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# THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; Essential Guide to Crystals, Minerals and Stones; the Archangels and Gemstone Guardians Cards and more. She is a spiritual entrepreneur, aromatherapist, and the owner of The Crystal Garden — a conscious living store in southeast Florida. Find out more about Margaret Ann at [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com); [www.TheCrystalGarden.com](http://www.TheCrystalGarden.com); and [www.AcademyoftheSpiritualArts.com](http://www.AcademyoftheSpiritualArts.com) or email at [margaret@margaretannlembo.com](mailto:margaret@margaretannlembo.com)

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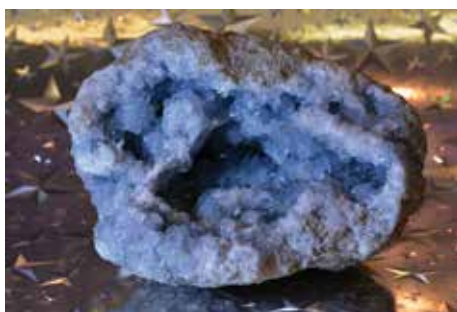
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**Sunday, December 3rd 9:30 and 11:00am Services**  
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**Sunday, December 10th 12:30 pm – 1:30pm**

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**Sunday, December 24th 11:00am**

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*Third Sunday of the Month – mini service at WAVECREST 2:30pm*  
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*Tuesdays – Course In Miracles 7:00pm*  
*Wednesdays – Meditation with Jenny Cancelled until January*  
*Wednesdays – Melbourne LBGT AA 6:30pm*

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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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# 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

### HELLO AND WELCOME TO THE DECEMBER 2017 HORIZONS MAGAZINE.

As I sat to write my December editorial, I like to recount lessons I've learned the previous 30 days. To do that, I scroll down my Facebook wall and see what I've been bitchen about and what I might learn from it. *Feel free to give input when I'm missing something. That's what friends are for. They help us purify our character so we can be who we say we are.*

### ALWAYS ASK FOR WHAT YOU WANT

I love it when I do a shout out on Facebook asking for help with a project and I discover local real life friends who can help. I'm private about having people come onto my property so I'm stoked to discover they are available. Had I not asked, I wouldn't have known. Always ask for what you want, always. You never know who around you right now has it available for you. Whatever it is.

### WHEN I PRETEND I DON'T KNOW WHAT I KNOW, I'M ONLY HURTING MYSELF

Friends have been helping me clear my yard of several years' worth of stacks of branch deadfall. I'd been going around the property cutting hundreds of palmetto fronds and miles of grapevine so it can all be taken to the street. It's been 10 years since I cut it back this much but it will grow fast. I'm usually pretty good about putting gloves on when I pick up the pruners but last week I didn't. The next day I realized I have thorn cuts on the tips of each finger of my left hand and OW it hurts when I type. I can't pretend I didn't know better, I should have put on the gloves when I picked up the pruners.

### NO ONE CAN DO ME IN LIKE I CAN DO ME IN

Last week was a great example of how I shoot myself in my own foot. It also reminded me how much control I have over my own experience when I make myself focus. On a crucial busy magazine day, I had a 10am appt that by 11:15 hadn't arrived. Even if they showed up NOW, dominoes had begun to fall, other things wouldn't get done on time. I schedule too closely sometimes. I KNOW BETTER. I forget how distracted I can be waiting for someone to arrive and be gone so I can get back to work. Especially if it's a pal I want to hang with.

Yes, they could have called at 10am to give me a heads up. But if we "expect" people to do the "right" thing, we can keep ourselves pretty miserable. Easier to accept them as they are and cancel if the delay inconveniences. If it doesn't, I need to have the discipline to focus on my work whether I'm keeping an eye on the clock for someone else or not. The answer, which I knew 20 years ago, is to schedule nothing else on final layout week OR *make myself stay focused so nothing around me disturbs my peace*. The easiest answer, of course, is not always the easiest to do.

...continued on page 29...



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# ONE MAN'S EXPERIENCE USING BYRON KATIE'S 4 LIBERATING QUESTIONS

Byron Katie (as everyone calls her) has one job: to show people how to end their suffering. As she guides them through the simple yet powerful process of inquiry called *The Work*, they find that their lives radically shift. All the problems in the world, Katie says, are caused by our thinking, and when we question our stressful thoughts—about life, other people, or ourselves—we can set ourselves free. <http://www.byronkatie.com>

*Tom Moon, MFT, is a licensed psychotherapist helping clients develop the insight they need to overcome the conscious and unconscious beliefs that stand between them and their happiness. I found this article of his to be an excellent example of using the 4 liberating questions in your own situation. Tom writes,*

**Corey came to see me, consumed with hurt and rage. Two years ago, his partner Lyle, the love of his life, abruptly moved out of their apartment and disappeared while Corey was at work.** In the following days, Corey discovered that Lyle had been involved with Lyle's "best friend" for more than a year, and that the two had left the state together. Corey subsequently spent most of his waking hours so preoccupied with angry and vengeful thoughts that his life came to a standstill. He wanted to let go, but he felt completely stuck.

Together, we tried a number of methods to get him unstuck, and what finally did it was a process of self-examination developed some years ago by a woman named **Byron Katie**. Beginning in her early thirties, **Katie** was so depressed and stuck in self-loathing that she was often unable to get out of bed for days or weeks at a time. One morning, in a sudden moment of life-changing insight, she saw that her suffering came from her thoughts about her situation—such as "my life is horrible," and "I don't deserve happiness"—and not from the situation itself.

She realized a simple truth: when she believed her thoughts, she suffered, and when she didn't, she was happy.

Out of this insight, she developed a process of self-inquiry which she now calls "**The Work**." It involves asking four simple questions about each belief that causes us pain:

*Is it true?*

*Can you absolutely know that it's true?*

*How do you react when you believe that thought?*

*Who would you be without the thought?*

After answering these questions, respondents are asked to come up with a "turnaround," a sentence expressing the opposite of what one believes. So, for instance, "He doesn't understand me," could become, "I don't understand him," or, "I don't understand myself."

I see "**The Work**" as a form of self-directed cognitive therapy. It has helped many thousands of people to get out of their mental ruts and to improve the quality of their lives.

**Corey** and I applied this process to his belief that: "*In order for me to be happy, I need Lyle to admit he hurt and betrayed me, and I need him to offer apologies and restitution.*"

What follows is an abbreviated summary of our discussion.

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## MOVING PAST UNWANTED CONDITIONS:

**This reality that you put so much attention on, and that you feel has so much credence, it is so very temporary.** And you say, "No it isn't, it's not temporary. This has been hanging on a long time in my life experience." And we say, it's because you keep giving your attention to it; you keep renewing your relationship with it in your now. Oh, those are the best words you're going to ever hear from us or anyone: You keep renewing your relationship with things by your attention to them. They cannot go away as long as you are aware of them, as long as you have a relationship with them.

So the question that you might want to ask yourself is, how can you not give your attention to the things that you don't want to keep renewing your relationship with? How do you make things go away? You stop maintaining an active relationship with them, which means, first of all, stop talking about it, but talking about it isn't what's making it come - it's your attention to it. And there are a lot of things that you give your attention to that you might not be talking about.

We really want you to hear that it's the way you feel. It's the way you feel, and it helps right away if you can put the word 'temporary' around or with the unwanted things in your experience. Call them temporary.

But then, you're so smart. **Esther** says, "Yeah, it's been temporary for about twenty years," which means she's not making it temporary, she's firming it up; she's making it real; she's making it valid. But the most important thing is, she is renewing it into tomorrow. So what you want to decide is what you want to give your attention to based upon the way it feels.

