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**WHERE AND FOR WHAT ARE WE LOOK-  
ING? with Hank Lewis, LUT**

U2's lead singer and songwriter, Bono, has referred to the song, "I Still Haven't Found What I'm Looking For," as a "gospel song with a restless spirit." As we examine the song, and through it our individual spiritual journey, we can celebrate both joy and disappointment; and as we reflect on our own path, we ask ourselves, "Where and for what am I looking?"



**Monday, September 9, 6:30pm – 8:30pm METAPHYSICS I  
with Suzette Kashmaryk, LUT and Paul Esche, LUT**

Metaphysics explores beliefs and concepts that are above and beyond the physical plane. Heart-centered metaphysics explores Ultimate Reality through the "lens of the heart," insuring these beliefs represent more than cold, hard facts. The compassionate practice of heart-centered metaphysics is central to realizing a loving, peace-filled life and world.

**Tuesdays, Sept 17 – Oct 22, 10am – 11:45am LIVE YOUR  
DREAMS WORKSHOP with Dr. Christina Gilman, Sc.D.**

Is there something you've always wanted to do but it just hasn't happened? Well the truth is that if you can dream it, you can do it. In this supportive workshop we will open to new ways to do what makes our heart sing. It can be small such as trying Cuban food or reading a new author. It can be large, like writing your memoirs or traveling to Europe on a tight budget. You are a miracle unfolding! PS. Bring a journal and a pen.

**Sunday, March 31st 9:30 and 11:00am**

**THIS IS ME! Speaker: Rev. Valarie Parson**

"When the sharpest words wanna cut me down, I'm gonna send a flood, gonna drown them out. I am brave. I am bruised. I am who I'm meant to be. This is me! Look out 'cause here I come, and I'm marching out to the beat I drum. I'm not scared to be seen. I make no apologies. This is me." By Keala Settle from The Greatest Showman Soundtrack. Need I say more?

**ONGOING CLASSES**

**Sunday, September 1st 12:30-1:30pm EFT TAPPING  
CIRCLE with Julie Jacky, Certified EFT Practitioner**

Julie will take you on a deep dive journey to uncover your hidden beliefs, thoughts, feelings, and emotions that keep you stuck, are no longer serving. Once you have discovered what is holding you back, then as a group we will tap together on each other's stuff and release it. There is great POWER in coming together and tapping as a group -- each person will experience shifts and leave feeling calm and at ease. \*If you have not tapped before please show up at 12:15 PM to learn the tapping points and experience the constricted breathing exercise

**Monday, September 9th 7:00pm SOUND HEALING  
Facilitators: Vashti Saint Germain and James Trufan**

Time for Heaven on Earth. Lay back and journey with the hypnotic sounds of Sacred Grandmother Drum (Rainbow Warrior) and the vibrations of a Paiste Symphonic Gong. Between Father Sky and Mother Earth, you will be transported to a new realm of inner peace.

**ONGOING EVENTS**

Noon Prayer Service Tuesdays and Thursdays  
Tuesdays – Course In Miracles 7:00pm  
Wednesdays – Melbourne LBGT AA 6:30pm



**Sunday, September 8th 9:30am and  
11:00am INSTALLATION AND CELEBRA-  
TION SERVICE with Rev. Charline Manuel**

In this very special occasion as Author, Speaker, and Board Consultant, Rev. Charline Manuel delivers the message. She is passionate about developing and harnessing the positive attributes that support individuals in living a high-quality life, personally

and professionally. During the 11am service Rev. Manuel will lead the congregation in an installation ceremony for Rev. Valarie Parson and for the Board of Trustees.

**Thursday, September 12th March 10th – UNITY WORLD  
DAY OF PRAYER: INFINITE PRESENCE/UNLIMITED POTEN-  
TIAL with Maggie Rosche, LUT and Rev. Randy Fillmore**

Join Unity of Melbourne and Unity Worldwide Ministries as we celebrate the transformative power of prayer.

10:30am – 8:30pm Labyrinth Walk – Indoors or outdoors self-guided  
12pm – 6pm Silent Sanctuary – Meditative video and silent prayer  
6:30pm – 7:45pm Taize Prayer Service – Readings, chant, silence, and hand washing ritual. *"I celebrate the vast possibilities for my life."*

**Sunday, September 15th March 10th 9:30am and 11:00am  
CHOICE AND RESPONSIBILITY with Rev. Valarie Parson**

Great freedom brings great responsibility. We have the freedom to paint our canvas in any way we see fit and we are the ones who will reap the consequences or benefits. Choices we make have the power to move the universe. Setting an intention puts the universe into motion.

**Sunday, September 22nd March 10th 9:30am and 11:00am  
WHO MOVED MY CHEESE – Speaker: Rev. Valarie Parson**

It seems the older we get, the less we want things to change, the less willing we become to embrace growth and change. And we want to control what changes and how it changes and when it changes. Change is not optional; things change every second. Our goal is to be able to want to move and grow with change, and to know that we can - because we know God is with us through every change.

**Sunday, September 29th March 10th 9:30am and 11:00am  
THE POWER OF ORDER – Speaker: Rev. Valarie Parson**

Order is the power to organize, sequence, balance, and adjust. With all of the moving parts in the average person's life, it seems that this is a power well worth harnessing! Join us as we take a look at the Universal flow of the world around us and integrate that flow into our daily living.

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**The greatest  
optical illusion  
is separation**

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# HORIZONS

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

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



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

HORIZONS MAGAZINE is distributed FREE each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

**ARTICLE SUBMISSION:** You may submit articles of up to 900 words on any area of personal growth and practical spirituality to [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com). Time sensitive articles must be submitted 4-5 months in advance. *Any article that promotes a particular person, product, service or event is considered an ad and is paid for.*

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## HORIZONS MAGAZINE

575 Escarole Street SE  
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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

**1. Recognition - God\*\* Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.

**2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.

**3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.

**4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

**5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.

**6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

**7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

**8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

**9. Persistence.** I persist through faith. I maintain focus and discipline.

**10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

**11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.

**12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



**You are loved and guided more than you can imagine**

**\*\*Publisher's note:** We use many names for God, including The Universe, Source Energy, Great Spirit, Divine Source. It all refers to the one God, no matter what name we use. [Andrea de Michaelis](#)



**Andrea de Michaelis**  
Publisher

## 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 SEPTEMBER 2019

**HORIZONS.** I love when Fall approaches, the periodic cool nights get me in the mood to play outside. It's important to play. A friend thanked me for introducing her to metaphysical thought, to the idea of continuation of life in consciousness after the death of the physical body, to the idea of different levels of existence, intermingled and parallel worlds and the reasons for that, and that we are all connected. To the idea of the body's energy system and the power we have for self-healing. To the idea that we create the world around us by virtue of the thoughts we choose to think repeatedly. She said she was beginning to lose hope because she felt her life was meaningless. All that needed to change was her perception.

### SPEAKING OF CHANGING PERCEPTION

I talked to a friend a few years younger than I. She was concerned an injury wasn't healing as quickly as she wanted. She went into a downward spiral of pessimistic predictions about her health. I told her that I never had so many injuries as when I began working out in the gym in my 50's.

Due in large part to poor form, I injured my knee, I injured my elbow, I got tendonitis, carpal tunnel began acting up. I got a little bummed after a year or so of repeated hand and arm injuries and began thinking "well I guess this is my life now."

NOT SO, I was absolutely WRONG. It just took a little time. The same with my knee; I began getting pessimistic after about a year, then it took a turn for the better and healed up. Now if I overdo and get a minor injury, it doesn't freak me out because experience has shown me I just need to rest it, think of it with hopeful thoughts and change my perception of how fast it should be healing. Lesson learned!

### DON'T LET YOURSELF GET BUGGED

A Facebook friend posted that as an empath she is sound sensitive and asked how others cope with, say, people making loud noises working out at the gym. I used to be bothered by that stuff, too, labelling the noisy ones as *space invaders*. Then I recognized everyone is in their own little world and that stuff is gonna happen any time you're in a group. If I take it personally and let myself be bugged by what someone else is doing, I now recognize it's my issue, not theirs, and I do my best to mindfully bring my attention back to what I'm doing.

