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**Read credentials, testimonies and "Visions
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in a four year study by Dr. David Jones.**

**Was invited to
Russia where
he took part in
research with
psychics and
scientists.**



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on Facebook**

Albert was 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.

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.

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, sunken ships.

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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

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

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: 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: TESTIMONIAL: Nellie, This is going to be short because 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 a 1/2 hour early today and then made time for a friend of mine - so appreciated! 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! Maggie I will be back!!!

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.



See Albert and Nellie at Body Mind Spirit Expos see www.bmse.net

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HORIZONS

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Andrea de Michaelis

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Our Advertising Rates • Low because we're in it for the outcome, not the income ...	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
Characteristics of a Near-Death Experience by Scott Taylor, PhD	8
The Teachings of Abraham-Hicks	9
Herb Corner with Cecelia Avitable	10
Life Flash / Death Flash by P. M. H. Atwater, L.H.D.	11
12 Types of After Death Communication with Bill Guggenheim	12
From The Heart by Alan Cohen	14
Ask Whitedove with Michelle Whitedove	15
Archangel Oracle Cards by Doreen Virtue, Ph.D.	16
Soul Songs: Abraham Fun with Karen Williams	17
Our Classified Ads	17
Our Calendar of Events	18
Everyday Wisdom by Dr. Wayne Dyer	19
Notes From The Universe by Mike Dooley	19
Love, Animals & Miracles by Dr. Bernie Siegel	20
Our Phone Directory *Pick up Horizons at these stores and locations*	22
GemSpot with Margaret Lembo	26
Monthly Horoscopes by Maya White	30
Cover Art	31

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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- 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
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 June 2016 issue of Horizons Magazine. This month we have articles on the Near Dear Experience (NDE) by P. M. H. Atwater, L.H.D., Scott Taylor, PhD and Bill Guiggenheim, who will all be speakers at the International Association of Near Death Studies (IANDS) Conference July 28-31 in Orlando, FL. See their articles, the ad on page 8 and www.neardeathconference.com for info

WHY BOTHER LOVING IF EVERYONE DIES?

A young friend wrote, *"It feels like the happy endings in the world are fake. I can't help going into 2016 wondering which one of my loved ones is going to die next. In 2014 my brother died, and in 2015 my dad died. Maybe this is no way to live my life, but at the age of 24 I've learned that getting attached to anyone is pointless since I will eventually be left."*

I feel for him. My dad was a suicide, so was my younger brother and, later, more friends and acquaintances than I care to count. I was in my 20's when loved ones began dying. It made me question the point of life at all. It sent me into a very contemplative stage and also kept me at arms' distance from those around me. In my 60 years I have learned that everyone will die, and most supposedly good friends will betray you. What saves my sanity is to love them anyway. From a distance, sure and I get heck for that but it's no less a love. Loving is one thing. Being attached is another.

It took me half a lifetime to learn things for myself, and one of the most comforting things I learned was that we survive in consciousness after the change called death. Once I learned that, my outlook on life, my entire world changed. That set me on the mission to help others discover what I discovered. I introduce them to meditation and we talk about different ways to perceive connection and receive information and guidance from within.

My young friend identifies as an atheist, and we've never had the talk about what that means. His parents have deep connection to spirit in a Buddhist kind of way. He was raised to revere Nature and to me, that's connection.



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For me, I had an experience early on where I felt connected to something greater than I. I would identify that now as connecting to God but at the time I wasn't using words like God and I avoided anything to do with religion. I found I could take myself into the Now moment with whatever I found in front of me, and I could contemplate it so intensely that I felt a connection begin to flow. As that connection began to flow, as I stayed focused and breathed myself into the image and experience before me, I'd begin to receive information and later guidance.

What I discovered helped me be more informed in making decisions. That led to me living a much more fun, happier and expanded life. As I discovered more of what was possible for me, I wanted everyone to know what I knew. Part of what I knew was that we survive physical death. That set me on what would become my mission, although I didn't think of it at that time.

I told my friend, *"Give yourself time, write out your feelings even if no one reads it but you. You are working through this."*

My young friend is a master of shapeshifting and transformation whether he recognizes it right now or not. The pressure cooker of his life has been transforming the broken bones and marrow of his life into a rich stew that is nourishing him on his journey. He doesn't need to know it all right now, or any of it. When he's curious enough to take a next step, he'll ask within to be guided to understanding.

He's on his way to discovering a mission that will soon enough spark his interest and begin to call him in a very real way. Even now his work puts him in daily contact with young people who are also troubled and questioning and undergoing personal transformation. There is never a mistake that we are around those we are around. We are all there to learn from each other. Sometimes we're there to teach, but we all learn.

My mission is to help people know that we survive in consciousness after we "die." Knowing this freed me of deep grief when I'd lose friends and family. It helped me enter into loving relationships, even though I knew it would end in death of the body.

...continued on page 28...



Characteristics of a Near-Death Experience

Scott Taylor, PhD has dedicated over 30 years to exploring the field of Near Death Experience. His first-hand encounter with NDE occurred in 1981 when he experience a shared near death experience with a young boy who was gravely injured in a car crash. He will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to neardeathconference.com

Most NDEs are felt as peaceful and loving, but some are disturbing. Each near-death experience is unique, but as a group NDEs display common features.

- Intense emotions: commonly of profound peace, well-being, love; others marked by fear, horror, loss
- A perception of seeing one's body from above (called an out-of-body experience, or OBE), sometimes watching medical resuscitation efforts or moving instantaneously to other places
- Rapid movement through darkness, often toward an indescribable light
- A sense of being "somewhere else," in a landscape that may seem like a spiritual realm or world
- Incredibly rapid, sharp thinking and observations
- Encounter with deceased loved ones, possibly sacred figures (the Judges, Jesus, a saint) or unrecognized beings, with whom communication is mind-to-mind; these figures may seem consoling, loving, or terrifying
- A life review, reliving actions and feeling their emotional impact on others
- In some cases, a flood of knowledge about life and the nature of the universe

- Sometimes a decision to return to the body
The same elements appear in both pleasant and disturbing near-death experiences, but with different emotional tones. PMH Atwater, one of the most prolific NDE researchers, in her book *Coming Back to Life*, described a peaceful experience this way:
- A sensation of floating out of one's body. Often followed by an out-of-body experience where all that goes on around the "vacated" body is both seen and heard accurately.

...continued on page 27



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STRESSED BY THE MESS? Good feelings can help you deal with clutter

Here's a story we hear frequently: "I'd like to be an organized person, but I just can't seem to get it together." I have a variety of interests, and all of them bring a certain amount of stuff with them. So my house is so full of things that are interesting to me, to the point that every place I look I see clutter. I know that I need to clean this mess up and get myself organized, but I feel paralyzed."

This is a good opportunity to point out the effect that the Law of Attraction has upon you in whatever your current situation is. You look around at the clutter, which causes you to feel overwhelmed, and because you feel overwhelmed, you are incapable of doing anything about the clutter.

So perhaps you can recognize that your work right now is not to deal with the mess, for you have already acknowledged that you are paralyzed and cannot deal with it. You have to first find a way of improving your emotional state, and once you are feeling better emotionally, you will find a way of bringing the physical things into organization.

In other words, you have to deal with the disorganization in your mind first, and then you can deal with the outward manifestations of it. Here are some statements that represent your present feelings: I should throw this stuff away. I must be crazy to have accumulated so much junk. What was I thinking? It gets worse and worse. I've never been organized.

