOME

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.



n Luke 15, we have one of the best known and most taught of Jesus's parables – the parable of the prodigal son. I know that most of you know the story.

There is a wealthy family - with 2 sons, living at home. Life is just fine until the younger son, probably a teenager in the fullness of his youth, who decides that he is tired of living at home, tired of the rules at home. He wants to go out and try himself out in the world. He has big dreams. His hormones are racing. He is going to experience life - full, free and happy.

To make this happen he goes to his father and says, "Dad, I would like for you to let me have my portion of the inheritance now." You can just imagine the conversations that the father must have had with his son, warning him, advising him, trying to impress on him the dangers of his plan.

And though the son listened, he didn't hear. In a sense, he had already left home. In his youthful exuberance, he was willful and probably a little arrogant - knowing that his way was the right one.

Finally, the father agreed (knowing that his son would have hard lessons to learn), he gave his son money. Money in hand, the son went to a far country and lived it up. Wine, women and song – the works. Perhaps the thought crossed his mind that one day he might run out of money, but he wasn't going to worry about it. He was having fun. He was spending money and likely he was surrounded by many new friends who encouraged him to live it up. "Nothing really bad is ever going to happen to me." As we are all aware, with youth comes a feeling of invincibility.

But he did run out of money. As he was running out of money I'm sure he figured, "well, I can always get a job." But the country where he was living was experiencing a famine. The economy was depressed, and there wasn't an abundance of jobs for a youth with no experience other than playing.

So there he was - broke and hungry. And the only job this good Jewish boy could find was a job feeding the pigs. Can you imagine him there feeding the pigs, being so hungry that he would have eaten the pigs' food?

The Bible says "he came to himself." He remembered who he was and where he came from. Why his father's servants were living better than he was.

I suspect he did some introspection that went something like this, "I've been arrogant and stubborn. I have acted willfully, and I haven't been very smart, I have hurt my family - I have disgraced my family."

I will go home and beg my father's forgiveness. Perhaps he will allow me to come back, if I offer to work as one of his slaves.

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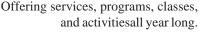
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He headed home with this plan and we know the rest of the story - his father went all out for him. While he was still very far away from the house, his father saw him coming and ran to meet him. Hugged and kissed the boy. The boy says, "Dad, I've been wrong. I wasted all my money, I have no friends, I'm a mess. I have screwed up and my days have been hell. Will you take me back? I will do what ever you want."

Can you forgive me enough to let me come back and be one of your servants? I am no longer worthy to be called your son."

The father would have none of that. Instead, he called his servants to clothe the boy in best robe and put a ring on his finger and sandals on feet. Then instructed them kill a fatted calf and prepare a banquet saying, "Let us eat and be merry, for my son was dead and is alive again; he was lost and is now found."

The young son had just experienced 1st stage healing - The Awakening

When we have a healing need - whether that healing need is physical, mental, emotional, spiritual or financial, the beginning of our return to wholeness is also about coming to ourselves - awakening and remembering whose child we are.

The prodigal son story is a metaphor of our journey in consciousness. It is the story of our awakening to our oneness with God!

...continued on page 40

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, email info@alancohen.com, or phone 1-800-568-3079



NOTRIGII ENOUGII TO BEPOOR

t a conference I met a woman who had grown up in Russia. As we spoke about wealth and poverty, she quoted a Russian folk phrase that, translated to English, means "I'm not rich enough to be poor."

When I asked her about the meaning, she explained, "When you buy cheap things, cut corners, or do anything with an intention less than full quality, you think you are saving money. But in the long run, such an act will cost you more. Cheap things break and you have to repair or replace them. Business or personal relationships that represent compromise cost you more peace, joy, and money in the long run than if you had claimed excellence. Acts based on poverty thinking only create more poverty conditions. So you are not rich enough to be poor — you cannot afford what living from a poverty mentality will ultimately cost you."

Consider what in your current life represents a wealth mentality and what represents a poverty mentality — not just money, but business, friendships, family, and relationships. If you were to proceed from a sense of wealth rather than scarcity, what would you be doing differently?

I met another fellow who owned a plumbing company. He opened up the phone book and showed me a large ad his company had taken out in the yellow pages. At the bottom of the ad, after listing all the services his company offered, bold letters invited: Ask us why our prices are higher. So I asked him, "Why are your prices higher?"

"Our prices are higher because we use the best quality materials we can find," he replied. "Our repairmen are trained

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to be fast, efficient, and courteous. We guarantee our work, and if there is any problem with the job we have done, we will come back and fix it until you are satisfied. That's why our prices are higher."

Well, that was enough to sell me. I remembered when I had purchased services or materials just to get a good deal, and I later wished I had gone for quality rather than economy.

Your presentation of yourself or your business speaks for the level of quality to which you are committed. After several years of presenting my **Mastery Training** in **Hawaii**, we experienced a lull in attendance. People were not signing up in the numbers they had been, and I wondered what it would take to build the attendance again. Taking the lead from other businesses I had observed, I lowered the prices. When the program's brochure was reprinted, I had a banner inserted at the bottom of the page that listed the tuition: "New lower prices."

When I showed the brochure to a business consultant, his feedback was, "I like almost everything about the brochure; you present the program in a very attractive light. The only thing I don't like is this banner, "New lower prices." I think it cheapens what you are offering. The program is a class act. Don't demean it by using advertising tricks that lesser companies use. If you have a quality program, let it stand on its own merit. You should charge commensurate to the value of the service you are rendering."

His comment rang true. I realized I had undervalued how much help the program was delivering, and it was truly worth the price originally stated. I reprinted the brochure with the original prices, and quickly the programs filled again — even increased in attendance. People do not mind paying for goods or services that they find truly helpful. Rather than playing price games, make your offering as valuable as possible and the money piece will take care of itself.

If you are considering or entering a new phase of your work, this would be a perfect time to commit to excellence, to doing everything in a classy way and not cutting corners. One way to affirm your wealth and deservingness is to make a meaningful investment in your chosen livelihood. What item or tool of trade would make your life or work easier or more fun or efficient? As I have been writing over the years, the computer industry, as you know, has hurtled at lighting speed with new hardware, software, and peripherals. Every three years or so, some new model or gadget comes along that would make my work more efficient or fun. I have usually wondered if it was worth spending the money on this new equipment. Then, as I pondered, I would get around thinking, "Hey, man, this is the tool of your trade. If you were a carpenter, you would get the best hammer; if a pilot, you would want the safest and most efficient aircraft; if you were a painter, you would find the finest oils colors. So why skimp on the key vehicle of your profession and service? Then I would spring for the equipment, move to the next level in my work, and be glad I did.

Certainly life is not about money; many wonderful things do not cost much, or are free. Indeed the best things in life have nothing to do with money. But money can be a powerful vehicle to practice and demonstrate intention, belief, and moving energy. You are not rich enough to be poor. You are rich enough to be rich.

DEAR LOUSE...

Louise L. Hay is a metaphysical teacher and best-selling author of numerous books, including You Can Heal Your Life, Empowering Women, and The Times of Our Lives. For a free catalog call (800) 654-5126 or fax: (800) 650-5115 Please visit www.hayhouse.com. For info on becoming a certified teacher of Louise Hay's philosophy, call Patricia Crane at (800) 969-4584 U.S. & Canada, or at (760) 728-8783 internationally.





ear Louise, I'm doing affirmations for more prosperity in my life, but they don't seem to be working. What do you suggest I do to keep the prosperity coming? D.A., Chicago, Illinois

Dear D.A., I'm glad to hear you've been doing prosperity affirmations, That's a good beginning. How many do you do a day? 100 isn't too much. If you feel you're not getting results, then something must be blocking your affirmations. I wonder how many poverty affirmations you're also doing. Begin to notice what you say to yourself during the day that could be negating the positive statements. If you're saying, "My prosperity is increasing," this is very good. If later in the day you find yourself saying, "There's almost nothing in my checkbook" or "I wonder if the money will ever come," then you're just negating it all. You can't say both yes and no to the universe and expect to get any movement at all.

