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Andrea de Michaelis presents

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**SUNDAY December 18th at 9:30 and 11:00pm** Annual children's Christmas play and visit from Santa

**QIGONG SELF-HEALING TECHNIQUES** Sunday December 18th 12:30-1:30pm Facilitator: Joane Patrick Join Joane for this fun, informative and highly effective session where you will learn the self-applied healing techniques of Qigong. \$8.00 per person.

**SATURDAY DEC 24TH - CHRISTMAS EVE CANDLE LIGHTING SERVICE 6:00pm** Begin your Christmas celebration with this service of love, music and joy.

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**Ongoing Events • PLEASE call to confirm**

First Sunday of the Month - Reiki Healing Service 12:00pm  
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Pasqualino

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**The greatest  
optical illusion is  
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# HORIZONS

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**Co-incidence is meaningful. If you find yourself reading these words, there is a message for you.**

"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](mailto: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 is paid for.

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Classifieds \$2.00 per word      page 17  
 Calendar \$.50 per word.      page 18  
 Phone Directory \$5 per line      pages 22-25

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Inside front	\$550	\$1455	\$2550	
Page 3	\$550	\$1455	\$2550	
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As of Feb 2016 all pages are color, so above prices have been adjusted to reflect color prices. Ad rates posted before Feb 2016 said "Add 25% for color" so no more math.

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# 12 Steps of Spiritual Freedom

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



You are loved and guided more than you can imagine



**Andrea de Michaelis**  
Publisher in 2016

# 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

Welcome to the **December 2016** issue of **Horizons Magazine**. To anyone who's disappointed with the presidential election, let's not take score too soon. I say it's done so let's go with the flow. **Hillary** won the popular vote, but we made it through when this happened in 2000, remember? 25.6% voted **Clinton**, 25.5% voted **Trump** and 46.9% didn't vote. We must give him a chance as there is work to be done. It's only four years, he's not here to stay. Let's make the best of it. Let's hope he's a good president. Wanting him to fail is like wanting the pilot to crash the plane we are ALL on. Like it or not, it behooves us to cheerlead the pilot on to a safe landing, and hold the vision he can do it.

Some friends are bummed their third party votes let him prevail but we saw it coming. That's life, people have to find out for themselves. The best is yet to be no matter who's in office. To think anything is ruined because of one election is short sighted.

Whoever gets elected, my life will still be satisfying and content because I am the one in charge of thinking the thoughts that keep me motivated to make that happen. You, too. I was quick to unfollow **Facebook** friends who repeated hateful posts before the violence of their anger changed how I felt about them. All my "unfollowing" paid off. My FB feed reverted back to being happy, friends talking about family, pets, what's for dinner.

*That's the stuff of life, you know, what's happening right in front of us that we can touch and feel. That's what life is all about, spending time with people we love. Be patient while this plays out. Don't lose your mind about something **God** has already worked out.*

Chaos is an integral part of transformation. **Germany** survived its period of nationalistic fascism and is now one of the most sane countries on the planet. We will survive this. May we meet chaos with grace, understanding, dignity and gratitude



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## A CALL TO LIGHTWORKERS TO HOLD THE VISION OF TRUMP'S AWAKENING

Lightworkers, you can help us hold the vision. I am calling out to Lightworkers and Vision Keepers to tap into that huge wave of emotion surrounding us and channel it in a positive direction. I'm asking you to hold the vision with me of an awakened, compassionate President. If you feel someone dangerous just gained political power, pray for his awakening and know that when many minds are gathered together with vision in prayer, miracles happen. It's been said that when just 1% of the population meditates upon peace and lovingkindness, the effect spreads to the other 99% - and it works even if they don't believe it.

## HERE'S HOW WE CAN HELP. THIS IS HOW WE BECOME WORLD SERVERS BEHIND THE SCENES, HOLDING THE THOUGHT OF A HOPEFUL OUTCOME

I know my centered-ness, my vision and my hopeful expectation can hold the space for others around me to tune into. My experience is if even one focused person can contemplate the scene and have faith in a successful outcome, that can entrain the consciousness of everyone, whether they are aware of it or not.

We can help bring that about by how we look at the President, how we look at each newly elected official, how we perceive them, how we perceive what they are doing and how we perceive what grand good they may be capable of. And I mean how we perceive not their physical body and personality self, but how we perceive each at his/her essence. How we perceive each candidate separate from the overlay of any past history, hateful rhetoric and mean spirited jabs.

## WHY HOLD A VISION OF AN AWAKENED, COMPASSIONATE TRUMP, FOR INSTANCE?

Because he has the means to make things happen. As this man becomes powerful on the political scene, just imagine the amount of good he could do with a compassionate heart? That's why lightworkers and visionkeepers can hold a vision of his having an awakening, a softening of his heart due to new understanding dawning in him. Pray for his awakening and know that when many minds are gathered together with vision in prayer, miracles happen. Become a vision keeper with us?

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



# USE THIS EXERCISE TO REVIEW YOUR LIFE CHOICES

## REPEATING THE SAME MISTAKES IS NOT NECESSARILY INEVITABLE

James Van Praagh's latest book is *The Power of Love: Connecting to the Oneness*. Internationally renowned #1 New York Times bestselling author James Van Praagh is hailed throughout the world as a pioneer of the

mediumship movement, and recognized as one of the most accurate spiritual mediums working today. <http://vanpraagh.com>

**Sometimes this school called Earth can be a daunting destination and the lessons put in front of you can be staggering.** The most difficult thing to do when presented with challenges is to react with love on a consistent, daily basis, regardless of what life is putting before you. Choosing love in these situations may seem counterintuitive, painful, or even impossible - but this is your reason for returning to our school called Earth.

I had an encounter in **Dallas**. After a demonstration where my Spirit friends were especially forthcoming with loving and healing messages, a woman came up to me and said, *"I want to say thank you - you're the reason I'm here today!"* She reminded me of a time, over 25 years ago, when her parents had come to me, devastated after the loss of their young daughter in a tragic accident. I brought the child through and could clearly


see her holding out a doll to her mother. "Please tell her to give this to my sister," she said. When I shared that message her mother exclaimed, "That can't happen. I can never, ever, risk feeling this pain again." The young girl in the Spirit world shook her head, and pleadingly held out the doll. "She said don't be afraid, please try again - she will always be there to protect the baby." I explained to the grieving parents. I begged them to trust the power of love, and to try to have another child. I never knew if they took my advice until the young woman in **Dallas** introduced herself. She was the child that I had encouraged this couple to have! Having the faith to choose love isn't always easy. This exercise will help you to see the effects of decisions you have made, and reinforce the impact that going down the path of love has on your life, and the lives of everyone you touch.

## EXERCISE: THE RIPPLE EFFECT OF LOVE


In your mind's eye, visualize two giant screens side by side. On the left screen is a timeline of your life arranged in years and decades. Choose a year or decade to observe. Very quickly, a few significant situations will begin to stand out. See them, live them, and be them. As you do this, you will find that there are one or two particular events that are emotionally prominent. With an objective eye, immerse yourself in the particular circumstances surrounding the event and become aware of the various choices and decisions you made at that time.

Now, turn to the right screen and observe the outcomes resulting from the choices you made—for not only the other recipients but yourself as well. Clearly see the energy you created with your actions and the rippling effect caused by your words and deeds. As these memories and events come into clarity, begin to see the sources of and reasons for the decisions that you made. Become completely aware of the motives, insights, and reasoning that were involved. While doing this, it is important to be as objective as possible, remembering that you are now at a very different place and time in your life. You also might find that nothing has changed very significantly in your decision-making process and you might make the same choices again, given the same circumstances.

