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Andrea de Michaelis presents

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Maggie Schlesinger, Master Channeler
Daena Dussich, Prophetic Angelic Messenger**



Morgana Starr



Maggie Schlesinger



Daena Dussich

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Morgana@MorganaStarr.com

321-506-1143

www.MorganaStarr.com

Seraphim Voices

"Seraphim Voices is an Angelically guided company,
led by **Morgana Starr, The Angel Communicator™**

*When
Angels Speak,
We Listen*



Rev Morgana Starr
The Angel Communicator™

Rev Morgana is a two time published author, Reiki Master Teacher, accomplished and internationally known psychic medium and angel communicator for the last 20 years. Morgana has a unique talent to channel **Archangel Anael**, the pure embodiment of the feminine divine. Her transformative and empowering teachings are based on the messages she receives from the Angel. Morgana's clients not only get psychic readings and messages from loved ones, they most importantly receive Angelically infused energy that initiates change, increases vibration and connects the individual to their personal angel.

"Morgana teams up with Daena Dussich, Angelic Prophetic Messenger™"



Daena Dussich
Angelic Prophetic Messenger™

Daena has worked under Morgana for the last 7 years as a Reiki Master Teacher and medium for the last 10 years. Working with **Archangel Azrael**, Daena assists people through transitions in their lives, empowering them with the guidance and wisdom they need to move forward. **Anael** and **Azrael** are an ancient angelic team that have reunited on the Earth plane to create a vibrational shift in human consciousness. Daena and Morgana are their mouthpieces, working together in harmony, moving energies every where they go.

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Daena Croghan
Morgana Starr



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Join us in 2016 ~ A Journey of Spiritual Discovery

April Sunday Series: God's Message To The World: You've Got Me All Wrong!

Spring Housecleaning: Clean out your God closet and freshen up your ideas about you and the God of Your Understanding. We will explore what God is and is not, which of course leads you to what you are and are not

Concert with Steve McAndrew and guests Tuesday April 12th 7:00PM Join us for a fun evening and see how talented this group is.

Rayananda and the Wandering Sadhus Saturday April 16th 7:30PM

Join this band for an evening of uplifting kirtan music. Kirtan is an ancient spiritual tradition of call-and-response chant to the Divine. It is an integral practice on the path of Bhakti, the Yoga of Love. By chanting together, participants experience the blissful heart-opening presence of their own divine selves. No experience is necessary and the program is open to all yearning souls from all spiritual traditions. Listen at www.rayananda.com

Janine and Friends are our musical guests Sunday April 24th 9:30 & 11:00AM

Activate the Power of Yes – Sunday May 1st 9:30 & 11:00AM Reverend Beverly Molander Get the Energy Going to Bring in Your Good! Based on her Unity Online Radio program, "Affirmative Prayer – Activating the Power of Yes", Rev. Beverly shows how you can use this effective tool to have better relationships and live a fuller life. For starters, try saying Yes more often than you say No!

Planning Ahead for a Heartfelt Memorial Service – Sunday May 1st 1:00-2:30PM

Join Rev. Beverly Molander and Dave Savage for this workshop to help you act vs. react when faced with end-of-life situations. Suggested Love Offering \$15 – no one turned away! You will receive a to-do list of practical activities for planning a Memorial Service for anyone, including yourself.

ONGOING CLASSES To join a class already in progress, please contact facilitator

The Law of Attraction Meet-up Group Tuesdays 6:30pm
Love Offering Contact Karen Steil karen@karensteil.com

God's Message To The World: You've Got Me All Wrong! Tuesdays at 9:45am or Wednesdays at 6:30pm. Facilitated by Maggie Rosche, LUT. Required text: God's Message To The World: You've Got Me All Wrong! Neale Donald Walsch. Classes began the last week of March, but you may still attend. Maggie iamthat12503@att.net.

Ongoing Events

Tuesdays and Thursdays Noon Prayer Service

Wednesdays – 10:00am Chair Yoga with LindaJoy \$40 for 8 sessions, 8 participants minimum

Fridays – 10:30am Qi Gong

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

Third Sunday of Month – mini service Wavecrest 2:30pm

Thursdays – Meditation with Jenny 7pm

Second and Fourth Thursdays – Club CHIP 6pm

Second Friday Night – Craft Night 6:30pm – bring your unfinished projects to work on

Third Friday Night – Game Night 7:00pm

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On the Cover (page 31)
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in the Light by Lori Hlavsa

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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. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and paid for.

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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 April 2016 edition of Horizons Magazine.

You know, it does not matter what's going on in the rest of the world, we can chose to focus our thoughts in a way that attracts to us exactly what we want in our lives. We can change our thoughts and discipline our behaviors so much that we can have an excellent and prosperous life no matter who is in office, no matter what the official state of the economy, no matter what the scientists or environmentalists say is happening around us.

Am I moving out of the country if Trump is elected? No, because I have the power!

Move out of the country? This kind of made me giggle. There's no reason to give anyone that much power over me and my happiness. As far as I can see, nothing will change with me and my happy life no matter who's in office. If for some reason I'm unable to do what I now do for income, I'll find something else to do. If for some reason I can no longer live where I'm living, I'll find somewhere else to live. I don't need to know ahead of time HOW these things are going to come about. I just need to have the expectation and belief they will.

I have faith everything will work out since that's always been my experience. My desire to thrive in whatever condition I find myself in taps me in to my intuition and moves me forward toward solutions. I'm always on the lookout for solutions and fun ways of being and guess what? I always find them because I know I've got the power. The power to focus on what needs to be done in the moment and the power to stick with it until it's done. And the power to choose to love it (or at least find harmony with it) at every stage along the way, no matter who is elected.




You, too.

PALMISTRY: The Hopeful Thumb of Donald Trump



Look at those hands, are they small hands?" Yes, they look like small hands to me, but this isn't about that. Small hands, short fingers, we know hand size/penis size doesn't always match but **how about the palmistry of Trump?** If he's a contender, for office, it's good know what we're working with and believe it or not, there's hope.

Those with small hands tend to think big and delegate. While his stiff hand shows a rigid personality, of note to me is that Trump has the flexible thumb. That means he can be flexible and he can flip flop, but I feel that bodes well for him being flexible if he makes it into public office. The flexible thumb is a good indicator of readiness to accept and adapt to challenges and fluctuations in life. Although currently mis-guided, he's a very passionate and driven individual and it's possible his passion and vision can be harnessed and channelled to do good. Help me hold that vision?

On April 20, 2016, the planet Uranus moves into his 9th house of philosophy – the search for meaning. It may very well be that Trump will have an awakening and a change of heart and mind to see that compassionate and inclusive changes take place. It may very well be that an awakened Donald Trump is not the scary monster that he appears to be now. I say this so we can stop fearing him and turn our thoughts to the best possible "what if" and pre-pave that instead. I'll bet with group effort, whether you call it visualization, spellcasting or prayer, we can pre-pave an awakening in consciousness for Trump. Remember to only wish for him what you wish for us all. 