Most of you are feeling because of conditions. And most of the world that you know is attempting the impossible, which is controlling conditions. You continue to do the same things because you continue to feel the same way. You have to find different ways of looking at things. And so, if you're approaching the way you feel by the conditions that are causing the feelings, now you are strapped, you are tied, you are bound already, because now you've got to control conditions which you can't control so that you can have better feeling responses to improved conditions.

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That's going about it backwards. You are off in the weeds - it's not going to happen for you like that. You have to find a way to find the emotional center of things. You have to find a way to become so general about conditions that the specifics that you've practiced no longer hold you in that faster momentum. So what we just said to you is, the more general you are on a topic, the less momentum it has. The more specific you are on a topic, the more momentum it has.

There are 6 billion people on this planet. If you pull out of their influence, what you think is what you live. When you really know your connection to Source, the influence of others is miniscule. Once you have withdrawn your attention from it, you don't cross paths with it anymore.

*...continued on page 26...*

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Cecelia Avitable 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](http://www.herbcorner.net) 321-757-7522

## PEPPERMINT

**The refreshing and cooling flavor of Peppermint often brings fond memories of candy canes hanging from the Christmas tree. There are over 25 species of mint.** It

came to America by way of Europe and Asia, but it can be found growing all over the world because it is so easy to grow. Many people grow it around the foundation of their homes because it repels bugs; just be aware that it grows rapidly and can take over the yard. **Peppermint** has many



uses it can be found in cosmetics and body care products and it is a common flavoring in soups, salads, gum, cakes, cookies, toothpaste, teas and beverages. I personally like to add a drop or two of the essential oil into a glass of water for flavor.

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**In the immune system** the antibacterial, antifungal, and antiviral properties of Peppermint help to combat colds and flus. During cold and flu season when combined with **Ginger**, **Yarrow**, and **Elder** it helps heat up the body killing off bacteria and viruses. The antiviral effects of **Peppermint** have also been shown to inhibit the **herpes simplex virus** both internally and externally making it helpful for fighting **shingles**, **chicken pox** and **herpes**.

Studies have also found that for dental health the essential oils from the leaves of **Peppermint** help inhibit the growth of bacteria and oral pathogens, plus it also helps reduce inflammation of the mouth and throat. Other studies found that inhaling the essential oil of **Peppermint** can be useful for enhancing memory, stress relief, anxiety and for headaches. It can also be added to massage oils for the relief of pain or sore muscles. This is one of my favorite herbs for making teas, bath products and for cooking. Not just for candy canes.





# EVERY DAY MINDFULNESS HOW YOU CAN HELP WHEN WHEN THE WORLD APPEARS IN CHAOS

*Writer Sophia Quzi practices Raj Yoga and teaches mindful meditation. She is an Ayurveda massage therapist and training to be an Ayurvedic Nutrition Consultant and Practitioner. "I have always had a heart full of grace and compassion toward all that is." Find her on Facebook*

**I always found that there are two ways of contemplating, the blind way and the meditative or problem solving way.** A blind person will ask what is the sky like? Blue; what is blue like? Ocean; what is ocean like? Vast; what is vast like? This will never end because the blind don't know the truth, so his way of contemplating will only cause stress, confusion and conflict.

Whereas in meditation one keeps track of their thoughts, their sensitivity. All our thoughts are affairs of mental fabrications. Anything fabricated is short lived, now wanting this and now wanting that. Meditation will stop us from running along with them and these thoughts in time will end on their own.

At a time like this when the world is descending into chaos, nations are shaken and horrified, we only need to use words that are pacifying and soul nourishing. Words that will restore our peace our faith and courage. Any post or speech that creates tension or arguments, simply avoid them.

High conflict people are prone to create words that are conflicting, full of blame, and anger. Notice whenever there is an incident, these high conflict people will only post something that is aggravating to five senses. Sit in silence and know the truth. The art of truth is never hold a grudge, it always lets go.

A sorrowful heart is like a bird in a cage. It sees the weaknesses of not being able to fly anywhere, so it's mind is obsessed with finding a way out of the cage. It's fed up with the cage where it lives. Even if you give it food to eat, it's still unhappy, because it's fed up with the cage where it is imprisoned. When heart sees the weaknesses of inconsistency, stressfulness and not feeling whole, it will try obsessively to think how to escape from that cycle of wondering on.

The best way to handle this is to focus only on things that are working for us, things that we are not resenting and things that we are grateful for. Once I am happy without the things I want to have and the change I want to make in my life, I will see that in the right hour things I wanted will start to show up. After all we are our vibrational match.

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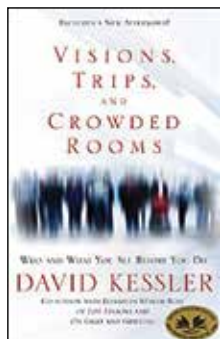
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# VISIONS, TRIPS AND CROWDED ROOMS

## What we experience before we die



David Kessler is the author of *Visions, Trips and Crowded Rooms -- What We Experience Before We Die*. He co-authored two bestsellers with Elisabeth Kübler-Ross: *On Grief and Grieving* and *Life Lessons*. His first book, *The Needs of the Dying*, is a #1 best-selling hospice book. His latest is *You Can Heal Your Heart: Finding Peace After Breakup, Divorce or Death* with Louise Hay. <http://davidkessler.org/>

**The visions people experience at the end of life are remarkably similar. For example, the dying are most often visited by a mother or mother figure.** It shouldn't be too surprising that the person who is present as we cross the threshold of life and take

our first breath once again appears at the threshold as we take our last breath.

Visions of visits from loved ones who have already died are only the first of three commonly shared experiences that remain beyond our ability to explain and fully understand.

The second type of commonly shared experiences is getting ready for a trip. The notion of the dying preparing for a journey isn't new or unusual. Although, interestingly enough, it's always referring to an earthly journey. People talk about packing bags or looking for their tickets -- they don't mention chariots descending from heaven or traveling to eternity in some other manner. The archetype is about life and transitions, not endings. The saying "It's not about the destination, but the journey" has never rung more true than here.

The third type of commonly shared experience is known as "crowded rooms." The dying often talk about their room being filled with other people. The word I hear over and over again is crowded. It's not unusual for the dying to recognize some but not all of these visitors. We will look into who these people are and the connections they have during both life and death. By doing so, the very idea that we die alone may be challenged. What if the journey at the end of life is not a lonely path into eternity, but rather, an incredible reunion with those we have loved and lost? Beyond that, what if the dying hold a connection to those who have been long forgotten? What could that offer to the living?

DAVID KESSLER

R. W. Dellinger writes, "When you're starting out in your professional life, you want to make sure that you're doing credible work," says the vice president of patient support care services, which includes overseeing end-of-life care, pastoral care and social work, at **Citrus Valley Health Partners**. "If I would have said to anyone early on, 'You know, I've been noticing there's some visions going on here with our dying patients,' they would have thought I was crazy.

"After writing three books and being around people like Kübler-Ross and Mother Teresa, I hope that people will realize I'm just always reporting from what's happening at the end of life. I mean, if anything, I see myself as an end-of-life reporter because I know everybody's not going to be around the bedsides of the dying.

"I think there's a part of me that's become more courageous and more mature to say: 'You know what? Not only should I find the courage to share these stories, but it's actually a disservice by letting you believe your grandfather or grandmother, who was a very sane person, became crazy in his or her last moments of life,'" he points out. "I actually have a responsibility to say: 'Nope. This is a common phenomenon. I can't explain it. Don't have any interest in arguing about it. Accept it or don't.'"

The 51-year-old modern-day student of death, who runs the **Citrus Valley Hospice** program for the group of three hospitals in the San Gabriel Valley, conducted in-depth interviews with healthcare professionals, members of the clergy as well as individuals who had lost loved ones. They told him what it was like being at the deathbed of a patient, relative or close friend.

### EYES FIXED ON MOM

The first shared experience reportedly was deathbed visions, most often of the dying person's mother or mother figure. Their eyes became fixed on something no one else in the room could see as they reached out their hands passionately, according to many witnesses of deathbed scenes.