Imagine the light of love entering both screens until they are both clear. Realize that the power of love can expand your life choices and extend to all those within your sphere. All choices are based on either fear or love. Become more aware than ever of which one has been the most frequent cause of your decisions. See how it has shaped the life you now live. From this moment on, you know you want a life full of love, so begin to choose love as the cause of your choices. As you express love in all you do and are, you will see its ripples expanding beyond your everyday existence. Learn why love is the lesson you were sent here to learn.




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## HER LOVER VACATED, BUT MOTHER MOVED IN

**QUESTION** I recently closed my business, and I've had my own business for the last 17 years. I've done very, very well in my business whenever I've been very focused and I envisioned what I wanted, and I allowed it to manifest. And I allowed negative thoughts to enter my mind, and whenever it did, they manifested too. And recently I was in a relationship... (I'm in the art business. I opened an art gallery) and the relationship I was in, my fiancé would tell me, constantly, "*It's not going to work, it's not going to work, it's not going to work.*" I know, from experience, that I could make it work. And so, I was struggling to not listen to him, and making my business work, but I allowed it to go into my mind. And I finally gave in and said okay, "*It's not going to work; I'm not making it.*" And I ended up losing a lot of money. So have recently closed my business, and I realized when it happened...

**ABRAHAM** Well, whether you gave into his belief that it wouldn't work and joined him in that thought, or whether you just were irritated because he wouldn't let up... It does not matter. In other words, when you have a dream and someone's hammering at you that it cannot be, you don't take very well to that. And so, what we are getting at here is it does not matter what was the reason for your negative emotion. The negative emotion is always you're temporarily not allowing something in. But in the moment that you stop doing that, you begin letting it in again. And what we've noticed is that when something like that happens, where you really, really wanted something, and you managed, through influence of others or just bad thinking habits of your own, you held yourself not in the place of allowing it to happen—the desire didn't go away.

Just the contrast got bigger, which caused a stronger rocket of desire to be born, so that next time you get into the receiving mode, your gallery is bigger. Your dream goes further. You are never ever, no matter what happens, you are never further from the Well-Being than you were before.

That's a really important thing. Sometimes when something happens, whether it's closing your business, or the **World Trade Tower** is coming down, there is this sentiment that goes something like, "Oh, we have taken such a giant step backwards."

...continued on page 26...



Rev. Andy Conyer




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**Janice Scott-Reeder, AA, BA, Druid**

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## THE NOBLE PINE

The stately Evergreen (*Pinus strobus*) also known as Eastern White Pine, White Pine, Northern White Pine, or Soft Pine is a cone bearing tree, with needles varying in length. No matter what your holiday tradition the Pine or Fir tree is typically used as the center point as the tree, garland or wreath. Ancient cultures placed a wreath on the front door to symbolize the continuity of life. Christians use it to celebrate Christmas, Pagans use it to celebrate Winter Solstice, in Old Europe it was used to celebrate Yule, from the Norse Jul and Ancient Rome used it to celebrate Saturnalia.

As research has shown the bark and needles of most evergreen trees contain numerous constituents and volatile oils which are beneficial to our health and wellbeing.

Medicinally the bark and needles of the Pine tree have strong antibacterial, expectorant, antiviral, antifungal, antioxidant and decongestant properties. A Needle tea can be made with 1 teaspoon needles simmered in 2 cups water for 10-15 minutes or Needle and Bark tea made with ½ cup bark, ½ cup needles simmered in 32oz. water 15-20 minutes. These teas can be used for diseases of the mucous membranes including remedies for the bladder and kidneys or for coughs, bronchitis and ulcers. As a compress these teas can be used to relieve sore aching muscles. And since it is loaded with vitamin C the tea can be used as a mouth rinse for bleeding gums and other ailments of the mouth and gums. From the tea a syrup can be made for fever, coughs, asthma, or other lung conditions by mixing the tea with honey and brandy.

Typically the sap or resin (pitch) is one of the ingredients in "Black Salve" its properties are found to be antimicrobial, antiseptic and disinfecting. This salve can be applied directly to wounds to prevent infections and to speed healing. It can also be used to ease the discomfort and help heal insect bites, eczema and psoriasis or to draw out splinters.

An infused oil can be made by simmering the needles along with olive oil for 20-30 minutes on a low heat. It can be used as a massage oil on the chest for bronchitis or pneumonia, or on the lower back for nephritis or on the muscles for pain.

An external liniment can be used topically for nail fungus, athlete's foot or ringworm. And when the essential oil is diffused into the air it helps to fight off lung infections killing germs in the air or to ease asthmatic conditions. Plus, the oils reduce stress and are very invigorating to the mind and spirit. And you thought it was just a holiday decoration.



# 4 REASONS TO TRUST THE UNIVERSE WITH YOUR DREAMS

## There Has Never Been A Bigger Need To Let Go

Gabrielle Bernstein is an American motivational speaker and best selling author. <http://gabbybernstein.com/>

**The part of me that wants to be in control doesn't like the word hope. To my fearful mind, hope implies that there's something I'm unable to make happen on my own.** While I may not like that concept, it's exactly what I needed. Hope helps us move through our problems and choose to perceive them in a new way. Hope is the conduit for miracles.

For me to move past the sadness, shame, and need to control, I had to surrender to hope and let go of my plans.

The pathway back to hope is through surrender. It's not something that comes naturally to us—it must be a daily practice.

Consider my situation. Here I was in the midst of writing a book on how to trust in the love of the Universe, all the while trying to control my own life's circumstances! The need to control is sneaky. It can blindside us. The ego thinks it knows the way, and it does everything it can to keep us in a headlock. The best way, and ultimately the only way, to stay connected to the flow you've established is to surrender and then surrender some more.

Surrendering to love is not always easy, but it's absolutely necessary if you want to live a miraculous life. You don't have to surrender fully overnight. In fact, it usually doesn't happen all at once. Surrender is a process. A Course in Miracles says, "Each small step will clear a little of the darkness away."

Here are the steps I used to clear away the darkness of control and surrender to the love of the Universe:

### Step 1: Take your hands off the steering wheel.

In his book *The Seat of the Soul*, Gary Zukav writes, "Take your hands off the steering wheel. Be able to say to the Universe, 'Thy will be done,' and to know it within your intentions. Spend time in this thought. Consider what it means to say, 'Thy will be done,' and allow your life to go into the hands of the Universe completely."

To restore your connection to the guidance of the Universe, you have to loosen your grip. When you surrender your plans and release control, you stop pursuing the path of your misguided ego. You allow the voice of your intuition and the energy of love to be your guide.

The way to take your hands off the wheel is through prayer. If you're in need of surrender, begin each day with these words:

Today I surrender my goals and plans to the care of the Universe. I offer up my agenda and accept spiritual guidance. I trust that there is a plan far greater than mine. I know that where there once was lack and limitation there are spiritual solutions and creative ideas. I step back and let love lead the way. Thy will be done.

These words will help you humbly surrender to the guidance of the Universe. Something miraculous happens when you let go and allow. You open up to an infinite field of possibilities. The moment I surrendered my desire to be a mother, I felt taken care of. I knew that the Universe was guiding me in the perfect direction, time, and order. Trusting the path of the Universe gave me freedom and happiness in the midst of uncertainty.

### Step 2: Turn over time.

The biggest block to living with faith is time. There are many situations in our lives that we cannot control. You can't decide the exact day you'll conceive, the moment that your lover will propose, or a million other things. But you can control how you experience each moment of each day. The way to surrender your need to control time is to embrace the present moment. In any moment you can receive a miracle with the decision to choose love. That simple choice, to choose love over fear, can release you of time and restore your hope and faith. Love is a decision, and all that is asked of you is the willingness to choose it. Each time you do is a miracle.

