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On the Cover (page 26)
Moongal with Raven
by Andrea de Michaelis

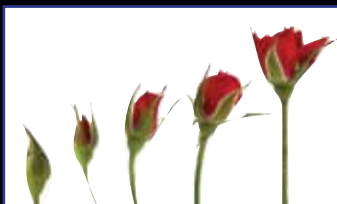
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"And the day came when
the risk to remain tight in
a bud was more painful...
than the risk it took to
blossom." Anais Nin



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

HORIZONS MAGAZINE is distributed **FREE** each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. **HORIZONS** is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

ARTICLE SUBMISSION: You may submit articles of up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and paid for.

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

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

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

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

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

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

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



YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE



Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Hello and welcome to the January 2016 Horizons

On December 2, 2015, my beautiful friend and the Horizons Magazine astrologer for 19 years, Barbara Lee, passed suddenly. She was a bright shining star who will be missed. Her horoscopes were the highlight of the magazine. I found Barbara Lee when I picked up a magazine called The Rose Garden at 1996 San Francisco Whole Life Expo. I was so taken by her insights and her accuracy for me in the moment that I called and had a long conversation with her. When a few months later the Horizons astrologer gave notice she could no longer do the monthly horoscopes. I called Barbara and the rest is history. She will be missed. We'll meet again, my friend.



Barbara Lee

A friend asked the other day, don't I ever get tired of doing the same job (the magazine) myself over and over every month for 20+ years, chasing ads, hauling around magazines? I smiled at her perception of what I do. No, I've not yet tired of it.

While I do haul around magazines and I don't have volunteers, employees or salespeople, I don't chase ads other than sending out monthly invoices. I'm blessed that word of mouth sustains the mag. Once a year I may send out an email giving the ad specials. Prices are low since I'm not in it for the income, I'm in it for the outcome. Our ad rates haven't changed in years and that's because Horizons wasn't created to generate income. It pays for itself and I earn dollars otherwise. In my 30+ years professional practice as a psychic reader and spiritual advisor, it's far more than a job. It's part of my mission, and a venue for connecting with those who are asking questions that I have the answers for.

TO ME, IT'S ALL ABOUT FOCUS. Horizons is all about keeping the reader focused for the time it takes to read the magazine, focused on what possibilities and opportunities are available for them to attract to themselves. What is possible once the reader takes time to set an intention, release resistance and then look for evidence of it everywhere.

LOOK FOR WHAT? Look for happy, healthy friends, couples in love, money changing hands, know that miracles can be right around the corner. What corner? The corner of your current belief system. This isn't magic or cultish. This is simply expanding

your perception so you begin to understand more of your world around you.

I remember when I first got glasses to drive at age 30. I was surprised at all the detail that suddenly came in to view all around me! The individual leaves on the trees, every printed sign everywhere. It was overwhelming. I was so dazzled to distraction by it that I took the bus to work from Kendall to downtown Miami for a month to get used to it. As a near sighted person seeing long distance clearly for the first time, and as a professional psychic and medium, I learned that having the broader view has a downside. After all the years spent trying to tune IN to the essential, I found the harder task was learning to tune OUT the UNessential.

WHY DO I NEED TO EXPAND MY PERCEPTION? Maybe just to reassure myself that I'm living the happiest life possible. My world changed on an unplanned and unexpected cross country trip to California in the 90's. My mother had literally died 2 days before. I encountered a new world every day of the 8 months I lived there. Among other places, I visited Hayhouse in Carlsbad and Self Realization Fellowship in Encinitas.

I'd often dreamed of becoming an author. Meeting many of the leading authors in the new age field and connecting with new ones and getting to know them let me see that their life was more about promotion and book selling than it was about writing and teaching. Although I understood the need for this, it helped me decide that was not the kind of life I wanted. It did however introduce me to the world of professional consulting and ghostwriting, and I entered into several collaborations and close friendships that endure to this day.

Being in California for almost a year helped me clarify my mission. I spent hours a day atop Mount Fremont overlooking the Monterey Bay, listening to inner guidance and pondering my next step. When I returned home after 8 months' away and saw the stack of "important projects" I'd been working on, I saw right away my heart wasn't in them. They were merely me on a hamster wheel, creating busy work and going nowhere with it.

Although I'd not felt "unconnected" prior to my mother passing, living in California for 8 months opened me to a whole new level of connection. I began to see the expanded view. Much of that had to do with me being in an entirely new environment, so I literally saw nothing of my "former life, my Florida life" as I was living "this California life." Everything being knew meant I did not know what to expect. There's an excitement in that that I'd been missing for years. Missing it was the source of my resistance. When my resistance dropped, by travelling to a new location and seeing new sights and hearing new sounds and nothing familiar, the floodgates opened with new experiences. By the time I returned from California, Horizons took on a more personal tone.

So with Horizons each month, I'd like the reader to be able to sit for an hour where no one is telling them what they can't do or what they'll never have. I'd like the reader to glance through

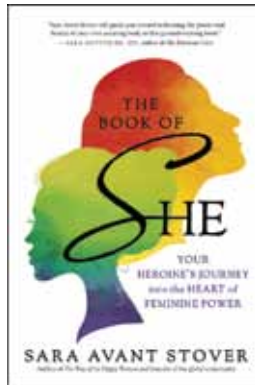
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CONNECTING TO THE EARTH

Sara Avant Stover is author of *The Book of SHE* and *The Way of the Happy Woman*. Visit www.thewayofthehappywoman.com.

In order to connect with ourselves, we need to first connect to the earth.

This process, called earthing, stands as one of the most important self-care practice we can do each day. When we're cut off from the earth, we're also cut off from our bodies, and then we can't hear our inner wisdom telling us what we need to do next. We're disconnected from our greatest inner resource — our embodied sense of home and wholeness.



Once again, scientific studies now tout what sages have known for centuries — there are tremendous physical benefits to earthing. Simply putting our bare feet on the ground outside for ten to twenty minutes a day helps to reduce chronic inflammation, the primary cause of virtually all diseases. Since our skin serves as a conductor, when we touch any part of our skin to the earth, free electrons — the most powerful antioxidants available — flow from the earth into our bodies. Clinical studies have shown grounding experiments to cause beneficial changes in heart rate, decreased skin resistance, and decreased levels of inflammation.



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Earthing also helps to placate us emotionally and mentally by shifting our nervous system out of a stress response and into its parasympathetic, or “rest and digest,” mode. Just as crying babies calm down when we hold them, we too calm down when we feel held. Since it's not always possible for another human being to hold us, we have to extend our awareness to what is already always holding us — the earth herself.

When it's warm enough here in Colorado, I love practicing yoga barefoot in my backyard. If I'm in the throes of a busy day and feeling scattered, I'll simply take a ten-minute break from my workday. I go outside, take off my shoes and socks, stand on the grass in a patch of sunlight, and do the visualization I offer next. I always return to my desk feeling more energized, relaxed, and in touch with my inner resources.

