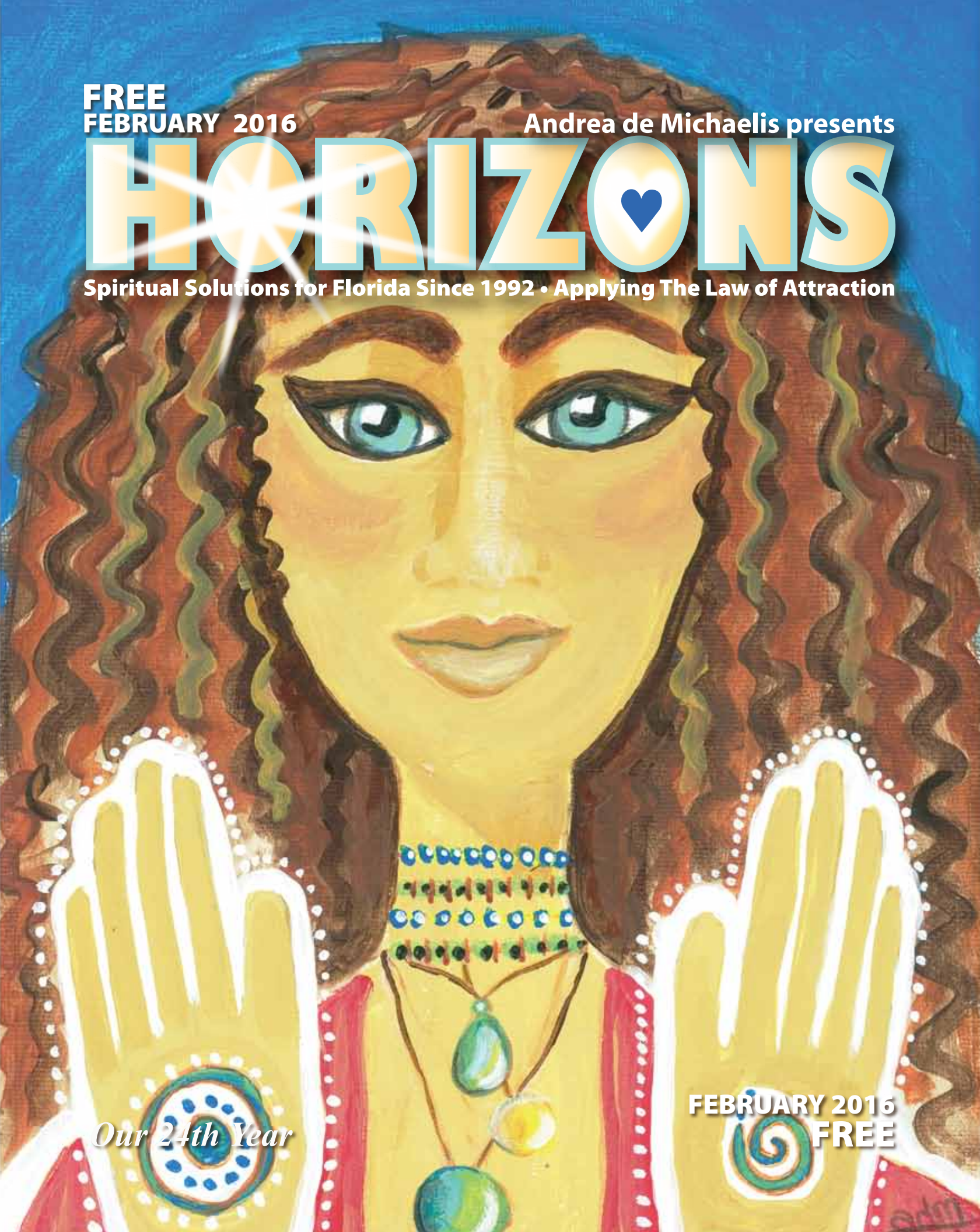


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"And the day came when  
the risk to remain tight in  
a bud was more painful...  
than the risk it took to  
blossom." Anais Nin



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

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**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.



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**Andrea de Michaelis**  
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# 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 February 2016 edition of Horizons Magazine.** This month we welcome our new astrologer, **Maya White!** See pages 30 and 31 to learn all about her. We're honored!

Miracles are simply laws of nature that transcend our familiar band of perception. I'd been tripping with some wrist pain the last two months and after spending time in self care with it, I finally made an appointment with my **Acupuncturist and Doctor of Oriental Medicine, Dr. David Rindge** (see page 27.) David healed my paws with laser light therapy after a car accident that caused trauma-induced carpal tunnel in 2000. Years later I developed trigger thumb on the right hand, painful for two weeks and he healed it in one session, never to return. After the first 30 minute laser light treatment, I was able to return to the office for several hours of using the mouse. For the last two months, mousing for hours has caused me wrist, arm and elbow pain. 24 hours after David's laser treatment not only did I have no pain, a friend asked me how my arm was after treatment. I showed him by picking up my guitar and holding it at arm's

length. I couldn't hold a pencil like that before without pain. I usually don't go to doctors unless it's an emergency, even when they are a long time dear friend. But I know self care is very important. Last month before I made the appointment, I made the decision to dedicate all of one afternoon to soothing my sore strained paws with massage, pranic healing, bongers, visualization and music therapy. I found I can listen to my favorite piano concertos and feel it moving through my nervous system like an elixir and I envision it healing my paws as it flows out my fingers. I've been using the headphones while sitting in front of the altar space, hands resting atop my knees. I envision myself inhaling the music in through my fingertips and exhaling the pain out my mouth.

I knew it was just blocked energy, something I was holding onto that I was not yet aware of. That's why I scheduled an emergency appointment to spend a day alone at the beach and figure out what I needed to "let go" of, what I needed to "release my grip" on. I realized I needed to get the energy moving and figure out what I was metaphorically "keeping a grip on" that I needed to let go of. So one day I spent several hours at the beach, letting myself be drawn into the Now, which is where my power lies. Once there, I realized there are a few projects I need to drop my involvement in. Once I made that decision, I felt very free. And my hands had, at least for time being, stopped throbbing. It was nice to have a relief from that. The discomfort had made me restless and bitchy. Just the acts of brushing hair and teeth, getting dressed, opening and closing door knobs, seat belt, steering wheel, the paws got exhausted and achey within minutes of getting up. Then I'd get restless and snippy. Mealtime has been a trip left handed. It's been easier to pick meals up or heat a Lean Cuisine, altho I do it stovetop as I don't use a microwave.

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

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# FINDING YOUR ANIMAL ALLY



The following is an excerpt from *Kindling the Native Spirit* by Denise Linn. It is published by Hay House and is available in bookstores and online at [www.hayhouse.com](http://www.hayhouse.com)

**In many native traditions, finding one's animal ally often involved a vision quest in nature.** However,

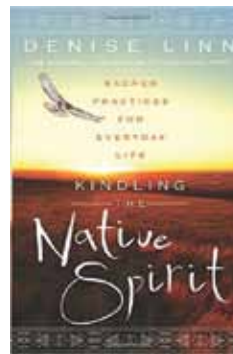
as we don't always have the opportunity to go on a quest, there are a number of other ways that you can find your spirit animal:

Think about what animal you are drawn to: You may find your power animal by noticing the animals to which you feel irresistibly drawn. It could be your favorite animal since childhood. Perhaps you've loved stories about cats and have always felt aligned with them—this might indicate that some kind of cat is your ally.