These statements are all valid, and they do represent how you feel. But, now, instead of making statements about how things are, or about how they have been, try to make statements that cause you to feel better. Your goal here is not to make declarations of truth about what-is, but, instead, to make statements that give you a feeling of relief.

...continued on page 31...



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reflux** is caused by an overproduction of acid but research has
shown that for many people it is the opposite and there is too
little acid being produced to adequately digest food. Stomach
acid is necessary for digesting food; it signals the esophageal
sphincter muscle at the top of the stomach to close; keeping
hydrochloric acid and other caustic substances in the stomach.
Antacid medication can provide short-term relief but long term
use can lead to new digestive problems.

Herbs help address the root cause of the problem since
they help target the source of the acid and reflux. Herbs can
be used to create a mucous-like lining that soothes and re-
duces the burning associated with acid reflux. **Digestive herbs**
help by supporting the whole digestive system in the break-
down of food. **Mild bitter herbs** encourage the body's output
of stomach acid, boosting the liver's ability to detoxify the
body. **Carminative herbs** help reduce gas and bloating. **Anti-
inflammatory herbs** like reduce irritations caused by the re-
flux and **Demulcent herbs** help soothe and coat the tissue that
has been irritated by chronic reflux. **Marshmallow** contains
mucilaginous constituents helping create a protective barrier
that soothes, coats and heals damaged tissue of the esophagus
and stomach lining neutralizing and protecting against exces-
sive stomach acid. Another mucilaginous herb that soothes the
irritated tissue is **Slippery Elm**; it reduces digestive pain and
irritations, protecting and soothing the lining of the stomach.

Licorice helps by increasing the natural production of
mucin; if taken before meals the **glycyrrhiza** in Licorice helps
boost enzyme production for better digestion of fats and other
nutrients. **Aloe Vera** soothes irritated esophageal and stomach
tissue; just 1/4 cup of the juice before meals helps reduce
irritation and inflammation. **Fennel, Anise and Ginger** con-
tain **anethole**, this helps calm stomach spasms that suppress
the digestive tract and reduce acid production improving the
digestive process; they also have anti-inflammatory actions
which further help to reduce irritations. **Meadowsweet**, re-
duces stomach acids by working as an antacid and an anti-in-
flammatory, protecting and soothing the whole digestive tract.
Turmeric contains **curcumin**, which helps the gallbladder pro-
duce bile, improving digestion with the breakdown of foods.
Turmeric also helps reduce pain and inflammation easing
symptoms like bloating, gas and pain. **Chamomile** a mild
bitter and relaxant herb helps stress related acid reflux,
it easing pain, cramping, nausea and over-acidity. Its anti-
inflammatory, anti-spasmodic and calming properties make it
an extremely effective treatment for digestive disorders. When
Fenugreek is ground and sprinkled over food it helps absorb
stomach acid like a sponge. When chewed **Holy Basil** almost
immediately reduces stomach acid. And **Coriander** or **Cumin**
mixed in water can be used after a meal can reduce acid.

LIFE FLASH/ DEATH FLASH



P. M. H. Atwater, L.H.D., one of the original researchers of the near-death phenomenon. Her work covers 4,000 experiencers. Among her work, *The Big Book of Near-Death Experiences*, summarizes global findings; *Near-Death Experiences: The Rest of The Story*, summarizes some of her own. Her website is: <http://pmhatwater.hypermart.net/> She will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to <http://neardeathconference.com>

LIFE FLASH. The headline reads: "Bright flash of light marks incredible moment life begins when sperm meets egg."

There's been a major breakthrough, one that is scientifically verified, about how light announces conception. When sperm meets egg, a light flash has been captured on film again and again. Always happens. Eggs flash as they meet sperm enzyme, capturing the moment life begins. This is huge news!

DEATH FLASH. Because of this research we now know that a light flash (life flash) occurs at conception. We also know from previous work, that a death flash occurs when the living die.

- Think about **The Holy Shroud**, stored at a church in **Turin, Italy**. It is believed to be the burial cloth to have covered **Jesus** after his crucifixion. It exhibits an exact imprint of the man's body it once wrapped in both positive/ negative formats and containing such detailed information, that there is only one way this unusual imprint could have been made. . . with a flash photolysis (the breakdown of materials under an intense emission of radiation/light).

- A person before they die, suddenly lights up, has a kind of glow about them. Some nurses say this happens maybe three days before death. Then later, most relatives and/or medical staff see this, a kind of glow, just before death occurs.

- Near-death experiences, many of them, involve a splash of light, suddenly finding yourself bathed in light, being in light-filled worlds. . . always an otherworldly light of great brilliance. Some adult experiencers say this light is brighter than 10,000 suns - instantly you're fried but there is no pain.

- Intense transformations of consciousness, kundalini breakthroughs, "mountain-top" experiences, spiritual awakenings, etc. usually involve the individual suddenly finding his or herself surrounded by, filled with, or facing radiant light. Always a special light.

Since I died in 1977 (three times in three months and each time had a neardeath experience), and sometimes when I begin

to meditate, I'll look out at what seems to be the world and I see lights flashing on and off. Lights. I know these are moments of conception and moments of last breath. Back and forth, light and darkness, motion and rest. And I am filled with joy and peace, that just to be a human occupying a physical body for however long, having life, participating in the many dramas of Earth, is the greatest of gifts - and I am grateful. What science has done now is to validate what the spiritual has always shown us. Life flash, death flash. Light, a blessing as part of our comings and goings, such a treasure, such a comfort.

PMH Atwater will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to <http://neardeathconference.com>



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12 TYPES OF AFTER DEATH COMMUNICATION

Bill Guggenheim and Judy Guggenheim created The ADC Project to conduct the first in-depth research of After-Death Communications. In initial research, they collected more than 3,300 firsthand accounts from people who believe they have been contacted by a loved one who had died. Their first book, *Hello From Heaven!* was published in 1996. www.after-death.com Bill will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL. Go to neardeathconference.com

Based upon our research, the following are brief descriptions of the twelve most frequent types of after-death communication people report having with their deceased loved ones. These may occur individually or in combination with other types of ADCs. They can happen in a home, at work, at a funeral, in a car, aboard a boat or airplane, in a department store, and virtually anywhere else - and at any time of the day or night.

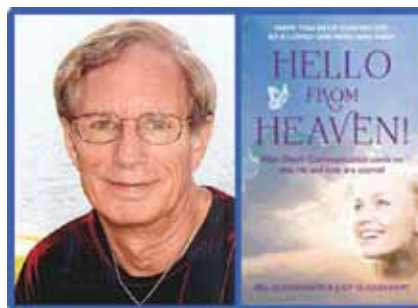
SENSING A PRESENCE: SENTIENT ADCS This is the most common form of contact. But many people discount their experiences, thinking, "Oh, I'm just imagining this." It's a distinct feeling that your loved one is nearby, though he or she can't be seen or heard. Though most often felt during the days and weeks immediately after the death, you may sense or intuit his or her presence months or even years later - which is true of all other types of ADCs as well.

HEARING A VOICE: AUDITORY ADCS Some people state they hear an external, audible voice with their ears, the same as when a living person is speaking to them. The majority of communications are by telepathy, however - you hear the voice of your relative or friend in your mind. When you have two-way communication, it's usually by telepathy, which is also called mind-to-mind contact or thought transference. A large percentage of the messages received are brief and to the point, like telegrams of 25 words or less. On the other hand, a few experiencers are able to have entire conversations by telepathy.