During Uranus through the 9th house, lasting about 7 years, one may experience a transformation in matters relating to goals, religious beliefs and personal philosophy. There may be radical and unexpected changes. New insights are stimulated. This is a period of great and thorough revolution in understanding. If the worst case scenario happens, I'm still hopeful. Hey, silver linings, right? *I ask you to hold the vision with me of an awakened, compassionate Trump. We can help bring that about by how we look at him, how we perceive him, how we perceive what he's doing and how we perceive what grand good he may be capable of.*

Why hold a vision of an awakened, compassionate Trump? Because he's getting into politics and he has the means to make things happen. Yes, right now they are self-serving, mean and unconscionably hateful things but if this man becomes powerful on the political scene, just imagine the amount of good he could do if he had a change of heart? *That's why lightworkers and vision-keepers can hold a vision of his having an awakening, a compassionate softening of his heart due to new understanding dawning in him. If he's on the rise to political power, pray for his awakening and know that when many minds are gathered together with vision in prayer, miracles happen.*

...continued on page 28...



How Near Death Experiences Can Change Your Perspective On Life

In 2006, Anita Moorjani fell into a coma as she lay dying of end stage cancer. She had a near death experience. You can read her story at <http://www.anitamoorjani.com/>. Anita will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to neardeath-conference.com



In my memoir, *Dying To Be Me*, I describe how after battling cancer for 4 years, my body finally succumbed and I crossed the boundary between life and death.

However, I was given the choice to return from the other realm in order to share my fascinating insights with others. My near death experience was the catalyst that allowed me to cure myself of cancer and to accept my true purpose here on earth.

My heightened awareness in that expanded realm was indescribable, despite my best efforts to explain it. The clarity was amazing. The universe makes sense! I realized. I finally understand—I know why I have cancer! I was too caught up in the wonder of that moment to dwell on the cause, although I'd soon examine it more closely. I also seemed to comprehend why I'd come into this life in the first place—I knew my true purpose.

Why do I suddenly understand all this? I wanted to know. Who's giving me this information? Is it God? Krishna? Buddha? Jesus? And then I was overwhelmed by the realization that God isn't a being, but a state of being . . . and I was now that state of being! I saw my life intricately woven into everything I'd known so far. My experience was like a single thread woven through the huge and complexly colorful images of an infinite tapestry.

All the other threads and colors represented my relationships, including every life I'd touched. There were threads representing my mother, my father, my brother, my husband, and every other person who'd ever come into my life, whether they related to me in a positive or negative way. Oh my, there's even a thread for Billy, who bullied me as a child! Every single encounter was woven together to create the fabric that was the sum of my life up to this point. I may have been only one thread, yet I was integral to the overall finished picture.

Seeing this, I understood that I owed it to myself, to everyone I met, and to life itself to always be an expression of my own unique essence. Trying to be anything or anyone else didn't make me better—it just deprived me of my true self! It kept others from experiencing me for who I am, and it deprived me of interacting authentically with them. Being inauthentic also deprives the universe of who I came here to be and what I came here to express.

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

How Abraham Would Generate A Perfect Day

Q: So, Abraham, if you were in our physical shoes, what would you do when you woke up in the morning, and what processes would you use on a daily basis?

A: It's a big question. Isn't it? Because it would depend upon the circumstances. Different circumstances would require different responses, but we'll give you a run down here because what you are really asking for is "How could I ever begin to apply the never-ending spewing of processes that you've been giving us over the years?"

We're going to start the night before. We would put ourselves in our bed and we would lie there in the bed and try to achieve the feeling of appreciation. We would appreciate our bed. We would appreciate our day. We would compliment ourselves on the day's achievement no matter how big or few they are. We would do our best to bask in our bed.

The End of Your Perfect Day

Before drifting off to sleep, we would set forth a thought, which is what we call prepaving, of pleasant anticipation of tomorrow. We would say something like, "Tomorrow will be a wonderful day." And then we would try to find the feeling place of one of the most wonderful days we'd ever had. We'd try to find the feeling place of waking up and being glad to be alive and feeling happy about our physical life experience. We wouldn't spend a lot of time on it because you don't want to stimulate yourself into a lot of thought right before you're trying to go to sleep. We would just try to generate the feeling of subtle, good feeling, peaceful, loving appreciation.

We might say, "And if I dream and there is anything important, I want to remember it." When we awaken in the morning, the first thing we would do is acknowledge we're glad to be alive and awake and physical, and then we would ask, "Did I dream?" because if you wait too long you won't remember. Often you won't have a dream that you remember, but if you do recall something, then lie there and try to recapture the feeling of it, because the feeling is what gives you your information. In other words, the emotions that you felt in your dream are the contrast that lets you know what you don't want and what you

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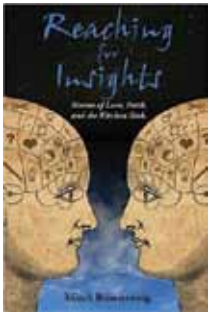
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Adaptogenic Herbs Help More Than Stress

Adaptogenic herbs help to increase the body's "non-specific" resistance to adverse influences.

It is defined as a substance that must be innocuous and cause minimal disorders in the physiological functions of an organism; not hurting the body or disturbing the body's normal function. Basically these herbs help normalize the actions of the body bringing it back into homeostasis no matter what the state of the body is in; increasing the body's resistance to outside influences such as viruses, stress or other illnesses. **Some herbs that fall under the term "Adaptogenic" are Licorice, Holy Basil, Ginseng, Schizandra, Eluthero and Ashwaganda.** Licorice has immune modulating properties; this herb is especially useful in supporting those suffering from cancer, chronic fatigue, immune deficiencies and digestive disorders. **Holy Basil** traditionally used as an expectorant helping the body rid itself of excess mucous. Recently scientific studies have been done on **Holy Basil** finding it to have anti-stress properties, which help reduce physical stress, reduce stomach ulcers, protect the liver, fight inflammation, relieve pain and support the immune system. **Holy Basil** also helps the body protect itself from environmental toxins and radiation; shortening symptoms of asthma, and balancing blood sugar.

American Ginseng was used by Native Americans as a general tonic herb to help boost the adrenal glands; normalizing organs and tissue, helping conditions such as immune deficiencies, chronic fatigue, coughs, digestive upsets, arthritis, chronic headaches, allergies and asthma. **Asian Ginseng** helps when chronic stress leads to poor concentration, fatigue and anxiety, quieting the spirit, stopping agitation and enlightening the mind. The ginsenosides in this herb work on the pituitary and hypothalamus helping reaction time to visual and auditory stimuli. **Ashwaganda** contains chemicals that help fight physical manifestations of prolonged stress like nervous exhaustion, mental fog and anxiety; rejuvenating the whole body. The anolides in **Ashwaganda** protect the body from stress induced ulcers, depression, auto immune disorders, thyroid disorders and hormonal disorders. **Schizandra**, when tested in the lab was found to have the ability to improve concentration, mental agility, increase work capacity, improve reflexes, build strength and endurance, relieve anxiety, reduce heart palpitations and encourages the body in removal of toxins. **Eluthero** once known as **Siberian Ginseng** has had many studies done on it. Those studies found it to increase stamina, strength, reflexes and coordination. In one study 2000 people were subjected to stressful conditions when given **Eluthero** these people had the ability to work through and adapt to loud noises, heat, heavy work-loads, and long periods of extreme exercise without decreasing mental alertness or quality of performance. All of these herbs help to support the body throughout all types of stress, helping the nervous system adapt to situations that over the long-term can cause many different health situations.