Really begin to pay attention to your thoughts—all of them! You don't want to fight your thoughts, but you do want to guide them. Spend a month noticing every thought, and replace any poverty thoughts with prosperity thoughts. Affirm: All my thoughts support my growing prosperity.

Dear Louise, I've read YOU CAN HEAL YOUR LIFE. I feel that I'm at the point where I really need to talk to someone who can help me get back to feeling okay about myself. I know you no longer work with people one on one. Is there anyone who carries on your style of counseling that you can recommend? B.H., Miami, Florida

Dear B.H., Making changes is more than just reading a book, but doing the exercises in my book is also important. It's called good old practice, practice, practice. I've been practicing every day for over 25 years, and it has paid off for me handsomely. Too many of us do the affirmations half-heartedly for a while and then fall by the wayside and later come back to doing "some" of the work. But this system never pays off. It's as though you're handed the script for a play where you were to be the star and you only learned half of the lines. Opening night would be a disaster because you hadn't fulfilled your part.

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I began my own spiritual training with the Church of Religious Science in New York. The first year not too much happened because I played with the ideas. The second year I was sincere about the work and miracles began to happen in my life—and they've never stopped. The three-year program I took at this Science of Mind church changed my life.

If you want to contact someone who thinks and counsels the way I do, then I suggest you look for Unity or Religious Science churches in your area. The Websites are: www.unity. org and www.religiousscience.org. I know you'll be guided to the perfect one for you.





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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.

"If you want to be a writer, stop talking about it and sit down and write." Jackie Collins

any people spend their life sitting around talking about what they want to be, what they want to do, and how life would be much better if they were doing this and that. If you are this type of person you must sit, think, and deeply contemplate what you want to accomplish in life, then make a commitment to begin working on this right now. Working on this is not talking, it is taking the necessary action and following your path of success to the very end.

Devise a plan right now to take action toward what you want out of life in order to eliminate the regrets you will feel years from now for not being or doing what burned within you.
Today, I will take the first small step toward accomplishing what I desire in life. My initial step is

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

Positive thinking will let you do everything better than negative thinking will. – Zig Ziglar

ne of my earliest demonstrations of the connection between my state of mind and the outer world came during my teenage years, when I enjoyed playing on pinball machines, and could usually play a pretty good game. (For you young ones, pinball machines were the predecessors of video games)

While playing, sometimes for hours on end, I'd occasionally notice an uncanny connection between my state of mind and the mechanics of the pinball machine.

Every now and then, I would step up to the machine in a flustered or disconnected state of mind. Maybe I was worried about something, feeling out of sorts, or grumbling in my mind about one thing or another. I'd put the quarter in, and each ball would shoot right down the middle and out the gutter, without giving me even the slightest chance of reaching the ball with either flipper. A hopeless pinball like that is a rare event, but there were times when it would happen to all 5 balls in a row - as though that particular game was unshakably destined to be lost. It was as though an angry "pinball god" was blocking the flow of "pinball grace."

I noticed that these losing games tended to happen when I was in a negative or worried state of mind, and wondered why that might be the case. After all, it's when you're feeling down that you could really use a good game to cheer you up. But the opposite seemed to be the case.

Then, there were times when a different kind of shift would happen. I'd begin to play with a relaxed and peaceful state of mind, with a sense of contentment, and an empowering feeling of trust in my heart. Through that magical porthole of peaceful contentment, I would become

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free from what I'd later come to know of as ego - the aspect of our self-identification that is the source of unwanted feelings such as worry, anger, greed, pride, and fear. Ego is the opposite of true faith. The ego always wants to protect itself, and that frame of mind takes us out of the flow. Since faith is a main key for spiritual happiness, ego can definitely be an obstacle to achieving that happiness. Ego makes every ball go down the middle; freedom from ego creates a stupendous winning game.

While playing pinball in a state of relaxed contentment, it would sometimes seem as though the hands of pleased gods were directing the path of that little silver ball. Effortlessly, I'd watch, as the ball leapt into all the best and most valuable twists, turns, nooks, and crannies of the pinball machine. Bell after bell and melody after melody would chime out to dramatically announce all the new combinations that were racking up points up faster than the machine could even keep up with. I'd hear this symphony of pinball glorification, punctuated by loud clicks as the machine registered newly won free games.

I would be focused and relaxed at the same time, watching with selflessness, enjoyment, and a happy spirit, as an almost magical display of action took place before me. These accomplishments were apparently coming from my own hands and mind, but were obviously being orchestrated by something far beyond my own apparent abilities.

...continued on page 22...

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Publisher's note: I have attended several of Kim's workshops and benefited greatly by the changes his work was the catalyst for. Andrea de Michaelis

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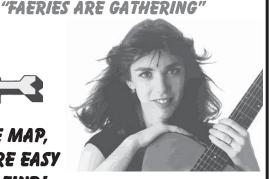
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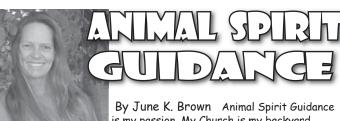
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is my passion. My Church is my backyard, the beach, or the grocery store parking lot. Everywhere I look, I see the omens sent to

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



he Florida Summer heat has kicked in. For most people around here it means a really high electric bill. For me it means I need to watch where I step! Snakes seem to be under my feet, all the time. Mostly they are just Black Racers, but they still freak me out! They squiggle, slither, move quickly and will strike at you if you bother them too much. I don't bother them at all, but my cat likes to hang on to their tails with one paw and swat at their striking heads with the other. He's completely unfazed by them.

Snake is one of my totem animals, which is why they are under my feet all the time. They are also the animal that I fear the most, which means that I have the most to learn from them! I have tried to get over my physical fear of them by owning one. Dry mouth and a feeling faint always prevails, so I just look at him through the glass tank!

Snakes have many meanings, depending on religion and personal experience. For Native Americans they represent 'transmutation of poison'. If a young man wanted to become a Shaman, he had to endure poisonous snake bites. He then had to be able to recover from those bites and get bitten again and again until he became immune to their poison! While recovering from the poison, he would often have visions sent to him from the Great Spirit, giving him the knowledge that he needed to move through his Shamanic journey.

How do we apply this our lives? Well, I know that I wouldn't purposely get bitten by a poisonous snake! However, I have an annoying habit of allowing the 'poisons' of life to seep in and affect me. These 'poisons' come from everyday life. Negative experiences that stop me from fulfilling my dreams. Through meditation, I concentrate on these 'poisons', evaluate how they are affecting me, and make sure that I don't let it happen again. I can then grow and 'shed' a layer of skin that I no longer need; just as the Snake does every time he grows!

So, when you see the Snake around, you don't need to be afraid. Just remember that 'poisons' can be absorbed, learned from and used to grow spiritually.

What's your poison?







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Dr's, Barbara and Paul Daniel





...continued from page 19...



Sometimes, the ball would eagerly dash around, amassing hundreds of thousands of points, without even coming anywhere near my flippers. And when it did come near the bottom of the machine, my fingers would effortlessly and masterfully flip the flippers at just the right moment, and with just the right force to send things back into powerball mode.