**Watch your dreams:** A totem may also appear repeatedly in a dream. Before you go to sleep, ask that your spirit animal appear in your dreams. Consider keeping a journal next to your bed so that you can record your dreams as soon as you awake.

**Pay attention to the signs:** Ask the Creator to give you a sign in regard to your totem. If an animal appears a number of times, especially in unusual ways, this most likely is one of your allies. For example, you receive a card with a horse on it in the mail. Then you begin seeing horses on posters and billboards. There's a song playing on the radio about a horse, as you're driving by a field full of horses. If everywhere you turn, you see horses, there's a good chance that the horse is your totem.

Take the inward journey: **One of the most powerful ways to find your spirit animal** is to go on an inner journey (meditation). Imagine yourself in a mist, and picture yourself reaching into the mist to touch your spirit animal. Imagine the mist thinning



and “see” what animal has appeared. You can even communicate with the animal to understand why it has come forward as your totem.

**Spend time in nature:** The traditional way to discover your totem is to spend time in solitude in nature and then notice the animals that show up. You can also watch the images in the clouds and even in the patterns on the bark on the trees to get clues as to your totem.

## Discovering the Qualities of Your Animal Ally

Different cultures assign varying meanings to totems. Trust your intuition to find the significance of yours. There are many books that list power animals and what they represent. Although these can be very useful, it's important to remember that this is only one person's or one culture's interpretation. Read the definition of your animal ally in the book and see if it feels right to you. Your own sense of what a particular spirit animal means is unique and is more valid than anyone else's opinion.

The owl is a good example of these varying definitions. When I was in Western Australia discussing totems with Aboriginal elders, I was told that men feared the owl, for it was a woman's totem and represented the darkness and the unknown. They said that as men were afraid of the power of women, they also feared the owl. In New Zealand, I discussed animal allies with members of the Maori tribe and asked about the owl. I was told that it was a sacred bird to the Maoris. It was so sacred that its name was never spoken. In my own Native American culture, some tribes revere the owl, saying that it represents deep wisdom, yet other tribes consider it the harbinger of death and darkness. The meaning for each ally can vary dramatically; therefore, it's crucial that you find the meaning of your ally for yourself.

Another way to discover what your totem represents is to read wildlife books, nature magazines, and encyclopedias. Research the habits and habitat of the animals with which you feel a special kinship. For example, if you feel that the wolf is your ally, by researching their habits in the wild, you'll discover that they have a strong sense of family. Thus, having a wolf for your ally may increase your connection to your family.

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## IT'S AS SIMPLE AS CHOOSING A FREQUENCY

**GUEST:** So, I have a Doctorate in psychology which I've shared with you before, and I remember in one of the land cruises you said, "That's a Doctorate in Mass Consciousness Thinking, that higher education can be expertise in Mass Consciousness Thinking. And I'm really aware of that now... There's this intense momentum of emotions about certain human topics that we encounter, whether it be illness or tragedy, there's certain words, certain ideas that I feel like there's these streams, that you can so easily tap. It's almost like a vein, tapping a vein, and BOOM the emotion is right there, the pain, the sadness, the tragedy feeling."

**ABRAHAM:** Something worth focusing on is that - yes - there is mass consciousness, which is a collection of individuals, and there is individual focus and momentum, and there is collective mass consciousness momentum. Yes, yes, yes to all of that. But as life experience is producing questions - problems, it is producing answers - solutions. So, the collective consciousness who is creating problems, such as illness, is also creating a more powerful desire for wellness and solutions for wellness. So, it really is as simple as deciding what frequency you want to tune into.

There are so many empathetic people in this world who tune into the problem part of it, not because they want to - and they are well-meaning, yes - but simply because that's the momentum they have going. And the momentum of focusing upon unwanted - and, therefore, putting up your shield and disallowing wanted - the reason that there is so much of that going on is because people simply do not understand what their point of attraction is and how to control it. So, most people make no effort at controlling their own point of attraction. That's why mass consciousness moves in those rivers like it does.

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



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# Herb Corner



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

## Stinking Rose a/k/a Garlic

The first thing that comes to people's minds about **Garlic** is its smell which is why it is also known as "The Stinking Rose". It's the **allylmethyl sulfide** and **allicin** that causes your urine, sweat and breath to stink. As a member of the allium family of vegetables **Garlic** is one of the oldest cultivated plants in the world and it has known for a long time for its more than 100 healing properties, especially for the circulatory system, the immune system. In the time of the **Egyptians** it was given to the slaves to increase their strength and stamina while building the pyramids. Before wars or sporting events the soldiers and athletes of ancient **Romans** and **Greeks** time period used it for strength and stamina. During the times of the plagues the **French** grave diggers infused garlic in wine and drank it to stave off the plague. And during **WWI** and **WWII** garlic was used to fight off gangrene.

Garlic is rich in calcium, manganese, selenium, phosphorus, vitamin B6, allillin, sulfur, flavonoids and ajoene. All of these constituents give garlic its **anti-inflammatory**, **antifungal**, **antibacterial**, **antiviral**, **anti-parasitic** and **antihypertensive** properties. It is the sulfur compounds that give garlic its distinctive odor. To use fresh crush, 1-2 cloves prior to eating it, you can also add this to vegetable juice but it must be crushed to get the full effect of the constituent allinase which catalyzes into allicin. If you should develop a garlicky odor then just reduce the amount garlic you are eating.

In the **Circulatory system** garlic is useful for preventing heart disease preventing the oxidation of cholesterol, which can lead to heart disease, lowering triglycerides, raising HDL's, improving blood flow throughout the body, inhibiting the formation of plaque in the arteries, lowering blood pressure.

In the **Immune system** it is garlics wide variety of compounds that naturally provide antiviral, antibacterial, antifungal and antimicrobial properties. This can make garlic useful in the treatment of colds and flu. According to the **Cochrane** database study it was found that people who took garlic daily for three months had fewer colds and when they did become ill recovery time was much quicker than those who did not take garlic as opposed to those that just took a placebo. Garlic was even found to be beneficial in the treatment of drug-resistance bacteria such as **MRSA**.

The constituent's allicin and sulfenic acid found in **Garlic** can be useful in fighting off the free radical damage that can be responsible for many types of tumors, cancer. It has been found to be toxic to fourteen different types of cancer including lung, breast, brain, and prostate, colon esophageal, ovarian, pancreatic and gastric.

Another interesting use for garlic is to repel mosquitos from biting you. According to a 1996 **Lancet** article 100 people who were given garlic to eat prior to going outside were 20% less likely to be bitten by mosquitos or ticks due to their body odors.