One of the many wonderful advantages of the practice of earthing is that you can do it anytime, anywhere. You don't need a patch of grass to do it! I did it when I waited for the tea kettle to boil this morning and when I sat down at my desk to write. You can do it in the shower, even while waiting in line at a café. If you want to test yourself to see whether or not you've shifted your center of gravity from your head to your belly center, lift up one foot and close your eyes. If you can balance, you're in your belly.

It's empowering to recognize that the earth lives within you, always. I always associated earthing with my feet growing roots down to the earth only. It was very helpful to know that grounding comes from our belly. When I pinpointed the spot, it made all the sense in the world! I think for most of my life when I felt that rumble or sinking feeling in my belly, I thought I was hungry, so I just ate something. Now I see that in those cases what I'm really hungry for is a grounded connection to myself. When you pause to actually feel your belly, you're able to give yourself the deeper kind of nourishment that it's asking for.

CULTIVATING AN INNER SENSE OF “HOME”

When first learning to feel at home within ourselves, we need calm, soothing environments to help us get grounded. I asked women what helps them to feel like they're “home.” They said:

- Walking among trees • Camping, sleeping outside
- My meditation cushion • My yoga practice
- Playing with my nieces and nephews
- Cuddling with my dog • Watching a movie in bed
- My husband's chicken soup • Swimming in the ocean

There's nothing complicated about any of these things. Most are available to us every day. The more we immerse ourselves in these outer safe refuges, the more we're able to mirror them inwardly. Then when we find ourselves feeling like we're falling through the air with nothing to take hold of (as will always be the case during our initiations), we're able to more easily cultivate a sense of ground within the only steady refuge we ever have — our own bodies.

Excerpted from *The Book of She: Your Heroine's Journey into the Heart of Feminine Power* ©2015 Sara Avant Stover. Printed with permission of New World Library. www.newworldlibrary.com

ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Author of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and NY Times Best Seller, Money and the Law of Attraction, visit www.abraham-hicks.com. This excerpt from The Astonishing Power of Emotions

A Simple Choice: Which Thought Feels Best?

Guest: I've heard for many years that we create our own reality, and I have always wondered, more specifically, how do we create our own reality?

Abraham: When you say, "We create our own reality" or "I create my own reality," the first thing you have to do is accept that "I" didn't just start with this body that was born back in whenever it was born. I am a very old being that has been projecting thought into this time/space reality long before my Spirit took part in this flesh. And so, I and others like me, have projected all of this.

Guest: Okay. So what I'm understanding from you is that there are lots of different vibrational frequencies and groupings of frequencies, and the platform that is my current agreement has an average vibrational frequency. And it is out of that average frequency that my contrast occurs, and my desires come out of that. And all I need to do is use my Guidance System to sense the things that are basically of a higher vibration -- things that make me feel better. And by controlling the focus of my attention on those things, then that pulls forth the Energy from my Inner Being that flows toward that and creates more of it...So, the main thing that I should be working on is my ability to focus and to maintain a focus?

Abraham: Here's the thing that we want you to hear: The contrast provides stuff to focus upon and gives you the variety that, naturally, without effort, gives birth to the desire within you. So that's just a natural consequence of coming into an environment that produces that.

So now, the desire is within you. It was born out of the contrast, and now your work is to align your Energy with this new-found desire, which means think about this subject that has been born within you -- and feel good at the same time. That's the modulation process: Think about your desire until it feels good. Think about it until it feels familiar. Think about it until feeling like this, feels like the most normal thing in the world to you. And when you and your new desire are in alignment -- then the manifestation occurs.

We often say to you: "Think about what you want and decide what you want; decide what you want." And the reason that

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Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Visit www.herbcorner.net 321-757-7522

Reduce Cortisol Levels with Herbs

Cortisol is a steroidal hormone that falls into the category of hormones known as “glucocorticoids”. It’s part of the “fight or flight” response produced by the adrenal glands where the body produces cortisol in response to emotional or physical stress, real or imagined. When faced with life or death situations **cortisol** increases the flow of glucose, protein and fat out of your tissue into the blood so the body can handle stress. Stress is a normal part of life; however excessive stress is not good for your health. Some signs that you might have elevated cortisol levels can be reduced kidney functions, high blood pressure, suppressed immune function, impaired connective tissue, decreased strength, fatigue, angina, decreased digestive secretions, asthma, auto immune disorders, re-occurring headaches, Type II diabetes, PMS, IBS, ulcerative colitis, ulcers, osteoporosis, hair loss, low testosterone, excessive body fat, low libido.

When it comes to herbs **Adaptogens** like **Eluthero**, **Ashwaganda**, **Ginseng**, **Astragalus**, **Schizandra**, **Reishi**, **Maitake** or **Shitake** may help reduce the output of cortisol from the adrenal glands. These herbs have normalizing effects on the body helping the body to better cope with stress. They help improve metabolism and blood sugar levels, curb sugar cravings, protect the liver, improve energy and stamina, enhance muscle tone and strength, and help improve sleep. **Adaptogens** like **Eluthero** help normalize reactions to physical and mental stress helping the body withstand conditions that might stress the body such as, extremes in temperature, extended noises, increased workloads or long periods of physical exertion. And **Rhodiola**, which helps to improve energy and concentration by fighting fatigue, especially if you work long hours.

Herbs like **Chamomile**, **Schizandra**, **Passion Flower**, **Kava**, and **Skullcap** have Nervine properties. These herbs help calm the whole body especially the nervous system. The nervine **Gota Kola** is a strong antioxidant herb that is adaptogenic with toning properties especially to the nervous system. Besides being a nervine **Schizandra** is an adaptogenic and tonic herb that helps to protect the liver. It improves physical endurance, fights fatigue, stress and eases insomnia.

Herbs like **Holy Basil** can be used to normalize cortisol levels rejuvenating the body by nurturing the adrenal glands bringing it back into balance. It helps to improve vitality, lowers blood sugar, reduces stress and depression and it can lower blood pressure and blood sugar. **Ashwaganda** and **Astragalus** help rejuvenate the whole body, supporting the immune system; enhancing recovery time because they help the body better cope with the stressors that weakens the immune system. **Gymnema Sylvestre** helps improve insulin responses and blocks craving for sugar. And **Suma** is good for fighting fatigue and stress plus it helps fight inflammation, reduces blood sugar and lowers blood pressure.

Try to reduce stress in your life and allow yourself time to recover from stress as much as you can. If this is not possible try deep breathing, yoga, gardening, walking, massages, or meditation; may help during stressful times.

Astrology: From Judgement to Compassion



Jinjer Stanton lives, writes and teaches yoga in Minneapolis, MN. Her most recent book is *Mousenapped: An Inter-species Adventure* about an intuitive girl who befriends a mouse. Her book *Yoga for Every Room in Your House* was a finalist in Midwest Book Awards. Visit jinjerstanton.com/wp/

Way back at the beginning of time. Okay, my time. Okay, the time when I had aged out of childhood and not yet adapted to adulthood. Way back then, I knew already that I wanted to be a writer. I was voraciously reading *Writer's Digest* and had decided I needed to start out by writing articles and getting paid. What to write ... what to write ...