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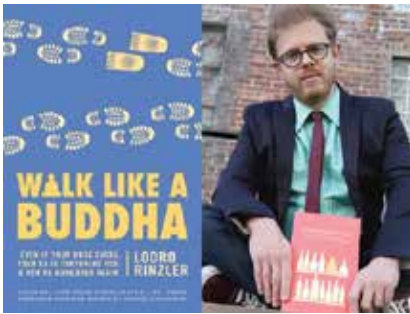
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# BUDDHISM IN THE WORKPLACE

## What Should I Do If My Boss Is a Bully?



Lodro Rinzler is a teacher in the Shambhala Buddhist lineage and the author of the best-selling “The Buddha Walks into a Bar...”, the award-winning “Walk Like a Buddha” and the brand new “The Buddha Walks into the Office.” For more teachings and articles by Lodro visit [www.lodrorinzler.com](http://www.lodrorinzler.com) Follow Lodro on twitter: @lodrorinzler

### Many people look to Siddhartha Gautama as an example of someone who attained nirvana, a buddha. What

it might be like if Siddhartha were on his spiritual journey today? How would he combine Buddhism and dating? How would he handle stress in the workplace? “*What Would Sid Do?*” is devoted to taking an honest look at what we as meditators face in the modern world.

Here I’ll give some advice based on what I think *Sid*, a fictional *Siddhartha*, would do. Here *Sid* is not yet a buddha; he’s just someone struggling to maintain an open heart on a spiritual path while facing numerous distractions along the way. Because let’s face it: you and I are *Sid*.

*Michaela asks: “I am working as a researcher for a pharmaceutical company and I am being severely bullied by my boss. He steals credit from me, tells lies about me to co-workers and belittles me in front of clients. Since my immigration status is tied to this employer for now, I have to stick it out for probably another 6 months. Honestly, I do harbor revenge fantasies for all the psychological stress I have to endure right now. I can’t wait for the day, when I am free and I can tell him what a dirty little jerk he is. In rare moments I do feel compassion for him, since he is a tormented soul and I know he must suffer greatly in order to abuse other people. How would Sid handle this?”*

I think you’re not alone in this conundrum. Many of us at one point or another have felt that our hard work has not been acknowledged, that we’ve taken blame when it was not due, or have been hurt by slanderous speech. To have all of the above come from one person (and someone who so closely controls your future status in the country) is a tough position to be in.

### THE SIX WAYS OF RULING

One set of Shambhala Buddhist teachings I’ve always found helpful in workplace drama is known as the *Six Ways of Ruling*. The *Six Ways of Ruling* teach us to face aggression with compassion. As *Tulku Ugyen Rinpoche* used to say, “*Being aggressive, you can accomplish some things, but with gentleness, you can accomplish all things.*” I would like to think that if faced with an employer who would not let up on him *Sid* would respond with compassion and employ these six powerful methods.

The first step is trying to remain open and accommodating by not taking things too personally. This is tough, I know. However, you mention that your boss torments people other than you. A lot of times when someone in the workplace is stressed they do not know how to relax and will take it out on others. To give their aggression patience and space can be an incredible act of compassion.

Imagine an angry bull. If put in a small pen, it will continue to buck around like nobody’s business. However, if you take that bull and put it in an open field, he will run around until he tires himself out. The same can be said of another person’s aggression. If you can remain benevolent (the first of the six ways), then you have a shot at weathering this thing. Perhaps the image of the angry bull might inspire a sense of humor in you. Keeping a sense of humor and not taking things personally are ways of keeping an open mind in the midst of aggression. **So step one: practice benevolence by being patient and spacious.**

At times, though, you may need to say something to your boss in order to set the record straight. It’s important to choose your words carefully. Bringing mindfulness into your speech, you can be true to your own wisdom while empowering your words with a sense of weight. This is not simply being diplomatic but actually connecting with your heart, which serves as a generator of your wisdom. Remaining true to yourself while confronting tough issues inspires natural confidence. **So, step two, if you see yourself being bullied, say something, and say it from your heart, not from a point of politics or protocol.**

This takes us into the third way of ruling, being genuine. It sounds pretty straightforward (don’t be fake), but it’s a bit more complex. When you have a point to make, you ground it in logic. As *Sakyong Mipham Rinpoche* has said, “It is not even our genuineness particularly. It is just genuine, a star in the sky that everyone can see. We all recognize the truth.” In other words, if you are at work and clearly

...continued to page 13

## BUDDHISM IN THE WORKPLACE

### What Should I Do If My Boss Is a Bully?



...continued from page 12

see that something needs to be done, then disregard previous animosity and attempt to guide your boss towards that goal with logic. It's not about one of you being right and the other wrong but about attempting to show a clear course of action. **Step three, be genuine.**

If we continue to remain gentle in the face of aggression, it can have a transformative effect on not only our employers but our whole office situation. As the **Sakyong** wrote in his book *Ruling Your World*, "Gentleness is always the best whip, one that everyone respects, because it is devoted to the welfare of others." We garner respect from others because they come to learn that our actions are rooted in our own wisdom and the practicalities of the situation at hand.

Along those lines, when it is time for us to make a decision at work, we need to be fearless. As a researcher I imagine you quite carefully think through whatever actions need to be taken. Thus, when it is time to actually do something, act fearlessly. If you are reticent about how you feel things ought to be done, then that takes the wind out of the sails of the entire project. Fear can be contagious, so **step four is have faith in yourself.**

The fifth way of ruling is artfulness. Ruling our work situation is an art, not a science. We can set our day up skillfully to maximize our time and spend it with co-workers with whom we know we can accomplish a great deal. Taking some time to review the work environment, you can ask yourself, "What is the most skillful time to pitch a new idea?" Before calling out your boss on something about which you feel negatively, ask, "How will this help?" I am not saying sit back and let him be mean to you, but rather keep an open mind about the circumstances around you. **Consideration for others, step five,** is at the root of being artful. With consideration we open up a space for others to use discernment and discover their own wisdom.

Giving yourself and others space is worthy of **rejoicing, the sixth way of ruling.** It's so hard to not respond to aggression with aggression, to want to change someone who is causing us suffering while knowing in our heart that the only thing we can change is our own actions. To look upon your workplace with mindfulness, space, and compassion is a practice — a legitimate practice, just like what you do on the meditation cushion. When we look at our life in this way, we are happy in our skin. We feel comfortable because we are being true to ourselves in the midst of great obstacles. We should celebrate that.

The Sakyong has said that when we employ the Six Ways of Ruling, "we no longer believe that we can get what we want with negativity. We're using different strategies. We understand how power flows: by resting in a big mind, we can conquer small mind."

Good luck conquering small mind! To read more about the Six Ways of Ruling, I highly recommend **Sakyong Mipham Rinpoche's book *Ruling Your World*.**

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# FROM THE HEART



Alan Cohen is the author the bestselling A Course in Miracles Made Easy: Mastering the Journey from Fear to Love. Become a certified professional life coach though Alan's deeply transformational Life Coach Training beginning January 4. For more information about this program, his books and videos, free daily inspirational quotes, online

courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com), on FB Alan H. Cohen (author), and Twitter @alanhcohen

## THE YEAR OF REDIRECTION

**One of the ways I like to make the end of a year work on my behalf is to assess how the past year has redirected me.** It's tempting to

look back on the year and regret errors I made or things that seemed to not work out. But failure and regret exist only at the shallowest level of appearances. What seems to be a dead end sign is an arrow pointing you in another direction. The universe is saying, "This is not it. There is a better direction for you. Go that way and you will find what you are looking for." No movement in life is wasted. It all has a purpose. You just have to know how to read the signs.

Dee and I were shopping for a new home when we found a lovely parcel on a mountainside. The lot was large with magnificent views, a meandering stream running through it, and decently priced. Although we would have preferred a property with a home already on it, we liked it and told the real estate agent we were going to make an offer. She arranged for us to meet the owner.