# What If Love Didn't Have to Be So Hard?



SARK (Susan Ariel Rainbow Kennedy) and Dr. John Waddell are the authors of Succulent Wild Love. SARK is a best-selling author and artist, with sixteen titles in print and well over two million books sold. Dr. John has been helping individuals and couples lead happier lives for over 30 years through his clinical psychology practice and metaphysical teachings. Visit them online at PlanetSARK.com.


**I met John on a cruise.** He had no idea who SARK was or that I had sold millions of books around the world. He told me that he had been deeply in love once before and the honeymoon had never ended. His wife had passed away. And then he told me that he was qualified to adore me. And I thought to myself, "I'm going to marry this man!" A month later, he moved in and we got engaged before our 3-year anniversary.

Love is really hard. One of the most wonderful experiences we have in our lives is loving another human being. Not the storybook kind of love where he always puts the toilet seat down and you never fight, but the beautiful love where you share a soul connection that lets you grow and truly expand as human beings. I wanted that for a really long time but like a lot of us, I had my own pesky inner critics that were telling me that I wasn't good enough. You know the ones that tell you are too old, or too fat or too skinny, too tall or too short, or too whatever to have someone really love you. Mine seemed to keep whispering or shouting in my ear that I would probably never find love anyway so I should probably just give up and stop trying — it just felt too hard.

## What If It Doesn't Have to Be So Hard?

When I met John, he told me he promised to see me as perfect, and take responsibility for any ways that he didn't see me that way. I thought this was a really exciting idea until I realized it meant I might have to see him as perfect too! You mean put away all my lists and stop trying to fix him?

*...continued on page 21*



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# SOULSONGS ABRAHAM FUN



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

## Soul song #134 The Past Has Passed

**Today I release the pain of the past.**

I cannot build a happy tomorrow if I'm giving mental energy to past hurts and heartaches, if I'm lamenting abuses and wrongdoing, if I'm feeling guilty over mistakes and failures.

I am never truly "stuck" in the past, for time ever moves forward. But by dwelling on past pain, I will likely draw new but similar pain-evoking situations and people into my experience. I will likely live a vicious circle.

I even release the idea of being a "survivor." Every time I think and speak of myself as such, I am recalling what I survived. This sort of thinking can usher in new problems and troubles that require more survival.

If possible, I perform some sort of symbolic act today, such as going to a body of water where I mentally release the past, allowing it to rest and be transformed by nature's peaceful flow.

# ARCHANGEL ORACLE CARDS



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



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# NEGATIVE SELF-TALK



Jenny Mannion eliminated her symptoms of several chronic diseases in under one month and found her path to healing. She has since written over 200 articles on healing naturally. The following is excerpted from her book *A Short Path to Change: 30 Ways to Transform Your Life*, which guides readers through 30 very short and easy exercises to transform their lives.

See <http://www.jennymannion.com>

"The inner speech, your thoughts, can cause you to be rich or poor, loved or unloved, happy or unhappy, attractive or unattractive, powerful or weak." —Ralph Charell

## As humans, we can truly be our worst enemies.

We allow ourselves to berate and belittle ourselves in a manner in which we wouldn't dream of doing to anyone else. We concentrate on the things done wrong, expressed inaccurately, or possibly all of the mistakes we feel we have made. It is unusual for us to give ourselves the proper recognition for things that we did right. We tend to concentrate on all the ways we screwed up.

When we start to listen to our self-talk, it can be pretty scary and revealing as to why we feel the way we do about ourselves, why perhaps, we have such a negative self-image. In truly hearing and altering our self-talk, it changes our interior dialogue to a more constructive conversation that will empower us instead of disempower us.

On top of all the negative self-talk about ourselves, we usually are quite skilled at giving a negative running commentary of what is going on. We judge others and situations based on our past, sometimes not allowing for any new possibility. What we focus on expands. When we repeat these negative words we do not allow for any other scenario to present itself. In fact, we might actually block any other possibilities from coming into our lives. Where we put our energy helps to create our reality.

**For years I told myself I was sick. What if I began to tell myself that I was working on getting better? This worked and was part of the reason I healed myself in three weeks.**

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When I was sick, I kept telling myself I was sick as the doctors confirmed it every week with more and more tests. I did not allow my body to make healthy cells. The only thing I repeated to myself was just how sick I was and how badly I felt. I did not allow for any other possibility. The doctors told me I was ill and would deteriorate and I believed that in every cell of my body, which, again, did not allow healthy cells to be created.

One of the main facts I learned that helped me to heal was that our body is 99.999 percent new every eleven months. It made sense to me that where our emotions are and what we tell ourselves are key. For years I had told myself I was sick. What if I began to tell myself that I was working on getting better? This worked and was part of the reason I healed myself in three weeks. It is so powerful to hear your inner dialogue and ask yourself if you truly believe what you saying, where is the best place for your energy right now, and how can you reframe this?

The messages you send yourself may be deeply rooted. These messages can come from your family, community, or even global consciousness, and they developed into patterns early on in your life. You may have spent ten, twenty, thirty, or forty or more years repeating these same patterns.

*...continued on page 27*

# FROM THE HEART



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

## Where to Find True Love

**My coaching client Jodi has been in a Mormon marriage for nearly 30 years.** For all those years she, her husband, and five children have participated avidly in the **Mormon Church**, rituals, and community.

A few years ago Jodi felt guided to explore other philosophies such as yoga, meditation, and alternative forms of spiritual expression—all no-no's according to traditional Mormonism, which shuns people who step out of line. So for Jodi to express her desire to delve into non-traditional pathways required a huge leap of faith.

Although Jodi's husband Don was initially distressed by her dabbling outside the church, he supported her to venture onto other paths of spiritual inquiry. Jodi stopped wearing traditional Mormon garments, took a life coaching course,

read books by Paramahansa Yogananda, set up an altar including small statues of Buddha and the Hindu deity Ganesha, and took an unprecedented trip by herself to a residential meditation retreat. If Don had been stuck on their special relationship, he might have hit the ceiling and called in the church fathers to "deprogram" his wife. But, to his credit, he just kept loving Jodi, which endeared him to her all the more. His trust in her explorations did not dissolve their marriage, but strengthened it. When I last spoke to Jodi, she reported that she and Don were doing tantric sex practices. Both of them deserve huge credit for flowing with the changes in their relationship and co-creating a marriage based on love, not fear.

I have often pondered why so many of us have had so much pain in relationships. It's because we were trained to believe that we are empty or broken, and if we can just get someone to give us what we are missing, we would be happy. Then we must control our supposed source of good so that person will keep doing the things that make us feel loved. As it turns out, it's the other way around. The purpose of relationship is to source love within oneself and then extend it to our partner. When we genuinely love, the joy that passes through our heart to the other person blesses, uplifts, and heals us as it moves through us.

I used to teach about unconditional love, until my mother taught me what unconditional love really is. When I set out on my spiritual path, I was inspired by the teachings of Jesus. I studied the **New Testament** and I taped a small picture of Jesus on the dashboard of my car.