I also was consuming *Scientific American* and *Omni Magazine* at a terrific rate. It was in *Omni Magazine* I found my inspiration. Some guy named "**The Amazing Randi**" wrote an article denouncing astrology as a pseudo science and labeling all those who practiced it charlatans, and all those who believed in it morons.

I set the magazine down, filled with satisfaction. Here was my chance. **Randi** was right about astrology. He'd taken a thousand words to state a very valid opinion, but he hadn't offered any proof! I was stunned by his oversight.

This was something I could do. I could research astrology thoroughly. I could learn the silliness from the inside out and then, the masterstroke, I could write the definitive article denouncing astrology! I hadn't yet learned to think big enough to imagine a book, but I knew my career would be made if I could do this one little thing.

There are no words to describe my inner glee. So I bought a book on how to draw up a horoscope. (Thank you, **Sydney Omarr**.) It became clear from reading it that this research was going to take more resources than the \$3.95 that first book had cost. "Well," I thought, "this is an investment in my future." So I borrowed a friend's car and drove to the nearest big city where the nearest bookstore I could find that had what I needed was **New Moon (RIP)** in Minneapolis, Minnesota.

I needed an ephemeris, a table of houses, an astrological atlas of the US, time changes in the US—the total came to \$50. Think of \$200 plus in today's money. Stunned again, I fumbled for my check book. "Are you sure I need all this?" I pleaded.

...continued on page 20



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SOULSONGS ABRAHAM FUN



Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. You can join Karen's "Abraham Fun" group on FB and like her FB page, "Soulsongs." karen@karenmoneywilliams.com.

Soulsongs #437 - Problem-Solving 101

When I have a problem, the natural reaction is to figure out a solution. Most people examine their problem from all angles and then take various remedial actions.


But people who tackle problems through physical action alone often end up tired and worn. Life was never designed as a battle, struggle, or test of perseverance. Life was designed as a joyous flow of delight and adventure.

There's an easier, far more effective way to bring improvement. And that involves imagining myself already having the solution, the desired end result. Then I let my pal and partner, universal energy, line up events and opportunities for me to easily access.

Infinitely resourceful, unseen powers are, this moment, yearning to bring me situations to solve even the toughest, thorniest, long-standing problem.

Goodbye, frenetic activity. Adios, chatter about what went wrong. When I consistently envision desired results, confusion will turn to clarity and roadblocks will crumble.

I may actually begin to welcome problems, because I now know a fun and creative approach that works every single time.



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ARCHANGEL ORACLE CARDS



Doreen Virtue is a spiritual doctor of psychology and 4th-generation metaphysician who works with angelic, elemental, and ascended-master realms. Doreen is author of 50+ books about angels and mind-body-spirit issues. See www.angeltherapy.com

ARCHANGEL MICHAEL

Have you been complaining or worrying lately?

Do you consider yourself a victim of outside circumstances or people? This card indicates that you have been using negative affirmations to describe yourself and your situations. The angels are asking you to be more aware of what you say, think and write about yourself. Your past choice of words has blocked you, but fortunately, that barrier is removed the moment you choose positive words.

ACTION STEPS:

If you catch yourself saying something negative, even in jest, stop and say, "Cancel, clear, delete!" This is similar to rebooting your computer. By saying "Cancel, clear, delete!" you let the Universe know of your positive and clear outlook for yourself.



Here we are again, going around in perfect circles! Manifesting our desires, yet here we are back to worry again, so what is up with that? Well, as usual, we put our best foot forward, holding our intentions high, focusing like crazy on all the positive and amazing things we wish to manifest into our lives.... and then we hold our breath, waiting for it to all show up. So where the heck is it anyhow?

So, how long exactly do you have to feel optimistic? How long are you supposed to keep up these crazy positive thoughts, and really, how can I expect miracles around every corner when clearly there aren't any happening, well, not to me anyhow... sigh... as usual? Are you getting me now?

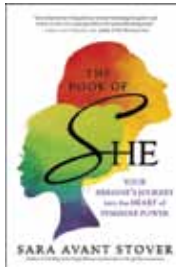
It's a permanent change in perspective. Trust in miracles around every corner... do I even need to say? Yes, it's a permanent shift in the way that you see yourself, your life and your environment. So, what's going through your head on a daily, moment by moment basis that needs to be canceled, cleared or deleted? Better get busy, you have a tidal wave of abundance and miracles coming your way; that is, if you allow it!

Two Kinds of Darkness

An Excerpt from The Book of SHE by Sara Avant Stover



Sara Avant Stover is the author of The Book of SHE and The Way of the Happy Woman. A pioneer in contemporary women's work, she has been featured in Yoga Journal, Newsweek, and Natural Health and on ABC, NBC, and CBS. Visit www.thewayofthehappywoman.com



As a little girl, were you afraid of the dark?

I used to envision green, googly-eyed monsters lurking under my bed, or slimy dragons slumbering in the lumpy shadows of my closet. We all grew up associating the dark with gloom and danger, even though it serves as the backdrop for our entire lives. As Clark Strand, author of *Waking Up to the Dark: Ancient Wisdom for a Sleepless Age*, notes, "Our lives begin in the womb and end in the tomb. It's dark on either side."

We spend one third of our lives sleeping. For much of the year, darkness shrouds half of each day. Our lives are composed of interweaving, interdependent threads of light and dark. And still, darkness gets a bad rap. We're afraid of it. We resist it. We project it onto others. We avoid it at all costs. And for good reason. Darkness reminds us of our vulnerability. Slipping into night requires a surrender into deep, dreamless consciousness that most of us resist. We don't want to unplug, power down, and let go of "doing." We don't want to veer out of the capable, wakeful part of our being that we rely on so strongly to get by in life.

In fact, we're so frequently going, going, going that we've forgotten how to rest. We feel compelled to reach for the booze, the pill, the smoke, the secret late-night snack to help us check out. When we can no longer find the off switch, we have nightmares while still awake. We can't get off the freight train of our own minds.

Our demons stir at nighttime, or during the "dark nights of the soul." About 10 percent of Americans have chronic insomnia, and many people — women especially — associate bed with trauma. Historically, people huddled together by candlelight or firelight at night to stay warm and protect each other. Now, most of us face our dark demons alone.

