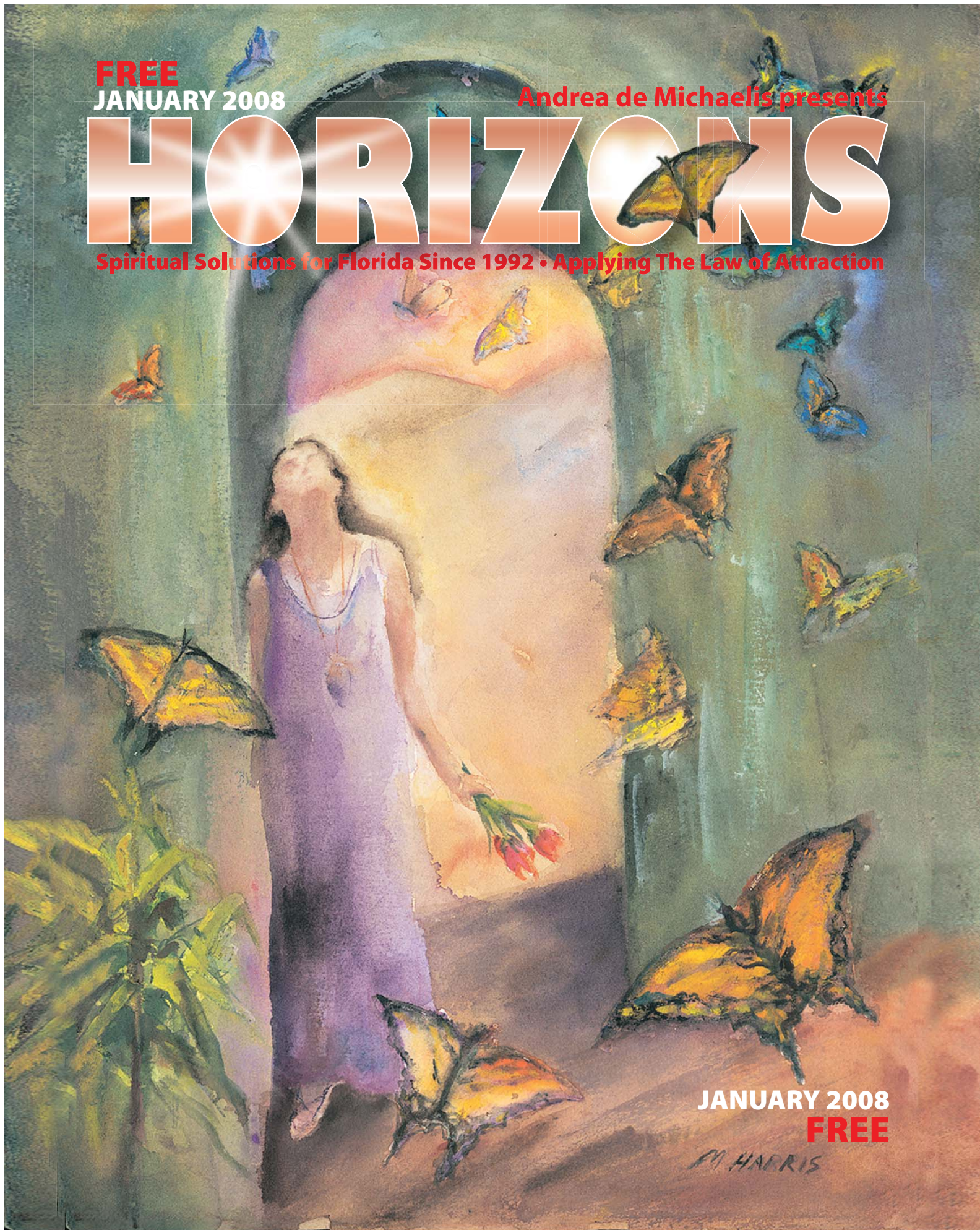


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The Village Gathering

“Teach only love, for that is what you are.”

— A Course in Miracles

Sunday Evening Programs

6 pm to 7:30 pm

Jan 6 **Sunday Night Alive!**

SNA features humorous sketches which compel us to examine our world, our lives and our hearts. Energized with live music and guest singers, **SNA** is a fun, once a month Spiritual evening out! Don't miss it! Check our website frequently for short segments of **SNA**.

Jan 13 **Sunday Night Conversations with**

Nellie Lauth, ACIM teacher and founder of the Cherish Interfaith Center in MD joins Rev. Paula Langguth Ryan in a lighthearted talk about what happens when “Buddha, Mother Mary and Jesus Walk Into a Bar...”

Jan 20 World Popera Concert with Angelina and Armand (also a Native American Fluteshop at 2 pm)

Jan 27 **Sunday Night Conversations with**

Rev. Diane Scribner Clevenger and Rev. Paula Langguth Ryan chat about Accepting Ourselves in this NOW Moment

Jan 18-19 Special Event: Goal-Getting & Gratitude Lock-in with Rev. Paula Langguth Ryan. **Friday, Jan 18 (10 am - 10 pm)**

Saturday, Jan 19 (6 am - 8pm) Ready to get the goals you set? This meditative, contemplative approach to setting intentions is an individual overnight journey which closely follows Paula's personal annual ritual for expressing to Spirit what her true heart's desires are -- and setting a course of action toward attaining them with gratitude and expectancy. \$125 value.