You can also apply this teaching to your game of life, considering the pinball as a metaphor for your ball of creative effort. One way to improve your game is to increase your level of practice and skill. However, the best help comes from what appears as grace. And, in fact, it is grace.

Grace is the magical wild card in this game of life.
Grace saves us just when everything appears ready to
crumble. With a touch of grace, even our smallest efforts
bear great fruit.

Although grace often appears to fall upon us for no apparent reason, there are ways to draw grace toward us - by our thoughts and actions, and with an inner state of surrender to the divine, in whatever form that may take for each one of us.

One important task on the quest for spiritual happiness is to discover how our thoughts and actions are manifesting to bring us either happiness or unhappiness, despair or joy, and struggle or ease. This is a research project that each of us must perform on our own, in the laboratories of our own minds, actions, and experiences.

Many books are available to give hints, information, and inspiration on our journeys of discovery. Nevertheless, you ultimately have to discover your own power in your own way. Just as you have to take your own physical exam and your own driving test - no matter how many servants you may have who would be willing to take them for you - in the same way, your spiritual happiness is ultimately your task alone, although supported and nourished by the blessings and grace of many known and unknown great ones from past, present, future, and the eternal now.

Part of becoming strong enough to handle a great amount of personal power is to have to go through the lessons and growth of watching and learning for yourself. It's like how a butterfly must struggle against the cocoon in order to develop the wing strength to fly. If someone tries to be helpful by opening the cocoon, the butterfly will not be able to fly.

Don't worry if your journey brings some struggles and strife. Don't worry if the road sometimes doesn't seem to make much sense. Don't fear that you will never be worthy. You are already inherently worthy in your deepest essence. This is the Amazing Grace that saves every so-called "wretch" like you and me. Play your game with love and joy,

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... continued from page 7 ...

So lately I've been talking to several new friends and coming to realize we have been talking apples and oranges all along. Interesting how we can convince ourselves we are being heard and understood, when that isn't the case at all. Roy Eugene Davis is one of my all-time favorite authors and I'm thrilled to have him grace this month's cover. You'll notice in his article on page 9, that he begins by defining words that he will use in the writing to follow. Some of these seem to be simple words, but he does this to make sure the reader understands his intended meaning. He writes clearly, no nonsense, non denominational, actual practical advice on spiritual growth.

So when I talk with a friend who says they are using the "law of attraction," I immediately think - hmmm, they are using my terminology, they must have the same understanding I do. Until they do something that shows me they have a different understanding, I will not explain the basic concepts to them along the way, thinking, "oh, they must know that already, they know 'the basics'." Only later, when misunderstandings occur do we both realize we each assumed the other had the same mindset on the topic as we did. When in fact all along we were talking apples and oranges and not communicating at all.

PREDESTINY OR LAW OF ATTRACTION?

I used to think everything was predestined. It was a comforting thought, that meant I didn't really have to do much on my own. But when I began reading the early teaching of Theosophy (Besant, Blavatsky, Bailey, Leadbeater) is when I heard the concept that physical 3-D reality was malleable and that I could direct and orchestrate what came into my life by the power of my conscious thought. In the early 1990's when I discovered Abraham-Hicks, they said it more clearly that I'd ever heard before and I "got" it during the viewing of their first video. It was like everything just clicked into place upon hearing their words.

Here's a good example of how life works. I was at a friend's house when Walter Levine, the crystal guy, showed up like Johnny Appleseed with his Abraham-Hicks video. We all sat and watched and, 10 minutes into it, my concept of how the world worked was changing. I had one "a-ha" after another, and Esther Hicks' words gave simple, concrete language to the abstract and esoteric concepts of manifestation I'd studied in the past.

I watched this video with my good buddy **BB**. She and I sat side by side, viewing the same video, listening to the same words. Afterward, I was excited about the new knowledge, which just had changed my concept of how the

world worked and confirmed many things I somehow knew to be true. BB said she just didn't get it. Now I had known BB for a few years and she was not unschooled in metaphysical thought. She already knew the value of instilling magickal properties to her products, so she already knew the concept that we somehow co-created in our reality. She knew to use sacred space, ritual and prayer to impart blessings for success and well being into the products for her clients. BB had a giftline of custom created products. As a practicing pagan in the solitary tradition, the terminology she used would be "spell casting". However, I participated in many rituals with her, and I know a prayer when I see one *smile* (See? Terminology again! What was your reaction to the words "spell casting"? What was your reaction to the words "spell casting"?

So, although BB and I watched the video together for the first time, one of us was blown away by the new info and the other "just didn't get it." I used to wonder, how can things like that happen?

We're both hearing the same thing. We're both in the same class at the same time. What I heard changed how I viewed my world and would foreverafter change how I interacted in that world. For BB, well, it sounded fanciful to her.

For me, I immediately began to view past life experiences in light of the new information. I saw time after time after time how I had consciously and unconsciously contributed to the experiences I had and the results I got. I began to see how I attracted everything into my life - everything - even the things like the mechanic making a costly mistake with my car, even the roofer who overcharged for substandard work. I saw where I had resistance I had not realized, where I had been uptight when I thought I was relaxed and laid back. I began recognizing how my unconscious attitudes had affected my experience and my outcomes. I spent weeks in mind boggling thought and reflection, reviewing my entire past, all incidents and relationships, for lessons I could glean from them in light of my new knowing.

For **BB**, however, life just went on as usual. I was anxious to begin experimenting with my new tools, to use the law of attraction to make things happen on purpose. I love to do experiments using the tools of prayer, visualization and altered states, and have learned it's a scientific process. You do **W**, **X**, **Y** and the result is always **Z**. The trick being that **W** is the most essential step, because the success of the work depends entirely upon your ability to release resistance, visualize, feel and focus. When I get myself into the proper mindstate, the result is always predictable.

So I asked **BB** to participate in an experiment with me. For both of us, we were self employed and business had been slow. I wanted us to talk to each other a couple of times a day and talk about what our particular goal was - to each increase our income for the coming month by 25%. I wanted us to make lists together of what we'd do with the money and make lists of the positive aspects of everything around us. This was an early **Abraham** process that I use to this day, and always with success. I wanted us to find evidence of people doing things we might like to do, and contemplate

...continued on page 29...



...continued from page 28 ...

the incomes of people who earned what we wanted to earn. I wanted BB and I to agree to just 30 days of doing this to see what the result would be. We both had plenty of time on our hands, and nothing to lose.

But BB thought that 'sounded weird' and she 'didn't want to do that.' She thought that doing 'stuff like that messes with destiny' and 'goes against the forces of nature.' BB loved to get into discussion about soul purpose and twin flames, and how destiny plays itself out. This however leaves no room for the concept that we have a hand in creating our own reality. "But," I asked her, "how does prayer and spell casting and ritual fit in with destiny?" She explained that was done to gain the grace of the Creator. "So how does gaining grace fit in with destiny?" I got the impression that prayers were answered or not at the whim of a gatekeeper that I needed to schmooze in order to gain favor with.

So the bottom line is that she did not participate in the experiment, so I did it on my own. I used my mom as a sounding board and as usual, she was the best, always encouraging and helpful. The results blew me away and gave me a feeling of power such as I'd never had before. I felt I could do anything, I felt that literally anything was possible for me now. I changed my daily routine to incorporate several sessions of writing down positive aspects, of writing down things I am grateful for. I began making lists of areas in my life where I would like change and, like NBC's Earl, I began one by one going through them and checking them off. My income skyrocketed, my relationships improved, my creativity soared. My life was constantly being upgraded and everything began working synchronistically to a degree I'd never before experienced.