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FROM THE HEART



Alan Cohen is the author of the new ground-breaking book *A Course in Miracles Made Easy: Mastering the Journey from Fear to Love*. Join Alan and gifted intuitive Dougall Fraser in Hawaii, February 21-26 for a life-changing retreat, *The Guru in You*. For more information about this program, Alan's Life Coach Training Program, free daily inspirational quotes, and weekly radio show, visit www.AlanCohen.com

THE ALTAR

The beginning of a new year offers a poignant opportunity to set the priorities that will carry us through the year. We succeed or fail based on what we hold dear. Choose meaningless priorities, and you become the heir to pain. Live from what you value, and your life becomes a celebration of purpose. A Japanese coaching client told me that her father had bequeathed his children a home that contained the family altar. Then her brothers started to fight over who would keep the family altar in their home. My client was upset by the family fighting and wanted to know how to resolve it. I told her, "It's not worth fighting over, or you getting involved in the fight."

"But the altar is the doorway to our ancestors' graves," she argued.

"No, the altar is not the doorway to your ancestors' graves," I told her. "Your mind and heart are the doorway to your ancestors. The altar is a material object. It is inert, neutral, and has meaning only by virtue of your belief in it. The altar is holy only when it is used as a vehicle for love. When it becomes an object of contention, you have superimposed fear over faith. Your family relationships are the real altar to your ancestors. When you harmonize with each other and choose love as the foundation of your communication, you are honoring your ancestors in the highest way. Let go of the physical altar and worship at your spiritual altar, which is within you."

A Course in Miracles asks us to remember, "I have given everything I see all the meaning that it has for me." When we project meaning onto objects that uplift us and draw our mind to heaven, we are making the best use of the material world. When we imbue objects with meaning that drags us down, we are misusing them. At that point we must either reframe them in the service of Spirit, or let them go.

We get into trouble when we confuse stuff with spirit. Stuff was created to serve spirit. When spirit serves stuff, we have fallen into idolatry. Someone at a Course in Miracles conference observed a woman who had accidentally dropped the Course in Miracles book on the floor. Flustered, she picked up the book and kissed it reverently, as if she felt guilty and was apologizing to the book. The observer complained to Judith Whitson, publisher of the Course, that the idea of kissing a book was childish; the person who did this had made a god out

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Many moons ago I wrote of this very special time. 2016 is the final shift, a period when the veil will be at its thinnest between the physical world and the higher realms. Now is the time to deepen your spiritual life and know that this year you'll connect with more ease. It is the hope of God that mankind can raise the vibration sufficiently to create balance and to make the world an uplifting enlightened place. This big shift in consciousness and understanding will happen when we reach a critical mass or tipping point. Spread the word, this is the reason this year is so special.

Dear Michelle, When a tragedy comes to a loving family it's hard to move ahead. We've had to deal with a gruesome murder. It's hard when you feel they must have suffered. Can you give my mother some solace? From his sister in Houston

Dear Sister, It's hard to find words that will give comfort to a mother who has lost a child to a senseless act of violence. What is most important to know about the passing of your sibling and deaths of this type is that **God** allows the soul to step out of the body within the first few minutes. These souls stand by in their spirit form and watch the event play out without any concern for the physical body they just shed. They witness the scenario with detachment and then the soul transitions. Tell your mother he did not suffer in the way she visualizes it. Her son is alive and well on the other side. He checks in on her. He will greet her when the angels usher her to Heaven.

Dear Whitedove, The world is full of celebrities and famous people. Is fame predestined? **Seeing Stars**

Dear Stars, Positions of power and influence are karmic roles that specific souls are destined to play out. Tibetan leaders called Lamas have an understanding of this soul path and destiny. Many world political leaders and also heads of religious orders came in with a soul contract to do this work as their mission, not so much for their personal karma but for the betterment of humanity. They incarnated on Earth to fulfill their spiritual mission and Great Spirit's plan to re-create Heaven on Earth. As for performers and artists, habitually these souls return because their soul longs to bring joy and beauty to humanity. Lifetime after lifetime they reincarnate and utilize their creative talents and hone new skills. Then there are other souls who jump into a new arena to test the waters. Every one of us has the potential to use our free-will to shift gears and create a new life; one which can lead to fame and influence. This is a grand spiritual adventure, this Life, and anything is possible.



GEM SPOT

Margaret Ann Lembo is published by both Llewellyn Worldwide and Findhorn Press and the author of many books including Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Angels & Gemstone Guardians Cards. Three new titles coming in March 2016. She is an aromatherapist, and the owner of The Crystal Garden - a book store, gift store, and spiritual center in SE Florida. Gem Spot excerpted from The Essential Guide to Crystals, Minerals and Stones www.TheCrystalGarden.com www.MargaretAnnLembo.com

Tiger's Eye



Tiger's Eye

Imagine Magnificence! Shine brightly and allow for new beginnings. Allow beautiful gems to support your focus and intentions to have a fabulous new year.

Sunstone reminds you of your own personal brilliance and magnificence thereby raising your spirit and increasing your self-confidence. Its fiery energy evaporates out-of-balance watery emotions. This is a stone of new beginnings and brings promise and optimism. Use it to help lift you from feelings of depression by bringing you the realization that happiness is always available to you and that it is up to you.

Tiger's Eye aids you when you need to remember that the Sun continues to shine on you and how new beginnings are powerful times for renewal and growth. Gold tiger's eye helps you to release feelings of jealousy. As you observe the nature or source of your jealousy, employ this stone to focus your attention on raising your own self-confidence.

Use this GemSpot Affirmation while using the **Sunstone**, **Tiger's Eye**, and any yellow colored gems.



Sunstone

My light shines brightly. I am self-confident and recognize my value and worth. Other people also recognize my value and worth. I shine the light of compassion, kindness, and love from my heart.

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NOTES from the Universe

An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for The Secret, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit tut.com

By embracing uncertainty with regard to the "hows" of dream manifestation, and allowing it, not fearing it, you actually increase my options for blowing your dear, sweet mind.

Yeah, this is good. Really good.

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Astrology: From Judgement to Compassion



...from page 11...

"Oh, yes!" the clerk answered cheerfully. "And I highly recommend this Table of Midheavens and Ascendents. Because sometimes all you want to do is a quick and dirty chart to see what's what." Then she cocked her head and smiled benignly. "You know, we have a beginners' class starting up in a couple of weeks. You could sign up for that." I staggered away thinking, "This is an investment in my future." And it was, just not the way I'd planned.

I read **Sidney's** book through twice. I struggled with the math but managed to draw up a couple of accurate charts (of course mine was one of them). Then I showed up for my class (think \$100 plus or so in 2015 dollars).

I buried myself in a special language and was relieved to find that astrology did, at least, have a logical basis. It was rooted in mathematics. It was also really complex. There were quizzes and take-home tests (to make sure we were understanding the material).

Having been through boot camp, I was ready to tackle doing charts for friends and co-workers, keeping in mind that I knew these people and liked them, so of course, my readings were accurate. Then, a new woman was hired at the restaurant I worked at. Her very essence seemed repugnant to me. What a perfect test. If Randi's thesis was correct I would not be able to accurately describe her personality and life.