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Langguth Ryan

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Paula

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www.TheVillageGathering.com



The Village Gathering

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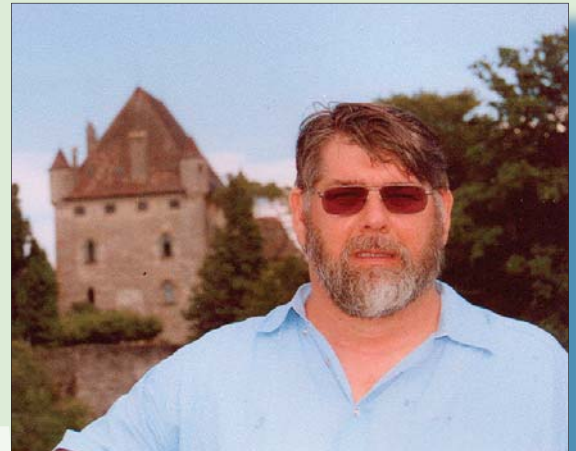
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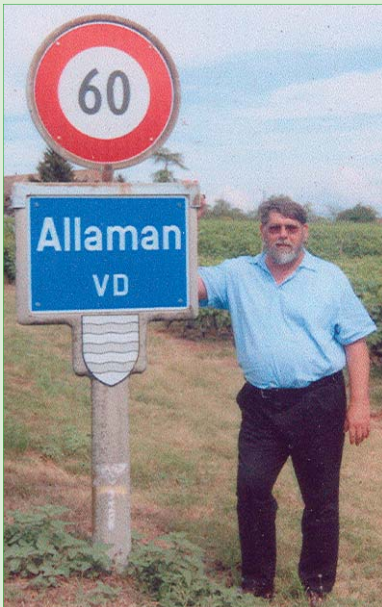


CREDENTIALS:

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

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

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



Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies. Visit him online at www.psychicconsultant.org

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WEDNESDAY GAME NIGHTS
Beginning Wednesday, January 9th at 7:00PM
Join us for Fun, Fellowship and Games
Come for board games or card games. With enough interest, we will continue to have the games on Wednesday. Currently we have Dominoes and Hand and Foot (card game) on the program. If you have other games, you would like to play, just bring your game and probably someone will enjoy the game with you. This should be a fun evening that everyone can enjoy, so come out and participate.

Bring snacks to share and your own drinks. We will have a Love Offering to offset the costs of the utilities. Any questions, feel free to call or email: Nancy Jurgeovich at 725-6370 or Jurgeovich@AOL.COM. It would also be nice to have an estimate of how many people plan to attend the first night, so if you can please let me know that you plan to attend.

The Celestine Prophecy Thursdays, January 10th thru April 3rd, 7:00pm-8:30pm
Facilitated by Fred Goodnight
Have you read the book? Seen the movie? Now take the course and experience an intuitive and experiential journey to a more creative and authentic life. Discover individually how to use the "insights" at your workplace, in relationships, and in your true aliveness. Begin the process of finding meaning behind each life event. Learn how to find and identify answers to your current life questions. Be guided from a place of wisdom and creativity...rather than control. \$10 per class for 12 weeks or \$100 if paid in advance.

Practical Forgiveness Workshop with Happiness Coach, Maggie Conley, M.A. Saturday, January 12th, 10:00am - 3:00pm If you have had a feeling of dullness or lack of fulfillment in one or more of your relationships, deep inner forgiveness may bring light to those shadow areas. Most of us know that hanging on to old anger and hurt is an obstacle to achieving happiness, but do not know how to forgive.

Chakra Alignment Meditation Crystal Singing Bowls Saturday January 19th 7 - 9 PM with Revs. Janet and Robert Buck. Increase and rejuvenate your life force energy field and creative spirit energies. Awaken the Body's natural healing intelligence. Activate the perfect blueprint of spiritual well-being. Enhance your sense of self worth, peace and empowerment.



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Sunday, January 27th
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Personal empowerment for the real world. Tools! Techniques! Tips! And Inner and outer Practices to galvanize your awareness into a dynamic directly perceived sense of your own Divinity. Suggested love offering \$20.00.

HEALING WITH THE TAO
WORKSHOP Monday, January 28th 7:00 - 9:00 pm. Learn to practice "Inner" Feng Shui, transmute negative states to positive, stress free letting-go and daily practice to bring lasting change.

THE MAD AGNES TRIO in
Concert Sunday,
January 7, 2008 at
7:00pm Love Offering
www.madagnes.com
Mad Agnes's harmony-driven performance offers an eclectic mix of contemporary singer-songwriter material with influences of classical, Celtic, folk/rock, PDQ Bach and a touch of street theatre. Their lyrics, vocal intricacies and instrument prowess make their music, "music for thinking people". Check out Mad Agnes Website! David Roth says, "Mad Agnes is at the top of the talent pool for Unity and other church musicians"!