And I wouldn't have known that was possible had I not tried it, had I not been open and given it a chance, had I not committed to experiment with it myself. Had I just thought, "Well, I believe in destiny and I don't think it's possible that we have a hand in changing that, or in creating our own reality", then I would have missed one of the biggest teachings in my life.

But for BB, well, she just didn't think that sounded plausible and she didn't want to mess with destiny or fall out of favor. At first I thought it was my job to make her "get it", to make her understand how the law of attraction worked because I knew her life could benefit by it. I knew her income and I knew her expenses and she was not an extravagant person. She was barely scraping by and to hear her tell her story, she had always managed to just barely scrape by and to the end, she just barely scraped by. Except by then she had moved out of state, back to the cold winters she always hated. Vibrational matching at work.

The Butterfly Experience October 12 – 14, 2007

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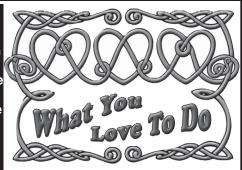
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I hadn't heard from BB for 8 or 9 years before she passed. We slowly began drifting apart, probably in no small part due to the fact that I began to inundate her with Abraham material "for her own good" (smile). I in general became like a born-again, full of new enthusiasm to spread the good word, and not wanting to hear "No" for an answer. "Because if she did it my way, I knew she'd get what she wanted. Who doesn't want to learn how to do that??" hahaha Well, I've grown up and gotten over myself since then. Now I know it's not my job to do that unless they ask.

The fact was that we were no longer vibrating in harmony with each other, and the way that played itself out was that we slowly stopped talking. I was a computer person and she wasn't. My life got busy and it was easier to keep in touch with friends who had email than to keep in touch with those who didn't. It began to feel easier and more fun to be with friends who thought as I did and were also interested in the Abraham material. The conversations with those who were NOT into the material were not as satisfying to me as conversations with those who were. Relationships and activities with friends who were NOT into the material were not as fulfilling as they were with those who were. My circle of friends began to change. Like it or not, some longtime friends I loved, but with whom I no longer shared common interests, just slowly moved or dropped away. In their place arrived a new group of lively, enthusiastic like-minded oth-

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Reality is what we take to be true.

What we take to be true is what we believe.

What we believe is based upon our perceptions.

What we perceive depends upon what we look for.

What we look for depends on what we think.

What we think depends on what we perceive.

What we perceive determines what we believe.

What we believe determines what we take to be true.

What we take to be true is our reality.

- Gary Zukav The Dancing Wu Li Masters

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We are going to express our perspective of you, and of us, and how we relate to one another. We cannot impress our viewpoint upon you. However, as you read these words and ponder them fully in an attitude of faith or wanting to understand, together we will build enough bridges as you move through the pages of this book so that as you turn the last page of the book, you will be able to understand and hold our viewpoint—not because our words will have been so powerful that they will have transformed you, but because the combination of the logic of our words and the unfolding of your own life will transform your faith or hope into knowing.

And what a wonderful state of Being . . . to know, with absolute certainty, the existence of your Being and the reason for your existence, and to have a full realization of all-thatyou-are. And then, you can get on with what you came to do: live your eternally expanding life in joy!

This Glorious Planet Thrilled You

While the idea of coming forth into a new physical body on planet Earth was certainly not a new idea to you, it was an absolutely exhilarating idea, for from your Non-Physical perspective, prior to your physical birth, you understood all of the implications of this new birth. You understood the perfect and stable environment into which you would be born, and you felt unbounded enthusiasm for its variety.



What you felt most was the freedom and unlimited nature of this environment. The diverse beauty of the physical nature of your planet thrilled you as you anticipated your arrival, but you were also thrilled with the beauty of the diversity of the people and ideas that were waiting for you. At no point in your preparation for making your new entrance

> into this physical body did you feel concern about the perspective of the inhabitants of your planet. Not once did you feel a need to get here so that you could set them straight, or show them the error of their ways, or correct their course.

> You saw this planet as diverse, ever changing, and perfect; and you came forth with an eagerness that defies verbal description. And because of the secure vantage point from which you were coming, you were not guarded or concerned about your entrance or about what would surround you once you got here. Instead, you knew that you had within you the resources not only to cope with your new environment, but also to mine it for the joyous expansion that you are eternally about. And so here you are—and while you did not just get here, everything that you have just read still holds true.

> It is our desire to restore your understanding to what it was just before you came forth into this body so that you can now experience this magnificent life experience in this wonderful body, on this glorious planet, in the way that you intended.

So, dear friends, welcome to planet Earth.



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



...continued from page 29 ...

It's happened to all of us. For many reasons we can sit side by side with our best friend and hear the same speaker and come away with two completely different experiences. One isn't interested and the other's world changes forevermore. I felt as though I found the ladder to heaven and couldn't entice her up there with me.

And nothing I could say changed her mind. No evidence I presented was sufficient to sway her. She was not a skeptic, because a skeptic keeps an open mind. She had

made up her mind in advance that destiny was the only way. So any info that came to her contrary to the concept of destiny just wasn't available to her. She couldn't see the evidence in front of her and she couldn't hear what the speak-

ers were saying.

It would be like shining a light into the eyes of a blind man, or shouting into the ear of a deaf woman. The signal is being sent out, but their receivers are not tuned to receive it. We tune our receiver to receive the signal by staying relaxed and open minded. If I think I

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know the answer to something and can't be swayed, then I am not open minded on that topic. That means there is a veil in place, a filter, an illusion. That means I can't trust my guidance on that topic. That means I am not clear on that topic, that I don't understand it accurately.

If I don't understand something, I can't use it to enhance my life. If I don't know how to use my tools, it doesn't matter how many of them I have in my collection. For instance, if I don't understand what everyone now is

calling the law of allowing, I can't effectively use that law to my advantage. I can't use that law to create a happier, more fulfilling life for myself and for those I care about unless I really understand how it works and have tried it myself and know what I'm talking about.

Even knowing what I know, it's frustrating to have friends I love and enjoy and watch them fall away from my life. It's not as simple as I want to hang around those who 'get it" and whoever doesn't "get it" is kicked out of the inner circle. It is to realize we no longer share mutual interests or our visions have changed, that we are no longer vibrationally in tune with each other, realizing our time together is limited.

It is to realize when a good buddy doesn't recognize how their pessimistic attitude or constant criticism affects you wanting to share time with them or not. It is realizing it is just easier to be with people who are NOT like that; with whom everything is NOT a struggle or a concern, where ups and downs are NOT tied to the news or the stock market. To be with people who know that anything is possible and anyone can do it. To be with people who are interested in enhancing their life via evolution of consciousness and are not satisfied with what the mainstream media has to offer. To be with people who share my vision, to spur each other on to higher thought and service.

I know the departure of old friends always signals the arrival of new friends and new lessons to be learned. Gratefully, I have come to learn change is always an upgrade for me. It may be that I learn how to use a rice cooker, it may be I learn to speak Spanish, it may be I discover Indian and Asian cuisine. It may be that I release a fear, it may be that I learn relationship skills, it may be I learn a new software program, it may be that I change my dietary routine, it may be that I revise my understanding of the right wing conservative view, it may be that I discover I love to swim in the ocean and ride a motorcycle. It's always an upgrade.

I can't make someone else "get it". If their mind is made up, I am not speaking a language they understand. Since we are speaking apples and oranges, I don't have the right words to make them understand. Nor is it my job to make them understand, nor do they have to understand. They are right where they need to be, doing what they need to do.