FEELING TOUCH: TACTILE ADCS People with a close physical and emotional relationship recognize the distinctive and familiar touch of their loved one. You may feel them touch you with his or her hand, or place an arm around your shoulders or back or waist, for comfort and reassurance. You may feel a tap, a pat, a caress, a stroke, a kiss, or even a hug. These are all forms of affection, nurturing, and love.

SMELLING A FRAGRANCE: OLFACTORY ADCS You may smell your relative's or friend's favorite cologne, after shave, or perfume. Other common aromas are: flowers, bath products, favorite foods, tobacco smoke, and his or her personal scent. Two or more people who are together at the same place - and at the same time - may share this type of ADC experience.

Partial Appearances: Visual ADCs 1 There are a wide variety of visual appearances, which are divided into two general cat-



egories: partial visual and full visual ADCs. Appearances range from a "transparent mist" to "absolutely solid," with many gradations in between. Partial appearances include seeing only a colored light, an outline of their body, or just the head and shoulders of your rela-

tive or friend. And he or she may be transparent, translucent, or almost completely solid. Quite a few visual ADCs occur in the bedroom, next to or at the foot of the bed.

FULL APPEARANCES: VISUAL ADCS 2 Someone you love may make a full appearance to you, and you will see his or her entire body, from head to foot, and that person will look and feel fully solid and lifelike to you. Typically he or she will be expressing love, well being, and happiness with a radiant smile. They virtually always appear healed and whole regardless of their form of death. It's quite common to see people who died in their later years return at a much younger age - often in the prime of their life. Verbal communication may take place, but not always. They are trying to assure you they are okay, and you don't need to be concerned about them. Visual ADCs provide a great deal of comfort and relief.

A GLIMPSE BEYOND: ADC VISIONS You may see an image of a deceased loved one in a "picture" that is either two-dimensional and flat, or three-dimensional like a hologram. It's like seeing a 35 mm slide or a movie suspended in the air. These are usually in radiant colors and may be seen externally, with your eyes open - or internally in your mind, while your eyes are closed. You're seeing your loved one in heaven, and communication may occur, especially during meditation or prayer.

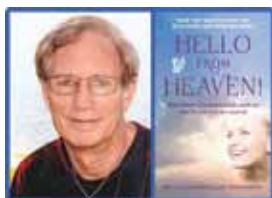
ENCOUNTERS AT ALPHA: TWILIGHT ADCS This type of ADC takes place in the "alpha state" of consciousness, when you are very relaxed - like when you're falling asleep, waking up, meditating, or praying. And when you open your eyes, your deceased love one may be standing nearby.

MORE THAN A DREAM: SLEEP-STATE ADCS These are much more vivid, intense, colorful, and real than ordinary dreams. They are extremely common. Both one-way and two-way communications are typical. You usually feel your loved one is with you in person and that you're having an actual visit together. These may happen in a familiar place or one that is foreign to you. Sleep-State ADCs are not jumbled, filled with symbols, or fragmented the way dreams usually are. There are endless possibilities of what may occur during this type of contact. These are also called "visitation dreams." Sleep-State ADCs are similar to other types of after-death communication that occur while you are wide awake. Your friend or relative can come to you more easily, however, when you are relaxed, open, and receptive, like when you are in the alpha state or asleep.

HOMEWARD BOUND: OUT-OF-BODY ADCS OBE ADCs happen while you are asleep or in a deep meditative state. They are very dramatic experiences during which you leave your physical body and visit your loved one in a place nearby, at another

...continued on page 13

12 TYPES OF AFTER DEATH COMMUNICATION



...continued from page 12

location on Earth or within the physical universe, or in the spiritual dimension called "heaven." The latter contains beautiful flowers, birds, and butterflies; lovely gardens and stately trees; sparkling water, radiant lighting, and other magnificent aspects of nature; and it's filled with love, happiness, peace, and joy. Out-of-body travel is accomplished at the speed of thought. Many of these accounts read like near-death experiences, but those who have them are in good physical health at the time.

PERSON-TO-PERSON: TELEPHONE ADCS This type of ADC can occur during sleep or when you are fully awake. You will hear a phone ringing, and when you answer it, your deceased loved one will give you a short message. Two-way conversations are also possible. His or her voice will usually be clear, but may sound far away. If you are awake when the call on a physical phone is completed, it will seem that the line has been severed, for you won't hear a hang-up sound, a disconnect click, or a dial tone.

MATERIAL MATTERS: ADCS OF PHYSICAL PHENOMENA Those who are bereaved often report receiving a wide variety of physical signs from their deceased relative or friend, such as: lights or lamps blinking on and off; radios, televisions, stereos, mechanical objects, and toys being activated; photographs, pictures, and various other items being turned over or moved; and a very long list of "things that go bump in the night." Messages are sometimes left on computers, telephone answering machines, and other electronic devices.

BUTTERFLIES AND RAINBOWS: SYMBOLIC ADCS People frequently ask a Higher Power, a religious figure, the universe, or their deceased loved one for a sign that he or she still exists. Many receive such a sign, though it may take a while to arrive. Occasionally these signs are so subtle they may be missed, or they may be discounted as mere "coincidences." Common signs include: butterflies, rainbows, many species of birds and animals, flowers, and finding numerous kinds of inanimate objects, such as coins, feathers, and pictures.

According to our research, the purpose of these visits, contacts, and signs by those who have left their physical body is to offer comfort, reassurance, and hope to their parents, spouse, siblings, children, grandchildren, other family members, and friends. They want you to know they're still alive, and that you'll be reunited with them when it's your turn to leave your lifetime on Earth. They want to assure you they'll be there to meet you and greet you - and perhaps even to assist you - as you make your own transition.

...continued on page 29

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FROM THE HEART



Alan Cohen is the author the new bestseller *A Course in Miracles Made Easy: Mastering the Journey from Fear to Love*. Become a certified professional life coach through Alan's transformational Life Coach Training beginning Sept 1. For more info about this program, his free daily inspirational quotes, online courses, and weekly radio show, www.alancohen.com.

Passion and Prayer

The powerful movie *Dangerous Beauty* recounts the story of Veronica Frankl, a 16th century Venetian courtesan (prostitute for noblemen) who wins the hearts of her clients. Veronica is beautiful, witty, and full of passion for life and her profession. Her clients feel her terrific life force, and they are lifted from the grayness of their lives. The Great Inquisition overtakes Venice, and Veronica is brought to trial on charges of witchcraft. The judge sternly tells her that if she confesses to being a witch, her life will be spared. In a stirring courtroom soliloquy, Veronica declares, *"I confess. . . I confess that I find more ecstasy in passion than in prayer. Such passion is prayer."*

For those of us who have been taught that prayer or spirituality requires denying our passion, Veronica's statement may come as a shock. But, as Phillip Brooks noted, *"Prayer is not the overcoming of God's reluctance, but the taking hold of God's willingness."* And what is God's willingness, but the experience of joy and abundance in every area of life?

While giving a talk at a church in a conservative area of the country, I noticed that nearly everyone in the church looked the same. The women had the same hairdos, the men wore the same suits, and most of the conversations fell within the middle of the bell curve of what is socially acceptable. If you saw the movie *Pleasantville*, you get the picture. Congenial but not exciting. Then a teenage fellow with orange hair walked into the church. Now I confess that I have had judgments about people who die their hair weird colors and have metal objects inserted in various bodily orifices. But that day I was really glad to see that guy. He was the only person in that church, as far as I could tell, who was making a statement for individual expression.