HEALING SERVICES;

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Facilitated by Lloyd Reiser
January 6th at 6:30 pm

PRANIC HEALING
January 13th at 6:30 pm

Do You Want To Experience The Presence Of God? SEE On The Space Coast 2008, February 3rd to 8th (Spiritual Education and Enrichment) Brochures are in our hospitality area or visit www.unityofmelbourne.com

Ocean Of Gratitude Cruise with Dr. Michael Beckwith February 16-24, 2008 Tour price begins at \$1,379 Visit www.unityofmelbourne.com for more information

Unity of Melbourne Couples Retreat
May 2nd to May 4th, 2008
Canterbury Retreat Center, Oviedo, Florida
Deepen your connection to spirit, your partner and yourself. Space is limited. \$500 per couple, which includes all meals, accommodations, and workshops. \$250 is due immediately

Unity Women's Retreat
May 30th - June 1st
Canterbury Retreat Center, Oviedo, Florida
Join women from area Unity churches as we join together for spiritual renewal, music, fun and fellowship. Space is limited. Cost \$275 per person, which includes all meals, accommodations, and workshops. \$75.00 due by January 15th, and then 4 payments of \$50.00 due Feb 15th, March 15th, April 15th and May 15th.

Join Rev. Beth and Unity Church Of Melbourne ACADEMY FOR PEACE OF COSTA RICA TOUR October 24th-November 3rd, 2008, Tour Price is \$2,696 For more information see our website www.unityofmelbourne.com or call Susan Miller at 925-210-7357.

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**THE GREATEST
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Andrea de Michaelis

Thanks for help this month

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Rev. Beth Head
Julie M. Turner
Gerald Head
Debbie Seiler
Joel Derby
Denise Marr

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Mysteries • Melissa Harris

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Tom Sannar
Alan Cohen
Lori Gear
Jim Self

Horizons

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

Anais Nin

Horizons thanks
everyone willing
to take the risk

HORIZONS MAGAZINE is distributed **FREE** each month to 300+ 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. Please write us with your comments.

Article submission: You may submit articles of 200-900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com, along with a 50 word bio telling who you are and how to contact you. 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 as an ad.

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email oneheart@roadrunner.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.





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



ello and welcome to the **January 2008** edition of **Horizons Magazine**. A new year! A new beginning! That's what I love, that every day, every moment is a new beginning.

I had a big a-ha today. Something happened that hasn't happened for years. I was in the first week of final layout for the **January Horizons**, and I realized something was wrong. Usually the first week, as I begin downloading all the email ads, I'm also frantically opening mail and getting payments logged in and deposited just in time to get bills paid. And typically I am downloading email ads up until the last minute, with the magazine due at the printer within hours. So while it's all quite rush-rush, I manage to get it done on time every time. But here I was at deadline and there was no rush going

on. It was so unfamiliar to me that it took me a few minutes to realize I was a week ahead of schedule! Whaaaat????

I thought back to how that might have happened. For the past several months, my good friend **Denise** has been working with me here at **Horizons**. Every single week, she does something to save me money or make me money. She's like my lucky charm. The first week she was here, she renegotiated my postal meter lease, saving me \$50 per quarter. There are a dozen things she's done like that, that make her a real asset to me and to Horizons.

I'm very used to working alone and doing everything myself. Since Denise has been here, we've begun splitting the duties. Mostly Denise gets to do whatever **Andrea** doesn't like to do *hehe* Mostly Andrea gets to do all the fun stuff. So when we both decided neither of us liked doing the billing... we had some re-evaluation to do.

The monthly billing should take me four hours if I stick to it and stay focused. It usually takes me 2-3 days. And it usually takes me a week of thinking about it before I decide I'd better just do it and get it over with. Yes, that's how I drag it out. But usually at the same time, I'm updating all the records and logging in payments and updating labels and updating ads. This month, what I did differently, was I let Denise do all the updating and logging in, and all I'll do is the billing. Ta dah! Everybody's happy!

...continued on page 33...

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ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of Ask & It Is Given, The Amazing Power of Deliberate Intent and the NY Times Best Seller, The Law of Attraction and their newest dvd, The Secret Behind "The Secret"! www.abraham-hicks.com.

SPONTANEOUS HEALING & BELIEF

Q: I'm a physician, and I'm amazed at what is possible. And what I've observed is, those who have spontaneous healing are absolutely convinced that it will take place. Their consciousness, if you like, is convinced that they will be whole, or they are whole. Would you say that's so, or how would you?

ABRAHAM: When someone is sick, out of that sickness comes an exaggerated desire to be whole, or to be well. And so, even if they're not speaking it with their words, it is an implied desire that emanates from them -- literally from every cell in their body. And in the moment that that is so, Source Energy goes to work on answering that. And so, the only question, relative to how long will it take them to return to their wellness, is -- how long will it take them to stop the resistance that is keeping the wellness away to begin with? And so, if they are convinced in their ability to be well -- then they are well very quickly.

When a person is really convinced of their ability to be whole, most of the time they don't get sick, to begin with -- because that belief in wholeness keeps them in the place of allowing Well-being on a pretty steady basis.

You are multifaceted Beings and different things can get your attention. And it is not hard to get out of balance, just like it is not difficult to get back into balance. And so, as they find themselves out of balance, there is just a stronger part of them that is seeking that balance.

As a physician, or as any healer, we would say to you, in a powerful way, that your value to them is in providing for them a further measure of believing in their Well-being. They come to you in an exaggerated desire to be well, and you are able to speak from your belief in wellness. And that's not hard to do if you will look at worldwide statistics. But this sometimes happens to physicians: their world becomes so much about sick people, that they forget that there are many more well moments than there are sick moments. And when a physician takes that turn, where he begins to believe more in sickness than he does in wellness -- then he is of no value to those who come to him for the discovery of Well-being.