You don't pull a fish out of water to show him how much fun hiking can be. If you want to play with the fish, you do so on his turf and you conform to his rules. When that stops being fun, when it becomes a drag to have to hold your breath for so long to keep up with your fishy friend underwater, you may make a new decision to return to dry land where you can relax and breathe easy with friends who do the same.

Enjoy our offering this month.

Life is good! Hari Om

...continued from page 9...



Awakening to Self- and God-realization is not a process that can be caused to occur; it occurs naturally when psychological and physical conditions which interfere with it are removed. When your innate urge to be fully awake is allowed to be influential, spiritual growth will be effortlessly spontaneous.

Attempts to cause Self-realization to occur can only produce a self-created, illusional effect rather than an authentic soul-liberating realization. Authentic realization results when awareness is completely restored to its original, pure wholeness. As this redemptive process occurs, your powers of intellectual and intuitive perception will improve and your functional abilities will enable you to more easily accomplish your purposes and achieve your goals. Spiritual awakening is always psychologically transformative. Thoughts are rational and subconscious influences that were formerly troublesome are weakened and neutralized. Physical well-being is easily maintained. Biologic aging processes are slowed. The nervous system is refined. The capacities of the brain—through which consciousness is processed—become more highly developed. It is easy and natural to always be energetic, enthusiastic, optimistic, and creatively expressive.

Souls are produced within the one Reality by the blending of its purity with its projected vibration (Om) of cosmic power. When souls identify with outer phenomena their awareness of their pure-conscious nature becomes blurred and they are inclined to become further involved with material substances and the processes of nature. Thus deluded (not knowing that their essence of being is pure) they wander in space and time until their innate urge to again be fully awake begins to overcome the influence of inertia that confined their awareness to a mistaken sense of selfhood. They then begin to desire to be restored to the freedom of Self-knowing and may endeavor to learn how to allow it to be experienced.

For many people, a common obstacle to natural spiritual growth is their tendency to identify with their mistaken sense of self-identity and personality characteristics. Thus inclined, they endeavor to maintain their modified states of mind and consciousness and continue to think and behave in ordinary ways while only hoping to be Self-realized.

Go the Innermost Level of Your Essence of Being

During interludes of quiet reflection, ask: What was my awareness of my true nature in relationship with the Infinite before I identified with modified mental states and external conditions? What did I know when I was individualized as a pure-conscious unit within the one Reality? As you objectively

ponder these matters, you will have glimpses of what you are. Continue to inquire until your knowledge of it is clear and permanent. Then think, feel, and live from that realization of being.

The real purpose of spiritual practice—of self-disciplined thinking and living, profound metaphysical study, inquiry into the essence of your being and the reality of God, and seeing through the mistaken sense of self-identify—is to enable you to remove your attention and awareness from conditions that confine and restrict you.

Why Self- and God-Realization is Not More Commonly Actualized and How to Avoid or Rise Above the Conditions That Interfere With Direct Perception of What is True

For thousands of years, millions of people have sincerely endeavored to be more spiritually conscious and to have a satisfying relationship with God. They have believed in a variety of forms of God, hoped that a messiah might release them from their conditions of bondage, offered sacrifices and worshipped in a variety of ways, experimented with systems and methods both old and new, prayed, and meditated. Yet, in the current era, as in past ages, only a few persons among the many who have endeavored to know God, have experienced a satisfying degree of spiritual growth.

Why is it that so many spiritual aspirants are not yet Self-and God-realized? Some of them are not aware of their habit of clinging to habitual ways of thinking and behaving—or, if they are, are reluctant to make the necessary changes. Some have not yet acquired an intellectual understanding of their true nature and relationship with the Infinite. Others are not sufficiently self-disciplined or alertly attentive to adhering to wholesome lifestyle regimens and effective spiritual practices. Many are tenaciously attached to their erroneous beliefs and emotionally dependent mental attitudes and behaviors or are inclined to be mentally perverse: to twist or distort what they learn to serve their self-centered inclinations.

When you are aware of mental attitudes or behaviors that interfere with your spiritual growth, assume mental attitudes and behaviors which are more constructive. With practice, you will discover that you can easily choose your thoughts, states of consciousness, and behaviors. Observe how you respond to events and to what others say and do. Notice that you are instinctively inclined to adapt your mental attitudes and behaviors to circumstances that prevail.

When you are alone, be serenely soul-centered. Refuse to allow your attention to be preoccupied with moods, problems, or unpleasant memories. Nurture peace of mind, emotional stability, and soul contentment when you are alone and at all other times. In the midst of activities and relationships you will be a soul-centered observer of transitory events and circumstances, freely living in this world, but not of it, competently functional without being unduly influenced by external conditions.

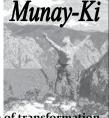
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Ancient Rites of Initiation

Energetic transmissions of the Q'ero Shamans of Peru

These nine rites are the keys to:



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Center for Healing Arts 916 Columbus Ave. Melbourne 321 733-7633

Soul Sougs

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



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." 5/28/05- Chicago

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.

OUR GALENDAR OF EVENTS

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

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 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 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

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

Wednesdays COCOA VILLAGE, 7PM, Belly Dancing with Jeanette, \$10.00, at What You Love To Do, 602 Brevard Ave, 321-504-0304

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

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

3rd Wednesdays MELBOURNE Just Say Yes! To Laughter: Come laugh "Jest for the Health of It." Club meetings: Call Pegatha for details. 321-951-2528

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

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

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

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

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

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

3rd Thursdays COCOA. Just Say Yes! To Laughter: Come laugh "Jest for the Health of It." Club meetings at What You Love To Do, 602 Brevard Ave, Cocoa Village, Call Pegatha for details. 321-951-2528

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

Friday COCOA Tarot Readings 2:00 - 6:00 pm. \$30.00 per $\frac{1}{2}$ hour. Reiki Energy Circle 7:00 - 9:00 pm. \$10.00 Fee. Fae Gathering 676 West Ave. 32927 call 321-735-0028

CALENDAR CONTINUED ON NEXT PACE...

OUR CALENDAR OF EVENTS

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

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

Saturdays HOLLYWOOD 11:00am Yoga with Glenn Allen at Hollywood Metaphysical Chapel 954-923-0066. \$10.00 per class

Saturday COCOA Tarot Readings 2:00 - 6:00 pm. \$30.00per 1/2 hour. Aura Photography 3:00 - 6:00 pm. \$25.00. Drum Circles held on Saturday nearest the Full Moon. 8 - 11:00 pm. Fae Gathering 676 West Ave. 32927 call 321-735-0028

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

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.ifsk.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

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

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

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

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

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

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

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

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

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 blessings of Grand Master Cho Kok Sui and Master Stephen Co, you are invited to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313

September 4 HOLLYWOOD 7:30 p.m. Weekly classes on The Philosophy and Phenomena of Spiritualism. \$15 Donation per class. Please call Hollywood Metaphysical Chapel 954-923-0066

September 5th HOLLYWOOD 7:30 p.m. - 4 week class on the Native American Medicine Wheel, taught by Rick McBride. \$40 per week or save by prepaying \$130 for all four weeks. Please call Hollywood Metaphysical Chapel 954-923-0066 to place your reservation.

CALENDAR CONTINUED ON NEXT PACE...

OUR CALENDAR OF EVENTS

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

Friday, Sept 7, COCOA VILLAGE, 7-9pm Christopher Tims, "Living the Spiritual Life" - \$25.00 - What You Love To Do, 602 Brevard Ave, 321-504-0304

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

September 9 HOLLYWOOD Robert Austin, crystal bowl sound healer, speaking at the 11:00 a.m. service followed by a crystal bowl concert at 1:00 p.m. Bring a pillow and mat to lay on. Donation \$20. Please call Hollywood Metaphysical Chapel 954-923-0066 to place your reservation.