At another time I sat through a fairly boring church Christmas service. As soon as the service was over and people were milling out, some upbeat music came over the loudspeaker. I looked up into the balcony and saw two teenagers who came alive and started dancing to this music. Suddenly my heart lifted. It was the first shred of aliveness I felt during the service. I think Jesus would have appreciated it, too.

Then there was the time I spoke at a small church in the Midwest. That day the Sunday school teacher didn't show up, so the church elders took the class, which consisted of a half-dozen boys about the age of 10, and stuck them in the first row of the church, hoping this would keep the kids in line. My talk was on making the most of wherever you are. You can imagine my surprise when I looked over to see all of these boys sitting there with quarters in their eye sockets! At first I was jarred, then I had to hand it to them. They were the only people in the church who put my lesson into practice immediately!

A fun way to evaluate your activities is by doing "energy scans" on yourself and others in any given situation. Have you ever seen a magazine or television advertisement for home insulation, where they show a thermograph of a home in the wintertime? The photo shows most of the home as blue, indicating the area that is well-insulated. Some of the areas, especially around doors and windows, are glowing red, indicating the places where heat is leaking out.

Over a long period of time we have been trained to believe that life is about staying insulated, rather than glowing with passion. God, however, is most present and obvious where people are happy and alive. This means that there is more genuine prayer happening at football games than most churches. If churches could work up enthusiasm, presence of attention, and spirit as well as professional football, religion in our country would really rock. But many people walk out of most churches more dead than alive. If next Sunday we made a rule that only those people who would really love to go to church go, I wonder what attendance would look like. But the good news is that the energy in church would be spectacular. I would rather teach to a small group who really want to be there, than to a large group whose mind was on golf. To that group I would say, *"Please, go golf. Let the golf course be your church."* Such passion is prayer.

Wherever there is passion, there is church. Wherever there is aliveness, there is God. True prayer is not mumbling a set of words, but energetically expressing what makes you feel most alive. When you love what you are doing, you are God in action.

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Dear Michelle

Do you believe that God keeps score of all of our good and bad deeds? Believer in Bradenton

Dear Believer

There is a heavenly realm that I've witnessed, that is much like a library with very high rows of bookshelves that goes on into infinity. This place is called the **Hall of Records** or the **Akashic Records**. Within the library there are records for each soul, that's called your "book of Life". It's a detailed account of the soul's history that includes spoken word, deeds, interactions and thoughts. Every soul has an eternal record book of every experience including chapters for each incarnation and the many lives that you've lived.

We use these chapters to study our past experiences. We look back upon our misgivings, the choices that we made both positive and negative, our difficulties, our accomplishments, our relationships with other souls and take note of the spiritual lessons that we need to master. These records serve us in our spiritual development and our continued desire to learn and grow.

They are used extensively when we are between lives and deciding the details of our future life. With the guidance of **God**, Angels and master teachers, we map out a plan for encounters that set us up to learn more advanced spiritual lessons. These are opportunities that will help us to grasp new awareness and to repeat old patterns that we will strive to overcome.

The most fascinating aspect of these books as we view them, they come to life like a three dimensional movie. Using all of our senses, we deeply feel the emotions of the event that we are viewing, not only from our perspective, but from the vantage point of others too.

In this way we are able to understand the full truth of the situation and we learn a great deal from the revisiting and reevaluating the experience. Every moment of the soul's grand adventure is recorded; we come here from Heaven to explore, to learn and to love.

Dear Whitedove,

I've recently been introduced to the concept of reincarnation. Coming from a traditional religion this was never discussed as a possibility, but when an intuitive friend said that I had a past life in Egypt, it felt true to my spirit. I've always had a fascination with that ancient culture. My question to you is: why would we return to Earth for another go round: it's not much fun here! Just visiting

Dear Visiting,

I hear you, it's not always fun but the Law of Reincarnation tells us: Reincarnation is the contract we made in the spirit realm. We promise **God** to learn spiritual lessons through physical experiences. The planet **Earth** is only one place where we can choose to incarnate. Reincarnation is the soul's journey, lifetime after lifetime of polishing and refining our spirit to perfection.

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CORD CUTTING CAN BE EFFECTIVE FOR ELIMINATING CRAVINGS FOR ADDICTIVE SUBSTANCES. You can begin by thinking about any addictions that you feel completely ready to release. This only works if you truly want to let it go. You can simultaneously choose and release as many as you want.

Next, imagine the addictive item or a symbol of it are sitting in your lap. Notice the web of cords around it, cords connecting them to your body. These are the attachments of fear, fear that you believe you need these addictions.

Now call upon the **Archangel Raphael** to dissolve these cords and cart away your addictions for transmutation and healing. Keep breathing and hold the willingness to completely release these dependencies.



Focus upon how wonderful you feel to be free of controlling cravings. Know how much more time energy money and self-esteem you now have as a result of making this helpful decision.

Once you have felt a big relief, **Archangel Raphael** will send his emerald green light through your severed cords. As you inhale deeply, you drop this healing energy into your body. THIS is actually what you have been craving. It is God's love and light that is really what you have been desiring and trying to attain by your previous addictions. Drink in as much of **Raphael's** healing energy as you want as there is an unlimited supply for you and everyone else. Any former emptiness or anxiety is now underway and you are at peace. Thank Archangel Raphael for this healing.

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ABRAHAM FUN



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

Solving the Health Mystery

Why does conventional medicine work for some people while others regain health through approaches such as Traditional Chinese Medicine, Reiki, herbs, or homeopathy?

Why are some people unable to find any method of treatment that works for them? The mysteries about how and why some people get well are solved as I realize that every physical problem is, at its inception, not physical at all. Rather, it has to do with vibration, which is a culmination of habits of thought. If something goes wrong with my body, it means I've been giving sufficient attention to what I don't like and don't want that I've drawn what I don't like and don't want into my experience, thanks to the universal Law of Attraction. And in this case, I've magnetized a physical problem. The only way to permanently move beyond an ailment is to think less about that problem and any others in my life and focus more on that which I like and want. Then, in that frame of mind, I can easily find help from conventional treatments, alternative treatments, or from a mud bath, for that matter. Anything that offers an extra dose of hope and optimism can now bump me into a vibration where sickness can't survive.



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Saturday, June 4th 2:00-4:30 PM

MELBOURNE

Tuesday, June 7th 7:00 – 9:30 PM

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CALENDAR OF EVENTS

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

Tuesdays 6:30pm MELBOURNE Meetup with the Law of Attraction Believers and Receivers. We meet at Unity of Melbourne, 2401 N. Harbor City Blvd 32935 Call Karen Steil 321-704-5992 for more info.