TO DEACTIVATE UNWANTED VIBRATIONS?

So the word, Dominant, is a word we want you to hook up with here today. "What is my Dominant Vibration?" Another word is activated. So, there is this thing I do not want, and I say, "I don't want you in my experience." But as I give my attention to this thing that I do not want, I have activated it-- because attention to it activates the vibration of it in me.

So I say, "I'm going to deactivate you." You can't do it. You can't deactivate something, because the whole time your attention is focused on this thing you want to deactivate, you are activating it. The only way you can deactivate something is by withdrawing your attention from it, because as long as it's got your attention, it's activated.

To deactivate unwanted, just activate wanted. That's the point of a Virtual Reality in which you activate things that feel good. You activate vibrations that feel good, until those are the activated, Dominant Vibrations within you, which makes it less likely that you will activate one of those others. What becomes dominant within you becomes dominant within you. That's not to say that you don't have some old issues that you've been dragging around that are not activated all the time--but when they come up, you know they've come up.

Often, you say, "Well, I've got this issue. I'm going to wrestle it to the ground and kill it." And we say, "No you're not; you're going to make it more alive in your vibration. You're going to give it your attention; you're going to activate it within you, and then, what is Law of Attraction going to do? It's going to help you remember more things just like it. It's going to bring to you other people that have that same issue activated. It's going to rendezvous you with magazine articles, television programs; it's going to hook you up with all kinds of things like that that are already activated--and you're going to have the experience that you do not want, because you cannot deactivate something that you are trying to deactivate." Trying to deactivate it--activates it. Nice to know, isn't it? So, how do you deactivate this thing you do not want? By activating something else.

So if I have sickness that I want to deactivate, should I focus upon the subject of a well body? We wouldn't, because when you focus upon the subject of a well body, you're going to activate your Dominant Vibration. When you pick up on the subject of my body, or my health, and the Dominant Vibration is one of worry and concern, then whenever you try to work on feeling better, you just activate the vibration right where it is.

...continued on page 28...

BECOMING AWARE OF BECOMING AWARE



Jim Self is a gifted speaker and teacher, founder of Northern California's Avalon Institute and director of the Mastering Alchemy Program. His work is in co-creation with Archangels, Ascended Masters and Teachers of Light. Jim is presenting Free Evening Classes and the seminar, *Creating the Personal Power Field* around the country and in Central Florida in February. Jim is also currently presenting 14 FREE tele-classes. For information and to register: www.masteringalchemy.com. See ad on back cover page.

There is occurring a shift in consciousness - a shift in the perception of how the world exists. Many feel that something is not right, that something has been lost.

In our rush to create more; the bigger house, better car, more salary, we have actually created less. We have created less time to spend in our bigger house, less time to enjoy our family and friends, less opportunity to enjoy the sunset and the beauty that surrounds us. But what is really concerning most of us, whether we are aware of it or not, is that we have been losing ourselves. More, bigger and faster at the end of the day is less-than or not enough. We are disconnected from what nourishes us. We are physically sick, emotionally unhappy, mentally exhausted and spiritually unclear as to who we truly are.

However, this is beginning to change; more of us are beginning to shift. We are beginning to remember who we are. We are recognizing this imbalance and asking ourselves what is important. What makes me happy? The answer is not about having more of the world outside but having more of the "me" within. In our rush to the top, we have allowed parts of ourselves to become unimportant. We have traded respect for competition, kindness for advantage and giving for taking. We have lost track of our "Inner Guidance" which always takes us to a higher, more vibrant place. This higher place is where cooperation, support and understanding create trust, friendship and compassion.

This Shift is occurring within the Hearts of humanity. Millions are beginning to consciously awaken and they are finding a new passion within. They are passionately recognizing that who they are counts. I AM valuable, important and significant! I matter and I have a contribution to make. This passion is what is awakening and igniting within each of us.



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This shift is occurring across the world, in every town and village, in the Hearts of each child, woman and man. Whether the issue is feeding the poor, healing the sick, building community or nurturing the earth, there is a growing awareness. There is an awakening, a shift in consciousness. A connection is being made, one heart to another. In this connection of caring, sharing, giving and receiving a spark within the Heart ignites and grows. This awakening consciousness has no limits. It is a shift that is taking us all into a higher dimensional awareness, a higher, more aligned way of life. We are becoming aware of becoming aware.

...continued on page 30...



"Lori is an expert
in her field..."

INVITE BEAUTY AND HARMONY INTO YOUR ENVIRONMENT

Lori Gear is a feng shui consultant, speaker, author and teacher. Her newest book, "Dear Empress" is available on the web at www.empressfengshui.com/



Q: Hi Lori, I just happened to read about you on your website. I have just developed an interest in Feng shui. I work in IT field and currently I don't have any project to work on as the company lost the bid on the project. My stability in the current job is must as I have applied for Green Card through this company. Can you suggest something so that my job remains stable where I am working and my Green Card gets processed faster? **P.J., India and Florida**

A: I would begin working on your career area, this will impact not only your job, but also your life's path and destiny. Begin by bringing in symbols of movement, whether fountains or chimes or music. Then add small touches of the element of water, such as a picture of a beautiful stream. Then place your name and your wish inside a small metal bowl in the helpful people area of your home or office to call in what you need. Much luck to you.