The day before we were to sign, I received a letter from the bank that mortgaged my current home, informing me that my mortgage would be more than doubled starting the next month. This had to be an error, so I phoned the bank. The agent informed me that the loan I had taken out had been based on interest only for ten years, and now I would have to start paying principle as well. This news was quite burdensome, considering I would have to pay a large mortgage

on our current home until we sold it, plus the new one, plus build a new home. I felt overwhelmed and told the real estate that we would not purchase the new property.

A month later we discovered a different property closer to the ocean, just a few miles down the hillside from the one we had looked at. This property already a well-built turnkey house on it with a great view, plus a car and truck thrown in with the deal, all at a price not much higher than the mountainside property. We fell in love with the place, a friend offered us the money to finance it, we made a deal, moved in, and loved it.

Living at the lower altitude, we discovered that the weather in this microclimate was entirely different than those nearby. We looked up the mountainside to see the property we had originally considered and noticed it was extremely rainy. Our new property was almost constantly sunny. We could hardly believe the difference in rainfall over just a few miles distance and a few hundred feet in altitude. But it was so. We were extremely grateful that we didn't purchase the mountainside property. It would have been much too rainy for us.

Looking back on the process of the mortgage being more than doubled at that exact moment, dissuading us from purchasing the mountainside property, I see that the mortgage increase was a huge gift. Spirit was redirecting us to live in a place much more desirable, and avoid the work of building a house. What seemed to be a curse was a blessing. We eventually sold our original house, so everything worked out perfectly.

Everything is working out perfectly even when it doesn't appear to be so. All spiritual traditions teach that the world we believe is so real is really a manifestation of maya, or illusion. When a job, business deal, or relationship falls through, don't be fooled by the current appearance. There is more going on than meets the eye. If this deal or relationship was right for you, it would have worked out. There is something better in store for you. Relax, breathe, and be patient. You are being redirected.

A young woman called in to my radio show (hayhouseradio.com) and reported that a guy she had dated told her he didn't want her to phone or text him anymore. She was wondering if she should pursue him. "Why would you want to pursue someone who doesn't want you?" I asked her. "This fellow obviously doesn't recognize the beauty and value you offer. Or he is simply not a good match. There is someone else out there who will desire and appreciate you for who you are. If you are busy chasing someone who doesn't care, you are not available to someone who does care. Let go of what doesn't fit so you are free to receive what does fit."

What is right for you will find you without struggle or suffering. If you have to fight with yourself or someone to make something happen, it's not it. There is a better fit for you, and you can have it if you let life take you where it—and you—want you to go.

How has this year redirected you to get clear on what you want and what you don't want, and where you would like to head now instead of where you were headed? If you are now heading in a new and better direction, the experiences of this year have served you well. Let us bless them all, along with the greater good to come.

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## Dear Whitedove,

The world seems so heavy now, there is so much stress and financial burdens. It's hard to stay in a place of spirituality when the world is going crazy around me. I want to do more to help animals and finish building an organic garden co-op. But I get pulled away from my daily spiritual practices with drama: how to I come to terms with this? My green thumb is wilting.

## Dearest,

The movie "*The Matrix*" is a good analogy of life. It is a dream world: an illusion based on what we co-create individually and collectively. For some, life can be astounding, but mostly Life is a bittersweet journey. We come here to experience both the Darkness and the Light. If you have not experienced hardships, how would you know joy? Earth is a place of duality. We come here to create our reality and work out our karma. Here you can walk through a nightmare and you can also experience bliss.

Your choices are based on what your soul desires to learn. If we did not need some dark lessons, we would not reincarnate here. But there is the trick, as you learn to actively co-create your reality, you will manifest better scenarios and outcomes. Once the larger population begins to do this, we will enjoy a better Earth.

This is a very special time, yes, the energy is chaotic, but we came to celebrate. There is an evolution of consciousness happening: collectively, individually and this includes Mother Nature. We have Mother Earth, the feminine aspect of creation; she is always birthing and giving to us everything that we need to sustain the perfect balance of life. What are the greedy doing? As a collective, they're just taking and taking. Do they need to take that much? Do they need to take down all those trees? No, we should each be praying for this Earth, holding a vision of a lush planet, meditating on it and then cultivating a personal paradise. So push away the negativity around you. Immerse yourself in doing what you love and share your passion with others, it's contagious.

In this life or lovely illusion, our perception creates our reality. Do your daily decisions come from a place of lack or one of abundance? If you learn to control your negative thoughts,

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push them aside and replace them with higher vibrational thoughts and actions, then you are on the road to building happiness and creating a better reality.

I say this is a dream, I'm going to dream big baby, and I'm going to dream a world of beautiful and enlightenment. I want a dream that is inclusive for all of us: one that becomes a reality, a manifestation of paradise. This Earth was created in the reflection of Heaven. Now is the time for each of us to dream together and take action.



# DOREEN VIRTUE'S ANGEL ORACLE CARDS



**Co-incidence is meaningful. If you find yourself reading these words, there is a message for you.**

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

## You Are A Powerful Lightworker

Daily Angel Oracle Card: You Are A Powerful Lightworker, from the Angel Therapy Oracle Card deck by Doreen Virtue, Ph.D

**You Are A Powerful Lightworker:** "It is safe for you to be powerful. Your spiritual power brings great blessings in loving service to the Divine." This card comes to you because the Angels want to help you feel comfortable with your spiritual power. You are extremely powerful because you (like everyone else) were made in the image and likeness of your powerful Creator. Divine power flows through you when you hold the intention to conduct a healing or give a reading.

It is safe for you to feel and channel this power, as it is not a personal or ego-driven force. When you intend to use Divine power in the service of love, you experience harmony in all of your activities. The more comfortable you are with your spiritual power, the more steadily and evenly it flows through you.

### ACTION STEPS FOR THIS CARD:

**Tightness in your stomach muscles means that you are experiencing a power struggle:** You either feel that someone is trying to control you or you are confused about how to use your own power. The next time you notice this tightening sensation, say: **"Archangel Michael, Please help me step into my Divine Power With grace and gratitude."** Notice your stomach muscles relaxing in response to this invocation, as well as the situation easing into a win-win solution."

Your body will tell you when you are not happy in a situation; when you are feeling threatened, or feeling as if someone in your life is trying to control you. When this happens, it doesn't feel good! We feel like we have been sucker punched; right in the solar plexus chakra. When you feel like you have been sucker punched, and your needs are not being met, your body speaks up to you as if to say "this is NOT OK!!"

When this happens, acknowledge the feeling and send love, gratitude and blessings to your body for letting you know. Then reassess the situation. Why is it that this particular person or situation makes you feel this way? Is it toxic or unhealthy? Or have you simply outgrown it? Is this person being overprotective or are they forcing you to compromise



your values? How did you get here, and how can you stand in your power and remove yourself from this? When you acknowledge how you are feeling and why, you allow solutions to come to you. If you have simply outgrown the situation, the person may be quite receptive to listening to your plans to take over the reigns in your own life. If they are trying to control you or stifle your dreams, then this situation may be more toxic than you first realized.

Action must be taken to regain balance and control of your own life. Either way, it is time to step into your power. You are a powerful lightworker. You are here to help raise the vibration of those around you, healing yourself, others, our amazing planet and all of her inhabitants. This is your Soul calling. It's time. Archangel Michael is here to guide, support and assist you. All you have to do is ask.



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## SOULSONG #363 REVOLVING DOOR SYNDROME

**I cannot get rid of something by fight-  
ing it, for anything to which I give  
attention will only loom larger in my  
experience - that or something similar.**

That's why people sometimes escape one dysfunctional  
relationship only to manifest another one. That's why,  
when a war is won, another conflict is usually waiting in  
the wings.