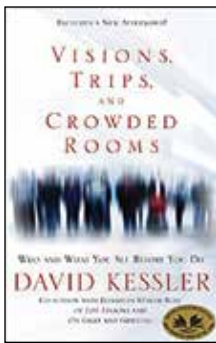
A hospital supervisor who Kessler calls Nina in the 168-page book **Visions, Trips and Crowded Rooms**, said her dying husband suddenly started talking to someone in his hospital room, although no one else was present. She clearly heard him say, "Mom, I can't believe you're here." Then he told his dead mother all about his living family. But the supervisor said the "most amazing part" was how her husband kept his eyes focused upward on a particular spot, like his mother was hovering there.

### SPEAKING TO LOVED ONES

An oncologist was at the bedside of his brother, who had terminal cancer, with their mother. The patient began talking as if

*...continued on page 13...*





## VISIONS, TRIPS What we experience before we die

*...continued from page 12...*

there was somebody right in front of him. And it soon became apparent that he was speaking to his father's parents, whom he'd been particularly close to. The conversation lasted for a couple of hours, with the patient smiling and calling both of his grandparents by name.

"As a doctor, it's very easy to dismiss this sort of thing until you see it firsthand," the oncologist told Kessler, adding, "Before the episode, there was a sense of struggle and tension in the air, but now there seemed to be only peace surrounding my brother. I truly believe that it was a result of my grandparents' visit as he died."

Kessler found that deathbed vision happenings shared a number of things. First, death had to be imminent, within at least a week and sometimes the same day. Only really dying people, in short, had visions. And these end-of-life visions were remarkably similar, with mothers or mother-like figures being the most likely apparitions.

"The more I thought about it, I wasn't as surprised as I might have been, because our mother ushers us through this threshold into life - and wouldn't she be there at the end?" he muses.

The healthcare administrator and former nurse stresses that the visions were more than hallucinations or the result of oxygen deprivation. He explains that hallucinations feel unsafe and don't make a lot of sense. The same can be said for the ramblings of people who are oxygen deprived. But the deathbed witnesses he talked to reported that the dying patient carried on a coherent conversation with the unseen visitor and then had no trouble switching back to people in the room.

### STANDING ROOM ONLY

Dying people spoke a lot about getting ready for a trip, which was the second commonly shared deathbed experience, Kessler found. And he emphasizes that the journey was a real concrete trip versus an abstract notion of heading into eternity. People asked "Where's my ticket?" or "What happened to my passport?" not "I'm about to go into the abyss of death."

A social worker at a major hospital shared a story about a woman in her 80s dying of congestive heart failure. After not talking for days, she sat up, waving at her daughter to look where she was pointing. "Don't you see them?" she declared in a steady voice.

"See who?" the daughter asked.

"I see a dock; and there are your dad, grandmother, grandfather and uncle."

When the daughter said she still didn't see anybody, her mother exclaimed, "Well, they're all there! They're standing on the dock, waiting for me to come across." After a pause, her gaze fixed again on the wall, she directly addressed the people in her vision. "There's no boat at the dock," she said. "How can I get to you?"

The next day, the elderly frail woman uttered her last words with an expression of complete contentment: "The boat is finally at the pier."

The final kind of deathbed experience reported to Kessler was crowds and crowded rooms, or what he likes to call the "standing-room-only experience." The dying often reported being in a room - or about to enter one - full of people, some of whom they didn't even recognize.

"We may think we only have a handful of friends, but what about all the people we've interacted with or shared a kindness with during our life?" he notes. "What if there's a lineage that we do gather with once again in the afterlife, in heaven? There was an awe of how many people were present for many of the dying."

Like the account a hospital chaplain told him of a middle-age woman who was losing her battle with ovarian cancer. Focusing her eyes upward at a corner of her bedroom, she said, "Oh, it's a door. A lovely golden door."

Then she told her mother, who was present, there were more and more people trying to push the door open. "Mom, look how many are here for me," she said. "They're going to help me."

The chaplain, who was also at her bedside, remarked at how happy she looked, especially when her mother said, "**Dorothy**, you can go with these folks if it's time."

Placing her hand on the dying woman, the chaplain assured her, "It's all right to go. I'll take care of your mom."

Shortly after, **Dorothy** died peacefully.

### 'IT CHANGES EVERYTHING'

"You hear people say, 'we're born alone, we die alone,' but from the deathbed it doesn't seem like a lonely experience," observes **David Kessler**. "It feels like we're not going into the emptiness but arriving into a fullness."

After a moment, he confides, "One of the most startling things for me in hearing these stories is what if death isn't that lonely experience that we should all fear? What if we are comforted and loved and cared for - and there is standing room only? It changes everything. I mean, it reaffirms our faith."

R.W. Dellinger excerpt from <http://www.freerepublic.com/focus/f-religion/2555283/posts>

# FROM THE HEART



Alan Cohen is the author of *A Course in Miracles Made Easy*; mastering the Journey from Fear to Love. Join Alan and friends in Hawaii, Feb 26 - March 2 for a rare retreat, Unplugged. Put your devices aside for a few days, liberate yourself from technology, and reconnect with yourself and your life. For more information about this program, Alan's books and videos, free daily inspirational quotes, online courses, and weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).

## OFFICER GOD

**Do you believe the universe can take care of all of your needs in ways far more clever, creative, and miraculous than you can imagine?**

Last Thanksgiving a friend baked a large turkey at my home, most of which was left over. The real beneficiary of the day was my dog **Munchie** (the famous author), who inherited the treat of eating turkey for a month! When the turkey ran out, he refused to go back to eating dry food (he's no dummy) and I realized that I would have to get him another turkey. Being a vegetarian, however, I was not thrilled about walking into Safeway and buying one.

Not long before then, I was driving along a local highway when I noticed a police car behind me, and I began to feel nervous. Although I had not broken any laws, I did not like the idea of a cop following me. I realized that I must have been harboring some subconscious program about police, so I decided to reprogram it by affirming, "The police are my friends; they love me and want to help me." I relaxed into a comfortable feeling, and let it go.

One night just after Christmas I approached a police roadblock, and I was pulled over. "I am officer K. of the **Maui Police Department**, and we are checking for drunk drivers. May I please see your license and documents?"

Sure, no problem. I gave the officer my papers, he looked them over, and handed them back to me.

"Hey, Joe," I heard him call. "Come over here."

Why does he need Joe? I wondered.

**Officer K.** leaned back into my window and asked, "Would you like a turkey?"

"Excuse me?"

"We have a turkey for you. Would you like one?"

"Is this some kind of joke?"

"No. You are not drunk and your papers are in order. We would like to give you a turkey as reward."

Well, bless my giblets. My mother told me never to look a gift turkey in the mouth, especially when it comes from a police officer.

Before I could say, "Gobble, gobble," **Lieutenant Joe** was standing at my window, hand outstretched with a healthy-proportioned frozen butterball turkey.

"Wait a minute!" **Officer K.** called out. "We have to get your picture."

I am not making this up.

So there I sat, under the floodlights of the **Maui Police Holiday Roadblock on Route 31**, posing with a dazed smile as **Lieutenant Joe** handed me, your model safe driver, and **Munchie** (in absentia), your model dog, a holiday present that went beyond any other I had received.

I laughed nearly all the way home. When I walked into my house I held the turkey up before **Munchie** and told him, "You are one heckuva manifestor, mister." He just smiled.

**Pizza Hut** may deliver to your door, but when **God** delivers, you won't even have to get out of your car! Our lives, we discover, are created not so much by little thoughts, but by intention— the universe is always mirroring out inner choices.