Several years ago I was at a conference in **Orlando** on a noon lunch break with a longtime galpal, a metaphysical teacher. Downtown **ORL**, **Saturday** lunchtime so it's an international crowd. We're chatting but she's preoccupied with the **Asian**

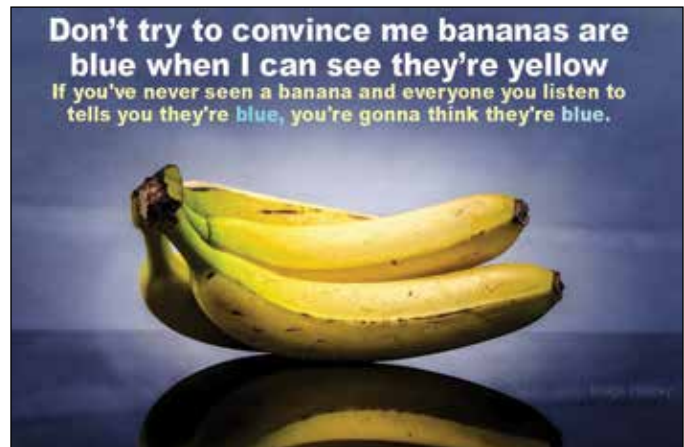
family speaking quietly at the next table. She yells, YELLS at them to speak **English** in "our" country. I was floored. It's downtown **Orlando**! And she was serious. I didn't even notice them as I was focused on our conversation. She banished me and a few others soon after that. You will drive yourself crazy if you let anything anyone else does take your peace.

### BELIEVING EVERYTHING YOU HEAR IS THE PROBLEM

Don't believe everything you hear. Instead of blindly sharing mis-info, research your sources. You can get accurate info without repeating fake news. A FB friend wrote, "I'm not Rep or Dem. I'm for what works. I think it's currently working. I don't watch the news. What I know is what I read and hear. I focus on what is working. I do not like the lady Congress woman who thinks America needs to become Muslim. She needs fired yesterday." WTF?

She repeated several areas T says he's improved. She truly doesn't recognize it is campaign rhetoric with no basis in fact. I told her "We definitely get our news from different sources. You lost me on "Congress woman who thinks America needs to become Muslim. That's not true at all. I'm sorry, repeating what other people TELL you is working is NOT proof it's working. You can tell me bananas are blue all day long but if I see they're yellow, I know we're not on the same page. What I would be interested in is seeing a link that supports any position you believe is working because you provided me no evidence that it is."

She told me my thinking was ignorant then blocked me. *For asking for a link to proof what she'd been told was true?*



### STOP SPREADING FAKE NEWS TO RILE FOLKS UP

Help make someone's life easier, help them to feel secure and not alone, to feel hopeful. Pick someone and help make their life better and watch yours become better in the process.

Positive thinking doesn't try to convince you the world doesn't suck right now. Positive thinking reminds you this too shall pass and better times are on the way. Positive thinking means finding as much happiness as you can where you are right now with what you have, rather than complaining about how sucky it all is.

Enjoy our offering this month.  
Hari Om.



Andrea





# LESSONS I LEARNED FROM STAR WARS AND STAR TREK The Force That Connects Us All

Mastin Kipp is founder of [www.TheDailyLove.com](http://www.TheDailyLove.com) (TDL), the Website, daily email and Twitter account that's merging pop culture with inspiration. He is the number one best-selling author of *Claim Your Power* and *Daily Love: growing Into Grace*. He has been featured on the Emmy Award show, *Super Soul Sunday*, and recognized as a "thought leader for the next generation" by Oprah Winfrey.

**One of the most formative experiences I had growing up was being introduced to both Star Wars and Star Trek. My parents are total geeks and are really into sci-fi. As a result I, too, became a geek—and never looked back. You could say that I am a child of the Force and Starfleet. Usually a person loves Trek more than Wars or Wars more than Trek—but I love them both so much, I can't imagine choosing.**

I must have watched the original *Star Wars* movies over a hundred times. Even though it was science fiction, I was always fascinated with the concept of *the Force*. Whenever Yoda

would talk of it—especially in *The Empire Strikes Back*—I felt the deep resonance of truth.

I would dream of being Luke Skywalker and being able to "use" the Force for good. I also grew up on *Star Trek: The Next Generation*. Captain Picard, Riker, Data, Troi, Worf, Geordi, Dr. Crusher, Guinan, and Wesley were my extended family. I was captivated by the idea of being able to travel the galaxy in a supercool ship with a group of people that all had each other's backs.

What I loved about *TNG* was that the episodes were about how to resolve conflict without violence. I was inspired by Gene Roddenberry's vision for the future: a time when we as human beings would see our oneness, instead of our differences—where we would know that each living being has intrinsic value.

One of my all-time favorite *Star Trek* moments was in the movie *First Contact*. It tells a story about an alien race called the *Borg*, and how they plot to take over the human race. The *Borg* decide to travel back in time to when humans had first made contact with an alien race called the *Vulcans*.

The *Borg* want to stop this "first contact" from happening, so they can use their advanced technology to conquer the human race and "assimilate" us. Picard and crew follow the *Borg* back in time and have an epic battle with this fierce enemy.

*But the battle is not what's interesting to me. What's interesting is what happens when the good guys win.* The *Borg* were trying to stop the first manned spaceflight at warp speed, or the speed of light. They were unsuccessful, and as a result, a Vulcan ship that was flying through our solar system picked up the warp signature and decided to visit *Earth*.

Their arrival ushered in a whole new era of world peace, because human beings realized that we were not alone in the galaxy. This was a big deal, because the *Vulcans* arrived just after a third world war, when the planet was in ruin and humanity had no hope.

The first time I saw the *Vulcans* arrive on planet Earth and meet with human beings, I literally started to cry. It was as if some deep part of me really, really wanted this to happen.

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



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# ABRAHAM-HICKS



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](http://www.abraham-hicks.com).

## ON REACTING TO THE NEGATIVITY OF OTHERS

This is a really common thing we hear: "Oh yeah, Abraham, I've really learned this, I've really been practicing it, but those people at work are so negative." And we say, "Then you haven't heard anything that we're saying because their negativity has to be irrelevant to you. Not ignored. You're not blind to it. It just doesn't make you wobble. Because, if the question or the problem makes you wobble, you'll never find the solution. But, if you're not wobbling in the question, if you're not wobbling in the problem, if you accept it as all part of the process, then the solution comes easily. Did you hear that? That was REALLY good."

## ON SENDING MIXED MESSAGES

"The most important question anyone will ever put to you: Are you enjoying your personal desire? If you are, then you are allowing it. When the vibrational signal of your desire is different than the vibrational signal of your belief, then you have contradicted energy within you and the Universe is responding to your mixed energy. The Universe does not hear your 'Yes' or your 'No', it hears your attention to it. Law of Attraction is not punishing you or trying to teach you a lesson. You make it true by your attention to it."

## ABRAHAM ON HOLDING YOURSELF IN RESISTANCE

You just can't give birth to a desire, and hold yourself in a belief that opposes it, and get your heart's desire. You've gotta find a way to stop the opposition, the personal opposition. And the personal opposition is always accompanied by negative emotion every single time. So, if you wanna know when you're opposing yourself, it's during those times you're ornery, it's during those times you don't feel good, it's during those times you're criticizing yourself or someone else, you see? It's self-opposition. It's the only thing that keeps you from your joy. And it hasn't got anything to do with anybody else. It's just your choice of the thought in the moment.

But you all, as you get older, you pick up things along your physical trail, and you beat the drum of them, and you hold yourself in resistance to your true calling, to your true path, to your true love, to your true joy. And, if we were standing in your physical shoes, we'd cut that out! We would stop needing anything to be different in order to feel better.

And that was the greatest gift that Jerry gave to Esther by making his transition into Non-Physical. It was a condition she could not control. So, she had an option to not control it and



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be miserable, or to not control it and be joyful. Her only option was joy or misery because she couldn't change the condition in order to affect the way she felt. And she chose joy, you see? Because that's Who-She-Is. That's who you all are.

You didn't come into this experience to meditate. You came into this experience to live. You didn't come into this experience just to create vibrational Vortexes, and then to croak in order to realize what's in there. You came to create it and to create an atmosphere to allow it into your experience. You expected full fruition and manifestation of the things that you want.