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)

Wednesdays 7:00pm TITUSVILLE The Spiritual Enlightenment Class at Space Walk of Fame Museum, 303 Pine St. Tvl 32796 321-543-3674

1st Thursday every month OCALA 6-7:45pm Loving Communication© FREE Intro Class Freedom Public Library 5870 SW 95th St. Ocala 858-922-2964 Email fredjkeyser@gmail.com

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

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

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

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

Sundays MELBOURNE 9:30am and 11am Services at Unity Church of Melbourne 2401 N. Harbor City Blvd 32935 321-254-0313 (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.cslspacecoast.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 May 27 - Sunday May 29th PALM BAY Ma Mokshapriya Shakti will conduct a Retreat. The theme will be: Compare the teachings of Patanjali's Yoga Darshan with the teachings of the Bhagavad Gita YOGA SHAKTI MISSION 3895 Hield Rd NW Palm Bay Email yogashaktipalmbay@gmail.com 321-725-4024 Visit www.yogashakti.org (see page 28)



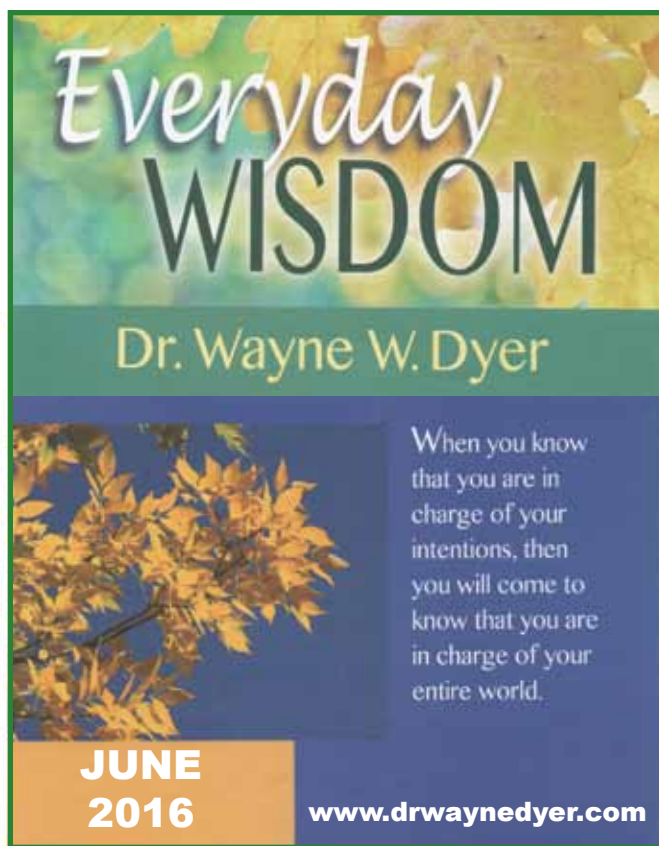
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NOTES from the Universe

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

If 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.

**Tallyho,
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Excerpted from Love, Animals & Miracles By
Dr. Bernie S. Siegel with Cynthia J. Hurn

LOVE, ANIMALS & MIRACLES:

Inspiring True Stories

Celebrating the Healing Bond

THE SIEGEL ZOO

She filled her own mouth with warm milk, put the wheat straw between her lips, and slanted the straw down to the mouth of the little raccoon.... "This is the way you have to feed him, Sterling."
— Sterling North

The first thing you heard when you entered our house was chirping crickets, followed by an ever-varying mixture of sounds: squawks, purrs, chirrups, squeaks, barks, and so on, plus the talking, yelling, and laughter of kids and adults.

When I tell people our house was a zoo, I'm not kidding. Our circular street hems a rise of wooded acreage that is divided into several properties. On one side of our house, we fenced about thirty-eight hundred square feet for the animals

and built a small barn at the end for the goats. In the mornings, when I would leave for the hospital, I'd let all the animals who preferred to be outdoors into this enclosure, where they'd stay until evening. Dogs, cats, goats, ducks, geese, skunks, squirrels, bunnies, and so on — all got along.

Inside the house, turtles lived in kiddie pools under artificial sunlight. I built platforms so they could climb out of the water, soak in the light, and go back in again whenever they wanted. Did the turtles get out of the pools now and again? Did I find turtle eggs in my shoes? Oh yes. Before I stepped into my shoes, I always tipped them up. If there was an egg — about an inch or so in diameter — it would roll to the heel. I'd take it out and put it in the incubator until it hatched.

Each of our five children had their own preferences for animals they raised. They educated themselves by attending lectures on the species they were caring for, and it was fascinating to hear them repeat what they'd learned.

Our son Stephen was the one interested in herpetology. We put a dead tree in his room, where, among snakes and other reptiles, he raised and bred Jackson's chameleons. These ate crickets, so he bred those too; and year-round, that end of the house sounded like summer. The chameleons wouldn't stay in Stephen's room. Sometimes you'd see them hanging from a painting in the hallway or in another unexpected place.

Among the guinea pigs and various other creatures Jeffrey raised were quail, for he was doing something with quail eggs. John had the keeshond dogs, named Oscar, Ike, and Nicky. Carolyn had the parakeet, Tweeter. And Keith, who was interested in pretty well everything, had tanks in his room for exotic turtles and frogs. While Stephen's crickets brought summer to the household symphony, Keith's frogs made it sound like spring. My wife, Bobbie, and I had the cats — Miracle, Gabriel, Dickens, and Penny — and the smaller dogs. All these animals had cages or cardboard boxes where they slept at night, and the rest of the time they were free to wander through the house.

We had creatures with fur, feathers, skin, and scales living in the house. I told visitors, "If you see a mouse running across the living room, don't scream. He's family." Sometimes it was hard to get babysitters. If they weren't comfortable with animals, they were in big trouble. We broke many zoning laws, but no neighbors reported us, nor did the police, because they knew it was done out of love for these creatures.

... continued on page 21 ...



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Love, Animals & Miracles

... from page 20 ...

The largest animals we had were the goats. I'd be standing in the yard chatting with a neighbor, and suddenly, wham! There's a hoof on each of my shoulders. The goats used us as props to reach their favorite tree leaves. We also had ducks and geese in the yard, many of them hatched in the incubator. When the chicks hatched, the first beings they saw were our children, so the birds imprinted on them, thinking these human kids were their parents.

Every day the school bus would pick up our kids at the bottom of the drive. The ducks and geese would follow the kids, watch them get on the bus, and, when they were gone, waddle back to the yard. When the bus returned in the afternoon, the ducks and geese were already lined up, waiting by the road for their "parents" to get off the bus. Eventually we had too many waterfowl to keep them all at the house. My parents lived beside a lake, so we took the ducks over there and released them. Days later my mother called to say that every time a school bus turned up their road, the ducks deserted the lake and lined up for the bus, watching and waiting for their family to come home. Imagine that. It broke my heart, but the ducks needed a good place to live.

All our animals had names. We didn't talk about "the snake" or ask, "Where's the turtle?" We talked about **Monty Python** or asked, "Where's **Paris**?" A name might reflect something about the animal's personality or traits, as in the case of the raccoons at our summer house on **Cape Cod**: **Bobbie** named them **Raisin** and **Beggar**. We wouldn't call a three-legged dog **Tripod**, focusing on its handicap. Instead we'd name it **Hope** or **Luck**. I could stand in the yard shouting, "Has anybody got Hope? I need Hope!" Or I might say, "My Luck has run out."

One day I came home with one more rescued dog, and **Bobbie** said she didn't want any more creatures leaving "furphies" all over the furniture, which was what she called those little clumps they shed. Suddenly I knew — that's it! I handed her the dog and said, "His name is **Furphy**." **Bobbie** laughed.

"Okay," she said, "he can stay," and **Furphy** became family. When we went on vacation, the animals came too. With five kids, the best solution to summer was a house on **Cape Cod**. We didn't bring the geese or ducks, but all the four-legged animals came, and we brought fencing to keep them safe. Everybody piled into the big suburban station wagon; the kids sat in the two front rows and the animals in the back. People would turn and gape as our car passed. You'd hear them say, "That's a goat!"


Before we left the house, we'd do a head count, which included the animals. Upon arrival at the Cape, everybody would go

in and unpack, but there was always someone missing from the roll call. If you came in the house and thought, "Oops, there's a frog missing," you went back out to the car and looked until you found it hiding under the seat.