Recently while I was overnighting at a hotel in **South San Francisco**, I called my friend **Steve** to confirm our appointment to meet for lunch the next day in **Marin**. Steve told me that his schedule had changed, and asked if we could meet for breakfast instead. I told him that I would prefer not to have to drive through **San Francisco** rush hour traffic, but since we had not seen each other in a long time, if that was the only time he could meet, I would be willing to do it. I turned it over to **God**, and let it go.

As I drove toward the city the next morning, I was pleased to find there was hardly any traffic. I moved through the heart of **San Francisco** and into **Marin** with ease, encountering less traffic than I have ever experienced in the area. Could it have been a holiday? To my delight, I arrived at the restaurant ten minutes early.

**Steve** looked surprised to see me. "How did you get here so quickly?" he asked. "I'm surprised you made it at all!"

"Why would you think that?" I asked.

"Because of the **BART [Bay Area Rapid Transit]** strike. The roads are glutted."

I looked past our table to a newspaper rack. The headline shouted, "**BART Strike Cripples Bay Area**," accompanied by a photo showing the freeways saturated with thousands of cars, bumper to bumper.

I think this was a miracle. I think that when our intention is pure and we call on a higher power, events on the physical plane are literally reorganized in accord with our need. I believe that at every moment each of us lives in the world we create according to our beliefs and expectations, and as we release fear and live for love, the universe rearranges itself in favor our desired vision.

**A Course in Miracles** tells us that all that is required for a miracle is "a little willingness." Earlier **Jesus** told, "If you had enough faith, you could say to this mountain, 'Be thou removed,' and it would be." If that works for mountains, it can certainly work for manifesting a turkey, getting beyond traffic jams and creating anything else your heart desires. Let us practice knowing that **God** and love and goodness are present, and we deserve to live in the kingdom of love even as we walk the earth.

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# ASK WHITEDOVE



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**DEAR MICHELLE,** I have been focusing on my spiritual growth for a few years and developing my gifts. I see orbs, I see my guides during meditation and I actively participate in the dreamtime. I have made real progress until now. Recently I've had a series of night terrors. I've seen dark beings and they are trying to influence me. This has been going on for a few weeks and now I'm fearful of going to sleep at night. I need answers. - **A friend in Spirit**

**Dear Friend,** Because of the shift of consciousness that is occurring now, "Spirit" is much more active and darkness is too. It's good that you see and feel the difference between beings of love and Light, and the negative ones. This is the duality of the Earth realm. Those that experience Angels also glimpse darkness.

Spirit would like to make a suggestion. I see that you are a hard worker and in the evening you like to have a few cocktails to unwind from your stressful job. Everything in moderation my dear; I would suggest that you not drink too many glasses of wine or have too many cocktails before bedtime.

When we consume alcohol it lowers our vibration and leaves us open and more susceptible. Also remember to do your prayers at bedtime; prayer raises your vibration just before you enter the Dream Time. Because our dreams are the doorway to the Spirit World, you can actively participate in where you are going and what you are doing. Any time you become fearful, immediately call upon **The Holy Spirit, Archangel Michael and Archangel Uriel**. For when you call in the light of Heaven, darkness disappears.

**DEAR MICHELLE,** Being born into a low income family I have had many struggles during my life. None have been as great as my son who went to Afghanistan and was injured in service to our country. As a father, I felt that I couldn't survive seeing the pain that he was in. We started a prayer group and I thank God that his situation has much improved. Now I feel it's my calling to start a spiritual support group for parents and spouses of injured soldiers. Do you think that this could be my spiritual purpose? - Spiritually Supporting Soldiers - in San Jose

**Dear Soldiers Support,** No matter what circumstances we are born into, whether it be abuse, neglect, poverty or physical limitation, the human soul is strong enough to overcome any obstacle and triumph. You and your son are a clear reminder of this truth. Believe in yourself and your unseen support team because you are being inspired to help these service men. I see you starting out leading a support group and then this evolving into a charity that will raise funds for soldiers that need long term care. Keep up the good work. In this way you are fulfilling your spiritual contract and you are going to make a positive impact on so many souls.

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# HOW TO MOVE FORWARD ONCE YOU'VE HIT BOTTOM



Pema Chödrön tells the story of when, having hit rock bottom, she asked her teacher what to do. Pema Chödrön is today's most popular American-born teacher of Buddhism. In *The Wisdom of No Escape*, *The Places that Scare You*, and other important books, she has helped us discover how difficulty and uncertainty can be opportunities for awakening. For more, visit [pemachodronfoundation.org](http://pemachodronfoundation.org).

**I thought I would tell you this little story about Naropa University's founder, Chögyam Trungpa Rinpoche, and my very first one-on-one interview with him.** This interview occurred during the time when my life was completely falling apart, and I went there because I wanted to talk about the fact that I was feeling like such a failure and so raw. But when I sat down in front of him, he said, "How is your meditation?"

I said, "Fine."

And then we just started talking, superficial chatter, until he stood up and said, "It was very nice to meet you," and started walking me to the door. In other words, the interview was over.

And so at that point, realizing the interview was over, I just blurted out my whole story:

My life is over.  
I have hit the bottom.  
I don't know what to do.  
Please help me.

And here is the advice **Trungpa Rinpoche** gave me. He said, "Well, it's a lot like walking into the ocean, and a big wave comes and knocks you over. And you find yourself lying on the bottom with sand in your nose and in your mouth. And you are lying there, and you have a choice. You can either lie there, or you can stand up and start to keep walking out to sea."

So, basically, you stand up, because the "lying there" choice equals dying.

Metaphorically lying there is what a lot of us choose to do at that point. But you can choose to stand up and start walking, and after a while another big wave comes and knocks you down.

You find yourself at the bottom of the ocean with sand in your nose and sand in your mouth, and again you have the choice to lie there or to stand up and start walking forward.

"So the waves keep coming," he said. "And you keep cultivating your courage and bravery and sense of humor to relate to this situation of the waves, and you keep getting up and going forward."

This was his advice to me.

**Trungpa** then said, "After a while, it will begin to seem to you that the waves are getting smaller and smaller. And they won't knock you over anymore."

*...continued on page 28*



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# 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. Join "Abraham Fun" group on FB and like her FB page, "Soulsongs by Karen Money Williams." Email karen@karenmoneywilliams.com

## You Can Get There From Here

**Panic attacks. Anxiety attacks. Bouts of low self-esteem, self-disparagement, and guilt. If I sometimes feel helpless in the grip of painful thoughts and emotions, I can assure myself there is a way out.** Bouts of emotional upheaval are like anything else that I don't want: the secret to moving beyond them is to minimize the attention I give them and increase the attention I give to their opposite. In the throes of a negative, perhaps inexplicable, emotional state, I can tell myself: "This too shall pass," "I survived this before, and I'll survive it now," "I'm an eternal being and this is a drop-in-the-bucket of my overall experience," "This helps me appreciate all the times I feel good," and most important: "As I continue to choose good-feeling thoughts, these times of emotional upset are sure to decrease." As I stop making negative emotional states a huge deal, they will start to shrink. And I'll speed the process by basking in the times I feel buoyant and light-hearted. With gratitude I then affirm, "Yes, I want more of this! It feels so good to feel good!" More attention to what I want more of. Less attention to what I want less of. Lousy grammar, but it will take me anywhere, anywhere, I want to go.

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# CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c per word, due the 10th of the month before. Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) or call 321-750-3375 with credit card info. No calendar listings taken by phone.