That's why cancer and other diseases, after being van-  
quished, will sometimes return to people. That's why one  
aggravating nay-sayer will leave my life (yes!) and some  
other "bozo" will turn up to irritate the heck out of me  
(no!).

In order to permanently get rid of anything, I must make  
peace with it. I must stop bristling and disliking it. In-  
stead, I accept the fact that it's in my life right now.  
From that place of composure, I then envision how I want  
my experience to unfold. I repeatedly savor the feeling  
of what I want, removing my attention from what I don't  
want.

Wherever I place my mental focus, I send life force and  
power. And it's high time I empower my dreams instead  
of my dreads.

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Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-750-3375 with credit card info. No calendar listings taken by phone.. \$10 extra for color or box around your listing

Tuesdays and Thursdays MELBOURNE 12-1pm Prayer Service Unity Church 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

Wednesdays 7pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 303 Pine St 32796 321-543-3674

2d, 4th Thurs MELB/PALM BAY 7pm Wiccan-Pagan Outer Court Classes Church of Iron Oak email scribe@ironoak.org 321-722-0291

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

Sundays, FT MYERS 9:15 am and 11am services Unity of Fort Myers, Rev. Jim Rosemergy. www.unityoffortmyers.org

Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast at 602 Brevard Ave 321.474.2030 www.cslspacecoast.org

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 1108 N. Dixie Highway (US 1) dbcuc.org

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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 <http://tut.com>

**If it's not yet obvious to you, the real reason for this, and all seasons, is you. A more perfect child of the Universe has never lived. Until now, only celebrations cloaked in myth and mystery could hint at your divine heritage and sacred destiny. You are life's prayer of becoming and its answer. The first light at the dawn of eternity, drawn from the ether, so that I might know my own depth, discover new heights, and revel in seas of blessed emotion.**

**A pioneer into illusion, an adventurer into the unknown, and a lifter of veils. Courageous, heroic, and exalted by legions in the unseen.**

**To give beyond reason, to care beyond hope, to love without limit; to reach, stretch, and dream, in spite of your fears. These are the hallmarks of divinity - traits of the immortal - your badges of honor. May you wear them with a pride as great as what we feel for you.**

**Your light has illuminated darkened paths, your gaze has lifted broken spirits, and already your life has changed the course of history.**

**This is the time of year we celebrate  
Bowing before Greatness,**

**The Universe**



## WAYNE DYER

WAYNE W. DYER, internationally renowned author and speaker in the fields of self-development and spiritual growth, called the "father of motivation" by his fans. His main message: every person has the potential to live an extraordinary life. It's possible for every person to manifest their deepest desires—if they honor their inner

divinity and choose to live from their Highest Self. [waynedyer.com](http://waynedyer.com)

**"You may have convinced yourself that giving is impossible because you have too little for yourself. If you are not generous when it is difficult, you will not be generous when it is easy. Generosity is a function of the heart, not the wallet."**



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Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing and the Crystal Intentions Oracle. She is the creator of a line of award winning Aroma-Energetic Sprays including Smudge in Spray™. She is the owner of The Crystal Garden — a book store, gift store, and spiritual center in southeast Florida.

## EMBRACING COLORS AND SCENTS OF THE SEASON

**December's colors and scents shift to green and red with the smell of fir, balsam, spruce, and pine trees in the air.**

The hustle and bustle of this season have us running around to gather gifts for our friends, family, and co-workers. The focus is on peace, love, and joy with good will for all mankind. And, even with the constant songs praising the season of joy and the glittering lights, many people find this time of year very challenging.



Ruby in Fuchsite

to ground yourself and open your heart to receive a river of bejeweled blessings. A perfect matching gemstone to aid in accepting love and blessings is **Ruby in Fuchsite**.

While we are ready to be a good tidings and great joy, many are struggling to keep a smiling face even though they may feel nostalgic missing the presence of their loved ones who have passed away or are no longer part of their lives. Do you feel this way? Allow the green and red energy of the holiday season help you



Add a spritz of **Evergreen Spray** to bring the forest fresh scent to release negativity and emotional upsets. Allow the emerald-green energy to raise your vibration to restore body, mind, and spirit. Cleanse your space with this antiseptic spray or your own blend of pine-type scents. To relieve respiratory challenges be sure to use real medical grade products.

**MATCH THE AFFIRMATION BELOW** while you hold a **Ruby in Fuchsite** and inhale **The Crystal Garden's Evergreen Spray** for a perfect aromatherapy combination for the Winter Holidays. You can also clean your counter tops with a pine and spruce blend and bring the Holiday scents indoors.

*I am willing to receive love. I completely embrace my feelings and allow them to come to the surface. Feelings of sorrow and grief will pass and I release them from my body. The door to my heart is open, allowing blessings to flow into my life. I accept gifts, love, and attention with ease and grace.*



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# RECLAIMING THE INTUITIVE VOICE OF YOUR SOUL

You can enhance and expand your practice of the topics in this article by visiting the "Guided" book website and downloading free resources: <http://www.guidedbook.com/> For more info about Hans King, visit: <http://www.hansking.com/>

## RECEIVING ANSWERS TO YOUR MOST PROFOUND QUESTIONS

We are all more than what meets the eye, and how we sense, feel, and relate to the world within and around us is pivotal to sculpting our life according to its highest design. Attuning our inner ear and inner eye to the spirit world creates a reality that is far richer and inspirational than you could ever imagine, and yet it is accessible to all of us.

Once you accept the stunning grace of being guided which accompanies and caresses you at every turn, you will stand in an unconditional "Yes" to your existence. With the "I am guided" mantra as your companion, you will travel more willingly into uncharted territories because you recognize that they are tailor-made for awakening your awareness. Likewise, when we discover the fathomless depth of the well of our intuitive life, our thirst is quenched from the very root of our being.

I encourage you to apply loving patience in this process, because it cannot be forced, coerced, or bribed. It is a beautiful, joyful, disciplined practice. And that is why this article (and my book "Guided") includes spiritual practices that will take you beyond the boundaries of your exterior self into the boundless interior of your spirit self.

## MY PURPOSE: YOUR AWAKENING

If you were to ask me, "Hans, in your over sixty years of working with clients and students, what has been the one essential message you most desire to transmit to them?" More poetically than any words can describe, beyond the mind's logic or rationality, from the moment of accepting my calling as a medium, my wholehearted aspiration has been to show individuals how to cease searching, and how to become aware of a conscious, full-out living of your life. What we are truly seeking is the end of "the search," the end of chasing after the phantoms we are told will guarantee us unending happiness, success, redemption or salvation. Then, at last, we can finally relax, exhale into a consciousness of utter contentment as we continue our ongoing evolutionary process.

## INTUITION IS OUR BIRTHRIGHT

For most of us, the search for the truths of existence in general and ours in particular has been anything but clear and simple; rather, it is frequently blurred and confusing. The path to authentic living is much more profound than most of us have ever been taught. It can be a lifelong process to let go of the cultural myths we have inherited about who we should be, about what our lives should look like. It's no wonder, then, that what clients most commonly seek from sessions with me is the relief that comes from the reassurance that the totality of their experiences both positive and negative are integral, vital contributors on their path to self-discovery, and to gaining the insight of their incredibly vast intuitive abilities.

## YOU APPLY INTUITION ON A DAILY BASIS

In everyday language we call it a hunch, gut instinct, a vibe, and "I feel it inside" awareness. We are all made from the fabric of energy and therefore possess the ability to feel the energetic vibrations moving in and through ourselves, others, and environmental atmospheres. How many times have you said to yourself: "I'm not comfortable with that person's energy," or "Let's get out of this place - I just don't like the vibe in here." Whether or not you were able to pinpoint the "why" of your feelings, "what" you picked up on your inner radar was worthy of your wise attention and action. That "what", which emanates from your intuition, is speaking to you.