The kids also liked summer camp, where they were allowed to bring their animals. Our son **Jeff** brought his goat. The camp always had a pregnant cow, giving kids a chance to experience a delivery while they were there. One year the cow went into early labor on the day the camp opened, and I stepped in to help deliver the calf. The cow was lying down with all the kids crowded around, making noise and scaring her, and her labor kept stopping. I got the kids to be quiet and just watch.

I explained the process while petting the cow and reassuring her that all would be well, and then the calf finally appeared. I helped the calf out and taught the counselor what to do with the umbilical cord, the placenta, the mama cow, and her calf. It worked out very well, but I was sorry they didn't name the calf **Bernie**.

Living with a variety of animals, both at summer camp and at home, taught the kids respect for other living creatures, and it also blessed them with memories they still share and laugh about. Our daughter, **Carolyn**, had her bedroom next to **Stephen's**, making her vulnerable to the tricks brothers play on their sisters. **Carolyn** was happy to write down some of those memories for this book, and reading them made me laugh, bringing back so many wonderful memories. Allowing your children to grow up with animals is a gift that never stops teaching.



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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: MAGENTA DYED AGATE

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

Are you seeking unconditional love? You have natural abilities to love and be loved. You really want others to demonstrate the love they have for you. You are well loved by many people. Allow love. Become a receptacle for all this is love. Magenta-dyed agate can help you to balance your emotions, thereby increasing your emotional maturity. The color magenta is a reminder of the **Divine Mother** within, who hears and knows truth and accepts you unconditionally. This stone amplifies retribution, both positive and negative. Utilize the energy to amplify your intention through your heart and the upper heart, thymus, to project love into all your thoughts, goals, and actions. Magenta-dyed agate reminds you to be receptive to your intuition and accept the part of you that is able to hold a vision and imagine a better way of life for all beings. Archetypes for this energy are **Mother Mary, Kuan Yin, Isis, and Mary Magdalene (the Feminine Christ)**. The associated archangels are **Tzaphkiel and Uriel**. Use this agate to awaken your awareness of your spiritual purpose. Visualize brilliant magenta at your higher heart chakra, between the heart center and the throat center.



A note about dyed stones: It is not so important whether a gem is dyed, altered, or man-made as much as it is important to realize and focus on your intention. It is your thoughts that create reality, so use the gemstone to be a simple reminder to maintain your focus on thoughts of what you want to have and create in your life. Allow the stone to be your joyful reminder!

AFFIRM: *I am love. I align my consciousness with gentleness, compassion, and goodwill toward all. I am compassionate and kind. I am aligned with the healing powers of inner peace and kindness. I am able to help others by vibrating love through my presence, words, and actions.*



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Characteristics of a Near-Death Experience



...from page 8...

- Passing through a dark tunnel. Or black hole or encountering some kind of darkness. This is often accompanied by a feeling or sensation of movement or acceleration. "Wind" may be heard or felt.
- Ascending toward a light at the end of the darkness. A light of incredible brilliance, with the possibility of seeing people, animals, plants, lush outdoors, and even cities within the light.
- Greeted by friendly voices, people or beings who may be strangers, loved ones, or religious figures. Conversation can ensue, information or a message may be given.
- Seeing a panoramic review of the life just lived, from birth to death or in reverse order, sometimes becoming a reliving of the life rather than a dispassionate viewing. The person's life can be reviewed in its entirety or in segments. This is usually accompanied by a feeling or need to assess loss or gains during the life to determine what was learned or not learned. Other beings can take part in this judgment like process or offer advice.
- A reluctance to return to the earthplane, but invariably realizing either their job on earth is not finished or a mission must yet be accomplished before they can return to stay.
- Warped sense of time and space. Discovering time and space do not exist, losing the need to recognize measurements of life either as valid or necessary.
- Disappointment at being revived. Often feeling a need to shrink or somehow squeeze to fit back in to the physical body. There can be unpleasantness, even anger or tears at the realization they are now back in their bodies and no longer on "The Other Side."

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Whether the NDE was beautiful or terrifying, near-death experiencers commonly say it was unlike a dream, "more real than real," the most powerful event in their lives. They struggle to find words to describe it, but insist they now know something new about reality, that "there's more than what's here" (in the physical world). Most feel deeply changed in their attitudes toward life, work, and relationships.

After a wonderful NDE, people almost always report losing their fear of death and believing that the essential purpose of human life is to develop our capacity to love.

After a disturbing NDE, a person will almost always look for an explanation for having had the experience; because many interpret it as a threat or warning, they may try to change habits or behaviors, or to take up a new religious practice, hoping to avoid a recurrence.

However experiencers adjust to these personal transformations, they often have difficulty finding someone they trust to tell about the event. They usually feel in great need of information and support.

Nearly identical experiences may also occur when people are nowhere near death, or not in any health crisis at all—perhaps during prayer or meditation, under deep emotional stress, or at the bedside of a dying person.

Rarely, they seem to happen spontaneously. The general elements and aftereffects are the same as in the true "near death" experiences.

*Scott Taylor will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL.
Go to <http://neardeathconference.com>*



When a person in your life is close to their time of death; sometimes they need confirmation that YOU'll be okay. If they are lingering, you can give them a sense of peace by expressing your love & gratitude; thanking them for the role that they played in your life. Let them know that you'll be okay once they are gone. Don't leave things unsaid - have no regrets. Michelle Whitedove, Spiritual Medium & Author (see page 15)



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 ...

It helped me understand that the deep relationships did not have to end. The conversations did not even have to end. The learning and discovering and the having of an expanded, comfortable and emotionally content and even joyous life did not have to end.

HOW TO FORGIVE AND FIND CLOSURE IF THE OTHER IS UNWILLING, ABSENT OR DEAD

It doesn't matter if someone is alive or dead, where the issue lives is in our consciousness, and we are the ones who control our perceptions there. My process is pretty standard.

1. Place a chair across from you. In your mind's eye, imagine sitting across from you anyone with whom you do not feel total alignment or support.

2. Imagine an infinite source of Love and healing flowing into the top of your head and fill up the body, and overflow out your heart to heal the person in the chair before you.

3. Have a discussion with them. Tell them anything you want them to know. Remember they did the best they could under the conditions at that time. You don't know what struggles they were going through. Imagine them responding to you as you would like to be responded to and understood.

4. Forgive them. Tell them you're sorry for your part in whatever happened, and ask them to forgive you. Thank them for their part in your life. Tell them you love them and mean it. "I love you, I'm sorry, please forgive me, I forgive you, thank you."

5. Imagine standing up with the person before you. With a hand swipe motion, cut the cords between you. All past issues are now dissolved. Imagine the person walking away as you feel love and forgiveness for them.



God would not stop an acorn from growing into an oak, nor a tadpole from becoming a frog

Everyone drops their body, it's part of life. *Why is death deemed tragic and why would God allow it to happen?* It's not tragic, it's just the cycle of Life, so why should God prevent any of it? We're all going to die. We simply need to know it's nothing to fear and that it's not the end. What a caterpillar calls death, we call a butterfly.

Would He intervene to prevent the caterpillar from becoming a butterfly? Would he keep a tadpole from becoming a frog? Would he stop an acorn from growing into an oak? Would he prevent hot water from becoming steam, or cold water from freezing? These are just natural changes and it is no different than our own transition from one state of being to another. It's just a change. *Would we keep a toddler in kindergarden or a 6th grader in elementary school? No, we let them graduate to the next phase in the process, so they can continue to learn and grow and become more of what they are meant to be.* That's all death is: going from one form to another. Enjoy our offering this month. Hari Om.