You're supposed to be living your fortunes, you're supposed to be spending them. You're supposed to be driving your cars. You're supposed to be making love with each other. You're supposed to be having a full, tactile, see it, hear it, smell it, taste it, touch it physical experience. That's what you came for, you see? But you can't get there unless first you choose alignment with Who-You-Really-Are... because when only part of you has shown up, it's not a very happy party."

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

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## BILBERRY

**As long ago as the 16th century Bilberry has been used medicinally; a close relative to Blueberries, Cranberries and Huckleberries, Bilberry is best known for its benefits to the eyes.** The dark berries of Bilberry like Blueberries are high in anthocyanidin. This strong antioxidant helps improve vision problems protecting the retina and the layer of the nerves that line the back of the eyes. It also boosts the production of rhodopsin, a pigment that helps the eyes adjust to light changes helping to improve night vision.

In an Italian study 50 people with early stages of cataracts were given Bilberry along with vitamin E; the results showed a 97% reduction in cataract progression.

In another clinical study Bilberry was given internally it was found to improve visual accuracy by improving microcirculation. Along with Bilberry's ability to improve night blindness, it also improves many other visual problems such as glaucoma, myopia, macular degeneration and cataracts. It can do this because of quercetin, another of its constituents; for the eyes, quercetin inhibits an enzyme that causes retinopathy and because it is high in vitamin C it helps form collagen, which is needed for the repair of the cells and tissue of the eyes.

In the circulatory system, the constituent anthocyanidin strengthens the circulatory system by preventing platelets from sticking together this helps reduce the risk of blood clots which leads to heart attacks, it improves circulation by dilating blood vessels, it helps lower blood pressure, prevents angina, reduces blood lipids and strengthens the cell structure of the veins. Just be careful when taking blood thinners with this herb.

Bilberry is also high in tannins; this constituent acts as an anti-inflammatory and as an astringent, which helps heal internal wounds by tightening and toning mucosal membranes making Bilberry good for reducing ulcers and other intestinal inflammations, indigestion and nausea. If diarrhea is a problem, try eating some dried Bilberries (or Blueberries) and if constipation is a problem then try eating the fresh berries.

Most people are aware of Bilberry's benefits to the eyes, but it is also good for the above conditions as well as gout, type II diabetes, arthritic conditions and dermatitis because of many of its constituents. Give it a try you might be surprised how well it works



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**We've all experienced a belief that just seems to "happen" and comes out of nowhere. Maybe you've felt the inner conviction that you're in the wrong place at the wrong time.**

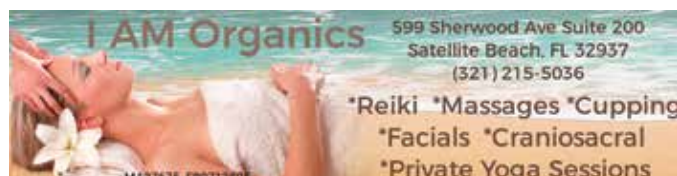
While there may be no obvious reasons for it, we just know that feeling is definitely there. And it's usually in our best interest to honor our beliefs in the moment we have them.

Later, in a safe environment, we can look back and explore what may have caused our "inner alarm" to sound. When we do, it's not uncommon to find that our beliefs have been sparked by something beyond the emotions of love or fear that create our typical feelings. That something is the power of what many people simply call the vibes of body truth, body resonance, or just plain resonance.

In its simplest form, resonance is an exchange of energy between two things. It's a two-way experience, allowing each "something" to come into balance with the other. Resonance plays a huge role in our lives in everything from tuning our televisions and radios to our favorite station, to the unforgettable feeling that we have when another human looks directly into our eyes and says, "I love you." Our experience of what we believe is all about resonance between us and the facts with which we're being confronted.

To get a clear idea of what resonance is, let's look at the example of shared vibration between two guitars placed on opposite sides of the same room. As the lowest string of either guitar is plucked, the same string on the second instrument will vibrate as if it were the one that was just plucked. Even though it's on the other side of the room and no one has physically touched it, it's still responding to the first guitar, because they're equal in their ability to share a particular kind of energy. In this case, the energy is in the form of a wave traveling through space and across the room. And this is the same way we experience belief in our lives.

Rather than two guitars in a room tuned to match one another, we're beings of energy with the capacity to tune our bodies and share particular kinds of energy. When our thoughts direct our attention to a sight that we see, words that are spoken, or something that we otherwise experience in some way, our physical selves respond to the energy of that experience.



When it resonates with us, we have a body-centered response that tells us that what we have seen or heard is "true"—at least it is for us in that moment. This is what makes body truth so interesting.

Whether or not the information or experience is factual isn't what this kind of truth is all about. The person experiencing resonance believes that it's true. And, in that moment, it is true for him or her. The individual's past experience, perceptions, judgments, and conditioning shape the experience into what he or she feels in the moment.

Equally interesting is the fact that the same person can face a similar situation a week later and find that it no longer resonates with him or her. Because it doesn't, it's no longer true. This happens because the individual's filters of perception have changed and the person simply no longer believes as he or she did a week earlier.

In their experience of body truth, people often have physical sensations that tell them they're resonating with what they've just experienced. Goose bumps; ringing of the ears; and a visible flushing of the face, upper chest, and arms are common expressions of body truth.

## RESONANCE IN ACTION

Resonance is a two-way experience. In addition to telling us when something is true for us, it's also a defense mechanism that alerts us when we may be in a potentially harmful situation. When we find ourselves in the proverbial "dark alley," for example, we may actually feel as though we are in the wrong place at the wrong time. Our bodies "know" this; and the resulting symptoms can range from a mild, general weakness in the body, as if something is suddenly siphoning off all of our energy, to an extreme when the experience or information is so shocking to us that we break out in a cold sweat, with our face turning pasty white as our blood rushes away, preparing us for fight or flight.

Interestingly, we often have the same responses in the presence of lies, or at least information that our bodies feel is untrue. While it may be that we simply don't have all the facts, or that those we do have are perceived incorrectly, the key here is that in the instant we suspect a lie, we're responding to our experience of that moment. When we hear someone tell us something that we absolutely know beyond a shadow of a doubt is untrue, we feel a tension in our body that is commonly called our "bullsh\*t detector."

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



# THE CRYSTAL GARDEN

Margaret Ann Lembo is the author of Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Essential Guide to Aromatherapy and Vibrational Healing; Archangels & Gemstone Guardians Cards, and many more. Margaret Ann is an evolutionary aromatherapist, the creator of Smudge in Spray, and the owner of The Crystal Garden — the conscious living store of the Palm Beaches established 1988. [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) TheCrystalGarden.com

## Selenite, Smudging, and Sprays: Spiritual Hygiene

### Do find yourself slightly off after a day of activities?

Beyond the natural need for rest, this feeling of imbalance is often the result of picking up the energy those around you. There is often residue of all types of energy in buildings, stores, schools, and so on. To maintain vitality and emotional balance, utilize tools for spiritual hygiene.

**Selenite**, a form of the mineral gypsum, aligns you with higher consciousness and love. It is a vibrational tool that activates mental clarity and focus. **Selenite** is a cleansing stone. Use this stone like a magic wand of love, light, and goodness to help dissipate any feelings of inadequacy, jealousy, doubt, fears, or any other type of negativity.

Smudging, the traditional spiritual practice of clearing away negative energy, is a powerful way to clear out these vibes. Using the smoke of burning herbs, typically dried sage focus on the intentional of removing these troublesome energies.



Equally as effective, the smokeless alternative, use a liquid combination of essential oils, vibrational flower essences, and holy waters around you and your space. The pleasant scent and the beneficial properties of the liquid restores equilibrium.

Just like dust accumulates in corners of your home, take the time to consciously remove negative energy and employ these tools to restore well-being. Clear your energetic space then observe the difference in the way you feel. Note the shift in the way your days unfold when you keep the vibrations of your space vibrating at the rate of love.

The real purpose of smudging originates from the part of you that remembers your true nature, which is calm, peaceful, and happy. Smudging isn't simply the removal of negativity, but more important, it is the remembrance of love, kindness, compassion, and true happiness. Find inner strength and cultivate self-confidence.