REACHING FOR INSIGHTS

STORIES OF LOVE, FAITH, AND THE KITCHEN SINK

Mitch Rosenzweig has been a licensed Clinical Social Worker and Psychotherapist for more than 25 years. These stories, excerpted from his book, remind us that we are not alone in our daily situations and struggles. They encourage readers to view even the most mundane parts of life from a different perspective, one that inspires them to see life's challenges and celebrations in a new light. *Reaching for Insights* is available on Amazon.com and fine bookstores everywhere.

Always Right

At first I thought it was me. It was the first one I changed at daylight savings time as it is usually the first one I look at. Later that day I noticed it was wrong so I fixed it again. But later it was still off... odd, I thought. One more time I adjusted it. Satisfied I finally had it right, I forgot about it. A few days later I noticed it was wrong again, but not by a lot. Must be the battery, so I changed it. Seemed like the right solution. But the next day it was off by ten minutes again. Time for a new clock. I like to quip that broken clocks are usually right twice a day. But in this case, it wasn't true. It

seemed perfectly happy being near exactly ten minutes off. I must have changed it five times, and the battery too, and it still wasn't the right time. I did some tests, another new battery, and even gave it a good shake, all without much luck. After a few days of it being the wrong time, I began clock shopping. But after three stores, the only one I found that I liked was a Disney princess one, and that would just be wrong in the kitchen. I really did like the old one best. So I just forgot about it and figured what will be will be, and that someday I'll get a new clock.

And then a timely miracle happened. Not a water into wine kind of miracle, but a little one nonetheless. For the past week, the clock has been keeping perfect time again. I keep checking and rechecking and it hasn't lost a minute. How it could possibly have fixed itself is beyond rational understanding-it must be a miracle!

Often our fears and trepidations can be like trying to get somewhere but relying on broken clocks to tell us when it's time to get going. A voice inside tells us it's not the right time, to justify not taking any action and staying small. But despite being out of sync, we keep looking, hoping that this time will be the right time. There is no such thing as the perfect time, regardless of what your clock tells you. If you count the minutes that you spend waiting for the right time, you will get good at counting but never get to your goal. And even if you're convinced it isn't the right time, it might be. The best solution isn't a new clock, but overcoming your fear. And the right time for that is always now.



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in a four year study by Dr. David Jones.**



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

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

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

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TESTIMONIAL: I appreciate the time you spent with me. The concert I was having such a hard time remembering was Patti LaBelle -- that was Kenny's favorite singer. It's funny this particular event came up in the reading Sunday because Sunday and Monday are the Mexican celebration for departed loved ones -- I was just wondering to myself what the greatest moment we had together in our short 4 years together, and for some reason I didn't think of this concert. This WAS definitely our best activity together and it took me coming to see you to remind me of that. Thank you for the piece of mind you have given me. Chris Choate Tampa, FL

TESTIMONIAL: Hello Nellie, You told me many personal things about family and friends that only I knew about, also about changes that would happen that would effect my business. One by one the changes did start happening just as you described. You have a wonderful gift. Janette

TESTIMONIAL: Nellie, you said some things about an uncle my mother had that I never knew about. You mentioned he was a musician, and he was very well known. The next day I called my mom in Hungary and she started to cry, she verified everything you said. I never knew he existed up until you told me about him. At the time of the reading, you told me that he was there with me, it was a life turning experience for me. Thank you so much Nellie. Klara

TESTIMONIAL: Hi Nellie: You told me that my gr gr mo Gaetano Salito came from the Bari area I found a young relative named Roberta Salito from the Salerno area and she will contact me about the family. There are many relatives from Bari area and the Salerno province. In Bari are the names of my family members: Grimaldi, Salito, Amodeo, and guess what the Fama family into whom my son Charlie, married! Eileen Deer

TESTIMONIAL: Nellie, I loved your message, and got lots of info from it, now the hard part. put it into practice. thank you so much very much for sharing your wisdom with me and others.

TESTIMONIAL: I can not describe what happened to me today but I am at peace with myself after a very long time! You took me in 1/2 hour early today and made time for a friend and you spent extra time with me!! Feel like I won the lottery! I feel like the biggest dark cloud has been taken away from my life. I can not describe the happiness I feel - no words to describe the peace of mind I have! I do not remember so much peace! Some day I will write and explain more but just can't put it into words right now! THANK YOU! I will be back!!! Maggie

TESTIMONIAL: Before I met Nellie I had been to Cassadaga a few times in the past to get readings. In the past the readings we ok but not too specific. This time was different. When I got my first reading I had been going through many health and issues in my life. Nellie gave very useful info that was specific including dates and outcomes. Most of her predictions have come true, even the ones that seemed unlikely. I am very grateful to her for both her reading and her compassion. If you are ever in Cassadaga and want an accurate reading set up an appt to meet with her.

FROM THE HEART



Alan Cohen is the author the new bestseller *A Course in Miracles Made Easy: Mastering the Journey from Fear to Love*. Join Alan in Hawaii for a life-changing retreat, *Destiny Calls*, June 10-15. For more information about this program, his free daily inspirational quotes, online courses, and weekly radio show, visit www.alancohen.com.

KISSING AND DRIVING

I saw a romantic greeting card which showed a couple kissing in the front seat of a car. The message said, "If you can kiss while driving safely, you are not giving the kiss the attention it deserves."

Anything that is worth doing, is worth doing with a whole heart. And mind. And body. We get into trouble not because we do things that are wrong, but because we approach our activities with divided intentions. Our body is doing one thing while our heart is elsewhere. We go to jobs we'd rather not be at, we sleep with people we don't love, we go to parties we secretly find boring or repulsive. At the same time we love people we don't express our love for, we deny ourselves food we would really enjoy, we have creative impulses we do not follow, and we know truths we do not act on.

I have a very simple definition of integrity: You are in integrity when what you are doing on the outside matches who you are on the inside. I respect people who live unapologetically. I know people who do things I don't agree with, or wouldn't do myself, but I respect them for being 100% who they are. They are in integrity.

In Emmanuel's *Book II: The Choice for Love*, Emmanuel suggests, "When you move into your physical loving, as you remove your clothing, take off your mind as well. It simply is not equipped to hear the music."

In the movie *City Slickers*, a veteran cowboy named Curly teaches some angst-ridden dudes some country wisdom. When things get tough, Curly raises his index finger and nods. Eventually the city slickers figure out what he meant: **"Do one thing at a time. If you can really focus on what is right before you, everything falls into place."**

I read a fascinating article in *USA Today* about multi-tasking, the process of doing several things at once. Years ago this was called, "spinning plates." Now it's multi-tasking. Whatever. The writer stated that we invented time- and labor-saving devices to give us more time to enjoy life. But instead of enjoying life with our extra time, we find more things to do. Ultimately our life is not richer because of our voicemails, emails, cell phones, faxes, pagers, and microwaves; it is just busier. If we did more of the things we really want to do with our free time, these inventions would be worthwhile. Instead, we find more things we have to do.

...continued on page 27...