With her permission, I went home and drew her chart. I pored over my reference books (did I mention I'd been buying a few interpretation aids. Don't ask how much they cost). I made careful notes and tucked my ace carefully up my sleeve. We met at a table in the back of the restaurant. I went meticulously through my notes and with every statement I made she nodded her head. Every now and then she said, "yes, that's true." Until, finally, I was forced to pull out my ace and slam it (metaphorically speaking) down on the table.

I said, "And your father either died or left when you were very young." A very specific event attached to a narrow range of time. How can such an uncommon event be predicted by someone, me, who knew nothing about this woman's life? It couldn't.

She said, "Yes. That's true. My father left home when I was six years old and we haven't seen him since."

Somehow, I managed to finish her interpretation. Somehow I finished my day of work. But inside, my world view, the structure in my life that helped me make sense of the world, was crumbling. A part of me wanted to make a stand and say, "No. That's a bunch of hokum," pretend nothing happened.

But long ago, in my teens, I'd observed adults holding onto beliefs in the face of incontrovertible evidence that refuted those beliefs. I swore at that point that if I were ever faced with such a thing, I would accept the proof and change my beliefs. It was time to put up or shut up. Easier said than done. (Let it be said, I haven't turned my back on science, just come to understand that it doesn't know everything.)

So, in integrating my hard-won astrological knowledge I had to figure out what it really meant in my understanding of the world. And the first thing it did for me is plant the seed of compassion. Compassion arises from a sense of shared humanity.

My first vision of shared humanity came out of the unavoidable astrological truth: in the horoscope of every human (or cat, or penguin) there are two lights (the sun and moon) and eight planets (Earth is where we stand and not included). The moon did not disappear from the sky when Jinjer was born just because she prefers not to deal with emotion. Saturn does not disappear from its orbit when a slacker is born just because he or she prefers to avoid responsibility.

In my science and logic-fixated brain the world was very black and white, right and wrong. Anything that came from logical thinking was ipso-facto right. Anything that came from emotion was just wrong.

And just because someone prefers to avoid emotion, or intellect, or responsibility does not mean that those things are not part of her or his makeup. These are the little surprises along the way that keep us from being bored. If we try to ignore them, they sneak up and bite us in the butt. Sometimes they draw blood.

We are used to thinking of astrology mostly in terms of sun signs from **Aries** to **Pisces**. More people nowadays are aware of having a moon sign and ascendant as well. **The Big Three** they're sometimes called.

Also part of the lineup are **Mercury, Venus, Mars, Jupiter, Saturn, Uranus, Neptune**, and under-respected **Pluto**. We all have them like we have teeth and toes and ribs and ... Just like some of us have teeth that wear like iron and others have teeth prone to rot, some of us love beauty for beauty's sake, while others only see beauty in something designed to get the job done.

We are all the same. We are all different. What this meant for me was to realize that when I am engaged with someone, let's say my **Piscean** brother (the definition of emotion), astrology enables me to see that his whole approach to life is different than mine. Not wrong. And because of the way he works, the past affects him in a more emotional way than it does me. It's not him trying to drive me crazy.

I began to feel compassion toward him rather than annoyance.

SOUL SHAPING



Former criminal lawyer and psychotherapist, Jeff Brown is author of *Love It forward*, *An Uncommon Bond*, *Apologies to the Divine Feminine* and the spiritual documentary - *Karmageddon* - which stars Ram Dass, David Life, Deva Premal & Miten. Soulshaping.com

How to Prepare Emotionally for the Death of a Difficult Parent

My Mother passed this summer. I always imagined there would be more time for us to heal the rifts. I was wrong. She was 76. I did

tremendous amounts of therapeutic work on the relationship over the years. I knew that I had to, yet I fell prey to self-blame. I spent the summer trying to understand, and then it dawned on me. My mother is no longer in her body-suit, no longer emotionally threatening, no longer difficult to relate to. Until you lose a parent, you are somewhat asleep on the path to awakening. It's a whole different world after they go. This is true whether you are close to them, or not. The preparation work you do before they go, may be the most important inner work you ever do. Left to its own devices, the shame game will obstruct and distort a real healing. Better to do real work around this before the parent dies, if there is anything that is unresolved. Here are some suggestions to soften the blow:

CONNECTING WITH THE DIFFICULT PARENT

If one or more difficult parent is still alive, and if there is enough safety to bridge to them, do all that you can to connect to work through and express anything you are holding. This includes unhealed grief, unexpressed anger, unresolved experiences. Anything that feels incomplete or unsaid. Leave no stone unturned, anything that will help you understand the dynamic and to be liberated from the toxic aspects of the relationship. The focus of this process is not on forgiving them but on healing your own heart and coming to terms with what you have been through. To make sense of the effects that their availability and ways of relating may have had on your ways of moving through the world. Particularly important is doing anything possible to humanize your lens on the difficult parent. To see them for who they really are, to walk inside their shoes. The more you see them in their humanness, the more you understand where they come from, the less likely you are to blame yourself.

HEALING IN THE ABSENCE OF THE DIFFICULT PARENT

We don't need a willing counterpart to work through the effects of a connection, to clear emotional debris. Become conscious of the connection between their hurtful words and actions and your own issues and beliefs. Work to shed any internalized negativities, patterns of self-blame, ancestral shame. Confront and name the ways in which the dynamic has lived itself out in your daily life. Because the parent is not available for process, it may be more difficult to develop a deeper understanding of who they are and the context they emerge from. To help with this, do all that you can to dialogue with their friends or other



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Sunrises and Sunsets, Final Affairs by Holley Kelley, M.S., C.P.G.

family members. Anyone who can help you to understand the pressures they faced, the childhood they experienced, the messages they internalized. All too often, we forget that the ways that a parent behaved were consistent with their times. Like us, they were embedded in and influenced by particular ideas of gender, child-rearing, duty and obligation, religious perspective. It can be especially helpful to spend some time watching films, reading old newspapers and magazines, to develop a richer understanding of the limitations and relational patterns of their generation. You don't do this in an effort to excuse their behavior- you do this in an effort to understand their context. Again, the more you can understand where they were coming from in their relationship with you, the less likely you are to personalize the state of the connection after they die. We go back in time, in order to move forward more freely.

RESOLUTION DOESN'T HAVE TO LOOK A CERTAIN WAY

Whether you are doing this work in the presence or the absence of the difficult parent, it is important to remember that resolution is not always possible. The bridge between you may be destroyed, or you may be dealing with one who is simply incapable of doing the work. If so, accept it without continuing to come back for more disappointment. Until we accept the limitations of those who cannot love us, we cannot embrace the willingness of those who can.

Resolution doesn't always look a certain way. Sometimes it is soft and kind. Sometimes it is choppy and erratic. Sometimes accepting the impossibility of the connection is the resolution. And sometimes the resolution is accepting that it was perfect, despite its impossibilities and challenges, because it carries us to the shores of our own empowerment. With every clearing of our emotional debris, with every foray into a kinder way of being, we heal the collective heart. So many of our familial and karmic ancestors had little opportunity to heal their pains. They just carried them with them, not realizing that there was any other way. When we heal, their spirits surely breathe a sigh of relief. We heal them backwards, while healing ourselves forward. We heal in unison. That healing begins in the trenches of our own transformation.