Monday thru Thursday PALM BAY Yoga classes 7:00-8:00pm at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907  
321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

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

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$5. Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb Auditorium 321-419-6262

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

First Saturday PALM BAY Noon Vegetarian Luncheon at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 \$10 donation, children free.  
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2nd Sat. every month JACKSONVILLE Psychic Fair 1-4 pm Spiritual Lighthouse Church 1049 Crestwood St Jax Church Sun 3 pm 904-764-7639

Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 [www.yogashakti.org](http://www.yogashakti.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

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](http://www.cslspacecoast.org)

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church 403 West St., NSB, [nsbcuuc.org](http://nsbcuuc.org), 386-308-8080

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at 1924 Melody Lane behind Melb Auditorium

Sunday January 21, 2018 WEST PALM BEACH Meditation Seminar with Roy Eugene Davis, a direct disciple of Paramahansa Yogananda 1:00-4:00pm Embassy Suites Hotel, 1601 Belvedere Road (near airport) WPB, FL 33406 Affirmation, breath awareness, mantra, pranayama, analytical contemplation and transcendence. Kriya Yoga Initiation. email [info@csa-davis.org](mailto:info@csa-davis.org) 706-782-4723 weekdays 8:00am to 3:00pm [www.csa-davis.org](http://www.csa-davis.org). All welcome. Donation basis.

MARCH 23 – 25, 2018 SEBASTIAN, FL Love Extending Retreat, A Weekend Experience Based on "A Course In Miracles." Friday 4:00 PM through Sunday 4:00 PM. At Kashi Ashram, 11155 Roseland Road, Sebastian, FL 32958. Retreat Cost: \$199 includes 6 vegetarian meals; Accommodations available at Kashi upon request. Contact Betty Ritchie, Certified Master Trainer; Facebook: I AM PRESENCE@IamPresentBetty-Ritchie; Paypal: [BettyRitchie16@gmail.com](mailto:BettyRitchie16@gmail.com); E-mail: [bettyritchie2002@aol.com](mailto:bettyritchie2002@aol.com); Telephone: 772-562-3681



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# SPIRITUAL GRAFFITI

Jeff Brown is author of Spiritual Graffiti, Ascending with Both Feet on the Ground, Love It Forward, An Uncommon Bond, Apologies to the Divine Feminine From a Warrior in Transition and Karmageddon, an award winning documentary about spirituality and emotional healing. Visit [www.Soulshaping.com](http://www.Soulshaping.com) and [www.Soulshapinginstitute.com](http://www.Soulshapinginstitute.com)

**We are often energetically drawn to those who reflect our childhood wounds and issues. Sometimes we do this in an unconscious effort to heal.** But sometimes, we are actually drawn to those who do not reflect our childhood wounds and issues. Sometimes we are drawn to those we have very little energetic charge with because we want to use the relationship as a place to hide.

As we become more intimate with the idea that relationship can be a forum for awakening, we need to be on alert for both. That is, is my choice of partner an attempt to heal, or an attempt to hide? Is there enough energetic clay here to grow me forward, or am I delaying my transformation yet again? We should be more afraid of avoiding our path than walking it.




# 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 runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. <http://tut.com>


**I'm hungry. Hungry for adventure. The adventure of love. Tell you what: The more you give of it today to the least deserving on your list, the more your life will change.**

One of my favorite things about time and space is that absolutely NOTHING can ever happen there that can't be seen as a blessing in some wonderful way.

Perspective rules,  
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# ONE MAN'S EXPERIENCE WITH BYRON KATIE'S 4 LIBERATING QUESTIONS



...continued from page 8

Corey and I applied Byron Katie's 4 liberating questions to Corey's belief that: *"In order for me to be happy, I need Lyle to admit he hurt and betrayed me, and I need him to offer apologies and restitution."* Here is a summary of our discussion.

**Tom Moon:** "Is this idea true?"

**Corey:** "Yes!"

**Tom Moon:** "Can you absolutely know that it's true?"

Corey: "Well, no, I can't really know what would happen if he ever did actually come clean with me. Maybe I'd be happier, and maybe I wouldn't feel any different than I do right now. I'm not much of an expert on how to be happy."

**Tom Moon:** "How do you react when you believe the thought that *"in order for me to be happy, I need Lyle to admit he hurt and betrayed me, and I need him to offer apologies and restitution."*

**Corey:** "I feel heavy, bitter, weighed down. I feel vengeful. And I feel helpless because he has to do something in order for me to be happy, and he isn't doing it."

**Tom Moon:** "Who would you be without the thought?"

**Corey:** "I'd feel a lot lighter and happier, that's for sure. Lyle would finally really be gone from my life. When I think about him all the time, it's like he's still with me every day."



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## THE TURNAROUND

**Tom Moon:** "Okay, now turn the thought around into its opposite: The first thing that occurs to me is that *"I don't need anything from Lyle in order to be happy. It's believing that I do that is keeping me unhappy."*

As we talk, another turnaround occurs to him. *"I need to admit that I'm hurting myself every time I ruminate about him, and instead of waiting for him to apologize, maybe I need to apologize to myself for what I'm doing to me,"* Corey said.

In the weeks that followed, **Corey** asked these four questions every time he found himself ruminating about Lyle, and was gratified that his destructive preoccupation gradually melted away. Corey's experience is not unusual. In my work, I've found **Byron Katie's** process to be a simple, but highly effective, tool for opening the mind and expanding perspective.

An important advantage of this process is that it is easy to learn. Most of the people I work with are able to use it effectively on their own after just a little guidance and coaching. One easy way to begin learning how to do it is to access Katie's website (<http://thework.com/en>), where you'll find a step-by-step description of how to do it.

Tom Moon, MFT, is a licensed psychotherapist and writer. His column, "The Examined Life," appears regularly in the San Francisco Bay Times. Tom is committed to helping us develop the insight we need to overcome the conscious and unconscious beliefs that stand between us and our happiness. See <http://tommoon.net/>



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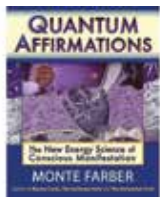
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Monte Farber is, with wife, artist/designer Amy Zerner, author of many best-selling metaphysical self-help books with over 2 million copies in print in 14 languages, including Karma Cards, Enchanted Tarot, the Psychic Circle and Quantum Affirmations. His two new books are Signs & Seasons: an Astrology Cookbook and Instant Tarot. [www.MonteFarber.com](http://www.MonteFarber.com) and [www.TheEnchantedWorld.com](http://www.TheEnchantedWorld.com)



## IF YOU CAN'T LAUGH, IT'S NOT SACRED!

**I believe that keeping your sense of humor burning inside you is an important part of learning any technique or process, especially one whose goal is self-improvement.** It was my sense of humor that got me through my sad early years, and it keeps me going every day in the face of life's challenges. When I have a bad day it is almost always because I've lost my sense of humor and have taken some annoyance or even a series of them way too seriously.

Having a sense of humor is a tremendous asset when it comes to relationships. It is one of the most valuable and attractive features a person can have. If you can keep looking for the humor in your situation, not only will you find it, it can get you through practically any difficult time. It helps you to keep going forward, even in the face of defeat.

I have never been interested in any spiritual practice, belief system, or ceremony where you couldn't laugh or otherwise express joy. You can imagine my delight when I met and studied with one of the twentieth century's great philosophers, **Professor Arnold Keyserling** of the **University of Vienna**, who told us unequivocally, "If you can't laugh, it's not sacred." Having one of your core beliefs confirmed by someone you respect is a sign that you are on the right path. This happened to me again when I read this opening line of one of the **Dalai Lama's** books, "The purpose of life is to be happy," and I thought, That's what I've always thought! Laughter really is the best medicine in the Native American sense of medicine, which **Professor Keyserling** told us is "that which makes you whole."

**TIP:** *Humor always helps to break down our defenses and to accept our quirks and perceived mistakes. It's always good to use your own insecurities and self doubts as humor to show who you really are. When you reveal and accept your quirks, others will, too. Humor is an act of bravery. We all can be overly self-critical because of past and present mistakes. Humor can make us more secure and accepting of personality differences and tensions, our strengths as well as our weaknesses. If we say the truth in a funny, loving way we can reduce suffering and help the other person to overcome conflicts within themselves and see issues more clearly.*

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# ABRAHAM-HICKS

*...continued from page 9*

Decide who you really are! Am I source energy, or one who allows others to deprive them of source energy?