Q: I have been very bad and bought a condo directly across from the garbage!! I put one mirror on the pole outside but am still in deep kimshi ~ what else can I do? **M., Florida**

A: Placing the mirror is a great start. The next thing you are going to want to do is to basically 'draw a line' separating the 2 energies. This can be done with birdseed or rice. Take a bowl of either one, say a blessing over it asking that negative energy not be allowed to cross the line, and sprinkle it between your home and the garbage. If your neighbors ask, you can always say you are just 'feeding the birds'!!

Q: We recently returned to our summer home up north. (We live in Florida for 9 months). Since we got back, our lives have been in turmoil. My husband and I argue, disagree, and seem miserable. We don't sleep well. I remember you saying something about mirrors in a bedroom. We remodeled a few years ago and put mirrored doors on all our closets in all our bedrooms. The wall facing our bed is one huge mirror, PLUS there is a mirror at the head of the bed. Could this be causing part of our problem? **S.T., Florida**

A: Absolutely. Mirrors cause energy to bounce within a room, and it will create difficulty sleeping and regaining one's strength! If it was my home, I would pull down those mirrors quickly! Another option is to cover them for a few days/nights and see how you feel. My guess is the mirrors will be coming down. Good Luck.

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FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including *The Dragon Doesn't Live Here Anymore* and his new bestseller *Don't Get Lucky — Get Smart*. Join Alan for his life-changing Life Mastery Training in Hawaii, February 10-16, 2008. For information on this program or others, or to receive Alan's free daily inspirational quote and monthly newsletter, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



Dogs Know Heart

My dog loves to play in the morning. He jumps in my lap and wants to lick and wrestle, which I am entirely unable to resist. Yet when I am meditating, he simply lies down and waits for me to finish. Something in him understands meditation and respects it. He gets the (okay, I'll say it) vibe. The universal intelligence in him is connected to the universal intelligence meditating in and through me, and the two create a lovely respectful dance together.

I like to think that people are at least as smart as dogs, and something inside each of us recognizes and respects wisdom, beauty, and authentic love. When you are connected to higher power, doors open in miraculous ways. I saw a video of **Mother Teresa** on a mission to rescue a group of children from a children's hospital in war-torn **Beirut**. Although factions were shooting at each other constantly, when Mother Teresa announced that she was going into the city to remove these children, the parties declared a ceasefire. At the appointed time, Mother Teresa and a group of her nuns drove two trucks into the quieted city and freed the children. The moment she and the kids were clear, the factions went back to fighting.

This noble example tells me two things: (1) War is a choice and can be stopped at will; and (2) The spirit's commitment to peace is more powerful than the ego's commitment to war. When authentic peace shows up in the face of conflict, peace ultimately prevails because peace springs from love and war springs from fear, and love is always stronger than fear.

When **Ram Dass** visited **India**, he met a yogi, **Hari Dass Baba**, who had been silent for many years and taught Ram Dass a brief lesson each day by writing an aphorism on a small chalkboard. One day the lesson was: "Yogi in jungle need not fear. Snakes know heart." A major truth in a condensed nugget. When you are in harmony with life, you need not worry or struggle to protect yourself, for all of life bows in deference to the presence of the divine.

A Course in Miracles offers a profound poetic image (in Workbook Lesson 156) describing how loved and powerful you are, simply by virtue of who you are:

There is a light in you which cannot die; whose presence is so holy that the world is sanctified because of you. All things that live bring gifts to you, and offer them in gratitude and gladness at your feet. The scent of flowers is their gift to you. The waves bow down before you, and the trees

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extend their arms to shield you from the heat, and lay their leaves before you on the ground that you may walk in softness, while the wind sinks to a whisper round your holy head.

This touching passage tells me that life loves to love you, and as you love yourself, you are aligned with your purpose and the purpose of everything that lives. It's not egotistical to have rewarding, fulfilling relationships, and to expect things to go right. Several years ago **Dee** and I were traveling through **England** and had an appointment to meet my friend **Robert Holden** and his wife for dinner. When the couple did not show up at the restaurant at the appointed time, I telephoned Robert, and to my surprise I found him home. When I reminded him of our date, he apologetically told me that he had made a mistake and thought our meeting was for the following evening. "That's okay," I told him, seeking to soothe his sense of error. "These things happen." Robert thought for a moment and replied, "Not to us!" I had to laugh as I absorbed his point: Robert lives in the expectation of good, flow, and success, and when something happens that seems to contradict well-being, it is a real anomaly. Contrast this attitude with the expectation that things generally go wrong except when they occasionally go right, and you will see why some people continually succeed and others continually fail.

Things are supposed to go right, and when we line our minds and hearts up with this vision, they do. Coaching clients often ask me about how to find a happy relationship, marriage, or life partner. I tell them that when you sincerely love yourself, you are in the perfect position to meet someone who agrees with you. So the path to finding a mate is not anxious searching and manipulating, but calm knowing who you are and what you deserve. **Mother Teresa** knew so surely that those children deserved to be safe from war, that even people steeped in fear and war were moved to agree with her and act on the truth she knew.