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# SETH SPEAKS

"You are meant to look at your physical condition - to compare it against what you want and what is good - and change the inner self accordingly. Any evils in the world are symptoms of your own inner disorders and are meant to lead you to cure them. Seth is the nonphysical spiritual teacher who spoke through the author Jane Roberts. Seth presented the furthest reaches of human potential, the eternal validity of the soul, and the concept that we create our own reality according to our thoughts, emotions and beliefs. Seth taught to access and use

## SETH ON FINDING PEACE

"You make your own reality through your beliefs. You want to keep your beliefs yet change your reality - I am not referring to you personally here now - but this is impossible.

If you believe that you are pulled in all directions, you will be. Your experience will prove it out.

If you believe there is no peace in your world, in your private world, there will be none. If you want peace you must insert the belief in it and then your experience will justify it.

You cannot say to yourself twenty times a day "There is no peace", and at the same time expect to find some, with any possibility of achieving anything but conflict.

There is no other way. Keep your cherished beliefs in conflict, but you will not find peace."

Seth (Jane Roberts), Personal Session, Nov 26, 1973, page 354.

## SETH ON FEELING SAFE:

"When people are convinced that the self is untrustworthy, for whatever reasons, or that the universe is not safe, then instead of luxuriating in the use of their abilities, exploring the physical and mental environments, they begin to pull in their realities to contract their abilities, to over-control their environments.

They become frightened people and frightened people do not want freedom, mental or physical.

They want shelter, a definite set of rules. They want to be told what is good and bad.

They lean toward compulsive behavior patterns.

They seek out leaders - political, scientific or religious - who will order their lives for them."



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# FROM THE HEART



Alan Cohen is the bestselling author of *A Course in Miracles Made Easy*. Join Alan and musician Karen Drucker in Hawaii, December 1-6, for an extraordinary retreat, "A Course in Miracles: the Easy Path." For more info visit [www.alancohen.com](http://www.alancohen.com).

## HOW I FLUNKED THE SCIENCE FAIR BUT SAVED THE WORLD

**In the ninth grade I did a project for the city science fair. It was about photosynthesis. I set up a little lab in my bedroom with colored lights on African Violets. I had no idea what I was doing and I learned nothing. I would rather have been playing baseball.** When the big event came, I displayed my experiment in the sprawling exhibition hall, next to kids who actually knew what they were doing. Science teachers milled around the hall, inspecting the projects and quizzing the students. A teacher approached me, and the conversation came around to genetics. "If you cut the tail off of a rat, will its children have short tails or long ones?"

The answer was obviously "long ones." But since my mind was with the Yankees more than hypothetical mice, I answered, "short." The teacher nodded briefly, said nothing, and moved on. I didn't win the science fair.

Fast forward many decades. I've moved on from the Yankees to *A Course in Miracles* and other spiritual studies. The *Course Workbook* repeats one lesson more than any other: *I am as God created me*. One morning I wake up and a stunning realization gobsmecks me like a hundred-mile-an-hour fastball: The baby mice have long tails because the external changes to their parents cannot alter the genetic blueprint passed along to them. The parents' innate wholeness is their legacy to their children. What is imbedded deep within the parent is not affected by external manipulation.

Our spiritual nature ensures that we are whole and perfect. We are created in the image and likeness of God. What goes on in the external world cannot change who we are or affect our true nature. No matter what happens to our body, personality, relationships, career, finances, or worldly politics, external events cannot affect who we are at our core. Our divinity remains intact.

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I learned about a healing method in which when a child is born, the parents save the placenta and freeze it. If, later on in life, the child contracts a disease, the parents take some of the placenta and infuse it into the child's body. The placenta contains the original code for the child's wholeness or, we might say, innocence. When a threat or denial of innocence attacks the body, its strongest response is to return to innocence.

The title of Marianne Williamson's book *Return to Love* captures this principle. When the world assails our well-being, we will not prevail by pushing harder, working more furiously, or attempting to manipulate external circumstances. Instead, we must drop into the place deep inside of us that has never been touched, changed, or damaged by the world. At our core we remain who we always have been and always will be. *I am as God created me*.

If I am as God created me, so are you, and so is everyone. We don't need to fix or improve ourselves. You cannot improve upon perfection. The only thing we need to fix are our thoughts that define us as less than we are, limited, broken, ugly, unforgiven, and unsavable. *The Course* tells us that it is not what we need to be saved from that is important. It is what we need to be saved for. Our destiny is to come home to our original innocence. All that appears lost will be restored as we recognize that we can never lose ourselves. There is no loss in heaven.

In the movie *Bedazzled* (2000 version), nerd Eliot has an industrial-strength crush on the gorgeous but unattainable Alison. The devil comes along and offers to help Eliot woo Alison in exchange for his soul. Eliot agrees. What the devil doesn't tell Eliot is that every scenario in which he gets the girl will leave him disappointed and suffering. Finally Eliot ends up in jail, awaiting the devil to take her due. When he tells his cellmate about his predicament, the fellow (who is an angel) tells Eliot, "No devil can take your soul. It's not yours to give away. Your soul belongs to God." What God created cannot be damaged, compromised, or lost. The God in you is God forever.

Many of us regret decisions we have made. We believe we have sinned, offended God, and set in motion karma that will hurt us and others. *A Course in Miracles* tells us that none of this is true. It declares, "... all that you believe must come from sin will never happen." The world in which sin seems real, *the Course* explains, is illusion. The world of forgiveness, love, and wellness, is reality. The title of a book based on the teachings of spiritual master H.W.L. Poonja, known as Papaji, captures this liberating principle in three simple words: "nothing ever happened."

After the science fair I went home and studied about the mice and their tales. I realized that my answer to the teacher was dead wrong. Even if a parent has been damaged, the child is born whole. Now, many years later, the lesson has sunken in. I flunked the fair but learned how to redeem the world. You can lose your tail, but not your soul.



# ASK WHITEDOVE



Got a burning question? Ask Celebrity Psychic and Spiritual Teacher Michelle Whitedove. Lifetime TV named her America's #1 Psychic on America's Psychic Challenge. Her books include: Ghost Stalker: A Psychic Medium Visits America's Most Haunted Sites • She Talks with Angels: a Psychic Medium's Guide into the Spirit World • Angels Are Talking: A Psychic Medium Relays Mes-

## Dear Whitedove,

My nineteen year old son died in a fatal car crash because he was driving too fast. Our church says that we die, have judgement then go to Heaven. For some reason this generic statement doesn't give me much peace. As a Medium you must know more specifics of what happens when we die?

## Dearest,

I think the greatest agony is a Mother losing her child to an early death, I feel your pain and I hope to give you some comfort. First I want you to understand that many souls knowingly come to Earth for a short period of time. What is seen as an accident is truly an early exit date that was preplanned. Many souls have just a few earthly lessons to learn then they are ready to return back to heaven. Hence the saying "The Good Die Young".

As a Spiritual Medium I have experienced the dying process, I see and feel the journeys of souls that have crossed over as I walk between worlds. I have also had the experience as an eighteen year old traveling in a car with my peers when we had a fatal car crash - two of the five of us perished that day, so I can relate. I was gravely injured when I saw and felt the grandeur of Heaven during my Near Death Experience.

Please know that what we call Death is merely our birth back home, to the place we came from. Each soul experiences a similar journey to Heaven. The soul will find itself hovering above its body, witnessing the death scene with detachment, surprisingly not really caring about physical body.

Distracted by an overwhelming feeling of warmth, love and contentment, you come into a feeling of knowing and oneness with God. Words lack describing this transition and awesomeness of the sensations as you leave the Earthly plane.

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



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# The Nature and Grace of Your Soul and Spirit

Michael Patrick Bovenes helps spiritual people quickly transform their stress into strength and their struggle into greater freedom, confidence and positive change. Michael is the inspirational leader at Soul-utions and the author of a popular series of guided meditations. Soul-utions can help you create the changes you desire by aligning you with your Soul's purpose, inner strength, wisdom, and empowered destiny. Follow him @soul.utions on Instagram. Sign up and claim your FREE VIDEO: 5 Secrets to Unlock Your Spiritual Powers! [www.soul-utions.com](http://www.soul-utions.com)

**The greatest mystery of life is found deep within each of us, in the sacred spiritual domain of your Soul and Spirit. Most still don't think of our spiritual natures as a living, breathing part of them. It is within the spiritual domain where true power is born.**

Almost every religion in our world has tried to contain the Soul and Spirit. Most religions have meshed them together, basically saying they are the same. Fortunately, our spiritual natures will not be denied, and most of humanity is beginning to awaken to this awesome inner power.