## OUR COSMIC CHEERLEADERS

Prior to our current incarnation we moved about freely in the finer dimension of the astral realm in a body of light. Upon the very moment of entering the three-dimensional realm, we have enthusiastic cheerleaders in the spirit world who are ready to graciously guide our every step. Whether or not you consciously remember having forged an agreement with your spirit guides before taking your current earthly incarnation, there is no expiration date on your agreement to connect with them and receive their guidance. It is never too late to learn to receive guidance. Every incarnated soul has the ability to learn to listen and to work with those in spirit who love you unconditionally and are available to support you always.

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# ABRAHAM-HICKS

*...continued from page 9*

And we say, you cannot take a giant step backwards. What happens, when something big happens, is that you take a giant step forward, because desire is born in such a powerful way. The question is, *can I bring myself into vibrational harmony with the desire?* And the answer is yes, you can.

**QUESTION** And that's what I've been working on. And, as a matter of fact, we've separated now, and I feel so much better. Instead, though, I went to...

**ABRAHAM** Wait, wait, wait. So what you're saying to us is, *it is necessary to rid yourself of any influence that might negatively influence you, rather than find your balance anyway?*

**QUESTION** I tried to find my balance with him, and we went to seminars, we read spiritual books together, he's a wonderful person. But I realized that we're just two different people.

**ABRAHAM** But here's the reason that we're probing here, just a little bit. In other words, you got rid of him.

**QUESTION** Sort of.

**ABRAHAM** And everyone's glad you did. And we're not quibbling with the action part of it at all anyway. But when you take a lot of glee about getting rid of someone, what happens is, even though they're not in your house or in your day-to-day experience, the vibration of them stays and continues to hinder you. And the only reason that we're talking about it is because you were so excited, as you said it, that you brought the audience to applause. They were all glad that you ridded yourself of this hindering thing.

*And do you hear the flaw in that? If your Well-Being depends upon your ridding yourself of the hindering thing, you're always, always going to be in turbulence and trauma, because you cannot rid yourself of those who do not agree with you. What you must do is find your own center.* When you really know what you know, and someone who loves you is saying to you, "Oh, you're really wrong," and you really know what you know, they do not cause any disturbance in your vibration. You just smile at them as you would at a child who doesn't know.

Or at anyone who has not had the experience of what you've come to know. You just chalk it off to their lack of experience, or their lack of exposure, or their lack of understanding of your resolve, or their lack of understanding of the resources of the Universe, or their lack of understanding of your ability to focus, or their lack of understanding of the Law of Attraction.

Do not misunderstand. We're not saying that you should still be with this one. We're just saying to you, *do not get into the position where you believe that you must rid yourself of those who seem to keep you from the Well-Being that you want. Because in every moment that you are trying to rid yourself of them, you are holding yourself in a place that your Well-Being cannot come in. And then you miss the benefit of all of the upheaval to begin with.*

**QUESTION** Well it was... We've separated, we're still friends, and we still talk, and I still care about him very much. However...

**ABRAHAM** Does he still give you a hard time about your ideas?

**QUESTION** Not as much, no, because he's finally realized, I've actually made him...

**ABRAHAM** 'Cause you gave up?

**QUESTION** No, he realized that he was partially...I hate to say, blame, I don't want to say that. He realized how he affected me when I was trying to do what I needed to do. However, I moved back to my home. We had a loft downtown in **Chicago**. I moved back to my house that I own. However, I had asked my mother to move into my house because she couldn't afford to live where she was living. And now I'm with my mother.

Regarding my mother... But first, I just want to comment on I knew I needed space and time for myself to refresh myself, in my mind, and who I was, and who I wanted to be. And that was the reason for my separation. And my fiancé was aware of it and realized that there wasn't much of me left. I was mentally exhausted, not just from him, but from myself. And I think it was more for myself, because I was allowing all of the negative emotions to surface.

And so, I'm at a point right now where having removed myself from that, I feel very much at peace within myself. However, my mother, who is living with me and who needs to be living with me right now because she can't live on her own, revels in negativity and misery. She's just a miserable, miserable human Being. She's a beautiful woman. She has beautiful qualities. But every time she talks about anything, it is in such a negative fashion. And, at first, it used to drive me crazy.

**ABRAHAM** Stop for just a moment and just talk about something that doesn't matter very much to you.

**QUESTION** Okay. Well, I think this is a lovely space. It's a beautiful sunny day and it's very refreshing to go outside during the break and be out of this room, although I think it's a very positive Energy in this room, and I feel very good for being here. I'm excited to be here.

*...continued on page 27*





# ABRAHAM-HICKS

...continued from page 12

**ABRAHAM** We should have said that to you an hour ago. You see, that's a really interesting thing, isn't it? When we said to you, we have a greater issue here, don't talk to us, for a moment, about anything that is very important to you, just carry on with things that don't matter very much, you got very positive right away. You found things that connected you immediately to **Source Energy**. You see what we're getting at?

So what is it about issues that are of such great importance? It's almost like saying, "Well, this really matters, so it deserves my negative attention." It's like **Esther**, sometimes, as she is rattling on about something, and she knows that she's in that mode, and she will say to **Jerry**, "Well, but it's true." As if speaking something that is true then causes the **Universe** to say, "All right, for just a moment, let's cease **Law of Attraction**, because even though she is disconnected from **Source Energy**, she is speaking truth. So let's alter the **Laws of the Universe** here for a moment."

What we are getting at here is, it's hard to break up with your mother like you did your fiancé, isn't it? And that is sort of what we were talking about earlier. *Rather than thinking in terms of breaking up with the one who seems to be the reason that you are focused in a way that is not allowing your Well-Being, you have to begin to discover what unconditional love is, which is, "I have to be able to let this condition exist, because I cannot control whether it exists or not. I have to be able to allow this condition to exist, and I have to find a way to find my place of Connection, anyway."*

**QUESTION** And that's where I am, and that's what I'm trying to do.

**ABRAHAM** Good, we can feel your disagreement with us, a little bit, as we are chewing with you. Because it feels to you like you are going about everything in a very precise way, and we acknowledge that. But our encouragement to you is back away from the subjects that matter most until you have proven to yourself that you can feel good just because you've chosen to feel good. You need to remind yourself that you have the ability to feel good, before you try to feel good about something that's gone very, very wrong. Until you are able to convince yourself, "Oh, I have the ability to choose a thought that reconnects me with **Source Energy**," you can't even begin to reconnect yourself with **Source Energy** relative to something as hard as your mother. Or as hard as the recent terrorist attacks.