There is a scene in **Star Wars** where **Luke Skywalker** and **Obi-Wan Kenobi** are entering a city ruled by the evil Empire. The imperial army is on the lookout for them, and they must pass by a border checkpoint. As they approach, a guard asks to see their papers. **Obi-Wan**, using a kind of hypnotic suggestion, tells the guard, "We're not the ones you are looking for." As if on automatic, the guard tells the other soldiers, "They're not the ones we're looking for," and the two pass. Jedi of the Force need not fear the evil empire. Yogi in jungle need not fear. Snakes know heart. Sincere meditator need not struggle. Dogs know peace.



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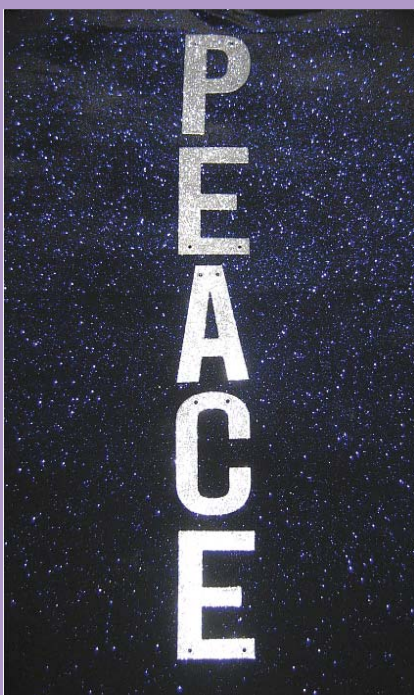
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A WEIGHTY SITUATION

Well it appears that I have eaten my way through the holidays again and now its time for my New Years resolution to lose those extra pounds.

Just let me say from the get go that there are no magic potions herbal or otherwise that will make you lose weight. You must also cut back on calories without cutting back on necessary nutrients and fiber eating a well balanced diet provides proper blood sugar levels and helps to increase your metabolism. It is also a good idea to eat less processed foods because they are loaded with empty calories, fats and sodium which keep the pounds on and makes you retain water. Speaking of water; drink more. Water dilutes cellular debris and aids digestion. I like to add flavored Stevia to mine they taste great and there are no calories.

Herbs can help you lose weight in different ways for instance some of them can be used to boost thermogenesis warming the body from the inside increasing metabolism burning more calories. **Cayenne, Ginger, Cinnamon and Cardamom** can do this; **Green tea** also increases your metabolism but it contains caffeine so it may make you feel a bit racey. Saponin rich herbs help metabolize and breakdown fat molecules so they can be excreted **Burdock, Alfalfa, Chickweed and Flax** seeds can do this. Herbs like **Fennel, Cinnamon, and Gymnema** suppress the appetite by encouraging the pancreas to maintain proper blood sugar levels so you don't crave sweets or carbs as much. While other herbs like **Flax seeds** fill your stomach so you don't eat as much. Eating half a teaspoon of ground Flax seeds one half-hour before meals gives you a feeling of fullness so you eat less because they plump up in the stomach plus they are a good source of proteins and fiber. If you're the type of person who retains water diuretic herbs like **Fennel, Dandelion and Parsley** may be able to do this without robbing you of needed potassium like pharmaceuticals can. And if your digestion is sluggish **Cardamom, Fennel, Dandelion and Burdock** can help; they are not strong laxatives but they will help to keep your bowels clear.

RECIPE: Considering all of the options a nice blend of herbs for a tea would be 1 part Peppermint, $\frac{1}{2}$ part Chickweed, $\frac{1}{2}$ part Parsley, $\frac{1}{8}$ part Gymnema, $\frac{1}{2}$ part Fennel, $\frac{1}{4}$ part Orange peel, 1 part Green tea and $\frac{1}{8}$ part of either Cinnamon or Stevia if you want a bit of sweetness.

Should you feel hungry between meals chewing 2-3 **Fennel seeds** helps to suppress food cravings. The Greek word for Fennel in ancient times was marathron which meant to grow thin; maybe they knew something back then.

Oh yeah don't forget to exercise it's an important part of a well rounded weight loss problem. You don't have to run a marathon, just move more than you do now make it something you like so you will do it.

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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 bestselling book *The Secret*, Mike Dooley has found his calling. Mike lives in Orlando, Florida, where he runs TUT's Adventurers Club. He also travels internationally, speaking to thousands on life, dreams, and happiness. www.tut.com to sign up for free daily Notes from the Universe!

Far be it from me to ask about your personal life. Besides, I already know it like the back of my hand.

But could you stand a bit more "bling"? A little more laughter? Some "high-fives," "oh-yeahs," and slow motion knuckle-to-knuckle greetings from buddies, admirers, and fans? That's what I'm talkin' about.

Then let these be what you visualize. See and feel the joy. Hear the laughter. Imagine the bank accounts.

And these images will literally summon the resources, ideas, hows, and circumstances that will yield such manifestations, as you move through the affairs of the world in the direction of your dreams.

10-4?

The Universe

P.S. Because plain old moving around just ain't going to hack it.