Imagine a village of people limping around. You are bright and shiny and new and strong. You wonder why they are limping, and you start limping. When you are excited about your life, you are not noticing they are limping, and you stay strong, and another stops limping. Most people let their vibration be about what they are observing. But ultimately, how you feel and how you want to feel dictates what you see. I can't notice what's going on here, or in time, I will start limping, too.

"We know it just sounds crazy, but you really have to adopt the attitude that what the other person is doing in the relationship... is irrelevant... because if you make what they are doing relevant and it upsets your vibration so that you don't stay true to your own desire, then - if you're not holding a stable signal - you can't get from this person, or anyone else, what you want..."

Most of you offer most of your vibration in response to what you are observing... well, there is nothing that you observe more than the other people in your life experience. It is so easy to make somebody else responsible for how you feel... because they are right there just rubbing it in all the time, aren't they?

And so, you will do yourself a big favor when you reach the place that you accept that nobody is doing anything to you... because nobody can offer a vibration for you... only you. And we know, they influence you, they are there, and they behave in ways that you would like them to be different, but you just cannot get around the fact that your vibration equals your resistance, and that is reason everything places out the way that it does.

And you know what else? We really appreciate on your behalf - you don't like it that much, we know - but we really like it when others mess with you... We really like it when there is a stubborn person in your life who will not behave the way you need them to in order for you to feel good... because only a person like that will free you from the madness of trying to get other people to change their ways so that you can feel better... because it fosters a weakness in you. everybody is running around looking for the perfect person who does not even exist."

## SERVING OTHERS

Since alignment is the restorative factor of Who You Are, it restores your clarity, it restores your abundance, it restores your vitality. It's restorative, it's regenerative, it's the replenishment of Who You Are.

So, if you are selfish enough to care about that, then you have so much to give to your children and others. But if instead you get sideways in your understanding of this and you hear that you are supposed to serve others, which means you're not tending to what your guidance is telling you, instead you're superimposing what you think someone else needs or wants from you. So you are serving them. You're staying up later than you really want to, or that really feels good to you. And so, you are giving everything that you've got. You're giving until you are pinched off from the replenishment, and then, even though you're there, you're not tuned in, tapped in, turned on. You're not giving even anything close to the best of yourself. In your attempt to be all things to all people, or even a lot of things to some people, what happens is, you get crossways of your own guidance system.

We're going to say something really bold to you. If your primary intention is in service of others - and we're not saying 'don't help others, don't uplift others, don't serve others' - we are saying you must replenish yourself first or you have nothing to serve them with. Since that replenishment factor is essential to any advantage you offer to anyone, we want to say that when you put others first, it backfires 100% of the time. Because when that becomes your habit, when that becomes your attitude, when that becomes your behaviour, when that becomes your practised way of living, then you begin to feel resentful, because no-one can reflect back to you enough appreciation to make up for what you are missing in the not allowing yourself alignment with Who You Really Are. You cannot use something that's outside of you and something that's inside of you as guidance at the same time.

When your intention is the relationship between you and you, and you get good at reviving yourself, good at finding the subtle stages of it, good at staying tuned in before the momentum takes you too far from it, then, oh then, your timing's right, the things you say are just right, your playfulness is right, everything about you is good, you are the uplifter you were born to be.

## THE JOURNEY ALONG THE WAY

The subject of creation in the minds of most of you is, "I will follow this process," or "I will accomplish this," or "I will perform this," or "I will do this," for some outcome. And everything that we're talking about, what we really want you to understand, is that all of those outcomes, all of those things that you think are at the end of your journey, so to speak, are really about inspiring you to the journey. It's the emotion that you feel within it that it has all been about.

If you can hear this, then you're going to have it relative to all subjects: It's the emotional content, it's the feeling that you're going for. It feels like the reason that I would be employed at this place is in order to accomplish this, to be the best accountant, or to be the best web designer, or to be the best photographer or the best actor. And, of course, all of those outcomes are wonderful. We like it when you get your job in place, we like it when you produce money. It's a wonderful thing when

*continued on page 27...*



# ABRAHAM-HICKS

*...continued from page 27*

the things that you want you are able to accomplish. But we want you to feel that the reason that those ideas have occurred to you, and the reason that they exist as objects of attention, is because they inspire you to the focus that then produces them in the moment's alignment with Source.

It's not the end result that the end result exists for, it's the journey along the way that the end result exists for. So we just want you to be more willing to accept that life is meant to be pleasurable for you. It's so interesting to us that it requires so many words and so many books and so many years to convince you of something that you knew when you were born. How readily you leave your personal sense of self-appreciation and move into a sense of not being appreciated, and then scrambling around for most of your life trying to find appreciation from places that it does not come

## DEALING WITH NEGATIVE EMOTION

When you see something you want and you hold your attention on it and you give birth to a new idea, that new idea literally summons Life Force to itself through you. That's what that feeling of passion is. But if you give birth to an idea, and as it begins to summon Life Force to itself through you, you begin to doubt it or worry about it or test it... now what happens is you are no longer a match to your own desire. So while it's doing it's best to summon Life Force to itself, for the completion of your idea, you are vibrationally out of sync with it now because you're including opposite vibration within you. So even though it begins to summon, you don't feel very good in the process because the energy that is flowing through you is being hindered by the contradictory energy that is within you. That's what negative emotion is.

Negative emotion is what you feel like when you introduce a lower, slower vibration to a higher, faster frequency. If you have negative emotion, it is your indicator that in this moment you are not vibrationally up to speed with your Source Energy, and if you don't realize you have the negative emotion it's because the negative emotion has begun to feel rather normal... In other words, isn't it normal to feel a little ornery or a little aggravated or a little overwhelmed?

And so, as you acclimate to a feeling of negative emotion, what you're actually doing is acclimating to a lower vibration. You are actually becoming accustomed to a vibration that's not up to speed with clarity. It's not up to speed with wellness. It's not up to speed with abundance. It's not up to speed with who you really are. It is up to speed with what many are living, and it is up to speed with what you are observing a good deal of the time, but it is not up to speed with who you really are. But, because it feels normal to you, your Guidance System isn't as alert and alive, and so you don't receive the benefit of your

magnificent Guidance System.

If we were standing in your physical shoes, we would not allow or accept or tolerate long-standing negative emotion. Instead, we would use negative emotion in the way you all intended. We would feel it and know it for what it is: As an indicator that, in this moment, I have my attention upon something that is not in vibrational harmony with who I really am or with what I am wanting. Not forever, but in this moment. Or for as long as I hold this belief or attitude or attention to this lower vibration.

## ANIMALS AND BEING MORE IN THE MOMENT

Let's talk about the beasts of your planet. The animals who you are enjoying so much are more intuitive. And the reason that they are is because they are less deliberate in their creating, they are not as focused upon outcomes, they don't use language and so they don't get together in groups and complain about things, and they live more in the moment even though they do have memory, but the part of them that you call instinctual we want to call aligned. They are more vibrationally up to speed in every moment of their life as they are more in sync with who they are.

As the result of that the animals, for the most part, are perceiving the world through the eyes of their broader perspective, which means their intuition is better. That's why their instinct is better, that's why they know what to do, that's why they can fly in flocks and not bang into each other. It's why they know to migrate even though they don't have navigational systems. It's how they know when to move and where to move. Broader Perspective is flowing through them non-resisted.

Humans have that capability too, but the disadvantage that you have is that, in your attention to the details of your life experience, you clutter up your vibrational frequencies. And then you come to believe that you have to clean up all of that clutter in order to find that place of intuition.