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Dear Michelle, I was in an abusive relationship for years, if I hadn't become pregnant, I wouldn't have left. For the love of my child, I divorced. My problem is that I still harbor resentment, anger and even hatred at times. I'm still so mad at how he treated me and I know that I need to get over it. - A Mom in Maine

Dear Mom, Some people repeat the patterns of their parents. Unfortunately your mate mimicked the home life of his dysfunctional childhood. This is not an excuse, it does not make it right, although this may help you to understand, which could lead you to forgive him and move forward in your path. To forgive someone is to exercise love in the highest form. To forgive another is to heal one's self and this will set you free. To harbor hatred for someone or cling to emotional wounds is the root cause of bitterness and much disease. Forgiveness is divine and the highest teaching. This is the Universal Law of Forgiveness. Once you come to a place of forgiveness, this does not mean that you are expected to be that person's close friend or lover again. It does not mean that they have changed. This relationship was a lesson for your soul's growth. So it is my prayer that you will come into forgiveness. Surprisingly, this may even lead to a transformation of your relationship since you are tied together by your child and will be interacting for many years into the future.

Dear Whitedove, I have been dreaming of my father and he's been comforting me since I've been grieving his death about six months ago. When I see him in my dreams, he looks so much younger, just like all the photographs of him when I was a kid. When I wake up from my dream, I'm at peace because he gives me a hugs and told me that I'm going to be okay. Wow, it feels so real! Could it be? - **Dreaming of Dad**

Dear Dreaming, What a blessing that you have received! Many people have visits from their departed loved ones during the dream time. These souls take the lighter form of their earthly body, except that they appear more radiant, happy and youthful. Your father is helping you heal from the loss and move past your grief. As you can see, grief is for the living because your father has given you proof that life survives the transition that we call death. He wants you to be happy and get on with this life's adventure. In your elder years your Dad will be waiting for you when you cross over to the Heavens. He knows that you will be together again!

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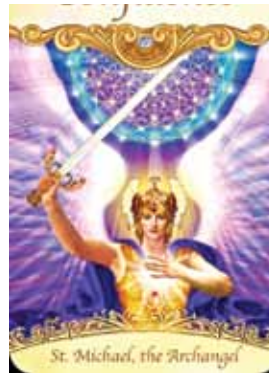


Co-incidence is meaningful. If you find yourself reading these words, there is a message for you.

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

From Saints and Angels Oracle Card deck **St. Michael, The Archangel**

Archangel Michael is with you, shoring up your confidence so that you can fearlessly face and even enjoy the tasks before you. This archangel is protecting you against negativity, helping you to remain optimistic and filled with faith, and ensuring that only people and situations of high integrity come to you. Have confidence in God's power to keep you safe and secure. As you enter into a new phase of your life, it is natural to feel intimidated by change. You may worry whether you are prepared and qualified for what is ahead of you.




Remember, though, that God will not bring you anything that you are unable to do. Heaven also ensures that you have powerful companions, such as Archangel Michael, to help you in all ways.


Archangels are the overseers of our personal guardian angels, and Michael's name means, "He who is like God." He is described in both biblical testament as a prince, and depicted as fighting against lower energy in order to protect us all. Many people report miraculous rescues and protection as a result of calling upon him, and for that reason, he is a patron saint of police officers, security guards, and sailors. **St. Michael the Archangel** will help you feel safe and confident if you call upon him.

Archangel Michael is by your side, helping you to access your inner strength and courage; guiding you while staying the course for maximum harmony and grace. You can connect to him any time by silently thanking him for his guidance and strength, through prayer or by affirming his presence. "Thank you, Archangel Michael for guiding me towards the life that I desire. Thank you for surrounding me with supportive and loving people. Thank you for showing me amazing new opportunities, for helping me use the Law Of Attraction to effortlessly manifest abundance into my life."

This is the time to step out of the shadows and take the reins. What you have been working on manifesting is well within your reach, and your faith in the Divine and your belief in yourself is essential. Your thoughts must remain positive and committed to your goal, feeling as if it is already an easy and flowing part of your life. Are you manifesting health? Then your mantra is "Thank you God and the Angels for my perfect Health." Are you manifesting love or romance? Then your mantra is "Thank you God and the Angels for guiding me to a healthy, loving and supportive romantic relationship." Are you manifesting money or finances? Then your mantra is "Thank you God and the Angels for helping me easily and swiftly manifest a steady and abundant flow of wealth/ cash/money, and so it is."




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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

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

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

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

Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313 (see page 4)

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melb 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

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.csospacecoast.org

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

Sundays MELBOURNE Metaphysicians' Circle discussion group held 7-8:45pm \$3 at Jerry Forney's, 1357 Palmwood Drive, Melbourne, FL 32935 321-259-3822 or 321-543-3915, Email: Storytree1@aol.com


Friday, April 22 ORMOND BEACH Dancing Kirtan: 7-9:00pm. A unique form of chanting with dance, a truly ecstatic experience. \$20. Unitarian Universalist Congregation. 58 North Halifax, Ormond Beach. Info: 845-649-1394.

Saturday, April 23 DELAND Dancing Kirtan: 7-9:00pm. A unique form of chanting with dance, a truly ecstatic experience. \$20. The Yoga Shed. 1407 Flight Line Blvd. Unit #12. DeLand. Info: 845-649-1394

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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

If you were to ask me, I'd probably say that the number one cause of loneliness in time and space is not a lack of friends, but a lack of keeping busy. I'd even go so far as to say that nine out of ten times the solution to every crisis, challenge, or problem - in relationships, careers, or otherwise - is to get busy. Because when you get busy, you allow me to slide whatever you most need - be it material, spiritual, or a new friend; answers, ideas, or comfort - right under your big ol' nose.

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"In highly sensual and flowing poetic prose, Elizabeth's love story will inspire the reader towards deeper, more honest and authentic ways of loving." - Renelle West, Author of *Life with a Bucksinner*



THE BUTTERFLY BOOK

The Inner Journey to the Beloved

by Elizabeth Stamper

Each day for more than a month, Elizabeth wrote letters to someone she'd never met, and wasn't even sure existed. The Butterfly Book tells her story of falling in love with this beloved stranger first through the letters and the heart's privileged entry to the realm of imagination-and then meeting him in "real time," where together they could explore love and passion face-to-face.

Andrea's Book Review The Butterfly Book: The Inner Journey to the Beloved by Elizabeth Stamper

I just finished reading Elizabeth Stamper's book and enjoyed taking the journey with her. She's always elegant and insightful. I bought the Kindle version for instant gratification. I read it in one sitting and I recommend you buy it. Here's the review I put on Amazon.com:

PRESS RELEASE

Elizabeth Hess Stamper shares new memoir on intimate relationship as spiritual path

Author announces release of 'The Butterfly Book'



INDIAN HARBOUR BEACH, FL — *Inspired to write letters to someone she had never met and wasn't even sure existed, Elizabeth Hess Stamper fell in love with a beloved stranger. In "The Butterfly Book", Stamper shares about relationship as spiritual practice. Her love story describes both the joy and the challenges of real intimacy, and the inner transformation required to prepare for and enjoy that intimacy when it comes.*

"The Butterfly Book" By Elizabeth Hess Stamper
Softcover | 5 x 8 in | 124 pages | ISBN 9781504342193
E-Book | 124 pages | ISBN 9781504342209
Available at Amazon and Barnes & Noble

ABOUT THE AUTHOR

Elizabeth Hess Stamper is a psychotherapist, retreat leader and interfaith minister. A passion for exploring consciousness, meaning, the relief of suffering (personal and global), and the embodiment of joy has led her on a path of personal growth and spiritual practice since 1972. A graduate of American University and NOVA Southeastern University, Stamper is ordained through the Chaplaincy Institute in Berkeley, Calif. With extensive training in transformative breathwork, energy healing, internal family systems and meditation, she brings a holistic and experiential approach to helping people live happier, healthier lives.