The Soul and the Spirit have very distinctive qualities. To fully comprehend we must begin by understanding the function of the Divine within our physical world of duality. The Divine Oneness expresses itself through duality and becomes divided into a polarity of God and Goddess. The Oneness is divided into 2 energies. Not positive and negative but rather distinctive masculine and feminine reflections of the oneness. The energy of the Divine steps down to create our Soul and Spirit.

The Soul essence is a reflection of the Divine Feminine (Goddess), as the Spirit expresses the Divine masculine (God) within everyone regardless of gender. Every human being has both masculine and feminine energy. The Soul is a reflection of our feminine energy and the Spirit, our masculine energy. When these energies are brought together, they give birth to inner power and peace.

The person who has learned to value and integrate their masculine and feminine will experience wholeness and empowerment. Isn't that what each of us is seeking in our endless search outside of ourselves? The person who is looking for their "other half" to somehow make them whole. Wholeness

and inner power come from our Feminine-Soul-Goddess connection, and genuine security is found within our Masculine-Spirit-God relationship.

The Soul and Spirit cannot function in our physical world without each other. It is a vital relationship. The Soul is like a space that's filled with oxygen. The Spirit fills the space with light, like a burning flame. The Spirit needs the space (oxygen) of the Soul, and the Soul needs the warmth and light of the Spirit to coexist.

We live in a world that teaches us to starve our Soul by denying our feminine energy and become disconnected in consciousness to the Goddess. We are never really disconnected, but it can appear that way when we deprive our Soul of its food. Our inner being becomes polluted with negative emotions of emptiness. The light and life of the Spirit dwindle into a tiny spark. And our lives reflect this limited power with darkness, depression, and despair.

Feeding our Soul begins our personal journey toward wholeness. The Soul is our passion, intuition, feelings, and imagination. The Soul seeks to feel the love and oneness of life with dignity and power. When we deny Soul, we also deny our feminine qualities and replace them with artificial substitutes. Our passion is replaced by addiction, feelings become apathy, intuition is askew, and the imagination often becomes imitation. The natural state of being that is supposed to be one of peace, caring, and love becomes distorted into anxiety, apathy, and pain.

When we seek the beauty of life and open up to feel the innocence within our being, we nourish our Soul. Passion is the part of your Soul that seeks the oneness of coming home to yourself. The artist who becomes one with their canvas is experiencing true passion. Being at one with the flow of creativity, we step outside of time and space and experience the oneness of the Divine. That is the passion of the Soul. Explore what brings you passion to tap you into your Soul's majestic power.

The unique differences between Soul and Spirit are dramatic. The dynamic energy of Spirit is born of freedom, joy, and expression, all of which are masculine qualities. The Spirit

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Michael Patrick Bovenes

*...continued on page 29*



# ABRAHAM FUN



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

## POINT A TO POINT B

Are there areas of life in which I'm not where I want to be? Health, perhaps, or finances, relationships, family, career, personal appearance, or living quarters? Well hello, welcome to the human condition.

But I can go wherever I want to go in life, I can be whatever I want to be, and the shortest distance there is via my thoughts. Courtesy of Law of Attraction, whatever I focus on consistently will manifest in my experience - that or something just as good. Thus, I make it a habit and a ritual to think about what I want.

At a stoplight, I can think about what I want and also before falling asleep, upon waking, while in line at Stop-N-Shop, and while listening to someone drone on at a long meeting.

I can become so good at "living" where I want to be that my current experience seems lighter, brighter, better. Then one day, I notice it: where I am is turning into the exact place I want to be! And, ironically, it almost doesn't matter now, for I am so happy within myself that about any circumstance seems fine.

I take time today to "kick back" in silence. With some deep breaths, I allow calmness and serenity to encompass me, and I then envision a sphere or ray of shimmering light nearby. This light differs from the known spectrum of light. It has unique balancing and restorative properties, and I can ben-

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efit immensely from its presence. I imagine this unusual light entering my head and flowing to my face, neck, and shoulders. I "see" it spreading to my torso, abdomen, arms, hands, legs, and feet. Gently, softly, this light enters my internal organs, muscles, and bones.

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

Mondays 7-8pm A Call to Heal - Free Internet Radio Show facilitating energy healing for our listeners and callers  
<http://boldbravemedia.com/a-call-to-heal/>

Mondays and Thursdays SEBASTIAN 7pm, \$11 Intuitively guided Journey Meditations with Psychic Medium Marchelle at Into The Mystic. 1614 US Hwy 1, Sebastian. 772-480-4344

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

Tuesdays INDIALANTIC 4:30-5:30pm Restorative Yoga with Reiki, Aquarian Dreams 321-729-9495. [karenhedley.com](http://karenhedley.com)

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

1st and 3rd Thursdays MELBOURNE Spiritual development classes, 6:30-8:30, \$10 Members, \$20 others. Spiritualist Chapel of Melbourne meets at 1924 Melody Lane behind Melb Auditorium 321-419-6262

Thurs MELB/PALM BAY 7pm Wiccan Outer Court. Celebrate Sabbats. Workshops Available. Email [scribe@ironoak.org](mailto:scribe@ironoak.org) 321-258-2897

First Saturday PALM BAY Noon Vegetarian Luncheon at Yoga Shakti Mission 3895 Hield Rd NW, Palm Bay 32907 \$10 donation, children free. 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

2nd Sat. every month JACKSONVILLE Psychic Fair 1-4 pm Spiritual Lighthouse Church 1049 Crestwood St Jax Church Sun 3 pm  
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Sundays PALM BAY Spiritual Lectures 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 [www.yogashakti.org](http://www.yogashakti.org)

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

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

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

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

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

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# REDEFINING SOUL MATES & TWIN FLAMES

Matt Kahn is the author of the best-selling book *Whatever Arises, Love That* and *Everything is Here to Help You*. He is a spiritual teacher, and empathic healer who has become a YouTube sensation with his healing and often humorous videos. His nine million True Divine Nature YouTube channel viewers are finding the support they seek to feel more loved, awakened, and opened to the greatest possibilities in life through the invitation to join the "Love Revolution That Begins with You." See [mattkahn.org](http://mattkahn.org).

**A twin suggests a reflection, while a flame ignites and burns what is no longer needed for the journey ahead. A soul is your individuated expression of divinity and a mate refers to the play of physical form, where our true eternal essence expresses as the truth of it all throughout a union of divine characters or counterparts.**

For some, it might seem contrary to their known definitions, but as these terms are redefined - clarity, healing, and resolve can be delivered to those whose spiritual aspirations have been stifled by co-dependent relationships, cycles of grief, emotional turmoil. The essence of redefining these terms is not relying on external relationships no matter how energetically-charged they seem, so you may recognize each encounter as a gift that brings to life the soul mate of your highest self in form.

This invites you to discover true liberation, autonomy, and communion within the Oneness of your own divine heart space. As you cultivate wholeness in yourself, you are able to draw toward you an external reality that matches your internal state of being, instead of a world that appears in contrast to your highest truth.

Unquestionably, everything you've known to be true up to this point will become the next dream you will be guided to awaken from. If not, it remains a prison of personal certainty that can inspire you to lash out, reject, or shut down toward those who are merely here to challenge the boundaries of interpretation.

The only thing we don't wake up from is love. While love is a timeless gift of connection that relationships can inspire, it is but a sneak preview of the depth of harmony and perfection that completes you from within, once it is fully integrated.

This does not cause you to be immune to relationships or beyond the need for interaction. Instead, it cultivates the proper depth of wholeness and maturity required to celebrate your divinity in the most fulfilling, aligned, and embodied way.

Integration of divinity in form is not the end of relationships, but where you become capable of having relationships that are balanced and beneficial for both and transformative for the world in view. As ironic as it might seem, when no longer relating to another, but only meeting the truth of who you are in another form, the most remarkable encounters and bonds are created that contain the power to uplift the vibration of an entire planet for the wellbeing of all.

Perhaps the redefining of these terms is an opportunity to see greater attachments to words and personal beliefs that can cause the most devoted spiritual beings to forget their deepest intention of becoming the grace of love in action.

When old paradigms are challenged, we discover who is willing to go to war over a difference of interpretation. And for those who are willing to judge, accuse, and criticize for whatever reason, we find a heart only yearning for more acceptance, love, praise, and approval. Whatever arises, love that. This is the way of heart-centered consciousness.