And this is the thing that we want you to hear from us: *You don't have to clean anything up to return to your natural state of intuition, just stop talking so much. That would help all of you. Stop talking so much. Stop debating issues. Stop watching the television programs that are controversial. Stop spending so much time looking at the problems* and accept for just a little while that you've lived enough life in this experience and you've put enough in your Vortex of Creation, in that vibrational version of who you are, to keep yourselves busy for twenty or thirty or forty lifetimes. There is a lot of data there, and so just relax into things and see yourself more animal-like, just for a little while.

Do more feeling of things. Feel for the beauty of it. Feel for the at-one-ness. Don't try to calculate it. Don't try to converse so much about it. Don't try to measure it with other things so much. Just be more in the moment of feeling your natural well-being, and it is our promise that it will return easily to you. Your intuition has never gone away, but your ability to perceive it has been muted a bit by the chatty details of your life experience.

# HOW TO MOVE FORWARD ONCE YOU'VE HIT BOTTOM



...continued from page 16...

That is good life advice. It isn't that the waves stop coming; it's that because you train in holding the rawness of vulnerability in your heart, the waves just appear to be getting smaller and smaller, and they don't knock you over anymore.

"Fail better" means you begin to have the ability to hold what I call "the rawness of vulnerability" in your heart.

So what I'm saying is: fail. Then fail again, and then maybe you start to work with some of the things I'm saying. And when it happens again, when things don't work out, you fail better. In other words, you are able to work with the feeling of failure instead of shoving it under the rug, blaming it on somebody else, coming up with a negative self-image—all of those futile strategies.

"Fail better" means you begin to have the ability to hold what I call "the rawness of vulnerability" in your heart, and see it as your connection with other human beings and as a part of your humanness. Failing better means when these things happen in your life, they become a source of growth, a source of forward, a source of, "out of that place of rawness you can really communicate genuinely with other people."

Your best qualities come out of that place because it's unguarded and you're not shielding yourself. Failing better means that failure becomes a rich and fertile ground instead of just another slap in the face. That's why, in the **Trungpa Rinpoche** story that I shared, the waves that are knocking you down begin to appear smaller and have less and less of an ability to knock you over. And actually maybe it is the same wave, maybe it's even a bigger wave than the one that hit last year, but it appears to you smaller because of your ability to swim with it or ride the wave.

And it isn't that failure doesn't still hurt. I mean, you lose people you love. All kinds of things happen that break your heart, but you can hold failure and loss as part of your human experience and that which connects you with other people.

Adapted from *Fail, Fail Again, Fail Better: Wise Advice for Leaning into the Unknown* by Pema Chodron. © 2015 by Pema Chodron

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### NEW YEAR'S RETREAT DECEMBER 29TH -31ST 2017

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**RETREAT TO ANOTHER WORLD.** Spend a weekend in the wooded seclusion of Yogashakti Mission, Palm Bay, Florida. This Ashram was created by Ma Yogashakti and purified and energized by her. Learn meditation; Take part in 3 Hatha Yoga classes; Learn Deep Relaxation. Six home-cooked vegetarian meal will be provided. Accommodation is shared or you may prefer to bring a tent, or sleep in the beautiful screened in pavilion.

- **REGISTRATION:** In advance before December 1st - \$120 per person, families \$170. At the door \$130 per person or \$190 families.
  - **WHEN:** 4 pm on 29th December—until 2 pm on 31st December 2017
  - **WHERE:** Yogashakti Mission 3895 Hield Road, Palm Bay FL 32907.
  - **MEALS:** Delicious, wholesome home-cooked vegetarian meals.
  - **WHAT TO BRING:** Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook.
- E-MAIL: [yogashaktipalmbay@gmail.com](mailto:yogashaktipalmbay@gmail.com) to register or call 321-725-4024

**321-725-4024**

**YOGA SHAKTI MISSION**  
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Visit [www.yogashakti.org](http://www.yogashakti.org)





## 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

### YOU ARE DISCONNECTED FROM THE NETWORK

Last month my wifi kept dropping even though my modem and Spectrum/Brighthouse showed I was online and connected. After they'd been out 3 times, I told them to swap out my modem (bought 9 months earlier) with theirs to see if that corrected the problem. Wi-fi was out again 6 hours later. They finally came and checked and saw there was a problem at the pole behind the house that affected me and the house behind me.

### THEY FIND THE PROBLEM, CAN'T GET TO THE POLE

So, the 4th time Spectrum came out it was at 9pm but he couldn't get his equipment in due to the patch of woods around the pole. He said he's got wi-fi turned on for everyone in the area except a small group of us here because he cannot get to the pole that is two lots to the west of us.

I showed him the secret path from my lot down to the west pole but it had become overgrown in the last 6 months and not easy to see in the dark with our headlamps. He said we have to come back in the morning. I told him if they come through my way they're only going to have about 20 ft of brush to cut, if they go the other way they've got 60-80 feet.

I told him at daylight I'd make sure the trail was clear so they could get from one telephone pole to the other to fix it

### PEOPLE LIKE TO DO THINGS THE HARD WAY

So it first light I took the big pruners out and widened the path and cut the vines so it's an obvious trail in. About 9am I hear machinery behind me and realize it's Spectrum sawing through the overgrowth 2 lots behind me to get to the pole. I told the tech last night that from my yard was the easy way in. When I heard a break in the sawing I hollered across from them that my way was the easier way to come in. Someone said *"let's just keep going this way."* Whoever gets up on the pole is going to look down and see it's a straight clear trail from that pole to the next had they come in through my backyard. Men!

### I CAN'T CARE IF SOMEONE DOESN'T WANT TO TAKE THE TRAIL I BLAZED FOR THEM

It's funny I get all excited about how I can finally literally cut a path and blaze a trail for somebody who's asking for my help and they are depending on my prior experience of knowing something to get them where they want to go easily and efficiently. Then they ignore me LOL

## YOU'RE NOW CONNECTED TO SOURCE

When they installed my new modem, he asked what I wanted to name the network. I was not feeling creative so I said **Source**. Now everytime I turn my phone on it tells me **You're Now Connected To Source**. It made me laugh out loud.

### I JOIN AN ANGEL GROUP AND GET ATTACKED

I joined a Facebook Doreen Virtue Group and after reading some posts, I asked for clarification, *"So this group is about wanting refunds for Doreen Virtue products and discussing dissatisfaction about it? I wish you good luck. When you go within and ask your angels, what guidance do you receive?"*

I was asking an honest question because when there is a group of people who talk about following their guidance, I'm interested in how they use that in specific situations -- like whatever they are unhappy about. I got instantly attacked. The group admin wrote, *"You sent me a friend request and my angels told me your reason was to spy on people who were seeking justice against DV's corrupt ways."*

Corrupt ways? WTF? I asked to join because a Facebook friend mentioned there was controversy and I wondered how group members were using their guidance to work thru it. That's one reason I publish **Horizons Magazine** the last 20+ years, because those things are of interest to me. I know that one person telling how they work something out can help someone else with the same issue work their own stuff out.

Now I see that it's a boycott group. My mistake for not reading enough of the comments to see that before commenting. From their description of the group, I thought it might be a fit for me but it was simply a place I did not belong.



Still, I wanted to be fair and share the group admin's version of the story, which I did in a blog post, removing all her promotional info. The next day, she sent me a sample copyright-take-down letter she got off the internet that had zero legal relevance to what happened. Basically she only wanted her info published if her promotional links were included.

There was no copyright infringement but I took it down 2 hours after it went up. It's never worth hassling with folks like this. Five days later she's still emailing me. From where I see it, those in the group paid dollars to be associated with the Doreen Virtue name for business and now have changed their mind since DV has taken another path. *Don't depend on someone else's name to create your income for you, whoever you put on that pedestal topples. If you think you topple as well, then you do. Learn to balance so you don't topple that easily.*

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 2017

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 2017.