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Writer-producer-artist-musician Sharon Janis is the author of *Spirituality For Dummies*, *Secrets of Spiritual Happiness*, and *Never to Return: A Modern Quest for Eternal Truth*. Visit her website for inspiring book excerpts, streaming videos, devotional chanting, more: www.sharonjanis.com

THINK WELL OF EVERYONE

All that we are is the result of what we have thought; it is founded upon our thoughts, it is made up of our thoughts. If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of the ox that draws the carriage. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him. —Gautama Buddha

 One secret of spiritual happiness is to stay a bit naïve in terms of suspicions about others. Unless there is some possibility of actual damage or danger that may arise from their actions, it may be best to just assume as much as you can that people are coming from a good place. The key, once again, is balance – to think as well as possible

about others, while still being vigilant and realistic, depending on the particular circumstances.

When I find myself in the company of those who bring up not-so-positive thoughts in my mind – such as people who behave rudely, or who act petty or unkind – I'll usually turn my attention within, toward the inner wisdom, and contemplate if this experience may be God's way of letting me know that this is possibly a place where I shouldn't spend more time than necessary.

Certainly, God is well versed in the fine arts of behavior modification – a psychological term for using reward and punishment to guide and train a person or animal. Instead of just wallowing in a swamp of negative thinking about others, I may consider whether those challenging experiences, thoughts, and feelings may actually be an inner guidance or universal suggestion to make a change in my outer life or inner attitudes.

One way to interpret the presence of troubling people in your life may be to ask whether you are meant to reduce your proximity and time with such people. Another interpretation would be to ask whether you might have been brought together with these challenging people to find greater strength inside yourself. Or, perhaps you are meant to help them in the face of their troubles. After all, we are often called upon to be the hands of angels for those around us. Sometimes we are also brought into the company of those who can help teach what we need to learn

...continued on page 29...

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The Voice is the breath of GOD made audible when allowed to flow naturally from the original body muscles and the breath is deep. The Voice the restraint of the EGO when the throat muscles tighten to produce the sound and the breath is shallow.

Does your voice feel and sound wonderful every time you sing or speak, or do you feel restriction and hear tight, edgy sounds? Are you "in your body" every time you sing or speak, or are you in your head and throat? Do you always speak your truth or do you say what is expected or nothing at all? Do you always sing with all you've got, on key and with a beautiful, healing tone or do you hold back and hit wrong notes or avoid them altogether with tones that are anything but healing?

We are born to sing on key and speak our truth very physically but most of us do not. Following are the first steps to reclaiming your authentic voice! This is also an excellent set of warm up exercises to do prior to singing, speaking and toning for health.

The BREATH

Sit tall and allow your waist to expand as you inhale and release the breath back out again. Now puff the belly out as you inhale even more, on purpose. This allows the diaphragm to drop, filling all of the lungs instead of just the top third. Notice how different it feels than the breath you're probably used to, high in the chest, heaving. And exhale. Most of us take a shallow "thoracic" breath that puts us in the state of fight-or-flight, into a state of stress! By contrast, breathing with the whole body not only brings in more oxygen but I stay more relaxed more of the time because I'm "in my center." Until I rediscovered my authentic voice, I didn't realize how truly physical being "in my center" really is!

The SUPPORT

So with every breath in, push the tummy out from the inside. Now HISS! Hard And Fast! Faster! Harder! Feel your whole waistline contract. Relax. Notice anything familiar? Women who have had natural child birth recognize this push, but it's also same group of muscles that we laugh with! Remember the last time you laughed so hard you almost wet your pants? Didn't your gut ache when your sides split? These are the very muscles we're working with now. These



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are the muscles we were born to sing and speak with, not the walls of the throat! HISS again, hard and fast!


Notice how many muscles around your waist are working and how low in your groin you feel the grunt! Now notice if any upper body muscles may want to help you HISS. So, last time, deep, low, belly breath and HISS it out! This time as you HISS, roll your shoulders. Make them do something else instead of getting into the action. Can you feel even more intense contraction in your lower gut? When the body pushes the air so quickly through the vocal chords that all they can do is vibrate perfectly, the freedom of the natural voice is insured. So I recommend HISSING a lot! It only serves to strengthen those original muscles.

The TONE

Every time I am to sing or speak I HISS for a about 5 minutes then I do the fun, silly exercise that I thought I had created for kids! It's such a great exercise that I know it will keep me singing well into my hundreds! Ready?

...continued on page 31...

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15 min/\$20.00, at 4:00 pm Forecasting Circle, free
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Saturday, January 5th. Author Kay Williamson
Book Signing, 1:00 - 3:00 pm,

Sunday, January 13th, Belly Dancing Workshop
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Thursday, January 24th, Toning Circle
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Friday, January 25th Toning Circle with Lauren
Lane Powell, LIMIT 12 per circle, 7:00 - 9:00 pm,
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Saturday, January 26th, Harmonies of Healing
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Thursday, January 31st, Millionaire in the Making
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DEAR LOUISE...

Louise L. Hay is a metaphysical teacher and best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *The Times of Our Lives*. For a free catalog call (800) 654-5126 or fax: (800) 650-5115. Please visit www.hayhouse.com. For info on becoming a certified teacher of Louise Hay's philosophy, call Patricia Crane at (800) 969-4584 U.S. & Canada, or at (760) 728-8783 internationally.



ear Louise, I'm a 40-year-old woman who has been recently diagnosed with menopause and have also found out that I have the sickle-cell trait. I'm losing my hair, and I've just come to the end of a very bad job from which I've been laid off. Financially, I'm struggling. I've been bad with money and have no savings. For some of this time I've been victimized by one of my colleagues, who finally won a tireless campaign to get rid of me. I suffered playground bullying as a child, also. Despite this, I'm very strong and a fighter and am trying to regain my confidence.