**See page 27 for October 18-20,  
2019 MEDITATION RETREAT WITH  
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# A WAKE UP CALL FROM MY GUIDES

James Van Praagh, internationally renowned #1 New York Times bestselling author shares insights and messages from the Spirit realm through his website and blog at <http://www.vanpraagh.com>

**Right now, I'm standing outside the AT&T store watching my cell phone battery slip into the red zone. Yesterday, after multiple delays, I flew to Boston for a family event and after I landed, realized that I had left my phone charger on the airplane.**

As soon as the store opens, I'll be picking up a new charger and moving on with my day. Am I frustrated about having to run this unplanned errand? Yes and no.

Aside from the inconvenience, I consider incidents like this to be blessings, reminders from my guides that I am not being present in the moment. Spirit has taught me that when I've left my coat, my phone, or my headphones behind, I should stop and assess what is going on.

Over the years, I've realized that when I leave things behind, it's not a coincidence - it's a wake-up call. Instead of getting upset, I have learned to ask myself a few questions. Am I preoccupied, tired, or just trying to do too many things at once? What do I need to do to bring myself back to a place of mindful awareness?

The whole situation reminds me of when I was a boy and occasionally misplaced my homework. I would get so frustrated as I searched through the papers in my three-ring binder - imagining what my teacher would say if I didn't turn in the day's assignment. The more I searched, the more frantic I would become until my mother became aware of the situation. She always said the same thing to calm me down. "James, stop looking and take three deep breaths, there's plenty of time to calm down and think about where you left it."

She would put her arms around me and breathe with me until my heart rate settled. All of a sudden, things didn't seem so dire. Inevitably, I would find the missing paper, and all would be well.

My mother passed many years ago, but I can still feel her presence during stressful times, reminding me to breathe. We picture our Spirit Guides as angels, ascended masters, or ancient ancestors - even spirit animals.

Many guides fall into those categories, but our loved ones in Heaven also serve as our guides, and they are always with us. They can see our lives so clearly from their divine perspective, and send us subtle signs to nudge us in the right direction.

All we have to do to benefit from their loving guidance is to be open to the signs they send, and not discount them as simple coincidence.

## HERE ARE A FEW WAYS TO RECOGNIZE A WAKE-UP CALL FROM YOUR GUIDES:

**Look for patterns.** When I'm running in too many directions, I can count on my guides to point that out to me. Over time I've learned that when I leave something behind, it's a signal to slow down.

**Other people have shared their own recurring signs.** I have a friend who always has the exact same dream when she's in need of some self-care. A member of my team loses her ATM card when she's stressed, and another friend knows when his life is out of balance because he will suddenly trip and fall for no reason.

**Listen to your gut.** How can you tell a sign from your guides from happenstance? Your intuition knows! Signs from your guides have a certain "vibe" that makes them stand out. When in doubt, sit in silence for a moment and ask for insight, then listen to what your inner voice has to say.

**Meditate and Journal.** Being in touch with your guides and recognizing the signs they send you requires awareness - and meditating and journaling are my very favorite ways to bring mindful awareness into your life.

I've picked up my new charger, and I'm heading to my hotel to plug in my phone and meditate for a few minutes. I look forward to gathering my thoughts and resting a bit so that I can fully enjoy the upcoming weekend with my family. I know that my mother - my favorite Spirit Guide - will approve!

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# SPIRITUAL GRAFFITI

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

## **I recognize that we have evolved beyond the point where we turn away from everyone that triggers us.**

We have come to understand that, sometimes, the trigger points us back in the direction of unhealed material that seeks resolution. This willingness to hang in there with the dynamic, and to work through the revealed material, can be fundamental to our expansion. Unfortunately, this practice can be taken much too far and become a recipe for masochistic self-destruction. Not everything that feels painful in a relationship is a gift. Not every trigger is a function of our limitations. Not every painful reflection is a helpful mirror. Sometimes it is, and sometimes it's a reminder that you need better boundaries. Sometimes it means that you are simply not where you belong. Working through our stuff doesn't always mean that we hang in there and suffer. Sometimes it means that we take the next exit.

## **You don't get cool hanging around 'cool people.'**

**You don't get cool sitting before cool teachers.** You don't get cool when you live in a cool town. You don't get cool when you sleep with cool people. You get cool when you go deeper into your own individuation. You get cool when you actualize your particular uniqueness. You get cool when you don't give a shit about being cool.

Because what is cool is not an external reflection. It's not the chasing of cool. It's the surrender to your uniqueness. It's the embodying of your own remarkable self. It's the development of your ideosyncratic voice. And it's the not caring one iota what others think about you because you are so deeply 'you' that external judgments are meaningless. You want to be cool? Be fully who YOU are. Now, that's cool...



# NOTES from the Universe

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

**It's not the career you choose, the friend you marry, or the path you take that determines success or happiness in life, but that each day, in some small way, you seek to amaze as much as be amazed.**

**You "Wow" me,  
The Universe**

|  |  |   |
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## THE SPARK OF INNER KNOWING

*...continued from page 11*

While it may not always be based on facts that are knowable in the moment, our gut reaction to what others share with us can be an invaluable tool in situations that range from suspected infidelity in a romantic relationship, to reading a label on our favorite package of cookies that tells us that the additives and fats we're about to eat are "harmless."

My family recently had this experience when the "tree doctors" showed up at our door one day to spray our yard with a pesticide that would protect the neighborhood from certain insects. While they were telling us that the chemical was "harmless" to animals and humans, and even to children (whom I've always thought of as humans as well), we were also instructed to keep our pets, kids, and bare feet off of the lawn for 24 hours and to wipe everyone's shoes before coming into the house.

Although I'd done no research on the pesticide or the company and had no reason to doubt the man standing in front of me, who sincerely believed what his employer had told him, I knew in the core of my being that what I was being told was incorrect. The first words out of my mouth were to the effect that "if the chemical is really so 'safe,' then why all the precautions?"

After doing some quick investigating on the Internet, my suspicions were confirmed. The pesticide that was proposed was the same stuff that has been linked to a variety of health conditions, none of which were good. It's almost as if the company believes that as long as their product doesn't cause three-headed ants to appear in the yard a week later, the stuff is okay to use!

The key here is that we don't have to think about our experiences to determine if they're right for us. The body already knows the answers, and it responds with signals with which we're all familiar. And these are the experiences that tell us when we accept something as truthful in our lives and when we don't.

The question is:  
*Do we have the wisdom or the courage to listen?*

Excerpted from Spontaneous Healing of Belief

## ASK WHITEDOVE

*...continued from page 15..*



**A LIFE REVIEW** - In the presence of God, your Guardian Angels and The Counsel you view your life like a movie; from beginning to the end of life, you feel the important life moments and the impact that you made both positive or negative. You experience your actions from your perspective and you feel your actions from the other person's standpoint too.

Most fall on their knees in disgrace as the soul feels great regret. They also re-experience all of the joy that they gave which hopefully is even in measure. Religions call The Life Review "Judgement Day" although you are your worst critic, it's really more of a personal assessment in which we feel harsh self-disappointment.

**HEALING** - after your life review the soul needs some rest and healing. Our journey to Earth can be difficult, so many souls spend a great amount of time healing from the emotional wounds. Healing mostly takes place on the level of Heaven called Paradise where nature abounds in bright technicolor, where the vibration of unconditional love heals all.

**ETERNITY** -As you know Earth was created in the reflection of Heaven so there is much to do in the after-life! I have seen amazing architecture, art galleries, learning centers, oceans, mountains, concerts of angels singing praises and the hall of records, a place where we study Akashic Records which contain our personal Book of Life. We study this book that comes alive like a 3-D movie and we learn from our mistakes and misdeeds. For Eternity, we are constantly learning, growing as the soul continues to evolve. Learning in the higher realms is at a much slower pace - that is why we choose to incarnate on Earth, it's a fast paced school of hard knocks where we learn spiritual lessons swiftly.

**REINCARNATION** - When we feel the need to Reincarnate, with Heavenly guidance we pick the next scenario that would be best for our soul's evolution. We choose a family setting and surroundings that foster the best environment for our souls needs. Then eventually we get ready to jump in and have a body again. With eons of eternal studies behind us, we pray that we will make the best choices during the next life, as we continue to polish and refine our soul because we live forever!