A cicada leaving his old body

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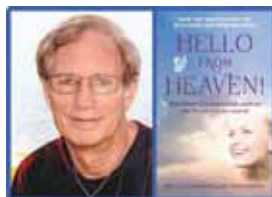


Ma Mokshapriya Shakti will conduct a Retreat. The theme will be: Compare the teachings of Patanjali's Yoga Darshan with the teachings of the Bhagavad Gita Both scriptures will be studied and the message of each will be meditated upon.

Andrea

12 TYPES OF AFTER DEATH COMMUNICATION

... from page 13 ...



Many people report feeling an incredible sense of peace - "the peace that passeth all understanding" - during and after an ADC experience. Almost all after-death communications provide comfort, hope, and profound emotional and spiritual healing, especially to those who are bereaved or are fearful of death. ADCs usually reduce the intensity of the experiencer's grief and shorten the duration of his or her bereavement. Hearing or reading firsthand ADC accounts provides courage and strength to patients who have a life-threatening illness, and they inspire caregivers to the elderly and the terminally ill, like hospital and hospice personnel.

Unfortunately, some people react with fear when they have an ADC. Typically this is because they are startled by the suddenness of the event, or they may have never heard of one happening to anybody else. They may automatically assume they are "losing their mind" or "going crazy." Others find it difficult to reconcile the possibility of after-death communication with their philosophical or religious beliefs. We encourage you to trust your own experiences and accept them as being real for you.

Are ADCs Real?

Of course there are numerous critics of after-death communication (ADC) experiences. Many atheists, agnostics, and skeptics insist, "They can't be true, so they aren't!" They even refuse to examine the evidence. They assert ADCs are merely "grief-induced hallucinations" based upon wish fulfillment, imagination, magical thinking, fantasies, memories, denial, and emotional needs. Some conservative religious leaders preach that ADCs are satanic or demonic and conflict with the teachings of their faith. Hello From Heaven! contains six categories which provide persuasive evidence that ADC experiences are authentic contacts by deceased loved ones.

TIMING IS EVERYTHING: ADCS BEFORE THE NEWS Numerous experiencers report having an ADC before they learned of their loved one's sudden and unexpected death. Therefore they would not have been grieving the loss of their relative or friend. Frequently the time of the transition and the time of the ADC are exactly the same.

EXPECT THE UNEXPECTED: ADCS YEARS LATER Some people have an ADC experience 5, 10, 20, 30, or more years after the death of their loved one. Presumably they would not be actively grieving the death of their relative or friend that many years later. In addition, the longer they happen after the transition, the more important the message typically is.

VALIDATION: EVIDENTIAL ADCS Many ADC experiences are "evidential" because they provide specific information the experiencers did not know - and could not have known - before their ADCs occurred. For example, they may be told the loca-

tion of something of emotional or financial value that is lost, which they are looking for, but aren't able to find. In other cases, important items are revealed to them, ones they don't even know exist.

SPECIAL DELIVERY: ADCS FOR PROTECTION In many cases a person's life and property are literally protected or saved because of information they are given during their ADC. I, Bill Guggenheim, was advised by my deceased father to "Go outside and check the swimming pool," and when I did, I rescued his 21-month-old son, Jon, who was drowning.

This category includes people who received protection from potential automobile and aircraft accidents, medical emergencies, criminal activities, industrial accidents, a building fire, and undiagnosed health problems of children and adults. These accounts provide very compelling evidence that our deceased loved ones are indeed watching over us and can and do intervene when they are able to do so.

If you are ever told to "Slow down," "Stop your car," "Drive a different route," or "Check your car" by a loved one who has died, do so immediately - and you will very likely avert a serious accident - or worse. This is equally true if you are ever alerted to call or check on somebody. Do it immediately, day or night, regardless of the hour involved. You may literally save their life!

SAVING GRACE: ADCS FOR SUICIDE INTERVENTION This category includes firsthand accounts of people who were planning to take their own life, and two of them were actually in the process of doing so. Because a deceased loved one came to them at just the right moment, they changed their mind - and they were still alive and able to be interviewed years later. It's interesting to note that 60% of those who came back to help someone with suicidal feelings had died from taking their own life.

CONFIRMATION: ADCS WITH A WITNESS Occasionally two or more people are together at the same place and time when they share having an ADC - and they usually learn of this when they speak to each other later on, about what they felt, heard, and saw. These ADCs attest to the validity and credibility of after-death communication. And they confirm that ADCs are objective experiences and not merely subjective ones. Our research indicates that after-death communication experiences are so prevalent they should be regarded as a natural and normal part of life. ADCs deserve the same public attention and awareness that near-death experiences (NDEs) have been receiving since 1975. Yet no documentary film, major magazine article, or entire national television program has ever been devoted to this vast field of evidence for human survival beyond physical death.

After-death communication (ADC) experiences provide dramatic and convincing modern-day evidence for life after death. They confirm that when our body dies, we simply make a transition from this physical world to a continuing existence in heaven. There we can expect to have joyous reunions with our deceased relatives and friends, who will meet us and greet us - and who can and do communicate with us now. ADCs consistently affirm an essential spiritual message: Life and love are eternal.

Bill Guggenheim will speak at the International Association of Near Death Studies Conference July 28-31 in Orlando, FL.
<http://neardeathconference.com>



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

JUNE 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) Pay attention to nuances this month, Aries. A meaningful glance speaks volumes. You may have to brush up on your mind reading technique, but the effort pays off through improved relationships and more cash. Venus is chatting up a storm in your third house of communication. She's a bit of a gossip flirting her way through Gemini, but her casual words uncover meaningful truths.

TAURUS - (April 19 - May 19) Keep your focus on value over money and this will be a great month. Resist the temptation to go for the big bucks, though. Things look rosy around the New Moon on June 4th, but there is an undercurrent in the calm waters. Problem number one is that you want/need some down time to reclaim the part of yourself that has been chasing the dream. Stand your ground and dig into your source of eternal abundance.

GEMINI - (May 20 - June 19) Venus conjunct the New Moon of June 4th ignites the sweetheart aspect of your chart. There is a cosmic present for you this month; you just have to claim it. There will be trolls and work gremlins that try to steal your joy. Do not let anything deny this magical time. There are decisions to be made, and rivers to cross, but overall, it's a matter of how much goodness you can accept into your life.

CANCER - (June 20 - July 21) There is a kiss from the Archangels waiting for you, Cancer. Any losses or sorrows are to be washed away from the very depths of your being. Your best strategy for getting what you want is to get very clear in your intentions, and it's time for getting back to the basics of making lists and naming what you want. Affirm your power over the spoken word, and you'll quickly see the manifestations.

LEO - (July 22 - August 21) You are blessed by your place in the zodiac this month. All the other signs are busy trying to figure out their next step, but you hold court in a bubble of angelic protection. If you need

a favor, ask it just after the New Moon on June 5th or 6th when the Sun and Venus are joined. The Universe will grant you a wish, Leo. Think along the lines of asking for a long life and fulfillment of your fondest hopes and dreams.

Virgo - (August 22 - Sept 21) Your sign holds great power now, and there will be decisions you make that influence others for better or worse. Jupiter in Virgo gets tough now; he plays for keeps and demands that others step up to shoulder their share

of responsibility. These tough decisions set you free. This is a critical time to claim a victory that fulfills the recesses of your soul. Sing and dance, Virgo - it's time for freedom.