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COVER ART

Moongal with Raven

by Andrea de Michaelis



I've published **Horizons Magazine** since 1992. I use painting as one medium for my spiritual path. When I feel led to paint a person, I take them as a guide who's come to give me a message. They tend to have **wild hair** since hair is a natural extension of the nervous system, like fine antennae enhancing intuition and guidance. They tend to have **large eyes** for seeing the broader picture than I do. **The Moon** appears often in my work. It has to do with illumination and reflection, reminding that those around you are reflecting back at you the things you most have to learn about yourself. **Raven** is a message that synchronicity is pending. He is a master of bending and folding time and space so that you are exactly in the right place at the right time. Know that when **Raven** appears that magic is imminent. **Raven** is about rebirth, recovery, renewal recycling and certainly reflection and healing. He signifies moving through transitions smoothly by casting light into the darkness. If **Raven** is your totem, you find comfort in solitude and enjoy your own company. **Raven** seeks stillness and quiet, and prefers it. When you dream of Raven, he is letting you know that a change of consciousness is imminent. This omen signals you to watch for the clues and that new heights are possible. She's wearing a **Moonstone** bracelet. Moonstone is the bringer of calm, peace and balance. A stone for "new beginnings," moonstone is a stone of inner growth and strength. Moonstone enhances intuition, promotes inspiration, success and good fortune in love and business matters.

Read Horizons at <http://horizonsmagazine.com>
Andrea's blog -- <http://horizonsmagazine.com/blog/>



Alan Cohen

...from page 14...

of an inanimate object. At a later conference, **Judith** walked onstage to give her lecture, tossed a copy of the **Course** on the floor, stood on it, and gave her lecture from that position, noting that the purpose of the book is to live its teachings, not bow to the object that contained the teachings. The book is just paper and ink. Its lessons are eternal. The truth far surpasses the container.

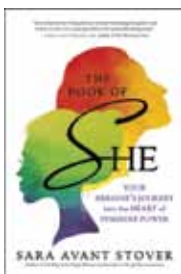
A similar story rings from **Japanese** history. When **Christianity** came to **Japan**, the **Tokugawa shogunate** government was threatened by the new religion, and waged an inquisition against Christians. As a test of faith to the government, officials threw a picture of **Jesus Christ** on the floor and required citizens to step on it. If, out of allegiance to Christ, the person refused to step on it, that person was tortured or killed.

Upon hearing the story, I wondered what I would have done if I were faced with such a challenge as a Christian at that time. I would have stepped on the picture. Not out of disrespect for **Christ**, but because my life is more valuable than pandering to the whim of an idiot who threatens me with death for stepping on a graven image. I serve Christ better by being a light to the world than arguing over a symbol. I imagine if you chose to die in such a situation, that would have been a statement of faith. But I believe you would have done better to live for **Christ**, which is an energy, than to die for a painting, which is a thing.

What will you and I live for during the coming year? Fear, or love? Stuff, or Spirit? Symbols, or their source? All of these choices spring from one fundamental question: Are you, and is life, based on form, or is it based on energy? On objects, or on thoughts? On things you can touch, or on truths you can experience. Things are the result of energy. When you remain established in the source of life, things take care of themselves.

Ultimately you are the altar of love. Great Spirit wants you to retain the power invested in you, not give it away to external objects. Fighting over a thing is missing the point. Using things to join is the point. Every moment of this bright new year offers a choice between making the point and missing the point.

The only purpose of the material world is to serve as a launching pad for spiritual awareness. Every other use leads us away from joy. Everything you touch either serves healing or separation. Objects are not powerful. Belief is. Respect symbols, but go beyond them. Use your life to magnify the truth that cannot be contained in any object. Then this year will lay its divine gifts upon the altar of your heart.



Two Kinds of Darkness

...from page 13

In fact, most of humanity has simply forgotten how to relate to darkness. Over the years, with the convenience of electricity, we've all become increasingly reliant on light. It allows us to be more machine-like, more productive. We can get things done at any hour. But is this really so wonderful? Probably not.

First, women's menstrual and hormonal cycles have been affected by this shift. Most of us no longer bleed with the cycles of the moon, since we're constantly exposed to artificial light. As well, we are all becoming increasingly disconnected from our intrinsic circadian rhythms, which affect appetite, the secretion of hormones, body temperature, alertness, and sleep timing.

We're living in a time of darkness deprivation. Seen from outer space, our planet, plundered by light pollution, glows. Most of this nighttime light is completely unnecessary — streetlamps and shop lights staying on, even in unpopulated areas, through the wee hours of the night.

In order to heal, we need to remember how to value the night. We need to honor that this darkness is intelligent and necessary for our survival. We can persist for weeks without food or water, but no one can live without sleep.

We need to see the darkness as part of our nature. It's half of the miracle of life — a safe and holy place — imbued, like dark chocolate, with bittersweet beauty. We need to remember that all true creativity springs from the darkness. We need to learn to hold sleep, surrender, and uncertainty as profound spiritual practices.

At the same time, it's important to remember that not all darkness should

be prized and cultivated. Just like Eskimos have many different words to describe snow, we too must become connoisseurs, discerning different breeds of darkness.

While we want to adopt the fertile, pregnant darkness that represents the secret void, the spring soil, or cosmic womb that gives birth to all things (the daemon), we want to remain alert to the blackness of blindness and ignorance (the demon). The latter is a sleepy darkness, where we're plagued with the temptation to avoid facing our deepest truths.

In fact, if we can't face what the darkness is trying to teach us, the wisdom of the fertile void turns into evasion, and we choose to stay asleep, unresponsive to our call to grow.

Rather, when we wish to heal ourselves, our aim is to be like Sumerian goddess Inanna, who gathered up the lost pieces of herself in the underworld. Unless we too are willing to collect the forgotten wisdom lost in the dark corners of our psyches, we'll experience resistance, rage, depression, illness, and addictions.

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Sara Avant Stover is the author of *The Book of She* and *The Way of the Happy Woman*. A pioneer in contemporary women's work, she has been featured in *Yoga Journal*, *Newsweek*, and *Natural Health* and on ABC, NBC, and CBS. Visit www.thewayofthehappywoman.com

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This month's thoughts about things...

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

... from page 7 ...

articles that offer possibilities and hope, that they can glean insights and enjoyment from. Articles that expand their view just a little bit wider, articles that make them resonate with their connection to inner guidance. Articles that make them think **"what if the best case scenerio happened? What if I find luck and love and live hapily ever after forevermore -- what if?"**

My friend asked about competition with other local magazines who have more ads than **Horizons**. I told her it's not a competition. We don't publish the same kind of magazine. We each attract what our readers want to read each month. Mine happens to be a personal message I am on a misson to share. I'm blessed with advertisers who recognize the mission and share in my vision for a happier, more expanded life. Visit them, discover what your connection to them is. ***The fact that you're reading this means there is a connection to be discovered. Experience has taught me that there is always a connection to be discovered.*** I didn't always know that.