Thursday, September 13, COCOA VILLAGE, 6:30 pm, "Ask Dr. Robin" featuring Dr. Robin Siebold, FREE, What You Love To Do, 602 Brevard Ave. 321-504-0304

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

Saturday, Sept. 15th, 2007 COCOA VILLAGE 10:30 am to 12:30 pm at What You Love To Do, 602 Brevard Avenue. "Put All the Universal Laws to Work for YOU!" The Law of Attraction is only one of the many Universal Laws. Learn more about these laws and how you can put them to work for you. Can they be broken? Where are they written? What is there purpose? Why are they so important? Presented by Self-Discovery Expert, Steve Hart. www.SecretAgreement.com 321-258-8132

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 - early discount registration (save up to \$35 for 2) - contact Bob Greene - Fort Lauderdale: 954/925-2352 or Toll Free: 866/701-1113

Friday, Sept 21 COCOA VILLAGE Feng Shui with Ariel Joseph, 6pm-10pm, 602 Brevard Ave more info: amontondoo@cfl.rr.com

Saturday, Sept 22 COCOA VILLAGE 40 Days to Transform Your Life with Ariel Joseph, www.intentionalize.com, noon-6pm, 602 Brevard Ave Cocoa Village, more info: amontondo@cfl.rr.com

September 23 HOLLYWOOD Michelle Whitedove, Spirit Medium, Author, speaking at the 11:00 a.m. service followed by a workshop at 1:00 on Soul Mates and Karmic Contracts. Workshop donation \$40. Everyone will receive a personal message, bring a photo or an important question. Book signing following. Please call Hollywood Metaphysical Chapel 954-923-0066 to place your reservation.

Saturday/Sunday Sept. 29-30 NORTHPORT, FL Suzanne St. Onge PhD,RN leads a Revitalizing, Heart-Soothing 2 day Retreat in North Port, FL. LEARN: Emotional Freedom Techniques, Reflexology, Intuitive Sound and Movement Meditations, and Supportive therapy in dyads and group. Individual Reiki healings are also available. Comfortable accommodations. Limited to 4. Cost \$169.00 Call 941-258-1547.

Starting Tuesday Sept. 25 NORTHPORT, FL from 7-8:30 pm Suzanne St. Onge PhD,RN leads a group on JOY and HEALING through CHANT and MOVEMENT. \$10.00 per class. Explore CHAKRAS and Develop your Voice and Intuition. Call 941-258-1547

October 2, 2007 7 PM MELBOURNE Experience the Energy of Your Own Life Force with Master Stephen Co. Powerful and effective techniques to harness your life force. Activate your heart and crown chakras to flood your bodies with Divine Love, Peace and Bliss! Master Stephen Co is the author of "Your Hands Can Heal You", and a world renowned Master Pranic Healer. Join Master Co at Unity Church of Melbourne, 1745 Trimble Rd. Directions: 321-254-0313. Love offering for Unity. Details at yourhandscanhealyou.com and view CBS News coverage online.

October 3, 2007 4 PM WINTER PARK Experience the Energy of Your Own Life Force with Master Stephen Co. Powerful and effective techniques to harness your life force. Activate your heart and crown chakras to flood your bodies with Divine Love, Peace and Bliss! Master Stephen Co is the author of "Your Hands Can Heal You", and a world renowned Master Pranic Healer. Join Master Co at the Winter Park Library, Lifelong Learning Institute - community room - 400 E. New England Ave. Directions: 407623-3279. Free. Details at yourhandscanhealyou.com and view CBS News coverage online.

October 3, 2007 7 PM ORLANDO "SuperBrain Yoga® and Pranic Healing® with Master Stephen Co. Ancient Tools for Harnessing the Energy of Your Own Life Force." Master Stephen Co is the author of "Your Hands Can Heal You", and a world renowned Master Pranic Healer. Join Master Co at Christ Church Unity, 771 Holden Ave, Orlando. Directions: 407-852-3940. Love offering for Unity. Details at yourhand-scanhealyou.com and view CBS News coverage online.



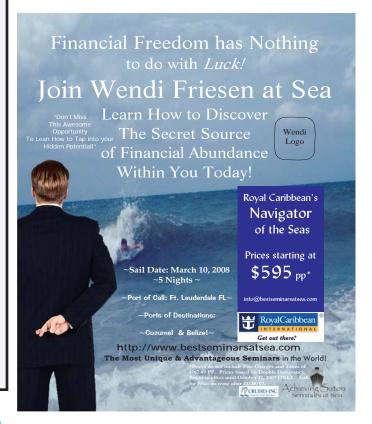
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Roger is the Principal Minister of the Church of Iron Oak, ATC. He is also the East Coast Presiding Elder with the Aguarian Tabernacle Church, an international Wiccan Church. He loves nature and finds Spirit among the trees and flowers, even after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

ummer, the air's a bit cooler, what's not to be happy about? It's with this happy note that I get something off my mind. It's that "Wicker Man" thing. You know, the movie of the same name had

it and Julius Caesar said it and a whole bunch of people believed it. It seems that during the Gallic wars, Julius Caesar claimed that the Druids performed human sacrifice by burning a guy in a big wicker work figure. This was supposed to have been as the Celts celebrated the end of the harvest season. The story was given again in the movie "Wicker Man" where the poor, hapless protagonist was trapped inside the wicker man and set afire at the end of the movie.

Gee, guys, gimme a break! Rome was at war with the Celts. That's like asking someone in the old Soviet

Union during the Cold War what they thought about the United States. "Oh what lovely people"? "Real peace lovers"? No, I don't think so!

So, what was it? Most likely, it was a regional harvest celebration where the figure was nothing more than a big poppet made of wicker put together to signify the end of summer and the harvest season. No hapless man inside. Actually, we do burn a figure in the United States at the Burning Man Festival in Nevada...again, without the man inside!

Sept 3rd - USA: Last day of the Burning Man Festival, sorry you missed it!

Sept 4th - Hindu: Krishna Jayanthi (Krishna Asthami)

Birthday of the Lord Krishna

Sept 9th - Gnostic: Celebration of the Descent of the Holy Sophia

Sept 11th - New Moon at 8:45 AM, EDT Sept 13th - Islam: Beginning of Ramadan Sept 13th - Jewish: Rosh Hashanah

Sept 14th - Egyptian: Festival of Sobek, the Egyptian crocodile god

Sept 14th - Egyptian: Feast of Lights, a general festival

for all the Egyptian gods and goddesses

Sept 15th - Hindu: Ganesh Chathurthi, birthday of Lord Ganesh

Sept 20th - Confucianism: Birthday of Confucius

Sept 22nd - Jewish: Yom Kippur

Sep 23rd - Autumnal Equinox 4:51 AM EST

Sept 23rd - Wicca: Mabon, northern hemisphere, Os-

tara, southern hemisphere

Sept 26th - Full Harvest Moon, 3:47 PM, EDT



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UGIT YOUR WORLD

...continued from page 15...



Every one of us is a divine child of **God**. Every one of us is a beloved child of God. But, at some point many of us have taken our inheritance – our ability to choose how we will cocreate our life – and we have attempted to go it alone. We have gone to a far country in consciousness where we feel separate from God. And once there, we find no comfort, love or peace in the things of the world. In that far country, we have a hunger which the world cannot satisfy.

And pain and emptiness increase until we awaken and realize - I am a child of God! I don't have to eat pig food. I can go home.

This awakening starts us on path back to being conscious of oneness with God. We then surrender to God's plan of good for our lives.