Enjoyable, insightful, a perfect script to attract your own Beloved.

Writing as a spiritual practice: as a writer and spiritual seeker, I know how powerful and productive daily writing can be. Elizabeth's turns of phrase and prose lull me into a place of sacred silence and reflection. As a publisher in the field of body/mind/spirit, I view everything through that filter. As I read Elizabeth's story, I recognize that she feels a connection to Presence and is using what some would call affirmations and creative visualization to make the law of attraction work in her favor, feeding her intention with her attention. She uses none of those words, however, and her writing reflects a Buddhist view.

A pleasant life but wanting more, she began to write to her unknown partner-to-be whom she eventually married. The story is interesting, well written and the letters are exquisite. Elizabeth shares enough detail to pull you into the story and make you feel you are there, feeling with her the longing, the anticipation. She knows that's part of the attraction process, imagining it and feeling it. She's good at keeping you in the story.

Her message with [The Butterfly Book](#) is that when you dream it and write it, you prepare the inner and outer space for what you seek to appear. Her personal revelations about relationship are relevant, astute and at times comedic. While it is a most interesting and insightful personal journey, this book is more importantly a perfect script, a detailed lesson plan for a daily practice for anyone wishing to find their own Beloved, to attract their own partner, as well as find peace within themselves on the topic of relationship.

[The Butterfly Book](#) is available on www.amazon.com, Barnes & Noble, and fine bookstores everywhere.

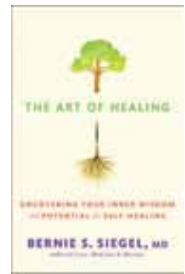
Review by Andrea de Michaelis, Publisher Horizons Magazine



A TALK WITH BERNIE SIEGEL

Author of The Art of Healing

Dr. Bernie S. Siegel, MD, retired from general and pediatric surgical practice in 1989 and has since dedicated himself to humanizing the medical establishment's approach to patients and empowering patients to induce their own healing. A sought-after speaker on patient and caregiver issues, he lives in Woodbridge, Connecticut.



Why do you refer to yourself as a "Jungian surgeon"?

I use that term to define the fact that I treat the whole person and not just their body and disease. Jung's work revealed to me that psyche and soma were one entity and both needed to be healed for the patient to recover. Jung interpreted a dream and diagnosed a brain tumor. I learned to question my patients about their dreams and ask them to draw pictures; these dreams and drawings revealed information their conscious minds were not aware of. I treated patients' life experiences and saw how their bodies responded to their creating a new life they could love and a body they could love, too. Medical training focuses on information and not a true, well-rounded education. The term "Jungian surgeon" speaks of treating mind, body, and spirit and truly healing lives as well as curing a disease. Our life experience is stored within our bodies and people need to stop ignoring their truth and abandoning the wounds of the past.

Why do you ask patients to draw spontaneous pictures of themselves?

The body can only speak to us through images. So dreams and drawings gave me the opportunity to uncover incredible information and wisdom, which led to my diagnosing illness in a way modern medicine cannot and also knowing when people didn't need surgery based on the images they portrayed. Art therapists and psychotherapists who do not know anatomy and so can miss these aspects of the drawings that doctors can interpret because of their knowledge. Jungian therapist Susan Bach told me Jung was always fascinated by the somatic aspects of the drawings. I showed her some of my patients' drawings and pointed out that she missed things because she was not aware of anatomy. Doctors are unaware of the value of drawings but find them interesting and therapists know their value but too often miss the somatic aspects they are unaware of. It takes a "Jungian surgeon" to help patients see the truth in these drawings, and point to the direction for healing.

Can you give us some examples of what colors used in patient drawings reveal?

Think of the rainbow with each color having meaning. Purple is a spiritual color, which can represent the symbol of death or spiritual healing coming from God in the form of an x-ray machine. Yellow represents energy but where is the color used in the patient's representation of their treatment or their disease? This can help patients make decisions and improve their imagery. Black is grief and despair and the absence of color and life but charcoal can become a diamond under pressure when it is used as impetus, like hunger, to help people to nourish their lives or seek help.

What do you mean when you say words can kill or cure?

Wordswordswords become swordswordswords and like a scalpel can kill or cure. Doctors are not trained to talk to patients. Their words can take hope away, and when hope is taken away people are literally killed by the words. I learned to understand there is potential and people are not statistics. There is such a thing as "survivor behavior", and I can teach them. I worked at deceiving people into health by using my words in a healing and constructive and therapeutic way.

What is the Paradox Technique and can you give us an example of how you have used it in your work?

Here's an example of the Paradox Technique in action: A woman in panic over her surgery did not respond to my reassuring words prior to her surgery. I gave up trying and wheeled her into

... continued on page 29 ...



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If you have been told that you or a loved one 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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GEM SPOT: Kunzite emanates love and well-being

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Angels & Gemstone Guardians Cards; Color Your Life with Crystals; Chakra Balancing Crystal Alignment CD; The Essential Guide to Aromatherapy and Vibrational Healing and The Archangels & Gemstone Guardians Cards.. She is the creator of a line of award winning Aroma-Energetic Sprays including Smudge in Spray and the seven Chakra

Sprays. Margaret Ann is an aromatherapist and the owner of The Crystal Garden – a book store, gift store, and spiritual center in southeast Florida. www.MargaretAnnLembo.com | www.TheCrystalGarden.com

Kunzite is a reminder that love is the answer to all. Use this stone to radiate love in a wide circumference around your being. With the heart chakra being the center of your consciousness, love is who you truly are.

Use kunzite to improve mindfulness and contemplation on loving thoughts. Mindfulness is simply being aware of the thoughts you are thinking. With kunzite in hand or as part of piece of jewelry you can make it your intention to remember to shift your thoughts back to loving kindness. This loving kindness starts with the thoughts you think about yourself.

This stone emanates love and well-being so use this vibration to telepathically transmit loving thoughts to people, places, and things to make this world a better place. It is ideal to use in circumstances where there are discordant words and thoughts in order to transform and transmute them into harmonious interactions.

If you are ready for a romantic relationship, use the gem or the photo of this gemstone here as a reminder that you easily attract healthy romantic relationships as well as supportive loving friendships and business colleagues. Make it your intention to reduce stress and anxiety while you replace it with good thoughts.



USE THIS KUNZITE GEMSPOT AFFIRMATION WITH OR WITHOUT THE GEMSTONE.

I am love. All that surrounds me and all that is attracted to me is love. I look within and love myself exactly as I am.

I attract love, joy, and happiness into my life. I am blessed!



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Near Death Experience

...from page 8...