SO WHO AM I ANYWAY? I became a student of meditation and yoga philosophy shortly after graduation. During the 1970's, I explored various philosophies, eastern and western. In 1976, my dad introduced me to astrology. The late 70's and 80's were spent experimenting with divination and astrology. I studied Eastern philosophy and even got involved with a cult or two. I gained invaluable experience, I was glad to be in and glad to be out. I took **Transcendental Meditation, yoga, est, the Dale Carnegie course, primal scream therapy, Gestalt Therapy, Transactional Analysis, rebirthing, Neuro Linguistic Programming, Silva Mind Control, Biomagnetics, Therapeutic Touch.** From 1992-1997 I worked for **Psychic Friends Network** doing 40-60 readings a day. I also began teaching meditation, yoga and offering psychic readings at local new age stores, teaching weekly tarot classes, psychic development, and teaching about the human energy field. I am a graduate of **The Monroe Institute Gateway Voyage** program and have completed **Pranic Healing levels I and II** with **Master Stephen Co.** I have completed **Reiki I and II**, I am a certified professional hypnotist, paranormal consultant, ghostwriter and editor. I live with my extended family in a small wooded sanctuary north of Indian River County, FL.

I have learned that whatever I am going through is likely what everyone else is going through also. I've found out a lot of what works and what doesn't and gotten some profound insights along the way. If I can save someone time and money, or heartache and frustration, by telling my story, that's what I live for. As a professional psychic since the 80's, I've spoken with thousands of people through the years. This allows me to see patterns in behavior and to recognize when something is happening on a big scale. It's like having a constant test group I can study, and I share my findings with you in my blog at <http://horizonsmagazine.com/blog/>

My life has been a series of continual upgrades since I began my journey of spiritual awakening and personal growth. I want everyone to have free access to what I know. I want everyone to know that anything is possible and anyone can do it. I want everyone to know that the life they are living now is just a fragment of what it can be, if they want more. And that you don't have to shell out hundreds of \$\$ for workshops and books and crystals and wind chimes and training and certification for ascension and acceleration and internet products in order to reach a higher potential or have an awakening experience.

I would like you to know you are capable of far more than you ever dreamed and there is an internal compass that guides you in every moment by the emotions you are feeling in response to the thoughts you are thinking. You have more choices available right now than you ever thought possible. And your goals are easier to reach than you ever imagined.

HORIZONS MAGAZINE 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. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

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. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience 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, 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.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it. 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.



Andrea

Enjoy our offering this month.
Hari Om.



ABRAHAM-HICKS

...continued from page 9

you hear us hammering about that, so much, is because most people are running around making decisions about what they don't want. We are wanting you to let the contrast, of course, tell you what you don't want, but then always look for the nugget within it. We want you to feel the nugget, the prize, the wonderful uncovering. The fresh new desire that is born is the reason that the entire Universe exists -- and once the desire is born in you, then **Non-physical Energy** will answer it.

The saddest thing that exists in the human experience is when a being allows the contrast to let a desire be born, and then keeps himself, through old habits of thought, vibrationally out of sync with the new desire. Almost all of the philosophies that you have inherited, and that you teach to one another, on this planet about why things work the way they work, come from that "not understanding how I could possibly be deprived of the things that I want?" And yet it's such a simple thing, once you begin to understand the vibrational nuances, and once you begin to understand: The reason that I have feelings, is because of two things: I'm summoning the **Non-physical Energy** by virtue of my desire. And I'm allowing it, or not allowing it -- by virtue of my thought or belief.

When your desire and your belief are the same -- it is. When there is something that you want -- you must believe it. That's a hard thing for people to grasp, because you've been carrying some of these uncomfortable beliefs around for a long time. And we would like to help all of you let yourselves off the hook, because you can't buck **Law of Attraction** (That which is like unto itself is drawn). If you've been thinking this thought and thinking this thought and thinking this thought, that's the thought that's active in you now. And **Law of Attraction** is going to bring you more stuff that matches that thought all the time. And then you beat up on yourself. You say, "I shouldn't be thinking those thoughts," when, in truth, you can't stop thinking those thoughts, because your "radio signal" is programmed to those, and so **Law of Attraction** is bringing you more. That's the trouble that most people have with this business of "You create your own reality." Try as you will, you can't buck that current, you see.

DORMANT BELIEFS DON'T AFFECT YOU

We don't want you to try to buck that current. We want you to start setting a Tone that is more in alignment with the current that is really already you. You can be chuck full up to the brim with beliefs that do not serve you well -- and not one of them will affect you unless it is activated. And when it is activated, you'll have a feeling response to it.

When a belief that is not in harmony with your **Source Energy** is activated, you'll get that funny feeling in your stomach. And as you get that funny feeling in your stomach, what it is telling you

is: This thought in this moment does not match who you are and what you are wanting. And so, you have a simple choice. You can go with it, you can try to beat it to death, you can get people together, you can try to isolate it, you can add to it and get it bigger and bigger, or you can, as **Jesus** said, turn the other cheek, and allow that vibration to become inactive again, while you are tuning your vibration to that which feels better.

IF IT FEELS GOOD, CHOOSE IT

And so, you see, it's all about choices. Which feels better? Does it feel better to be connected to my Source, or not? Connected would feel better! Clarity or confusion, which feels better? Vitality or a tired body, which feels better? Abundance or poverty, which feels better? Connection or resistance...?

And so, it isn't complicated, but we have to do such a sales job to convince you that it is right for you to seek that which feels good. Somehow you've come to believe that if it feels good, you should be feeling guilty about it. If it feels good, there must be something wrong with it. And we say, however did that become such a big part of your mass consciousness, when there is not a shred of evidence that supports that anywhere in the Universe?!

Everything's out there pulsing. So here's someone experiencing a terrible experience. And I see it. And I don't want it. I don't want it for them, and I don't want it for me. But as I address it, my "switch" is on. So I'm not only adding to it for them, I'm adding to it for me. Now most humans would say, "Well, Esther, do not turn away from this and put your head in the sand." And **Abraham** would say, **Esther**, turn away from this -- and achieve vibrational harmony with something else.

IN THIS MOMENT, WHICH THOUGHT FEELS BETTER?

Let's say that someone made you feel a little insecure. And out of that feeling of insecurity is born, in this moment, a stronger-than-usual desire to feel empowered and know who you are. Use whatever means you need to, but just reach for the best feeling. How did it feel? What's the best feeling?