**Aries - (March 20 - April 18)** You are presented with a choice this month Aries. Mars maneuvers you into a 'go for it' situation when he opposes Uranus on December 1st. These two planets create a unique synergy, and if not handled well, it looks like fireworks on the 4th of July. But, you can direct this energy. Pallas Athena, the goddess of negotiation is your Ace. Choose peace over conflict, and success is yours.

**Taurus - (April 19 - May 19)** It's an old saying, but imminently true for you this month: 'Everyone I meet is a golden link in the chain of my prosperity.' So many things come together for you now. Kismet is a word that addresses how your fate finds you and even defines your life. It's time to separate from what is not fulfilling, and let your destiny unfold. Cultivate trust, nourish intention, and follow your rainbow!

**Gemini - (May 20 - June 19)** The Full Moon of December 3rd is in your sign, Gemini, and the New Moon on the 17th opens up the Galactic Center at 26 degrees Sagittarius. What this means for you is: you can't go it alone. Personal and professional partnerships deliver great benefits now. Relationship opens up a new dimension, and with so many options available to you now, the steady hand of your partner is truly a hidden gem.

**Cancer - (June 20 - July 21)** The holiday season is special for your sign. And, with extra activities, this season of joy can become overwhelming. Take time out from your busy schedule to alleviate stress. The New Year holds a promise of more fun. Start now by planning a short get-away. The weekend of December 9/10 is perfect - you can say you're shopping, but the thing to do is set the stage for an amazing New Year ahead.

**Leo - (July 22 - August 21)** Truly this has been a year of responsibility. Saturn in your solar 5th house of play has set a tone of diligence to your bright Light. And this month, Mercury retrograde keeps the pressure on. Do not make a promise that you can't fulfill when Mercury and Saturn join forces on the 6th; you'll surely see your way clear by the 10th. Part of this is just a waiting game until Saturn changes signs on the 19th - you'll feel the glow right away - just in time for the holiday season.

**Virgo - (August 22 - September 21)** You may have a chance to journey far and wide, or, you may go places in your mind - places you've never been. Either way, know that journeying is your keyword for this month. Where are you on the risk taking scale? Virgo is often misunderstood as being 'mellow', but your mutable nature actually offers a dynamic ability to maximize new opportunities and situations. Be ready to seize the day.

**Libra - (September 22 - October 21)** Your fresh start for the New Year arrives early, Libra. Opportunity lies in taking time to get a clear vision for 2018. The New Moon of December 17th lights up an expansive and far reaching field of possibility. Quantum physics teaches that what is needed to collapse the time-space continuum is your attention. You're a scientist, Libra, and the world is your laboratory. Make it happen.

**Scorpio - (October 22 - November 20)** You may want to think it's about finances, Scorpio, but it's really about your self-worth. Money is a secondary aspect of what is really going on. It's critical that you carefully cultivate your presence, monitor your energy, and examine your thoughts. And, your practice of Gratitude will enhance all of the above. Keep it simple and get in tune with the miracles that are waiting to find you.

**Sagittarius - (November 21 - December 19)** Happy Holidays. This can be a season to remember as Saturn sets you free on the 19th, and Jupiter fills your sails grace and good will. As always, your challenge is to accept the gift of the present rather than live in the future. Your intuition is heightened this month, so listen to that voice that comes in quiet moments. Stay grounded, hold the course, and plan for a great New Year.

**Capricorn - (December 20 - January 18)** 2018 will deliver you possibilities, options and a new reality that is secure and will carry you through many years to come. Now is your time to get serious about what you want to manifest. Don't worry about the 'how', but focus carefully on the 'what so that by January 6th when Mars and Jupiter join forces, you have your visionary game plan. Please say yes now; your future is brilliantly bright.

**Aquarius - (January 19 - February 17)** Remain open to new possibilities as Mercury retrograde in your 11th house delivers a change of your long term plans. House 11 is where you find your tribe; the 'birds of a feather' that fly like you do. It also influences the gifts you receive from people you know. So, look for bright pennies that lead you to the gold mine. This is a time of shift and flow so be flexible, but also alert to opportunity.

**Pisces - (February 18 - March 19)** With Saturn influencing your career sector for the past few years, you may have trepidation around what is next. Rest assured - what you've been through will deliver great value for your long term plans. Ask for wisdom. Receiving spiritual guidance is your strength, and then taking action is your lesson. The stars have a season of healing and redemption in store for us all - especially you.



# COVER ART

## Renaissance Angel

by Holly Sierra



### Renaissance Angel A Florentine Goddess Of Song

Our Celestial beauty plays a golden horn, with a backdrop of billowing clouds on high. Her blond curls are 'spun silk' and her halo is of beaten gold. I am very 'taken' with **Sandro Botticelli's** paintings and had a fantasy that the girl who modeled for this painting might have just stepped out of **Botticelli's Florentine** studio and onto a quaint medieval street in the fifteenth century.

## ABOUT THE ARTIST

**Holly Sierra's** illustrations speak of that which is visually enchanting with particular attention to decorative, mystical, historical and multicultural themes. Aside from a penchant for detail, the defining aspect of her work is her ability to combine her brand of realism with folk art and decorative fantasy elements.



Were you to wander inside, you'd find Holly's studio full of tributes to her interests ~ **The Green Man, A Myriad of Gorgeous Goddesses, Indian Tapestries, Sun Faces, Icons, Ancient Runes, Mosaics, African and Asian masks, A Medicine Wheel, Southwestern Artifacts, Celtic Castings**, Incense Ablaze and hundreds of BOOKS! Books on everything from the ancient world to elaborate herb gardens. As well, one might hear the melancholy strains of an old Irish Love song or Loreena McKennitt's music playing softly in the background.

**Holly Sierra** now makes her home in colorful **Sedona, Arizona** and finds the area very inspirational to her new work. Starts with scenery that makes your heart leap... Sedona is nestled amidst a geological wonderland. Multi-hued stone formations rise upwards from the high desert floor creating a vivid, mesmerizing setting that changes hourly with the light.

Regarded by **Native Americans** as sacred, **Sedona** continues to be recognized as a place of healing and spiritual renewal. Many come to experience the vortex energy centers, others to explore the art galleries and healing centers.

Holly is often found hiking or four wheeling amongst the Red Rocks, if she is not busy attending a gallery opening or supplying a local shop with **Chrysalis Tarot Decks**, Greeting Cards or Canvas Prints! Holly's daughters, Gabi and Esme, as well as Pearl, a beautiful grey cat, help keep her company. See her work at

<https://www.etsy.com/shop/HollySierraArt>

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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

**2018**

**WEST PALM BEACH**

## **MEDITATION SEMINAR**

**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*

**Sunday, January 21**

**1 p.m. – 4 p.m.**

**EMBASSY SUITES HOTEL**

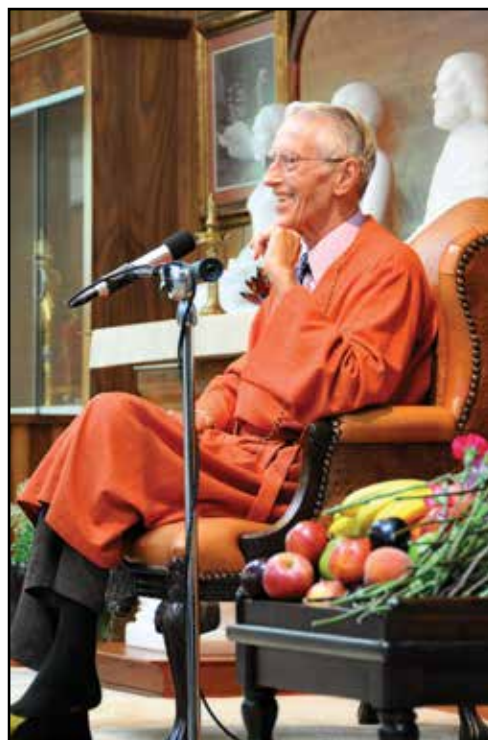
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