In that state of clarity, I also realized that I'm not who I'd always thought I was: Here I am without my body, race, culture, religion, or beliefs . . . yet I continue to exist! Then what am I? Who am I? I certainly don't feel reduced or smaller in any way. On the contrary, I haven't ever been this huge, this powerful, or this all-encompassing. Wow, I've never, ever felt this way! There I was, without my body or any of my physical traits, yet my pure essence continued to exist, and it was not a reduced element of my whole self. In fact, it felt far greater and more intense and expansive than my physical being—magnificent, in fact. I felt eternal, as if I'd always existed and always would without beginning or end. I was filled with the knowledge that I was simply magnificent!

How have I never noticed this about myself before? I wondered. As I looked at the great tapestry that was the accumulation of my life up to that point, I was able to identify exactly what had brought me to where I was today. Just look at my life path! Why, oh why, have I always been so harsh with myself? Why was I always beating myself up? Why was I always forsaking myself? Why did I never stand up for myself and show the world the beauty of my own soul?

Why was I always suppressing my own intelligence and creativity to please others? I betrayed myself every time I said yes when I meant no! Why have I violated myself by always needing to seek approval from others just to be myself? Why haven't I followed my own beautiful heart and spoken my own truth? Why don't we realize this when we're in our physical bodies? How come I never knew that we're not supposed to be so tough on ourselves?

I still felt myself completely enveloped in a sea of unconditional love and acceptance. I was able to look at myself with fresh eyes, and I saw that I was a beautiful being of the Universe. I understood that just the fact that I existed made me worthy of this tender regard rather than judgment. I didn't need to do anything specific; I deserved to be loved simply because I existed, nothing more and nothing less. This was a rather surprising realization for me, because I'd always thought I needed to work at being lovable. I believed that I somehow had to be deserving and worthy of being cared for, so it was incredible to realize this wasn't the case. I'm loved unconditionally, for no other reason than simply because I exist. I was transformed in unimaginable clarity as I realized that this expanded, magnificent essence was really me. It was the truth of my being. The understanding was so clear: I was looking into a new paradigm of self, becoming the crystalline light of my own awareness. Nothing interfered with the flow, glory, and amazing beauty of what was taking place.



Alan Cohen

...from page 14...

In the late 1950's a survey asked a large group of people if they considered themselves happy. Nearly sixty percent of the group answered yes. A few years ago a similar study was conducted, and 57% of the group answered yes. So all of our slick technology has not improved the quality of our life. Quantity of activities, for sure; quality, no.

What is it, then, that makes our lives qualitatively better? Presence. Being 100% with what you are doing. Approaching work, relationships, everything with a whole heart.

I would like to tell you about the most prosperous man I know. Iani sits on a local beach and sings love songs. He strums handsome exotic Indian instruments which he meticulously crafts at home, then comes to the beach around sunset, and chants. He sings love songs to God, to the sea, to the sky, to the sand, to the wind, and, if you pass by, Iani will sing a love song to you. During many memorable sunsets I have sat with Iani and sung with him. I take an empty plastic water bottle and do percussion. Iani lives very modestly and has few possessions. He is the most prosperous man I know because his heart is full of love and he is fully present. When I am singing with Iani I don't miss my cell phone. Email is non-existent. Money has no value. I am content.

"But Alan," you say, "Not all of us have the luxury of sitting and chanting on a Maui beach. Some of us have jobs and families to support, and responsibilities."

Fine. It doesn't matter. Just be fully present with whatever you are doing. When you are at work, that's all that exists. When you are making love, make total love. When you are with your kids, really be with your kids. One.

I noticed that when I did book signings, I felt rushed so I could accommodate everyone in line. I was not fully present with some people because I was aware of the people behind them in line. Then I realized that I was cheating them and myself. So I decided to be fully present with each person, and stay with them until I really connected with them. Suddenly book signings became a delight. Now I love talking to people, touching them, looking into their eyes. I learned that it does not take a lot of time to make contact; just a few moments of full presence can be completely fulfilling.

Everything is like kissing and driving. If you're driving, really drive. If you're kissing, really kiss.



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 ...

A friend asked why I'm not freaked about the election. Easy, I don't watch the news. I pay attention to what's in front of me right now in my own life. A lot of stuff freaks us out when we believe we only have one life to get it right or get it done.



I guess I figure everyone who reads my pages is into some kind of personal development or self improvement path, whether they count it as a spiritual practice or not. Or they at least understand the concept of being on a personal path. I figure we on some level all vibe the same or we wouldn't know of each other. So I figure like me, most have a daily practice of introspection about why I do and say and act and react as I do, especially if something riles me. I figure like me, most have a daily practice of meditation or contemplation or quiet time to have thoughts bubble up and to process and disburse them. Maybe it's just saying nightly prayers and morning gratitudes.

And if they do not have a daily practice, then our readers at least understand on some level the concept what it is to have a personal daily practice. I know a lot of people "aren't into it" but I figure whoever reads *Horizons* or my blog or Facebook page is either into it or gets it. I've got a pretty easy and drama free life so there are no ongoing challenges. But I certainly go through my unconscious times where I am critical or feel the need to shame someone when they fail to meet my expectations. Evolution is that more and more I catch myself and do better the next time. That's why they call it practice.

HOW DO YOU LIVE IN THE SAME HOUSE AND ATTRACT A DIFFERENT EXPERIENCE THAN YOUR ROOMIE?

It's not so much what we're DOING that determines what we attract, it's what WE THINK ABOUT what we're doing. Maybe he listens to tv news and worries about the economy. Maybe you

garden and build birdhouses and walk the dog. Maybe he's worried he might lose his job, go bald, have a heart attack. Maybe you wonder what to cook for dinner. Maybe you remember it somehow all works out. It's not so much what we're doing that determines what we attract, it's WHAT WE THINK ABOUT what we're doing, WHAT WE THINK ABOUT the life we're living.

LEARN TO SAY NO

It's hard to say no but you have to learn to do it, for your own sanity. A friend is feeling overwhelmed with family responsibilities. She feels everyone is grabbing at her and not giving her a moment to breathe. She feels she is obligated to be the caretaker, the bank, the therapist. I've been there and learned that I do a disservice to loved ones when I agree to take on something I am not qualified to take on. I have no sense of guilt or shame about turning down someone's request if I know it is not in the best interest of either of us. *I asked her if the money did not matter, would she say yes? I asked her if the money did not matter, would her loved one be even talking to her?* I am not saying do not help those who ask, her situation has been long standing for years with several family members taking serious advantage of her. She is not the type to speak up mostly because she is made to feel guilty and ashamed for "not helping enough." It has drained her physically so that she now has several chronic ailments. It has drained her emotionally and mentally so she can no longer hold a job.

Sometimes I don't want anyone tugging, needing, pulling, poking, asking, manipulating, nudging, interrupting, expecting, demanding, obligating, wondering, invading, silencing, questioning, bothering, engaging, or even embracing me. I don't get to that place often but when I do, I know I need to detach and allow myself the absolute silence and peaceful solitude necessary to become balanced once again. Sometimes it feels selfish but I know that it is necessary for me to be me at my best. You must learn to say no, your life depends upon it.