And so, here's this new desire pulsing, this fresh new nugget. Oh, it's alive and well, summoning Life Force through you, right here in the now. So here you're feeling it, right now. This fresh, new desire. And then, you just try to remember ever having felt like you now want to feel. And just by reaching for that, just by saying, "Have I ever felt like that?.." right away, those things will become be active again in your memory of when you felt like that.

And you'll say, "I remember this, and I remember this, and I remember this... and you'll cross the 17-second mark and the 34-second mark and the 51-second mark focused on that which feels good, and you'll stand here in your powerful now, having activated every powerful moment that you've ever lived.

And here it is, an apex, a vortex, right here and now. This is what you've achieved, all out of some little slight that someone offered you. Oh, what a gift that was!

HOROSCOPES FOR JANUARY 2016

Aries: May 20 to April 19 "I Am" With the Sun and Mars in the house of career, January 2016 will be a month of ambition, initiative and action. You'll have strong motivation and opinions. Because you mobilize the others extremely well, you'll be very successful with your teamwork and joint projects. Financially, you might encounter some restrictions that you'll overcome by an ingenious technique.

Taurus: April 19 to May 20 "I Have" You may deal with obstacles, delays, or other complications coming from malfunction of a relationship. A friend might play the role of the mediator in a sentimental relationship or a friendship might turn into more. You'll care a great deal about intellectual and spiritual matching and your greatest happiness would be to travel or to discover the world along with the person you love.

Gemini: May 20 to June 21 "I Think" Jupiter enters your house of career, promising success and expansion. January 2016 will be interesting from the financial point of view: well aspected, Mars will inspire initiative in business, profitable investments and extra earnings or other material advantages, as a consequence of previous services.

Cancer: June 21 to July 22 "I Feel" It'd be prudent not to make strong commitments unless you've analyzed the implications very carefully or it's about an older initiative. Financially, with retrograde Mars in the house of money, the present decisions can be made a bit too soon and can have important consequences - so be careful. Here is a period in which you can arrange for things to work in your favor by diplomatic negotiations.

Leo: July 22 to August 22 "I Will" The wish for freedom, adventure and new experiences begin to show up. It's not very clear to you what it is that you want, and retrograde Mercury makes you step back and take a better view of the situation. With retrograde Mars in Leo, it's possible you'll experience some inhibition at the action level. Still, this position allows some old initiatives to be retaken, as well as some unsettled or unfinished conflicts or fights to get into attention again.

Virgo: August 22 to September 22 "I Analyze" Even if you're not in the spotlight, chance will be on your side. You'll benefit from favorable circumstances, you'll be the right person in the right place at the right time and you'll do a good job promoting your image, talent, intelligence, competence, and outcome. Rely on instincts and you won't be wrong.

Libra: September 22 to October 23 "I Balance" Free love will be much more favored than old, official relationships. Your residence and possessions will be highlighted this month. Promotion and representation initiatives will put you at an advantage all the month, but especially in the last week which seems to be the luckiest, the most productive and satisfying professionally speaking.

Scorpio: October 23 to November 22 "I Transform" It's important that you stay within the limits of discipline and that you pay attention to what you say, write, sign. Financially, you'll be ok, but you'll soon be very well. A new and sharp wind will blow in January 2016. The landscape will be animated by initiative, procedures, meetings and discussions.

Sagittarius: November 22 to December 21 "I Perceive" Although, theoretically, you're more motivated by the spirit than by material things, and by glory more than by money, time has come for you to take a closer look at your financial situation. Many things are now being measured by the scale of value, profit and profitability, and your accounts might undergo important changes. Plan your expenses carefully.

Capricorn: December 21 to January 19 "I Use" Your wishes will be very intense and will demand immediate fulfillment, but in spite of this haste, you won't lose your head. You'll manage to be moderate, to control your emotions and actions, at least regarding important decisions. You'll have energy, will, ideas and opportunities. You can get ahead with your projects and ambitions on the condition that you get involved.

Aquarius: January 19 to February 18 "I Know" Mars will be very involved, very passionate, but it can also be impatient, irritated and quarrelsome. You'll be in a germinating period, conceiving new ideas and projects. Retrograde Mars in your house of relationships could interfere with your collaborations and contracts, or it could over solicit you in this regard. The last week of January 2016 promises success.

Pisces: February 18 to March 20 "I Believe" It's possible that you'll retake an older initiative, abandoned or interrupted. If a new partnership comes along, try and postpone the decision for a while, until you have a clear image of things. Pay attention to communication. If you get a collaboration offer that has previously been in your attention, take it without hesitation, because it will be at your advantage.

For the complete, expanded version of these horoscopes, go to <http://ehoroscope2016.blogspot.com>



Yoga: A natural pathway to Godhood

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Effective Meditation Techniques and Helpful Spiritual Practices

How to plan a daily schedule of superconscious meditation and practice it. Meditation techniques that will be taught include prayerful meditation, affirmative meditation, mantra, pranayama, analytical contemplation, and transcendence.

PRESENTED BY ROY EUGENE DAVIS

A direct disciple of Paramahansa Yogananda

All Welcome

Donation Basis

West Palm Beach

Sunday, January 10 2 p.m. – 5 p.m.

EMBASSY SUITES HOTEL

1601 Belvedere Road
(Near the airport)

Sarasota

Sunday, January 17 2 p.m. – 5 p.m.

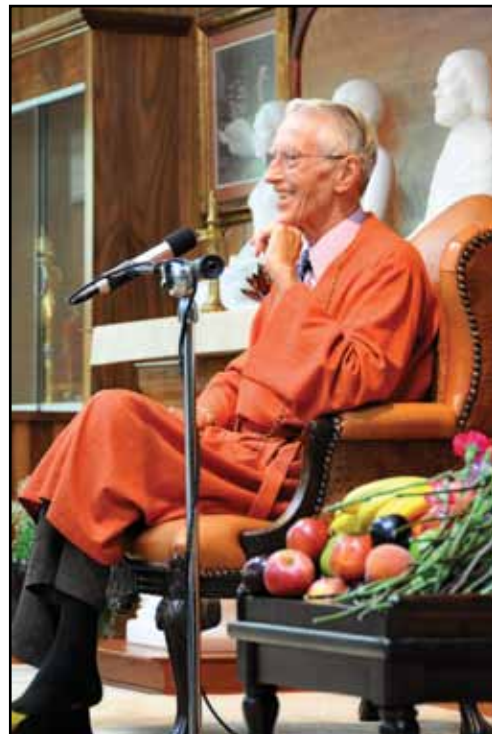
UNITY OF SARASOTA

3023 Proctor Road

Travel directions: unityofsarasota.com

Roy Eugene Davis has taught spiritual growth practices in North and South America, Europe, West Africa, Japan, and India. He was ordained by Paramahansa Yogananda in 1951.

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You are cordially invited to request a free sample copy of our *Truth Journal* magazine and a catalog of Mr. Davis' books. Visit our web site to read *Truth Journal* and articles in several languages.

Also video and audio talks. www.csa-davis.org