## LESSONS I LEARNED FROM STAR WARS AND STAR TREK

...continued from page 8...

I've always stared at the stars and wondered what's up there. I've always had a deep feeling that there is no way that we could be the only life in this big, vast Uni-verse. And I've also always felt a subtle yet deep pain for all the suffering on our planet. It seems so needless, this "us" versus "them" consciousness that we have. For all of our advanced technology, we are still a world of battling nations, tribal domination, and addiction—to power, money, oil, and many other things.

While growing up—and even now—the possibility that all the pain and suffering could come to an end truly moved me. I sometimes still get sad that I don't live in the *Starfleet* world. It seems like such a better place.

One of my driving desires is to have a deep sense of belonging. The first time I ever truly felt the feeling of belonging was because of *Star Trek*. The camaraderie of *Star Trek* still warms my heart to this day. In *Star Trek: The Next Generation*, it felt like the crew was a family. They respected each other. They worked through problems together, and *Captain Picard* would always try to find a diplomatic rather than a military solution. I love to feel like I belong and to inspire others to feel like they belong as well. This is how we run the business of *The Daily Love* and also how we work with clients. Belonging is the thread that informs our every move.

Later in life, I would use *The Empire Strikes Back* to find myself again. I tell the full story in my book, *Daily Love*, but suffice to say at the time I had lost sight of what was important to me. I was deep in the grip of the entertainment industry in **Los Angeles**. It was while watching *Empire* for maybe the hundredth time, there in my apartment in LA, when I realized I was living in constant fear. *Luke's* journey into his own fear in *Empire* reminded me that hidden within all our fears is not some foreign, scary, far-off devil—but our truest self.

When we face our fears, we are facing ourselves. There is no other "enemy"; all the fear we see in the world is an outward projection of the fear we have within us. Seeing the portrayal of such a profound truth at that time in my life was a big hint from the *Uni-verse*. It was as if the *Uni-verse* was saying, "Your fears, you must face them. Run no longer." From that moment forward, things changed.

As I think about it now, the morals of *Star Trek* and *Star Wars* are a core part of my belief system. I fully believe in a sense of a global family and knowing there is a larger "Force" or "Divine" presence that connects and unites us all. I know it seems strange to get one's morals from science fiction, but how many times has the science fiction of the past become today's reality?

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Ma Yoga Shakti

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**Friday October 18, 2019 4:00 pm  
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The popularity of meditation is increasing as more people discover its benefits. Meditation is a process of training our mind to focus and redirect our thoughts. Some benefits are increased awareness, reduced stress, improved sleep, increased immune function, less anxiety and even increased pain tolerance. The mind is difficult to control, Yoga has many tools to do so. In this retreat we will focus on breathing exercises (pranayama) to control the mind and body. We will also practice hatha yoga and chetan nidra (deep relaxation).



**Ma Mokshapriya Shakti is the dynamic Acharya of MYSIM (Ma Yogashakti International Mission) in New York. She is a dedicated disciple of Ma Yogashakti. Her teachings are full of wisdom.**

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**REGISTRATION:** In advance before August 31st – \$130 per person; families \$180. At the door \$140 per person or \$200 for families.

**WHEN:** 4:00 pm Friday Oct 18 until 4:00 pm Sunday Oct 20

**WHERE:** Yogashakti Mission 3895 Hield Road NW Palm Bay FL 32907 321-725-4024

**MEALS:** Delicious and wholesome home-cooked vegetarian meals.

**WHAT TO BRING:** Sheets, loose comfortable clothes, towel, yoga mat, pen and notebook, flashlight.

**EMAIL:** [yogashaktipalmbay@gmail.com](mailto:yogashaktipalmbay@gmail.com) to register or

**CALL:** 321-725-4024



# ABRAHAM-HICKS

*...continued from page 9...*

## LOOK FOR THE VIBRATIONAL TOUCHSTONES IN LIFE

Jerry's and Esther's granddaughter, Kate (4-years old), asked them to take her to her favorite restaurant — **Olive Garden**. She loves to go there because the tables are large with plenty of room for coloring and other fun games. And Jerry plays games with her from the moment they arrive until the moment they leave.

On the way out, granddaughter noticed a "very pretty stone" (odd to see such a beautiful stone on the pavement). She picked up the rock and handed it to Esther and said, "Grandma, you might want to keep this to remember what a fun time we had together."

Jerry and Esther have recounted that moment 1000 times at least since it happened. This is a little girl who is remembering from her broader, nonphysical perspective to look for the touch-stones of life.

*And we want you to realize that creating the most incredible life that anyone could ever live is about nothing more complicated than that. It's about looking from wherever you are for the best thing that you can find and put it in your vibrational pocket, so to speak.*

It's about being willing to ignore what is, stop the criticizing, never mind the things that you don't want, while you 'SCOUR' your environment for things worthy of giving to grandma to put in her pocket. And as you orient yourself in that way, it won't be a week before you'll start announcing to yourself, 'Things have improved.'

And it won't be a month before your starting to acknowledging, 'Things I have wanted for a long time have made their presence known to me.'

And by this time next year, you will be saying out loud to anyone who will hear, 'I know the secret of life. The secret of life is... remembering my worthiness and gravitating to the knowledge of well-being.'

And they will say, 'What? That is so deep.'

And you'll say, 'Oh, but it is so simple to apply. Reach for the best feeling thought wherever I'm standing and developing a propensity for that.'

And they'll say, 'Yes, but did you see what's going on on CNN?'

And you'll say, '*You know, I watched that for a while in my attitude of looking for touch-stones, and I found so few, it*

*wasn't worth the mining experience. Television as a whole is worth mining, but there are some aspects of it that are so oriented in opposition to who I really am that I've stopped looking there. But oh...there are so many places I am looking.'*

And we want you to understand that we don't want you to stick your head in a hole; we don't want you to put yourself in a cave; we don't want you to try to segment yourself from the things you consider to be bad in this world. We just want you to activate within yourself a vibration that will keep you from attracting so many of them. And the better it gets, the better it gets, the better it gets, the better it gets, the better it gets.

And if you are someone, or you know someone who has had a hard life, then we say, 'This will be easier for you than anyone you know because in that hard life, you have created a vibrational escrow that is moving so fast and your feelings of relief will be more obvious than anyone you know.'

When you turn in the stream from a place of strong resistance, you feel the relief in a powerful way. It's actually easier to recover from something deadly than it is to get over something minor because the deadly thing has put so much power in vibrational escrow, and your willingness to feel good is the only requirement.'

So when we say, 'It's as easy to create a castle as a button, we mean it with everything that we are. There is nothing that you cannot be or do or have. There is nothing that you need ever be deprived of again. This universe is resilient and filled with the abundance to serve you. Everything is cued up for your success.'

But you are where you are, and wherever you are is good. So what are you going to say?

'I am where I am, and where I am is okay [and feel the power of that]. I am where I am, and I shouldn't be here [upstream thought]. I am where I am, and it's okay [downstream thought].

I don't have enough money, but it's okay [turns downstream]. I don't have enough money, and I really want more money. And I should have more money, and it's not fair that I don't have more money. And look at that guy; he's got too much money. And look at that kid driving that car; his dad probably bought it for him — that's not right [upstream, upstream, upstream, upstream]!

I want a new car, but I can't afford it [upstream]. I want a new car, but I can't afford it [upstream]. I hate my car [upstream]. I don't like my car [upstream]. Nothing in my life is pleasing me [upstream].

Things might get better for me if I just chill a little [downstream].'" —Abraham Hicks

Mine for your touch-stones while you float downstream toward better feeling thoughts, and watch the universe yield to you.



# HORIZONS MAGAZINE MISSION STATEMENT

Established in 1992, Horizons Magazine is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life.

## OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation.

Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, now.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it.

We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them.

Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.



## THE NATURE AND GRACE OF YOUR SOUL AND SPIRIT

*...continued from page 16*

within each of us seeks to feel alive and be in the present moment. Spirit wants to connect compassionately with its eternal partner the Soul. It is always searching for greater freedom, joy, and meaning. We say an animal is spirited if they are alive and dynamic or someone with charisma has a beautiful spirit. The Spirit of America was conceived by a desire for freedom and change. Our Spirit is motivated by understanding and is the part of us that won't settle for complacency. Our Spirit keeps us exploring new ways to be free, joyful and powerful.