KEEP AN EYE OUT FOR THE DOLLARS

Here's a fun way to exercise your creative visualization. Found money is one way the Universe likes to surprise us when we're in the flow. Look at the bills in the image. See them against the white background.



1. Now see them on the floor in your closet.
2. Now see them in the pocket of a coat.
3. Now see them under the socks in your dresser.
4. Now see them in that secret side pocket in your wallet, or in the glove compartment.
5. See them on the floor of your garage.
6. See them on the side of the roadway on your morning walk.
7. See them on the floor at the grocery and on the ground at the gas station.

Keep an eye out for them. Give it a few days. Report back where it showed up. You can also do this with a lost object. Imagine seeing it in a few different settings, then begin searching then staying on lookout for it. We find what we seek. Enjoy our offering this month. Hari Om.



Andrea



A TALK WITH BERNIE SIEGEL

... from page 21 ...

the operating room. She said, "Thank God all these wonderful people will be taking care of me." Agreeing with her won't help so I said, "I know these people. I have worked with them for years and they are not wonderful people." She burst out laughing as did everyone else and we became family.

What is a Siegel Kit and why is it important to have one when undergoing treatment?

A Siegel Kit contains a noisemaker, a water gun, and a magic marker. Noisemaker because when you push the call button you get an hour of silence, so to save your life and get attention, you bring a noisemaker. I know people who would be dead today if they didn't have a roommate get help for them when no one answered their call button. Water gun is to express anger without hurting anyone when they do not respect your privacy as a patient — you drench them. The magic marker is for preoperative use and for writing on your body, "Cut Here" and "Not this one."

Why do you advise patients to record their dreams?

We sleep to dream and to make the invisible visible. God, consciousness, intuition (whichever word you prefer) can speak to us through dreams when our conscious mind is asleep. I know from personal experience as well the incredible benefit I have derived from dreams.

Where do animals fit into the healing process?

Relationships keep us alive and animals can be an important part of that. Petting them elevates bonding hormones and improves all our relationships. More people with a dog survive after a heart attack than those without a dog and blood pressure is lower in people who have pets.

What is the most important thing for caregivers to remember?

To ask themselves, "What am I to learn from this journey through hell?" When love is involved there are no burdens. You are here to love and not try to cure and to empower the person you are caring for to do what they feel is right for them.

What one piece of advice would you share with those facing end of life transitions — both patients and their families?

When you get tired of your body death is your next therapy. Death is not the worst outcome because when you leave your body you become unalive and perfect again. I had a NDE (near death experience) a body again. Don't try to not die — it doesn't work. Focus on living and then you will have a longer life.



SUGGESTED READING

Abraham-Hicks books

The Millionaire Course by Marc Allen

The Art of Healing by Bernie Siegel, M.D.

Reaching for Insights by Mitch Rosenzweig

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

The Butterfly Book by Elizabeth Stamper

Dying To Be Me by Anita Moorjani

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Techniques of Meditation to Enhance Mind Power \$10
Shri Satya Narayana Katha \$5 • Hanumaan Chalisa \$5
A Spiritual Message \$5 • 7 Invisible Psychic Lotuses \$10
Yoga Aasana Chart \$2 • Chandogya Upanishad \$5



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

HOROSCOPES

APRIL 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) Rise up, Aries. The new moon of April 8th joins radical Uranus in your sign. Think carefully when you feel that urge to do something you've never ever done before as Uranus inspires you to take risks and think outside the box. This kundalini rising fuels rapid transit desire, but it's not always long lasting. Go for the controlled burn, and have a plan for how you intend to pick up the pieces.

Taurus - (April 19 - May 19) Simply watch, look, and listen, Taurus. Your unconscious is working overtime, so any question you may have of the Universe will be answered. Just pay attention to the subtle (and not so subtle) energies that surround your every move. Enjoy this time and tune into the unseen magical world that you live in every day. Natural, easy, and flowing abundance is the outcome of a pure heart; and bountiful joy is your true reward.

Gemini - (May 20 - June 19) It may seem like everybody is in a bad mood except for you, Gemini. This is because Mars and Saturn are having a grumpfest in your 7th house of relationships. Plus, Neptune and Jupiter complicate matters as they spin a web of intrigue and make you wonder what is going on. Here's the secret - they all need you! Anybody who seems to be giving you a hard time is really just showing love; it only feels weird. Keep both your heart, and your mind, open.

Cancer - (June 20 - July 21) This is one of those months when you have to step up and be productive even though you'd rather play. Why not sit down this minute and plan some fun time, Cancer? You're up for a radical new beginning that will be fueled by good fortune. But dig in because right now, the harder you work the luckier you get. Your best time to get away begins April 22nd when Venus sets the stage for a once in a lifetime romantic connection.



Leo - (July 22 - August 21) Hold that thought, Leo! You're privy to brilliant insights this month, so trust your instincts and keep a notepad or recorder handy to capture your ideas. The new moon of April 8th clears a dilemma that has been nagging for several months. You have an amazing playful nature, but the Lion is also a hunter. This is your month for sudden advancement, so be ready to pounce when the time is ripe.

Virgo - (August 22 - September 21) Spring time is one of the best times to get comfortable in your skin, Virgo. If those extra pounds are feeling like a lead weight on your soul, it's time to meet the challenge. Mars retrograde after the 17th fuels your inner sanctum- the place where you feel at home on the earth. Whatever is holding you down must be addressed; that nagging issue that won't go away is up for review and correction.

Libra - (Sept 22 - October 21) How long have you been telling yourself the same story? Mars was retrograde 2 years ago in your sign of Libra, and this month he does a back dance in Sagittarius, your information sector. If you take an honest look and ask some deep questions, you'll come up with the right answer. You need the real story now, Libra. This is your breakthrough month for relationship satisfaction; don't back down from a new beginning.

Scorpio - (Oct 22 - Nov 20) You're deeply loyal, Scorpio, so much that sometimes you linger too long in a muddy situation. What you need now more than anything is clarity. Set time aside this month for long term planning and strategies on how you can get to where you want to go. Once you get the big picture figured out, you can and fine tune the details. Step back now because distance gives you leverage.

Sagittarius - (Nov 21- Dec 20) With both Mars and Saturn in your sign, you're probably feeling the 'burn'. Mars stations retrograde on the 17th - don't take it personally if things don't move ahead as quickly as you'd like. This is our chance to expand the high archetype of Mars and Saturn which is the disciplined soldier. You have a mission, these two will move you closer to completion.

Capricorn - (Dec 21 - January 19) Lighten up, Capricorn. You may feel a bit unsettled by your inability to predict the future, but the truth is: nobody really has that covered anyway. Your core is transformed by the new moon of April 7th ; go for magic, and allow Spirit to be your guide. Remember that your thoughts create your reality, and that you can rely on the Universe to show you how you're doing.

Aquarius - (January 20 - February 17) Connect with your pioneer spirit, Aquarius. It's your time to step up front as the Universe is calling on you for leadership and wise counsel. You are also going to have to speak up - even if the truth is uncomfortable, it's time to address those little information dust bunnies that are hiding in the corners. Imagination is fun, but details are important now, and the more the merrier.