LIBRA - (September 22 - October 21) June delivers a critical turning point in your home arrangement, Libra. Perhaps you'll move, or control your property in a new way. Mars retrograde in your money sector all month adds a frustration to finances and Saturn stalls legal agreements. Be patient and let the wheels of karma turn. You know where you want and need to go, but just cannot get there quite yet.

SCORPIO - (October 22 - November 20) It's a season of conservation in finances, Scorpio. With both Saturn and Mars hovering retrograde, take time to establish new health routines and other habits that improve your life, but don't cost a lot of money. This is your time for groundwork and preparation. And it doesn't cost much at all to spend an afternoon getting sun and fresh air, which is what you need more than anything.

SAGITTARIUS - (November 21- December 20) You are known as the Wise One, the sage; but there may be times when you wish you were out in the sagebrush prairie - alone. Please understand that this month the planets have merged into a mutable cross, with Saturn in your sign as one of the kingpins. Saturn plays it both ways; maker and solver of problems. People see you, but they feel the virtue of Saturn, so be kind as you make friends with this 'old man' and marker of time.

CAPRICORN - (December 21 - January 19) The keyword for you to remember this month is: Adjustment. There will be times when you feel like you're maintaining balance on a three legged stool - with one leg missing. Extra work and effort will be required, and all done without a promise of an immediate payoff. But, there is a huge gain to be made on your long term goals. This is a time to deepen faith and trust as you build your future.

AQUARIUS - (January 20 - February 17) When was the last time you surrendered to love? I mean the crazy kind, where you lie awake and feel the rushes of excitement. It's time to explore the many facets of love and let it become a good four letter word in your vocabulary. Whether it's your longtime partner or someone new; the Universe is inviting you to step aboard a crystal ship and open your heart.

PISCES - (February 18 - March 18) June is an excellent month for you, Pisces. If you're single, there is love in the air. And in a unique twist of fate, love may literally come calling at your door; you won't have to travel far to meet your soul mate this time around. Places that you go to frequently are good for you in all aspects of your life, including business. Enjoy this month, and let your magnetic power of attraction do the work.





ABRAHAM-HICKS

...continued from page 9

If you can find some consistent relief about the subject, your Energy will shift, and the feeling of being paralyzed will be replaced with good-feeling action ideas. An improvement in the way you feel means an improvement in the alignment of Energies between you and your Inner Being.

Statements that cause you to feel better might include:

I've done nothing wrong by pursuing my interests.

I can see how my interest in these subjects caused me to find things to support my interests.

I can remember my enthusiasm upon finding much of this stuff.

That is the Law of Attraction at work.

I don't need to throw ALL of this away.

I don't have to do it all at once.

I've been living with this for awhile, and there's no urgency here.

In time I'll figure out what to do with it.

I'll find a way to store everything and catalog it so that I can find it when I want it.

In the same way I enjoyed finding these things, I will also enjoy organizing them.

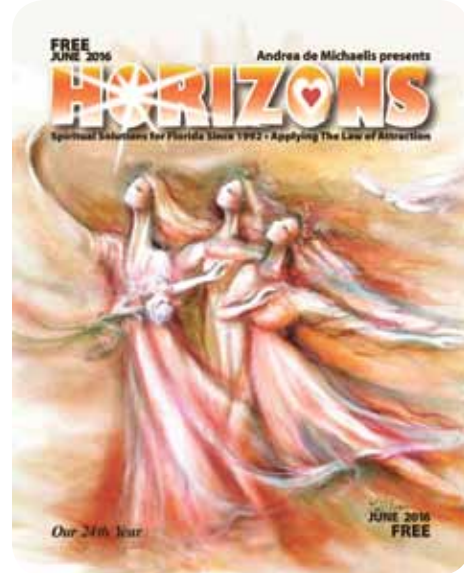
It is of value to notice that even though nothing has outwardly changed, the feeling of being overwhelmed has lifted because you have focused your thoughts back into alignment with who-you-really-are.

Whenever you are choosing to think unkind thoughts about yourself (or anyone), you are counter to your Inner Being, who only feels love for you. When you degrade, scold, or criticize yourself, you are out of alignment with the greater part of yourself, and there are no greater crippling thoughts than those of self-denigration.

When you give yourself the benefit of the doubt, you realign with who-you-really-are.

COVER ART

Trio in Pink
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 freelance artist in high school. In the 80's, **Hlavsa's** airbrushed murals on motorcycles, and vehicles were popular. She earned a degree in Advertising 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



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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*

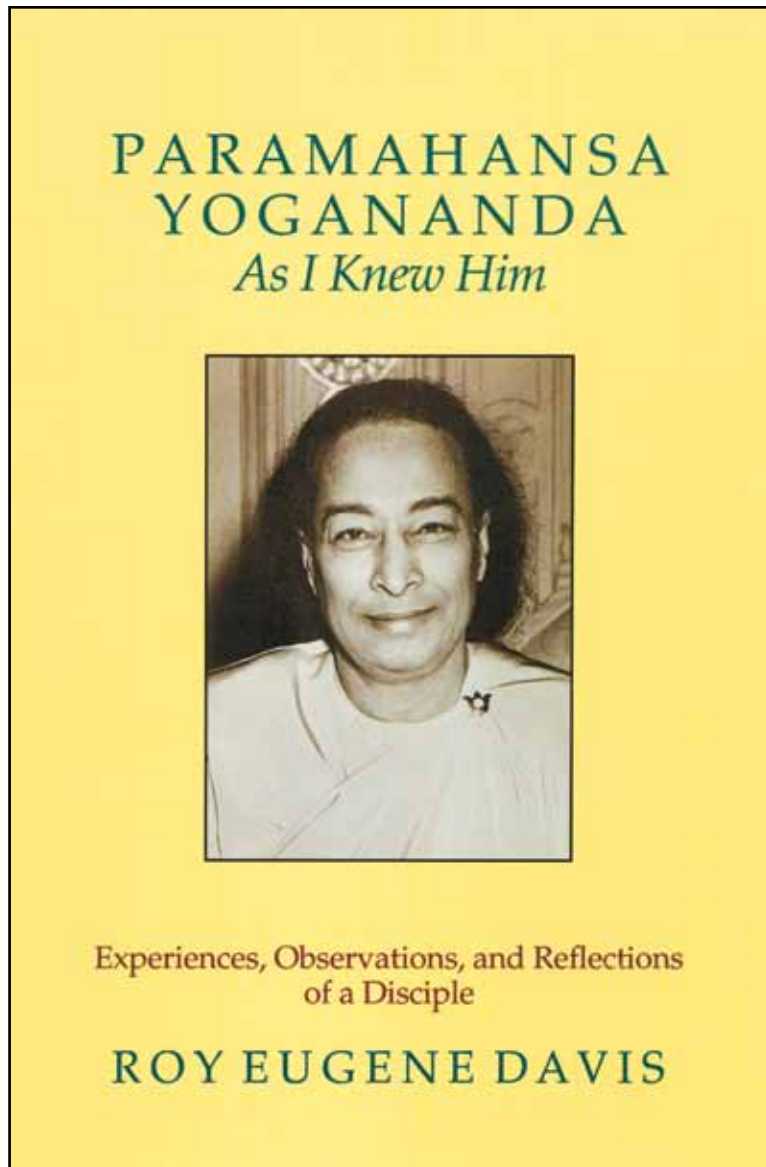
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Roy Eugene Davis has been teaching spiritual growth processes for more than 60 years in North and South America, Europe, West Africa, and India. He was ordained by Paramahansa Yogananda in 1951. Read *Truth Journal*, hear Mr. Davis' talks, and see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