And after we awaken, we realize that we are depleted physically, mentally, emotionally, and spiritually. Some of us may have the idea that we must be punished for "riotous living". But God says, "No. No. I never stopped loving you. I am so glad you have returned home - my son, my daughter who was dead to my love is alive again! Only the best will do for this, my child."

We live in famine, want and depletion of energies only when we forget oneness with God. Today some of us ready for awakening.

As we awaken to the truth of being a child of God, the way that God nourishes us, the way that God responds to us is through prayer. The can experience God's welcome, God's love, God's lavish abundance through prayer.

Prayer breaks down our old attachments to the world and our limited self-perceptions. Prayer moves us into state of grace that guides us in making loving choices for ourselves and others. With prayer, life takes on ease and efficiency previously unknown.

When prayer is priority, awareness of oneness amplified and miracles become natural order of our days.

A Course In Miracles: "Once you accept God's plan as the one function that you would fulfill, there will be nothing

Don't live with pain

Let me help

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else the **Holy Spirit** will not arrange for you without effort. He will go before you making straight your path, and leaving in your way no stones to trip on, and no obstacles to bar your way. Nothing you need will be denied you."

In this awakening stage something fairly shattering usually happens. Often it is a crisis that gets our attention - we come to realize that we are not in control and do not personally have all resources necessary to heal life.

Whatever happens to us in awakening stage happens to push us into confronting our fears. Until we confront our fears, we can never be completely healed and whole.

Awakening may come in form of divorce, onset of serious illness, accident, unemployment, financial loss or death of loved one. We can view them as disaster or opportunity for healing.

Prophet Jeremiah: (29:11) The Lord says, "The plans I have for you are not plans to destroy you, but to give you a future and a hope." Prayer returns us to that awareness.

Awakening often stirs questions in us: -Is this all there is? -Who am I? -Where am I going?

Ron Roth, in his book Prayer and the Five Stages of Healing says, "You end up suspecting there must be more to life than the particular set of habits and conveniences and fears and anxieties that have become part of your everyday awareness."

And faced with these questions, we have two choices: We can go back to where we were before the questions arose OR commit to move on, no matter how hard the path seems. We move on by praying and remaining receptive to God's love. We move on by remembering in every moment that God is for us, not against us. We move on by remembering that we are covered by God's love. We move on by remembering that we choose to be awake to our oneness with God!

Padre Pio, 20th century mystic wrote: "One seeks God in books; One finds God in prayer." Prayer can be from 1-2 minutes at a time several times a day to lengthy mediations of 20-30 minutes. BUT, to be effective it must be practiced.

Whether you eat or not before prayer probably doesn't matter - that's a personal preference. Lotus position, legs crossed or uncrossed - all these are personal preference. Find what works for you.

Some find effective to simply chant "God" or speak affirmations such as "God is the only power. God is. I am." "I am awake to my oneness with God!"

This month, I invite you to pray regularly, whether you feel like it or not. And you might want to use this affirmation: I am awake to my oneness with God!

Because God gave us free will, we get to choose to be asleep or awake. Over and over again, in the big crisis of life and in the every day minutia of life we get to choose - asleep or awake. What is your choice?

My prayer for you is that you know that God is always available to us. My prayer is that you know that the minute we turn home to God his/her arms are open for us. If today as you read this, you feel like you are in a far country, I know that God is waiting to love you, to nourish you, and to fill that empty space inside. Together let us choose to be awake to our oneness with God! And so it is!

...continued from page 33...



Cultivate inner stillness. During occasions of mental and emotional calmness, notice that you are Self-satisfied in the present moment, more conscious your essence of being.

How to Quiet the Hidden Influences That Cause Mental Restlessness and Emotional Unrest

Below the threshold of your conscious awareness a variety of impulses cause waves of fluctuations and changes to arise in the mind and contribute to emotional instability. Like small eddies (whirling currents in water or air) their movements stimulate and arouse thoughts and emotions. When they are restrained and pacified, mental peace and emotional stability prevails when you are sleeping or are awake. When you are meditating, as their influences are diminished, you can more easily remove your attention from ordinary states of mind and consciousness and concentrate without being distracted. When they are completely still, your flawless Self-knowledge will effortlessly emerge into conscious awareness.

It is not only when meditating that subliminal influences which contribute to restlessness and fragmentation of awareness can be restrained and pacified. At all times, nurture peace of mind and emotional stability; calmly relate to events and circumstances; avoid activities and personal involvements that overly stimulate the senses or emotions. Be attentive in the moment. Live with a clearly defined sense of meaningful purpose. Concentrate only on essential matters; disregard or minimize what is not essential for your total well-being and spiritual growth. Discern the difference between your essence of being and what you observe or experience.

You are constantly choosing your thoughts, behaviors, and circumstances. How are you habitually thinking and behaving now, and what are your prevailing circumstances? Decide: do you want to complacently live as an ordinary, self-centered human being, or do you sincerely want to be Self- and Godrealized? The right choice should be easy to make.

Behind your thoughts and emotions, your pure essence of being remains ever what it is: serene, joyous, whole, and Self-and God-knowing. Instead of trying to "become" enlightened, by meditative contemplation examine that which you already are as an immortal unit of the one Reality. Acknowledge your true nature. Let your innate qualities, capacities, and powers of perception and expression come forth and be actualized.

Practical Guidelines

If you need support and encouragement to stay focused on your awakening path, read informative literature to nourish your mind with positive ideas. Clearly "see" yourself as being spiritually awake. Firmly believe that you can—and soon will be—fully, spiritually awake. Remind yourself that you are destined to consciously know all that can be known about your relationship with the Infinite.

Acquire valid information about the facts of life and how to easily and quickly awaken from ordinary states of mind and consciousness to superconscious states, cosmic consciousness, Self-realization, God-realization, and complete illumination of consciousness that frees you from all limitations. Wisely and proficiently use the knowledge that you acquire until you are able to experience the results that you want to have. Aspire to be Self-and God-realized while diligently attending to your daily duties and spiritual practices. Be patient while learning to meditate and experiencing the psychological changes that occur during the spiritual awakening process.

Patience is the capacity to calmy endure a situation when it is necessary to do so. Learn to be patient by being inwardly peaceful regardless of existing circumstances. Being patient (while optimistically expecting to have the ideal experiences you want to have) will also calm subliminal influences that, if allowed to be influential, may cause emotional unrest, interfere with rational thinking or efficient performance of duties, or elicit feelings of anxiety, incompetence, or sadness.

Spiritual enlightenment is not a result of filling the mind with philosophical concepts or opinions, believing a religious doctrine, or performing rituals. To be fully enlightened is to have spiritual wisdom: complete, accurate understanding of what is true, right, and enduring, that does not waver.

The foundation spiritual practice to be learned and used is superconscious meditation. Passive sitting, preoccupation with random thoughts or fleeting, mind-produced, subjective perceptions, or complacent enjoyment of pleasant moods are neither transformative nor truth-revealing. When meditating, be intentional: endeavor to transcend ordinary states of mind and consciousness. Expand your awareness beyond your mind and body. Contemplate omnipresence. Imagine that you are free in space; unconfined and unlimited. Rejoice in the pure soul joy of Self-knowing. Meaningful insights will then be had. Absolute (pure) knowledge of your essence of being and the reality of God will be revealed from within you.

Affirmatively Declare

Without hesitation, I choose to be Self- and God-Realized in my current incarnation. From this moment forward, I will discipline my thoughts and behaviors, profoundly study to acquire accurate knowledge of higher realities, meditate superconsciously, and allow my innate qualities and capacities to be fully actualized.