**SO HERE'S THE PROCESS:** *"This disconnects me. I try to think about the other end of that, but this end is more dominant. So when I think about this subject at all, it*

*disconnects me. So I choose another subject that doesn't matter to me very much. And as I choose another subject that doesn't matter to me very much, I feel my vibration raising. And I'm wise enough to love the feeling of feeling better so much that I keep diverting myself from the subject that immediately takes me to a disconnected place. I just keep avoiding the subject for awhile, until I'm secure again and feeling better again.*

*"And then, once I'm feeling better again, then I can revisit the subject, if I want to, from a place of greater stability, and raise the vibration of that subject within me, if I want to." But the first thing is to find your balance. You said this to us. You said, "I felt like I needed my own space. I felt like I needed to find out who I am and what I'm all about." And so, you jumped, sort of, out of the frying pan into the fire. You never really gave yourself a chance to find that balance.*

And many would say, "Well, shouldn't she then leave her mother in the current house, she's left the loft, and now shouldn't she leave her mother in the current house, and shouldn't she maybe move back into the loft, or move someplace else where her mother is not?" And we say, that's the way most physical humans go about it. They say, "Under these conditions I don't feel good, so I've got to do something about adjusting those conditions." And what we would say to you is, *find a way to find your Connection even within those conditions.* And so, when your desire for Connection becomes your dominant intent, ah, the orchestration that unfolds before you, leaves you feeling loved, and bathed, and soothed, and tended to, and known, and nurtured. In other words,



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## 4 REASONS TO TRUST THE UNIVERSE WITH YOUR DREAMS

*... continued from page 11 ...*

And with total willingness your obsession with time will end. The miracle is now. A Course in Miracles lesson 173 is: “The light has come.” I once had a deep conversation with my friend and mentor Robert Holden. We both have a shared love for this lesson. For Robert it’s a gentle reminder that the light isn’t coming when you get the job or the baby is born. The light has come. It’s already here. In any given moment, you can surrender to the light and live in the miracle.

To give up our obsession with time, we must accept that the light has come. We already embody all the love, joy, and peace we long for. In any moment, when you find yourself caught up in time, you can return to the miracle of the moment. Accept that the light has come, and live in the miracle. Imagine how free you would feel if you lived your life moment to moment rather than milestone to milestone.

When you turn over time, you can trust in the order of the Universe. You have faith that everything is happening to you in the perfect time so that you can grow and heal. Embrace the miracle available in every moment, and each step will be perfectly laid out before you. Don’t rush your spiritual evolution; enjoy it. It’s the journey that matters, not the destination.

### **Step 3: Surrender your goals and let faith take the lead.**

We must learn to give up goals and embrace hope and faith. Goals often imply that you need to achieve something else to be happy. Remember, there’s nothing wrong with visions, dreams, and desires as long as you’re willing to surrender them. The key is to gently hold great visions and then release them to the Universe.

To feel free and surrendered, we must learn to release our attachments. Deepak Chopra says, “When you’re happy for some reason you’re still in misery because that reason can be taken from you tomorrow.” Instead of seeking some reason or outcome to make us happy, we must learn to trust in the wonders of the Universe. Each day brings new miracles to celebrate. Each moment can be a miracle if we choose to perceive it that way.

Instead of focusing on goals and outcomes, redirect your focus onto celebrating what you already have. Take time each day to devote your attention to what is thriving in your life. In my case, I gave up the goal of getting pregnant on a specific date and chose instead to focus on the deep love I have for my husband. I made it my intention to feel connected and in love. I redirected my energy onto my body and the health I am blessed to enjoy. I concentrated on my home and the space I am creating for the baby I am ready to call into my life.

Instead of focusing on when I will have something (or someone) new, I focused on what I already have. When you return your focus to what you already embody and enjoy in your life, you can let go of what you think you need. That doesn’t mean that you cut off your desire. In fact, it’s quite the opposite. You bring far more love and energy to your desire when you take the pressure off. Focusing on what you do have creates more of what you want.

### **Step 4: Turn it over to the holy triangle.**

A beautiful element of my spiritual practice is my holy triangle. It’s a wooden triangle that hangs above my altar. Each edge of the triangle has a meaning: faith, love, and charity. The triangle is a symbol used in the John of God community to facilitate spiritual surrender.

The idea is that when you write down your desire and place it in the holy triangle, the desire will be taken care of. You leave your desire in the triangle for a week, and then at the end of the week you remove the piece of paper and burn it. The act of burning the paper symbolizes your faith and trust that your desire is being supported. When I was wrapping up this chapter, I realized that I hadn’t placed my desire to be a mother into the holy triangle. All this time I’d been so controlling that I’d forgotten this crucial step. Placing my desire into the triangle allowed me to tell the Universe that I know it’s being handled.

You too can have a holy triangle. You can make one, or if that isn’t you, simply use a box. I’ve taught many people to create their own God box, and it offers the same service as the triangle. You can decorate the box in any way that empowers you. Once you have the triangle or box, try it out. Write down your desire and place it in the hands of the Universe. At the end of one week, take it out and burn it. (Be sure to burn it safely in the sink.) That’s all it takes.

As you continue on with this practice, be mindful not to put the same desire back in the box. That would imply that you didn’t trust it was being taken care of. This is a powerful practice of surrendering. Practice the three steps above and then offer up your desire to the holy triangle (or box). Place your desire in your triangle, and say a silent prayer to surrender it to the Universe. Turn it over once and for all, and know your request is being heard. These four steps will greatly help you surrender what you think you need and embrace what is of the highest good for all. Focus on the subtle, moment-to-moment shifts. As A Course in Miracles reminds us, “Each small step will clear a little of the darkness away.”

Surrender offers you this kind of serenity. When you practice surrender, you’ll begin to lean on a power greater than you. In time you’ll know it’s always there, and you’ll rely on it.



## 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 ...

**Practice knowing that nothing that happens in the world  
needs to affect our happiness.** It helps to remember that

during a storm, the small, slim willow bends in the wind. A storm may rage on all around us, yet we be completely untouched where we are. Entire neighborhoods may be devastated in an earthquake yet one lone house on the cliff remain intact. We can remain upright even while one standing next to us does not if we are flexible to the winds of change.



In 2004, Hurricane Jeanne destroyed 3 mobile homes surrounding one I own in an over-55 park nearby. Mine had one scratch from flying debris and my tenant moved back in the next day. **How did we escape damage while the storm raged on around us? Was it the prayers we said as the storm approached?** My tenant at the time was a very devout Christian. Was it faith that no matter what storm passed over us, it was possible to be on the other side of it quickly enough, with little or no distress? Was it knowing that if our focus was strong enough to envision weathering the storm with ease and grace, that it would naturally come to pass?

**I have learned it's all about my ability to stay focused on what it is I want to experience.** Because what I am focused on can come to pass for me. During Hurricane Jeanne, I felt safe and secure throughout the storm. I awoke to find the oak in the back yard had uprooted and come down on my back porch. Even so, I was not distressed. I didn't know it had fallen. My neighbor had a chain saw and two sons who had the tree cut away within two hours of me discovering it. Soon after, insurance paid for all repairs including a new roof when I thought only a few shingles had blown off.

So staying focused on the good doesn't mean you'll never have anything "bad" happen to you. It means you come to realize the good in whatever happens to you. It means that instead of being broken by the storms in your life, your ability to bend and be flexible will benefit you. In June 2003 fire destroyed acres around me and literally stopped in the shape of my prayer circle. Prayerful intent can be powerful and can stop a storm — any kind of storm — in its tracks, whether a hurricane, a fire or a new political party.

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Maybe it's because of my daily meditation practice the past 40 years but I always feel as though it's under control — everything. That no matter what the appearance of anything around me, someone or something with a Greater Plan has it under control. And if I have faith that I will come through fine and upgraded on the other side of it, experience tells me I will.

**So, to those friends who are suffering right now, unhappy with election results, I know that no matter who is or isn't in office, I can find happiness. I know that no matter who is or is not in office, I can have a good experience in life, I can find my niche, I can discover my purpose, I can find an ideal job, I can find love and pursue my dreams.**

While initially we may see a lot of hate and racism being stirred up, it's simply bringing to the surface what we have been surrounded with all along and didn't know it. When you discover a hungry child, you feed it. When you suddenly discover who of the people around you are angry and bigoted and mean spirited - for instance, via their Facebook posts the last few months, you know who to love. That's all that is happening now, the revealing of the ones who need our love and compassionate caring.

Friends, no matter what happens, we are okay. I promise you, we can love our way out of any situation.

**We can help friends find happiness and contentment no matter where they stand by teaching them to seek the good in what is happening around them in every moment. That's where your value lies. How much suffering can you relieve?**

Enjoy our offering this month. Hari  
Om.