When we deny our Spirit, we resist change and growth, and are never in the present moment, but instead always worry about the past or have concern about the future. We don't take time to taste the food we eat or feel the touch of a lover's caress. The Spirit-denied person becomes filled with emptiness and confusion. The fire dies down, and eventually, its search for understanding and freedom will wither.

To awaken your inner power, you must begin feeding your Soul. What are your passions? What aligns you to the oneness of life? Begin to feel your emotions and honor them. Explore your imagination and intuition. Engage in activities like meditating or daydreaming. Journal on these topics or meditate about love and caring and you will discover their soul-full meanings.

Once you have fed your Soul, turn your attention to Spirit. What represents your personal freedom, and what brings you joy? Do you feel the freedom to express your talent? Let yourself connect with others to feel compassion. Make a commitment to yourself to experience greater joy, dignity, and aliveness.

As you begin to breathe the breath of life into your Soul, you will activate your Spirit and generate the inner light of your Divine power. Your very presence will inspire and heal the world around you.

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

# HOROSCOPES SEPTEMBER 2019

Cusp dates are accurate for 2018. 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 2018.

**ARIES** - (March 21 - April 19) September energies are just right for you, Aries. Like a ping pong ball, the planets are literally bouncing off of each other. Don't get stuck on any one thing; keep moving and you'll get everything done. Although you're moving fast, pay attention to nuance. Mars in Virgo is making things bit uncomfortable, but you cannot go it alone. Strategic partnerships are the way to go now.

**TAURUS** - (April 20 - May 20) Your good luck genie is activated by efficiency, Taurus. Of course, we both know that you create your luck through consistent hard work. But you have a little extra Buddha belly to rub now, so make a wish. The secret to success lies in keeping an open mind. You'll have to step outside of your comfort zone now, and quick decisions are the good ones. It's time to reinvent yourself, Taurus; pick an exciting template, and pour your heart and soul into the possibilities.

**GEMINI** - (May 21 - June 20) September is the perfect month for an adventure, Gemini. You've been diligent for quite some time, and play is the lifeblood of your sign. Explore options for turning your passion into another stream of income. You're in a prime cycle to maximize long term goals; think about the big picture of what really drives your interest now. Apply the leverage of your natural curiosity to ease boredom, and something wonderful will emerge.

**CANCER** - (June 21 - July 21) Your professional loyalties are tested this month, Cancer. You're going to have to compromise in order to keep things running smoothly. What is confusing is that you're getting mixed messages; the right story is the one that protects your financial interests. Trust that when one door closes, another one opens. Happily, you are blessed by loyalty in love; this is something you have to give, and you receive in return.

**LEO** - (July 22 - August 22) The decision had to be made, and you took it on, Leo; now you become a professional juggler. Keeping all of you balls in the air can be challenging. Think of yourself as sitting on a 3-legged stool now and what you need to establish balance is full disclosure. No secrets allowed. Your ability to think outside the box gives new solutions to old problems. Listen to the whisper of your intuition.

**VIRGO** - (August 23 - September 22) Keep things Light, Virgo. Mars in your sign all month feels like you're fighting a heavy wind when all you wanted to do was go for a nice boat ride. Slow down and make September the month for renewal on all levels of your being. Once you make the shift, you'll feel better, and then the good stuff kicks in.

**LIBRA** - (September 23 - October 21) One definition of karma is: 'divine intervention at work.' Think of September as your good karma month, and I see legions of angels with you; standing guard on your path. Turn on the Light, Libra. Any obstacles you feel now are illusionary; there is no other person who can keep you from your destiny. Take conscious steps to banish chaos, and always, always, fold back into your truth.

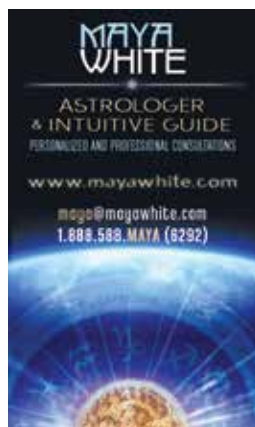
**SCORPIO** - (October 22 - November 21) September is your month to clean up your act through diet and healthy lifestyle. You're under tremendous pressure and you need all of your energy. Plus, Saturn in Scorpio has you in training for heavy lifting. Activate your natural 8th house instincts; power, control, and careful planning gets you what you want. Don't rely on inspiration to get going; it's hard work that makes your life easier now.

**SAGITTARIUS** - (November 22- December 20) It's all a big balancing process, Sag. Everything seems out of sorts, but that's just the way things are right now. The planetary tides are not easy to read, so don't let the contradictions drive you crazy. Rely on your inner GPS because nothing else is right; one sign reads 'left', but you know that you need to turn 'right'. Walk the middle ground until the 21st when questions are answered and it all starts to make sense.

**CAPRICORN** - (December 21 - January 19) Are you ready for a dramatic shift, Capricorn? September arrives with an opportunity for you to institute a change; something you've been contemplating for quite some time, but just couldn't find the right time. Nobody is really expecting your announcement, so there is no resistance for you to overcome. It's like giving birth, and now that the time is right there's nothing to slow you down.

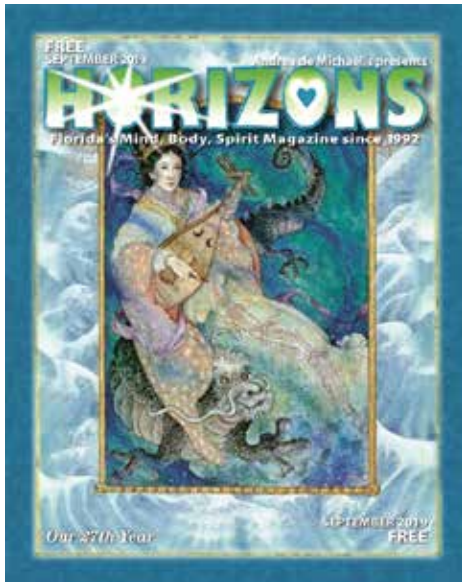
**AQUARIUS** - (January 20 - February 17) Mysteries are resolved and secrets are revealed, but you may be surprised at the answers. This month unfolds like a good card game, Aquarius; hold out until the end before playing your hand. Like a good detective, you must dig into the crevices of untold stories. Apply your curiosity to a deeper exploration of motive, and then everything makes sense.

**PISCES** - (February 18 - March 20) You're really good at 'going with the flow', Pisces, so when plans change, just shift into your space of gratitude. The planetary energies of September are unpredictable, so just play along. The good news is that when things land, you're looking good financially. Keep your attention focused on new ideas and ways of earning income so when that sudden breakthrough lands in your lap you're ready to accept the gift.



# COVER ART

## Benzai-ten by Kris Waldherr



**This watercolor painting by Kris Waldherr comes from her best-selling *The Book of Goddesses*, which features one hundred divine women from around the globe.**

The Japanese goddess Benzai-ten is believed to bring happiness and wealth, appropriately, the middle syllable of her name, zai, means “talent” or “wealth” in Japanese.

Though human in form, Benzai-ten agreed to wed a child-devouring dragon in exchange for his promise to stop eating

them. Upon their marriage, the dragon lost his appetite for children; his love for the goddess had healed his beastly temperament, transforming him into a model husband. Many people believe that Benzai-ten lives with her dragon-husband under the waves of Lake Biwa, which is north of the ancient city of Kyoto. The lake is named after Benzai-ten’s favorite instrument, the biwa, a stringed instrument which is like a mandolin.

**Kris Waldherr is an award-winning author-illustrator who is fascinated with mythology and women’s history.** Her books for adults and children include *Bad Princess*, *Doomed Queens*, and *The Book of Goddesses*.

As a visual artist, Waldherr is the creator of the *Goddess Tarot*, which has a quarter of a million copies in print, and the *Sacred World Oracle*, a *Coalition of Visionary Resources* best product of the year.

Her art has been exhibited in many galleries and museums including the *Ruskin Library*, the *Mazza Museum of International Art from Picture Books*, and the *National Museum of Women in the Arts*.

Her upcoming books include her debut novel *The Lost History of Dreams* (Atria Books), a Victorian-set reimagining of the myth of Orpheus and Eurydice. She works and lives in Brooklyn. Learn more at [KrisWaldherr.com](http://KrisWaldherr.com).




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