Pisces - (February 18 - March 18) There is always a changing of the guard after an eclipse, and you are the cosmic nominee for reorganization, Pisces. It's about a changing of priorities regarding your personal life and your public identity. The new moon of April 7th lights up your 2nd house of earned income and self-value. This is a dramatic reset for you, and it can only be very, very good



ABRAHAM-HICKS

...continued from page 9

do want, just like your feelings that you live in your real life-experience help you to know when you're including something not wanted or when you're including something wanted.

Next we would lie in our bed for about two or three minutes basking and appreciating. Now, again, can you feel that what we're saying about generating a feeling? You see, when you slumber, your thoughts withdraw from the physical. So your Energy, your physical body energies, have been aligned. So when you first awaken, you're like a new born baby. You're lined up. You're tuned in, tapped in and turned on.

Have you ever awakened and felt immediately heavy as you come back into consciousness? It doesn't happen all the time, but occasionally it happens, and what that is is the feeling of coming from the high pure vibration of Nonphysical into the denser heavier Energy of the physical. And it usually only happens to you if you've got some problem you're struggling with, but once you get your Energy lined up, you won't have that heavy feeling. Esther remembers, in the early days of speaking for Abraham, often when she would awaken in the morning, it was a sensation of her body weighing a thousand pounds as she came from high fast vibration into a denser vibration of a bit of struggle or worry.

Beginning Your Perfect Day

Once you have awakened and you're lying there sort of basking for three or four or five minutes, whatever you have time for, really five minutes is optimum, then we would begin making some statements of what we anticipate for this day. Now, if you have already been doing your daily process, you probably already have some things lined up for this day. But if you haven't, the sooner you do it in your day the better. So we would encourage you to get up, make yourself comfortable, go to the bathroom, brush your teeth, get something to drink, maybe even eat a little bit of breakfast...

Place Mat Process

The Place Mat Process is the most effective one that we've seen for getting the day started, and that is where you, on the left side of a page, make your list of things you plan to do today. Be true to yourself about it, don't put 5,000 things on today's list. Don't put more on today's list than you can do, or it defeats you. It makes you feel overwhelmed to begin with. Go through your lists of things. And then on the right side of the page make a list of things that you want, but for whatever reason you're not ready to act on, and just let them come freely from you. Don't carry the list from day to day to day to day. Don't make

COVER ART

Mermaid Sisters Playing In the Light by Lori Hlavsa



Residing in Florida with her husband, Lori Hlavsa is an accomplished artist. "I hope to take the viewer to a place where Imagination and Dreams really do exist." At a young age, Lori began to sketch and imagine freely. She began to work as a free-lance artist in high school. In the 80's, Hlavsa's airbrushed murals on motorcycles, and vehicles were popular. She earned a degree in Advertis-

ing Design, from the Fort Lauderdale Art Institute. In 1985 she and husband expanded their family, with a girl, and 1987 a boy. Working part-time, her signs and murals brightened up, homes, daycares, and Broward County schools.

Through the 90's Lori worked with handmade papers, to escape the commercial art.

The paper sculptures evolved into humanlike figures of clowns, fairies and dancers, sold in art shows, as the children grew up. After 2000, Lori returns to illustration and mixed-media painting. Much of Hlavsa's themes come from family, nature, and the inspiration that surrounds her.



Lori is a featured artist in South Florida and in her 25-year career, she has displayed her work in over 500 exhibits and has received several awards. Customers comment that her work is magical and inspirational. Visit www.artbylori.com

work of it. Just, every morning, ask yourself "What are some things that I want that I'm not ready to act on? Things that I would like the Universal staff to get going on", and just list those, because making a decision about what you want with an attitude that "it's not for me to do, but I do want it done" is a very good alignment of Energy. Often if you say, "I want to do this" and you know you don't have time, then your Energy is split even when you write it on the list. But if you say, "I want to do this, and while I don't have time, I'm not putting it on my list. I'm just telling the Universe, work on it if you will, please?" Then there's a freedom about it. There's no resistance in the vibration. You're actually doing what Creation is. You're defining what you want and you're staying vibrationally out of the way of it. That's it. Then we would move through our day.

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

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

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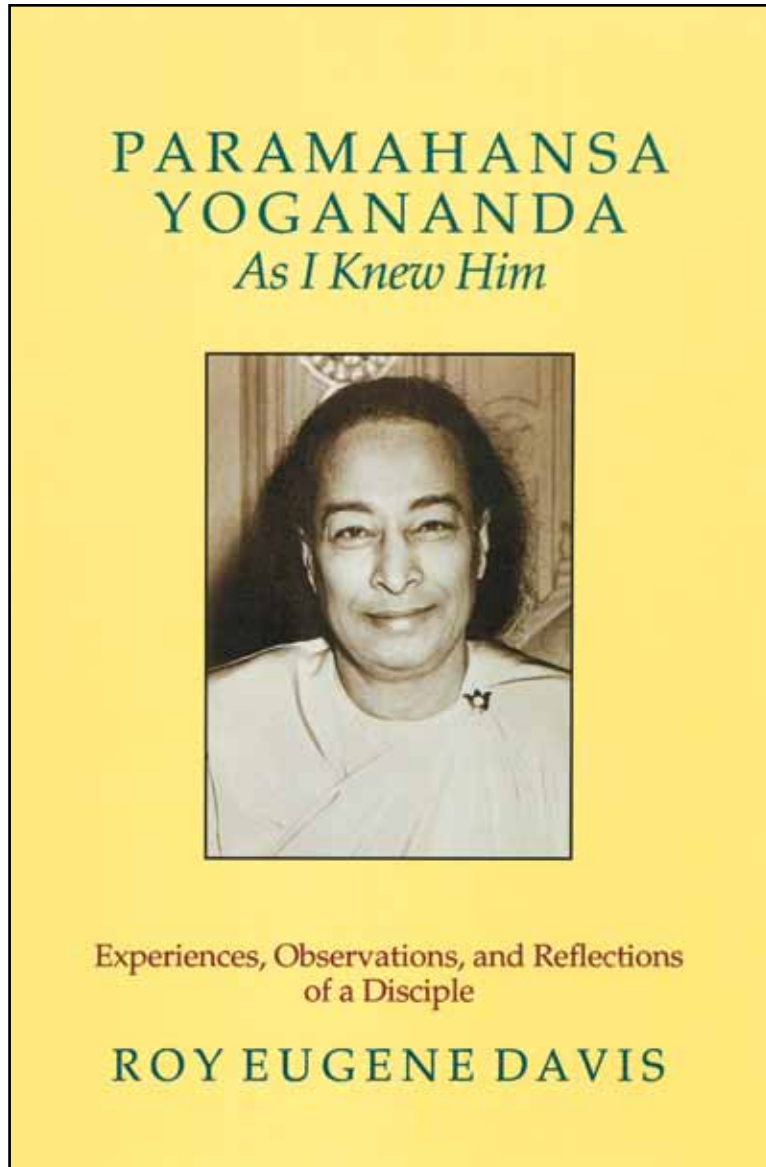
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Roy Eugene Davis has been teaching spiritual growth processes for more than 60 years in North and South America, Europe, West Africa, and India. He was ordained by Paramahansa Yogananda in 1951. Read *Truth Journal*, hear Mr. Davis' talks, and see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