When self-conscious states are controlled and one is tranquil, that devotee is stable in Self-knowledge. - Bhagavad Gita 6:7

Mental, moral, and spiritual strength are acquired by contemplation on friendliness, compassion, and other noble qualities. - Patanjali's yoga-sutras 3:24

Roy Eugene Davis, a direct disciple of Paramahansa Yogananda will appear October 13th in Stuart, Florida at Unity Church of Martin County. See inside front cover for details.

...continued from page 11...



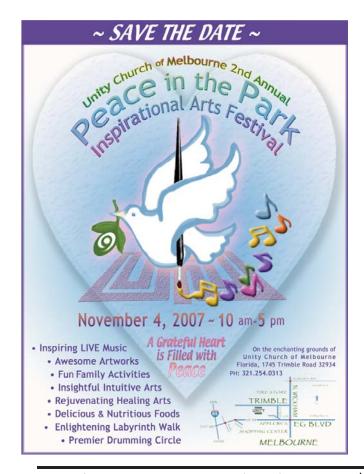
We are often more comfortable with placing blame on others than ever taking responsibility for what role we have played in the chaos we may experience. Is it that somewhere we feel by taking ownership of our experiences that we will somehow have to face we may have been the cause? Is it a fear of saying "I was wrong?" For some, admitting that they may have been less than perfect is a very difficult thing to step into because of where they have come from most likely in their past.

Children who grow up being shamed frequently and constantly criticized have deep seated issues with being made wrong, feelings of inferiority and unworthiness. Their reaction as adults will usually lean toward playing the role

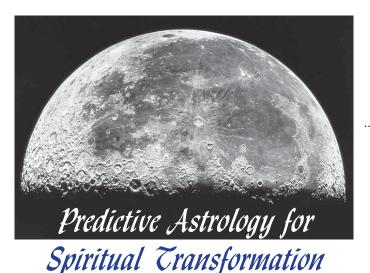
of victim and never allowing themselves to be accountable for their experiences. Are we consciously aware of such behavior and thinking when we are acting them out? Most of us are not; we do what we do the only way we know how to do it and stand in the middle of the mess and wonder why life is as it is.

Denial is a habit that becomes a prison in which we spend our days awaiting a pardon from some outside source. We believe that someone will come along and set us free from our pain, when in reality we have the ability within to set ourselves free. True freedom comes from silently seeking the wisdom and healing nature of Spirit to transform all that needs new life and healing. True awakening comes on the cusp of accountability and forgiveness of what has been. The forgiveness and denial of self brings us to a new dawn of living a joyful and abundant existence.

Life calls to us constantly to step up higher and be made whole. Acceptance of who we are, acceptance of the choices we make only add to the beauty and wonder that life is meant to be. Face what is within you! Own what is yours to own as you journey through this life and you will find a peace that passeth all understanding. The Universe loves us enough to bust our illusions when we refuse to see what we need to see. Spirit will lovingly and gently whisper to us until we answer. This wonderful call is one we don't want to miss!



HOW TO USE Horizons Magazine to create your own **Horizons Community Group** · Mark on your appointment book all Find some out of the events from the calendar you of town events are interested in. That way, when the and arrange a day comes and you're suddenly free, weekend jaunt you know about it in time to go. with friends to attend new · Have friends over once a week seminars. to discuss articles and ideas. Use psychic fairs Horizons as a basis for creating and discussion spiritual community where you are. groups, I especially enjoy discussing Alan Cohen's articles and the Abraham work. **Expand** your Horizons!



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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 83877and on the web at www.IntuitiveReflections.com, or by email at barbaralee21@verizon.net

Aries: March 20 to April 20- "I Am". There is a Harvest Full Moon in Aries on September 26. This day will be a day of clarity and celebration. Your focus this month will be geared towards your home, your roots and foundation. Now is not the time to start anything new but to focus on solidifying what you already have to make it stronger.

Taurus: April 20 to May 21- "I Have". September first begins with a moon in Taurus perfect to enjoy all the finer things in life. Your greatest need this Fall is to feel stable, safe and secure. In your state of security is when you allow the romantic and playful side of yourself to come out. In the realm of creative play, play you must to soothe the tensions of getting ahead.

Gemini: May 21 to June 21- "I Think". This is time for you to take charge of your health. You may have more than one issue going on in the realm of work as well. Push ahead you must, but do it with balance. It is also important for you to honor your drive to get ahead. The go-getter in you will not stop until you achieve your goals.

Cancer: June 21 to July 22/23- "I Feel". Your desire to love and nurture others will continue to be the driving force of the direction of the rest of your life. Although you have such an intense desire to delve into the world of the super natural, your fulfillment will come from your desire to help others heal their dark sides and come to terms with their creativity.



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Leo: July 22/23 to August 23- "I Will". The remainder of September pushes you to finish any loose ends having to do with family legal issues. You have done very well when it comes to taking a stand on your beliefs. The lesson has been about being responsible for your resources as well as teaching others to make wise money choices.

Virgo: August 23 to September 23- "I Analyze" Happy Solar Return Virgo's everywhere!! September 11, there is a New Moon in Virgo a Solar Eclipse, what a powerful day for you to focus on what you intend to create. This month transiting Saturn also enters Virgo September 3rd. Saturn will empower you to be more deliberate about speaking your truth.

Libra: September 23 to October 23- "I Balance". September 23, at 2:52 am the Autumnal Equinox happens where the Sun enters Libra. This is a time where us humans begin to wind down as we prepare for the Winter. We harvest our garden veggies and store our food for the Winter, as we continue to to take a deeper look into our souls.

Scorpio: October 23 to November 22- "I Create". You have come full circle with your creation. If you do not like what you see, then it is up to you to change it. There is nothing to regret, because everything that has happened has happened for a reason. In the future you will be so much more clear about your goals and dreams. Be careful what you talk about, because you just might get it.

Sagittarius: Nov 22 to Dec 21/22- "I Perceive". Sept 19, is a good day to reevaluate the direction of the rest of the year. Sometimes when the energy feels stuck that is not a time to move forward, more of a time to stop and take stock of how far you have come and where you are going.

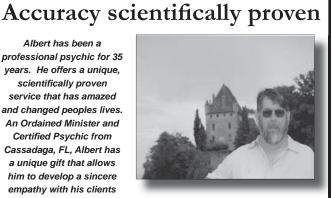
Capricorn: December 21 to January 20- "I Use". In the midst of this beautiful Fall, you will learn to let go of issues that have bothered you for some time. You can run but you can't hide, but what you do is bury yourself in your work hoping that the problem will go away. Sorry to tell you that the problem will not go away. It can only be resolved with love and forgiveness.

Aquarius: January 20 to February 18- "I Know". Prosperity is all around you, living in that vibration and higher frequency will only attract lots of good things and experiences to you, including money. Listen to your intuition and you will manifest your wildest dreams. With Neptune in Aquarius money comes to you from your psychic ability. TRUST it.

Pisces: February 18 to march 20- "I Believe". Travel and lots of it will open your eyes to how the other half of the world lives. Your mind is so full of ideas, and you have so much to teach. Do not allow others to dampen your enthusiasm, your excitement and awareness of learning new things is what drives your passion. Light your fire with desire and create abundance on all levels.

Rev. Albert J. Bowes 386-228-3209 • Cassadaga

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



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CREDENTIALS:

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

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

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

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

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OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. We do this by our intentions, beliefs and expectations, by every thought we think and every word we speak.

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

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

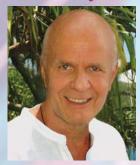
From my heart to yours, Andrea de Michaelis

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