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

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## Dear Michelle,

There are so many religious rules to follow; do this, don't do that. I wish there were a way to simplify. Can you give me a starting point? **Worldly in Wisconsin**

## Dear Worldly

Yes, manmade dogmatic religions can be confusing and many times they give conflicting guidelines. So I'd suggest that you look at the main thread that runs throughout all religions and that is the principle of love.

The Universal Law of Love, is the prime law that governs the universe. By giving your love to individuals, animals and the Earth, you have the ability to transmute all negative things into positive. Love is God in manifestation and the strongest magnetic force in the universe.

Do unto others as you would have them do unto you. Unselfish love and goodwill towards others is the key to all things. By applying unconditional love to people and to all situations you will manifest a dramatic change in the reactions of others and in your life too.

If twenty five percent of the population would apply this Universal Law of Unconditional Love; the world would transform in an instant.

## Dear Whitedove,

I've heard you say that the Ego is not our friend although I'm not sure how this applies unless someone is an egomaniac? **Teacher from Tunisia**

## Dear Teacher,

The Ego is the conscious mind that passes judgment, weighs information, and makes decisions based on appearances or the intellect which is your body of knowledge. As science has proven Earthly wisdom is ever evolving and new discoveries make previous teachings obsolete or completely wrong. Yet the intuitive self is wiser because this information comes from a higher source.

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A friend of Albert Einstein relayed this to me. He said, "You are like Einstein, Albert would also say "the information just comes to me." Which proves that Einstein, was always gleaned new information, and today we are still discovering that his "theories" are being proven to be true.

*...continued on page 27...*



# GEM SPOT

## Carnelian for Creativity

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

### Are you involved in a creative project or thinking about starting one?

In many ways, we are always about to create something. It might be a delicious meal. Or perhaps you want to rearrange your living room or your desk. Perhaps you are ready to take a photography course or learn how to do calligraphy. You are always fertile with good ideas. Sometimes it is a matter of pausing long enough to allow the inspiration come through. And once it does, grab a piece of carnelian to help you make it come into reality. **Carnelian** carries the vibration of creativity to help you give birth to new projects. This stone acts as a catalyst to put things in motion so that they can come to fruition. The orange color is warmth and vibrant to activate the motivation and courage to bring it into manifest reality.



**Use carnelian** to mentally integrate the true meaning of active courage. Active courage is the ability to take a close look at yourself and move forward to create a positive future. It might mean you will need to move out of your current level of comfort - the zone of ease - and allow growth and change to occur to reach new heights and new levels. Whether you use **carnelian** in business for growth in your career or in your family life to engage the courage to give conceive and give birth to a child to grow your family, carnelian becomes an ally for your creative spirit. **Use carnelian** improving visualization skills because it always helps to manifest when you can see your creative venture in your mind's eye first and then take the action to make it unfold.

**Use this affirmation with carnelian in hand:** *I am fertile in body, mind, and spirit. Creativity flows through me in a myriad of ways. I am courageous and bravely bring my ideas into actuality. My imagination is the key to my success. I envision my future and joyfully participate as it unfolds.*



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Tuesdays and Thursdays Noon to 1:00pm Prayer Service Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313 (pg 4)

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

Thursdays, 7-8:30pm The Artist's Way with Fred Goodnight at Unity of Melbourne 2401 N. Harbor City Blvd 32935

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

Sundays, FT MYERS 9:15 am and 11am services at Unity of Fort Myers, Rev. Jim Rosemergy. [www.unityoffortmyers.org](http://www.unityoffortmyers.org)

Sundays MELBOURNE 10am Service Unity Church of Melbourne 2401 N. Harbor City Blvd Melbourne 32935 321-254-0313 (pg 4)

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melbourne Auditorium 321-266-2117

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 [openmindzen.com](http://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 602 Brevard Avenue 321.474.2030 [www.cslspacecoast.org](http://www.cslspacecoast.org)


Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church at 1108 N. Dixie Highway (US 1) Visit [dbcuuc.org](http://dbcuuc.org)

Sundays MELBOURNE Metaphysicians' Circle held at 5120 Sutton Avenue Melbourne, FL 32904 7-8:45pm \$3 321-474-7348

Every Other 1st Sunday MELBOURNE March 6, May 1st, July 3rd, Sept 4th, November 6th. Metaphysicians' Circle presents their Psychic Fair 5120 Sutton Avenue Melbourne, FL 32904 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348



Join Facebook group "Brevard County Yoga" to find yoga classes all over the county.

See Unity Churches in Florida listings by city name on page 25 and call for locations, Sunday service times and class schedules



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In order to make a visualization a reality in the world of form, you must be willing to do whatever it takes to make it happen.

February

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## NOTES from the Universe

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

**When you get there, wherever "there" is for you, probably nothing else will matter more than wanting to help others achieve as you have.**

**Who will you first reach out to? What will you do or say? How will you conduct yourself in public? How will you show them what you see?**

**Better start practicing,  
The Universe**

**Saturday, February 6th**  
**GUMBO FEAST**  
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# SKILLS TO CREATE A WONDERFUL 2016



Patricia J. Crane, Ph.D., is the author of *Ordering from the Cosmic Kitchen: The Essential Guide to Powerful, Nourishing Affirmations*. She studied personally with Louise Hay and has been sharing her work for 25 years. Patricia developed the Heal Your Life® teacher training in 1995 and now co-leads it with husband Rick Nichols. This training is licensed by Hay House, Inc. and approved by Louise Hay. For info, go to [www.healyourlifetraining.com](http://www.healyourlifetraining.com) or call 800-969-4584.

**The beginning of the year always feels so exciting and full of possibilities!** But after a few weeks, the energy of possibilities often begins to fade. Here are some simple mind-body-spirit techniques to keep the energy going and create a wonderful 2016 all year long!

Most people start resolve some behavior change at the beginning of the year: quitting smoking, exercising more, losing weight, etc. And we all know that behavior change doesn't often last long. (Although a study I saw recently said that almost 50% kept up the change for 3 months, not too bad.... But by the end of the year, just in time for the new year, it was down to less than 10%.)

Starting with behavior change is trying to **CONTROL** a behavior instead of allowing it to shift easily, and this is one reason why it seems difficult to change habits. So I would encourage you to start on the inside this year instead of behavior change. Develop the five keys below to create success in every area of your life.

**First:** Resolve to love and appreciate yourself. When you start on the **INSIDE** it's so much easier for the behavior to change on the outside. This is the foundation for **Louise Hay's** work, loving and approving of yourself. How do you actually do that? A first step is to **STOP** criticizing yourself. Criticism of yourself actually hinders change because you feel guilty for not changing and your self-esteem goes even lower. Instead, create positive affirmations such as: "I am doing the best I can. I love and appreciate myself right now. I am guided in the best ways forward to let go of the past and become healthier and happier."