Andrea





Maya White is a Master Destination Astrologer and one of only 90 people in the world certified in Astro\*Carto\*Graphy, a specialized branch of astrology which helps people find their perfect place on earth for love, prosperity, and personal growth. She's also the creator of Easy Astrology Oracle Cards published by Hay House. Visit Maya's website and sign up to receive her weekly newsletter. [www.MayaWhite.com](http://www.MayaWhite.com)

# HOROSCOPES DECEMBER 2016

Cusp dates are accurate for 2016. Sometimes the actual date the sun enters the sign varies by a day or so because of a leap year, or, even the time of day. I assure you these cusp dates are correct for 2016.

**Aries – (March 19 – April 18)** Your energy is bright and focused now. Maintain efficiency, get as much done as possible before month's end. **Mars** must pass through the treacherous waters of **Neptune** on Dec. 31st, so you want to be well positioned on high ground. Remain open to opportunity, but don't second guess your decisions! You're in a good place. Keep it that way, plan on making the New Year even better.

**Taurus – (April 19 – May 19)** Good fortune is shining on you. You must move past that wall of fear, but the results will be worth any trepidation. The stars are asking, urging, that you make the commitment. Do it sooner rather than later, though; **Mercury** stations retrograde on Dec. 19th, and you want your paperwork all zipped up before then. Make time for a special season; gifts are coming your way, love is in the air.

**Gemini – (May 20 – June 19)** December finds you deep in thought. Partnerships are highlighted early in the month, but the **Gemini** full moon on the 13th puts the ball back in your court. It really IS about you. And **Pluto** invites you to dig into what you NEED. Because of **Mercury retrograde**, this is a month to think, but not the time to take action. The winds of change are blowing; they will take you safely to your next harbor at the right time.

**Cancer – (June 20 – July 21)** You are called to participate fully in this holiday season. Pace yourself because the planets have you sitting like a hinge in the Cosmic doorway. Everybody is looking to you for assistance while you're wondering when the work fairy will come to help with your many tasks. The good news is: the fairy does come! **Christmas** and **Hanukkah** fall on the same day, and there is magic in the air - receive it.

**Leo – (July 22 – August 21)** **Jupiter** and **Uranus** are a dynamic pair, and this month they ignite your information sector. Pay attention to your hunches and inspirations because there is true greatness in ideas that come your way. Even **Mercury retrograde** (after the 19th) helps you tune into your intuition. Don't get bogged down in details. You need some dream time by the ocean with a notebook and only yourself to please.

**Virgo – (August 22 – Sept 21)** Something mysterious is afoot, and you may even feel that you're being treated unfairly as **Mars** enters **Pisces**, your 7th house on Dec. 19th. This is the same day that **Mercury** stations retrograde. **Mars** and **Neptune** working together form a wild shadow brew - a concoction of intrigue tinged with quaint overtones of aversion. And you must get to the truth. Keep digging; it's not about you.

**Libra – (Sept 22 – October 21)** The fortunate planets are twinkling in your air space. **Jupiter** now shines as a bright Morning Star, **Venus** lights up the evening. Responsibility lies in the choices you make; you get to choose between something that is predictable, and the other option, which is magnetic and exciting. Go with the sure bet because although the stars are bright and shiny, things get complicated by **New Year's Eve**.

**Scorpio – (Oct 22 – Nov 20)** You are called to make an important decision that overrides your logic and digs right into your heart. **Scorpio** is an intuitive water sign, but your logical mind is **Saturn** ruled and you like to think things through. However, this is no time to let fear creep into your energy field. Surrender to the big picture and fill the cup of hope for your future. Move decisively and trust your instincts.

**Sagittarius – (Nov 21 – Dec 20)** Time is a priceless commodity. As the **Sun** filters through your sign this month, think about how you can leverage your precious time in the coming days. You need breathing room and space to fulfill your wanderer's destiny without sacrifice. The New Year brings you the deliverance of being CEO of your own life. It's a divine gift; use this power wisely, Sag.

**Capricorn – (Dec 21 – Jan 19)** Stay on the high road. With **Pluto** and **Mercury** spinning like a binary star in your sign, **December** is a wild ride. The secret to success is - don't get distracted like the rest of the world. You are a brand of wisdom and it's the perfect time to monetize your stability. Stand tall and proud; **Jupiter** and **Uranus** can teach you some new tricks, and everybody will love what you bring to the Holiday table.

**Aquarius – (Jan 20 – Feb 17)** Eat, drink, and be merry as both **Venus** and **Mars**, the personal planets, embrace your sign this month. **Mercury** and **Pluto** are nagging at your unconscious, leaving you feeling unsettled, but really, there is not a darn thing you can do to even influence what **Pluto** is digging up. It's time to make people wonder why you're so happy. Surrender to joy and receive the blessings of this Holiday season.

**Pisces – (Feb 18 – March 18)** **December** presents a litmus test of the New Year ahead for you. Just pay attention, and let people show you who they really are. Look past any sleight of hand and remember those old tricks that you learned about long ago. IF the magic is real - you'll know by mid-April. I know it seems like a long time to wait, but **Venus** has a grand plan for you.



# COVER ART

## FAIRY LANTERNS

### JANE DELAFORD TAYLOR



**Like all my fairy paintings, this one calls to the inner child - to surround yourself with the glowing light that love, hope, optimism and faith, casting back some sparkle into a world that may have grown a little dark. And why not hug a tree while you're about it?! Perhaps one of the reasons children love the idea of fairy magic is that it opens a door into a world of possibilities which adults have closed, a world where miracles can happen and dreams can come true. This image reminds me to keep those magic lanterns alight!'**

**I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years**, but am now doing far more of the thing I love best - painting in oils on canvas.

I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) - and most of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.



For me painting is one of the necessities of life, - I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time!

Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush!

What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so rewarding on a personal level too!

I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website, which you may like to check out just for fun.

You can find my work at [www.janedelafordtaylor.com](http://www.janedelafordtaylor.com) or email me at [chalicewell@hotmail.co.uk](mailto:chalicewell@hotmail.co.uk)

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

When we think that the  
world has unlimited  
resources, our world  
becomes unlimited.  
Ma Yoga Shakti

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*All Welcome*

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**Sunday, January 22**

**2 p.m. – 5 p.m.**

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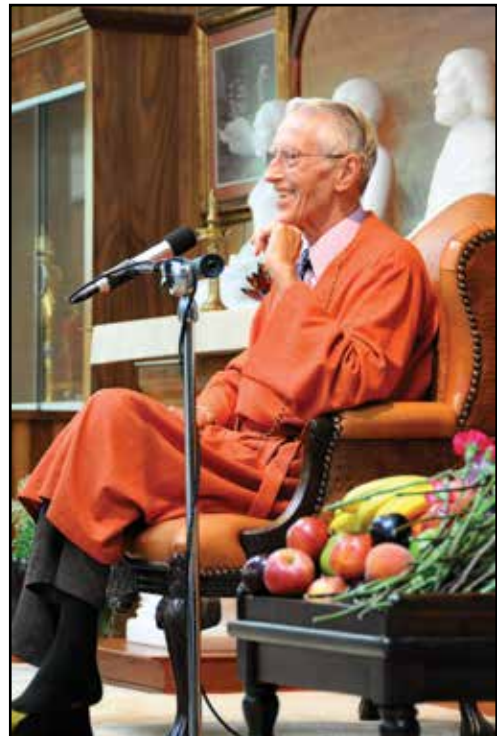
Roy Eugene Davis has taught spiritual growth practices in North and South America, Europe, West Africa, Japan, and India. He was ordained by Paramahansa Yogananda in 1951.

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