**Second:** Another technique pioneered by **Louise** is mirror work- looking in your own eyes and saying to yourself "I love and approve of myself." Take 30 seconds every day to do this. At first it may be challenging, but it does get easier. You can even start by saying "I am willing to love and approve of myself. I am willing to let go of the past and find new ways to embrace Life."

**Third:** Stay in touch with your body. Tune into your body, notice where you feel tension, take some deep breaths, and let the tension go. Pay attention to symptoms you have because your body is giving you a message. **Louise's** book, *Heal Your Body*, is an excellent source for ideas on what different symptoms and diseases may mean. It's been about 80% accurate for me.

**Fourth:** Learn to meditate. It relaxes your mind and your body and gets you in touch with your spiritual source. Meditation is simply a process of focusing attention on your breathing or a mantra. You can simply think "I am as you breathe in, and relaxed" as you breathe out. You could use "I am at peace" or "I am centered", anything that fits for you.

**Fifth:** Create affirmations for the life you want and write them or say them with enthusiasm every day. Affirmations retrain your mind to think differently, and the new ideas begin to attract the life you really want. Here's one you can use for this year: "I welcome 2016 with open arms, knowing that more and more good flows to me every day!"

**Finally:** practice gratitude everyday. Make it a habit to wake up with thoughts of gratitude. Not only will you set the tone for your day, all of the suggestions above will be easier.

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# What If Love Didn't Have to Be So Hard?

...from page 11...

It turns out that I was making love really hard. I had been carrying around a whole lot of baggage about what it meant to be with someone and what a relationship was supposed to look like. Even in all my wildness I had a pretty tame idea of what a relationship was really supposed to be.

From those pesky inner critics who had been setting me up to fail from relationship to relationship to the rules that I was carrying around (inherited from my parents and other well meaning people), I really had been set up to be a relationship disaster. So I set out on a covert love operation to find the love that I was hoping was possible for me. From love mentors to support groups, I set out on an adventure that would eventually lead me to something more than I had dreamed possible.

## You Can Have More Love More Often

Most people knew me from my National Bestseller *Succulent Wild Woman* where I shared the story of marrying myself because I knew and promised that I would never leave me. And I still stand by that work. But when I dove in deep with John in a relationship that married our souls, I knew that I could be wild and free while still being deeply connected to my beloved.

We call this kind of relationship we have created a Succulent Wild Love! We not only married our souls, we also married our work, so we could share the powerful habits we use in our own relationship to help others experience more love more often.

**If you want to get create more love for yourself, here are four things you can start with right this minute:**

- Realize no one can complete you. If you want a relationship that feeds your soul, inspires and delights you and invites you to grow - you have to allow both of you to create something bigger than you can alone.
- Listen deeply to your own inner wise self. You know more that you think. In fact, you have a very wise internal guidance system that supports you to know what you really want. Sometimes we ignore this system to listen to our head - pick what looks good on paper, do what other people think we should. But you know what you really want. Follow that voice!
- Know that inside every conflict is a joyful solution. Every relationship will have fights and disagreements. That's just part of being human. But when you understand there doesn't have to be a winner and a loser, one who gets what they want and another who compromises, you can experience conflicts very differently, that result in deeper connection and joyful solutions.



## SUGGESTED READING

### Abraham-Hicks books

The Millionaire Course by Marc Allen  
Expect the Unexpected by Bill Philipps  
The Book of SHE by Sara Avant Stover  
Spiritual Partnership by Gary Zukav  
Be Love Now, The Path of the Heart by Ram Dass  
Question Your Thinking, Change the World by Byron Katie  
How to Hear Your Angels by Doreen Virtue, Ph.D  
Healing Words from the Angels Doreen Virtue, Ph.D.  
The Age of Miracles by Marianne Williamson  
OMG How Children See God by Monica Parker  
Sidewalk Oracles: Playing with Symbols by Robert Moss  
Kindling the Native Spirit by Denise Linn  
Ordering from the Cosmic Kitchen by Patricia J. Crane, PhD  
Succulent Wild Love by SARK and Dr. John Waddell  
Short Path to Change: 30 Ways to Transform Your Life Jenny Mannion

• See the perfection of your beloved. Sure you'll do things to annoy each other. Sure you'll drive each other crazy on occasion. But when you understand that just about everything that drives you crazy is coming out of your own fears you can begin to see your partner as perfect just as they are. It's not that you don't have preferences- you do. But those preferences don't need to result in your feeling and experiencing less love.

## More Love Is Available For You

With over 25 years of teaching, there is one thing that I know for certain. There is more love available for every single person I have ever met than they realize. If you could begin to fathom all the love that this world holds for you it would break your heart open with joy and delight.

So no matter where you have come from, no matter where you are going, no matter what you look like or who your friends are, I want you to remember that there is more love available to you right now. You are beautiful. You are worthy. And you are lovable.

Based on the book Succulent Wild Love ©2015 by SARK and Dr. John Waddell. Printed with permission of New World Library.  
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# COVER ART

**Daena Deva**

**by Andrea de Michaelis**



**I've published Horizons Magazine since 1992.**

I use painting as one medium for my spiritual path. When I feel led to paint a person, I take them as a guide who's come to give me a message. I'm often inspired to art by friends' pics. This month I was inspired by galpal **Daena Croghan**. I often depict symbols in the palms, adorning the hand chakras. It is in the palm since it is being offered to the viewer.

**On her left hand is a spiral**, an ancient symbol of healing. The spiral depicts the natural rhythm of life, and the healing power that is constantly radiated from the cosmos around us. I've painted shakti sparks outside the aura encircling her hands, showing they are energized and powerful.

**On her right hand is a circle within a circle.** The circle is an unbroken line which has no beginning and no end, representing completeness, a symbol of Divinity. Circles are protective. Standing within a circle shields from supernatural influences outside the circle. The 12 smaller circles within the larger represents the taking of the 12 astrological signs into the circle, for the 12 months of the calendar year. So her hands are projecting healing to all persons for all time.

**She's wearing Moonstone.** Moonstone is the bringer of calm, peace and balance. A stone for "new beginnings," moonstone is a stone of inner growth and strength. Moonstone enhances intuition, promotes inspiration, success and good fortune in love and business matters. <http://horizonsmagazine.com>  
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## Alan Cohen

*...from page 14...*

My Jewish mother was not exactly pleased as punch to ride with **Jesus** as co-pilot. When I picked her up to take her shopping, she made fun of the photo. "Were you cold out here last night, Jesus?" she mockingly asked the image, tapping it with her forefinger. "Would you like me to knit you a sweater?"

So out of respect for my mother (especially since she had paid for the car), I removed the photo from the dashboard and placed it in the glove box. The next time my mother sat in the car, she said nothing but she seemed happier, so I figured Jesus was secretly smiling under the dashboard.

A few weeks later when I went to visit my mother at her house, I saw something I had never seen before in my home or in any Jewish home. On the dining room table, propped up against a napkin holder, was a small picture of the **Catholic Saint Veronica**.

Astonished, I asked, "Mom, where do you get this?"

"I saw it at a garage sale," she answered nonchalantly. "I thought you would like it."

I was speechless. In order for my mother to get me that picture, she had to rise above her lifetime belief system and values as a **Jew** and a Jewish mother. In that moment I realized that unconditional love goes far beyond words. It is an energy we radiate, a principle we live.

Love is not about control, but connection. Not about demanding, but allowing. Not about getting, but overflowing and supporting. As we release fear-based models of love, we open to the gift we were born to receive by giving it.

**February is Valentine's month**, when we celebrate great love. If you are searching for love, it may be closer than you think. **Kabir** said, "I laugh when I hear that the fish in the water is thirsty." The love of your life might be right where you stand. Even if you are not with your ideal lover, you have friends and family who love you deeply. If you are with a partner who does not appear to be "The One," there might be more love available in that relationship than you know. Appreciate and celebrate what you have before asking for more. The gifts that you have been seeking have been laid at your door. When you find beauty and wonder in those around you, you open the door to find it in yourself. Let this month be the one in which you find true love, by discovering the happiness you seek right where you stand.



# NEGATIVE SELF-TALK

*...from page 13...*

That being said, it is important that as you notice these statements, you are kind to yourself and give yourself a pat on the back for even noticing—even when you notice after the fact. It is a step and each step is to be celebrated. It's just as if you had experienced what you considered a misstep, you would be sure to focus your attention on it.

The great news? Even if it is a forty-year-old pattern, it will not take forty years to break it; in fact, it will not even take one year. When you focus your energy and attention on noticing, being present, and recognizing, you'll be amazed at how quickly you can change some of these patterns and messages.

An example is anything you have been critical of and have spoken of negatively to yourself. Perhaps you have told yourself you are not smart enough, good looking enough, or the right weight. Maybe you have replayed conversations in your head and been judgmental about yourself and have told yourself that you wished you wouldn't have said or done this or that.

When you insult yourself, you look at the past and what you have been up until this point, and judge. You negate the true you who is your soul and is love. You are not kind to yourself and in doing so, do not attract others to be kind to you. You limit yourself, increase negativity, and make it challenging to be in a positive state. You make yourself a victim of your own mind.

Self-love is an important concept and a state we are not used to acknowledging. We are taught to treat others as we want to be treated; unfortunately, we are not taught to treat ourselves as we would want to be treated. It begins with us and how we see and communicate to ourselves. Noticing is the first and most important step.

I had a challenging time when I began listening to my negative self-talk. I could not believe how hard I was on myself. It started to make a lot of sense as to why I felt weak, limited, and a victim of life. Remember, this is a step to empower you. In noticing, you can begin to take action and make some changes that will instantly have you feeling better and more aligned with your soul.

Excerpt from *A Short Path to Change: 30 Ways to Transform Your Life* by Jenny Mannion © 2016 by Jenny Mannion. Used by permission from Llewellyn Worldwide, Ltd. [www.Llewellyn.com](http://www.Llewellyn.com)



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**If you have been told you will just have to live with pain or that your health or that a specific condition cannot be improved, think again!**

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## This month's thoughts about things...

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

*...from page 7 ...*

I over strained my hands/arms by over-use and over-scrolling. Giving them both a rest at the same time is a trip! I've been using the time for yoga, meditation, visualization, binge watching **The Girls on HBO**. A gal's gotta do what a gal's gotta do.

One weekday I scheduled an adventure day, made more so by the unexpected rain. I seldom set out to spend a day at the beach but that was the day's plan. Growing up in Florida, my beach gear typically stays in the car: blanket, towels, swim shoes, sunscreen, insect repellent, water. I added my beach chair and umbrella, small ice chest, tarot cards and Kindle Paperwhite. I made sure my phone was fully charged. I dressed in light colors for privacy, so I'd blend in. If I'm going to be incognito at the beach, I wear light colors rather than my traditional **Johnny Cash** black. Swap out my black hat for a natural straw one and I'm totally beige. I typically sit high on the dunes amidst the sea oats for privacy and less sea spray, but if I use the umbrella, I stick it in the sand nearer the shore. I keep the car prepared with everything, so if I want to run to the beach on a whim, I've got all my comforts with me. I drove south on US 1 just as the sun was breaking through.

My passenger window was foggy with dried salt spray from the day before, so I thought I'd manifest a sprinkler to drive past to clean it. "There might be one up ahead," I'd tell myself, just a little focus to attract it if it was to be. No sprinklers. But soon, a drop of rain. Then another. Then a downpour out of nowhere. I knew it wouldn't last long, maybe 5 minutes, and that's about how long it lasted. A beautiful rainbow appeared to the north of me as I drove across the **Wabasso** causeway.

As I drove north on **AIA**, it was hard to tell at that time of day whether I was seeing fog or ocean spray but the air was thick with it and there was a light drizzle of rain off and on. I checked out several of the beaches along **AIA** to decide where I wanted to be. I crossed the **Sebastian Inlet**. I laughed to recall a day in the mid 80's a coworker and I'd called in sick to work and played at that beach all day. Our severe sunburns outed us to the boss the next day. Good times.

I found a perfect spot and settled in. It was drizzling rain on and off but I was dry under the umbrella. I knew to split if I saw lightning. The weather was a balmy 76 with very little wind. Sometimes the beach is so windy I feel beat up by it. Today was a nice balmy breeze. There were only a few people and they were farther down the beach. No one in the water yet and no surfers. I did some yoga as I checked out my surroundings. Stretching and breathing on the beach is a whole body/mind experience. I took the ocean spray as salt therapy for my muscles. I sustained more sports injuries this year than in the

last 10 years due to, I'm sure, basically lack of proper form and overworking certain muscles. I'm a yogi, I'm not used to aerobic or weight training but I'm learning. All injuries are now healed so I'll be more careful in 2016.

A steady rain began about 30 minutes later, so I packed up and moved north until the sun was out and found another beach. I'm always surprised by how few people are at our beaches and today was no different, at least that early. I settled in to a new spot, I was the only one as far as I could see. I meditated. I contemplated the past year. I stretched and breathed in the ocean air. I watched seagulls and sand crabs and pelicans and clouds and waves.

I pondered the past year and felt it'd been satisfying and productive. I pondered what, if anything, I might want to do next year. I realized I didn't have many specifics. I want to wake up each day eager to get into fun happenings. I want to connect with friends and share love and ideas and good times. I want dollars to flow in whether I work for them or not. I want harmonious relationships. I want good health.

And I know how to get all these things. I know if I want to have a happy healthy life, then it's up to me to look for that and encourage that. If I want to be involved with happy people doing fun projects, I need to find those people and look for those projects.

I may think I have to look outside my own little realm to find happy people doing fun things. I may think the folks around me are pretty stupid or low consciousness or negative energy. If that's so, then my job is to learn what it is in each individual that triggers me and why, to discover what they are here to teach me. Once I learn those lessons, only then will I see there are happy people doing fun things around me right now. I couldn't see them before I learned that lesson. Now, my world has expanded as my perception expanded.

If I want dollars to flow in, I am the one who has to do what it takes to set that in motion. And it needs to be in motion whether I am nose to the grindstone for 40 hours a week or not. If I don't know how to earn dollars, then my job is to learn what my skills and talents are, what my natural interests are. Who do I see doing something that looks like something I want to try? I'm the one who has to cheerlead myself on to go to a trade school maybe, learn something I never thought of doing. I'm the one who has to do whatever it takes to move my life ahead.

If I want to be healthy, I know what to eat and how much to exercise and how much sleep to get. It's up to me to keep up with it to stay fit and vital my entire life. Look at Wayne Dyer - fit and vital well into his 80's, died in a heartbeat, no long extended illness, no steady decline, just happy, healthy, happy, healthy, happy, healthy, dead.

That's my goal as well. A long healthy happy life, however long it ends up to be. If I was to die right now, I've had the happiest life ever and wouldn't change a thing. Enjoy our offering this month. Hari Om.



Andrea



# ABRAHAM-HICKS

*...continued from page 9*

**You don't have to embrace painful things. You don't have to continue to give your attention to it. Nothing is coming and getting you. You are not vulnerable to anything except your own sloppy thinking.**

We've been saying to you for a while, and we like saying this to you - we are being playful as we give this to you, and some people regard it as an insulting comment, and we don't mean it that way at all - but the thing that saves mass consciousness from momentum that is really unwanted is that you are fickle. In other words, you have short attention spans.

If CNN would pick one topic, and play it and only it forevermore, the majority of people who are watching that - becoming more and more and more, and talking about it more and more and more - would create epidemics of that one topic until that one topic would be rampant. But, fortunately, they don't have the sticking power.

Fortunately, none of you do because you are guided from Broader Perspective, and you simply understand that there's more to think about than this one thing. Therefore, your lives can expand in more directions, than just this one direction.

You could solve this for yourself... If we were standing in your physical shoes, we would accept that we are part of mass consciousness, but we would assume our singular consciousness standpoint, and we would not project thought for the benefit of mass consciousness. Your thoughts just do - by Law of Attraction - become collective rivers or streams, but we would be clear about what we're focusing upon, period.

Mass consciousness does not influence you. Now this is the most important part of your question... because it seems logical that if there is a large number of focusers on a topic, so that the stream is flowing in a very strong way, it seems like that stronger stream would have the ability to get you. But that would be in a Universe based upon assertion, and you don't live in a Universe based upon assertion. You live in an attraction-based Universe, which means that only the vibration that you get going are you calling to you.

Now, yes, it is possible for you to observe what's going on in mass consciousness, and by your observation of it, invite it into your vibrational frequency, so that now you are attracting it. But nothing is coming and getting you. So, the question is: How much that's out there do you want to practice the vibration of, and then put out your calling card to invite it in? Can you feel the difference? You are not vulnerable to anything except your own sloppy thinking. You are not vulnerable to anything except your own unwillingness to be selfish enough to want to feel good and, therefore, to direct your thoughts at the earliest of momentum phases, so that you can find that, you see?

**GUEST:** Well, I guess that's kind of the phenomenon I'm describing, is that I can feel how easy it is to go knee-jerk reaction to conditions.

**ABRAHAM:** Well, you might say it's easy, but we don't think it's one bit easy for you... because whenever you do that, you feel it immediately.

**GUEST:** I do. I do.

**ABRAHAM:** Now, there was a time when you might have had a knee-jerk reaction and gone further down the road, but you don't do that anymore. You're more aware of your guidance.

**GUEST:** Yes.

**ABRAHAM:** In the early days, when we were talking to people about meditation, we said that the reason meditation is a good tool is because you quiet your mind and, when you quiet your mind, you stop thought and, when you stop thought, you stop resistance. So, your shield comes down and you put yourself in a place of allowing, where all that you are wanting can then flow easily into your experience. But the thing that happens in that meditation process - if you continue it - is that you do become more sensitive to resistance.

Well, there are some people that don't wanna be sensitive to resistance. It's like the hot stove. "I would just as soon that I don't feel the hot stove because I can't stop myself from participating with it. So, either the stove needs to be cooled off or I need to develop some capacity to withstand it because I can't stop [touching it]." Well, we think you can.

We don't think you have to embrace painful things. We don't think you have to continue to give your attention to it. It feels like it sometimes. It feels like the conditions of your life force you to give your attention to it. We know how that feels to you. But you do not have to give your attention to painful things, or to unwanted things. And you don't have to keep asking the questions that cause you to put your shield up, so you don't hear the answer, or don't realize the path to the answer.

So, we want you to be sensitive to how you feel, and we want you to feel good, and that's it, that's it. That will take care of everything.



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 FEBRUARY 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)** Success comes when you think outside the box, Aries. Dare to dream, but then apply critical thinking to your vision. Also moderate the tone and tenor of your actions. With Mars traveling through rowdy Scorpio, you'll be misunderstood if you come on too strong. Prepare for your date with destiny.

**Taurus - (April 19 - May 19)** What is your dream for a perfect life, Taurus? The planets are lined up in support of your creation. The challenge is that you must decide whether you want to be free, or to dig in deeper. Love is the answer, and it shows you the way to have everything you have ever really wanted. Step through the open door.

**Gemini - (May 20 - June 19)** Your thoughts and words are so powerful, Gemini; especially now, as Saturn and Neptune do a number on your relationships and your identity. Avoid confusion by getting your priorities straight. Perpetual motion is your natural state, but the stars now offer a safe haven. Play your cards right and have it all.

**Cancer - (June 20 - July 21)** Dare to be bold, Cancer. This is your month to be audacious; to go places you've never gone before and do things in a way you've only imagined. Your intuition is always strong, but now, your logical mind is also showing the way to manifest a real and multicolored vision. Believe in what you're thinking.



**Leo - (July 22 - August 21)** Jackpots are not always won, Leo, they're created through effort and planning. You make it look easy, but I know that you've been working behind the scenes a long time tending your financial garden. It's a matter of weeding out the partners that bear no fruit. Your persistence pays off in a bountiful harvest.



**Virgo - (August 22 - September 21)** Less is more this time around, Virgo. Your prescription for February is: less stress, fewer deadlines, and more fun. Take advantage of Venus cavorting in your 5th house of joy until the 16th. The Virgo Full Moon of February 22nd comes with an important decision - let go with grace and gratitude.

**Libra - (September 22 - October 21)** It's time to get back to the foundation of your inner self - the artistic director of a good life. Reclaim your love of music, revitalize your life with beautiful plants and flowers, and recolor your home by filling it with cherished friends and family members. The angels are holding a safe space for you now.

**Scorpio - (October 22 - November 20)** Focus is your laser tool to fast forward success on any project. Avoid overwhelm by planning your work and be sure to schedule in time for play. Mars in Scorpio is good for you provided you connect with your higher purpose. Juno, the goddess of love is with you also. Are you ready for commitment?

**Sagittarius - (November 21 - December 20)** You must be heard, Sag - it's time to speak your mind and share your truth. Your inner longings have been overlooked, and now Saturn adds a tone of seriousness to the mix. Trust me; Saturn can be a force for benefit if addressed wisely. Your secret to success is honoring the legitimate concerns of others.

**Capricorn - (December 21 - January 19)** Everybody's probably asking about when your book is going to be ready. Stubborn resistance only gets you so far, and not in the direction you want to go. The world is hungry for your wisdom, knowledge, and expertise, Capricorn. This is a month to manifest your boldest dream; get busy!

**Aquarius - (January 20 - February 17)** Being a fixed air sign, you are one who holds fast to your truth, and you know what you know. But, the Virgo Full Moon on February 22nd invites you into the rabbit hole of considering a second opinion. Something is overlooked, and the situation has, or will, change. Listen to good advice this time around.

**Pisces - (February 18 - March 18)** Connect deeply and love with all your heart, Pisces. You are uniquely protected in that: the more you give, the more you have. Just remember that your vessel must first be filled through love of self, which includes extreme self-care. Bountiful blessings are coming your way, be present so that you can receive them.

# Introducing Astrologer Maya White



**HELLO.** Although I have many clients from around the world, perhaps we've never met, so I was asked to share a bit about myself. I now spend my time between **Los Angeles** and **South Florida**. Having lived in **Hollywood, Florida** from 2003 - 2010, I am a long time reader and fan of **Horizons**. Through a totally synchronistic beauty of the Universe, I'm now delighted to be a part of **Horizons Magazine**.

As a soul based astrologer, I talk to many people about life purpose, but I was unable to grasp my own for many years. And, I have lived through those 'Dark Nights of the Soul'. Many of my Florida friends helped me recuperate from a tragic automobile accident in 2004. I also endured many miserable J.O.B.'s. I always loved astrology, and had done readings part time since the age of 14, but never thought I could make a living doing it. However, in 1998, after being fired from a (terrible) job (that I hated) as an Administrative Assistant, my world crashed - hard.

After sitting on the couch and crying for a week, I gathered up my courage and took out a small ad in a weekly newspaper offering my services as an astrologer. This turned out to be a game changer because within a few days I was offered an astrological column in a startup magazine out of Portland, Maine called '*Inner Tapestry*'. The rest is history.

The ending of those days of suffering was the beginning of my journey to living my passion. And this is why I know it can happen for you, too! My grandmother inspired me to look at the stars, and she also taught me to live by the Golden Rule.

**Louise Hay** taught me about the power of affirmations and positive thinking, and having my *Easy Astrology Oracle Cards* published by **Hay House** is another miracle that came as a blessing to my work in astrology and as a writer.

What I know is that miracles are/can be a part of your everyday life; that you can live your passion and express your talents - the ones revealed by your astrological chart. As your astrologer, writer, and translator of the Universal Language of the Stars, I am committed to conveying a positive message and offering solutions. I want to make **YOUR** world a better place to live.

With love and gratitude,

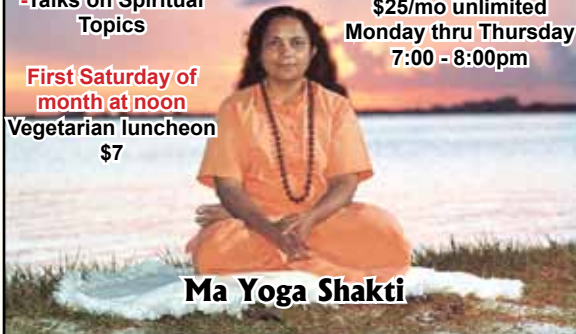


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As hopeless as any situation feels,  
it's really only your thoughts that  
you're dealing with. And you  
have the power to change those.

Louise Hay

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

## READ THIS INSPIRED BOOK

### Paramahansa Yogananda *As I Knew Him*

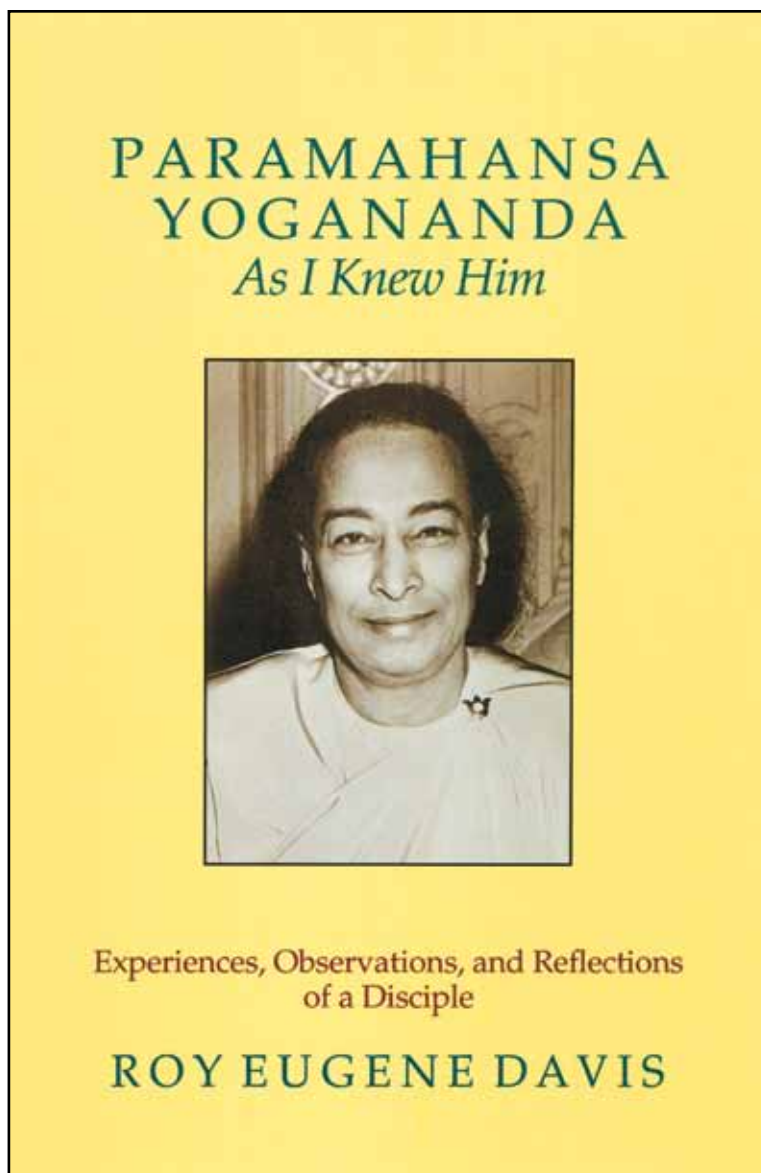
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Roy Eugene Davis has been teaching spiritual growth processes for more than 60 years in North and South America, Europe, West Africa, and India. He was ordained by Paramahansa Yogananda in 1951. Read *Truth Journal*, hear Mr. Davis' talks, and see meditation seminar and retreat schedules at [www.csa-davis.org](http://www.csa-davis.org)