My real desire is to have a successful career in writing, and I've been trying my hand at this. I've been to a writing class and some of the extracts I've read have been well received. My current job is as a senior administrator. Overall, I'm really exhausted at this point. What I want is a long rest away from working. I don't want to go full steam ahead into another job, but because I own a home and have debts to pay, I have no choice. Any advice? **D.F., London, England**

Dear D.F.,

It's hard to solve a problem by looking at everything that's wrong. Let's begin by looking at your strengths. Just because you have a "trait" doesn't mean you'll get a dis-ease. You are obviously a survivor. You just ended a very bad job, you own your own home, you're a budding writer, you're strong, and you're half my age! Yes, you have a pattern or two from childhood that needs changing, but this is all doable. Your whole life is in front of you.

Please begin by forgiving the bullies from childhood and the one at work. By doing so, you're setting yourself free and releasing the old pattern that has followed you to the last job. Menopause is not a dis-ease. It's a normal transition in life. I went to a homeopathic practitioner when I went through menopause and found it to be most helpful. I see your hair loss as the extreme tension you've put yourself under.

Learn to relax, breathe deeply, and gently and lovingly massage your scalp. Write a daily gratitude list. Say something loving to yourself every time you pass a mirror. It all sounds simple, but this is the way you break old patterns and give the Universe a chance to bring new, wonderful experiences into your life. Affirm: I am willing to release the past. I love and appreciate who I am. Life loves me and I am safe. All is well.

IF YOU ONLY CHANGE ONE THING THIS YEAR



Patricia J. Crane, Ph.D., is an author, speaker, and trainer. Her book, *Ordering from the Cosmic Kitchen: The Essential Guide to Powerful, Nourishing Affirmations*, is available on Amazon or her websites, www.heartinspired.com and www.drpatriciacrane.com

It's a day like any other day, and yet it feels so full of promise and excitement, a day when unlimited possibilities open up and all the dreams you've ever had seem achievable. It's January 1st. You can feel the energy of this new beginning pulsing through your body and you set all kinds of intentions for how you'll change your life this year. And then something happens.... the daily routine starts again, and often the expanded plans you had drift away as you do the same old things the same old way, and get the same old results.

On the conscious level, you WANT to change your behavior and experiences, but the unconscious programming keeps pulling you back into the old comfort zone and behaviors. Until you change the old programming, the life changes you desire will only be temporary. Have you ever gone back and read some of your journaling from a few years back and been astonished at how you're still dealing with the same issues? That's usually because you are trying to control the issue from the outside (behavioral change) rather than the inside. So despite your best intentions, the old patterns slip back.

If I told you that with just ONE change in your daily routine this year, you could possibly achieve all the other changes you want much more easily, would you be interested? That one change is taking time daily to connect with Source, God, Goddess, All There Is. Are you willing to spend 10 - 20 minutes a day to really change your life? Time in meditation, connecting with your Source of peace and joy, automatically begins to shift your outer world. In that place of all possibilities, your body and mind relax and the limiting beliefs begin to dissolve.

My own experience with meditation began some years ago, when I desperately needed changes in my life. Because I was so motivated, I meditated twice a day for 20 minutes. Within two weeks, my physical and emotional pains had significantly decreased and the outer world seemed totally different! I went to work with a song in my heart instead of dread. And the changes kept happening. After a time I began to notice that things I was thinking about were happening. There was an internship I wanted, but didn't apply

...continued on page 42...

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YOUR DAILY WALK



Richard A. Singer Jr. is a therapist living in the Cayman Islands. The following is from his new book, "Your Daily Walk with the Great Minds of the Past and Present". To learn more, visit his Web site <http://www.yourdailywalk.org/> or E-Mail him at RAS9999@aol.com.

"If you do more than what you are paid to do you will eventually be paid more for what you do." Zig Ziglar

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MEDITATION

A periphery benefit of our jobs is certainly that we get paid, since we obviously need money to survive. Although, is that what it's all about? Is that our reason for living and working? I don't think so! We work the majority of our life for a paycheck, spend the money, and consistently do this over and over again. That doesn't sound accurate to me. The central reason for working is to release your unlimited potential as a human being and discover your purpose in this Universe. Your work is to do the very best and be the very best human being possible. In the meantime, give something to the world.

PERSONAL JOURNALING

How can you add excellence, purpose, and meaning to your job today? If you do not have passion for your profession, follow the guidance of your spirit and it will direct you to your ultimate purpose and meaning in life.

Today, I will allow my spirit to guide me.

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By June K. Brown Animal Spirit Guidance is my passion. My Church is my backyard, the beach, or the grocery store parking lot. Everywhere I look, I see the omens sent to me from The Great Spirit, guiding me daily on my quest to spiritual enlightenment. Thank you Grandmother Spider! Email June at moonmother8@gmail.com



FINCH

A flash and fluttering of tiny wings passed my open door. Two small finches perched themselves in the Holly tree just east of my driveway. I could hear their cheerful chirping, as they conversed with each other. Or were they talking to me?

I looked up from my perching spot, the makeshift desk at the front of my garage which served as my office for my new plant nursery, and watched the tiny birds frolic in the Holly. I had been sitting there, tapping my pen on the desk top, wondering if I'd have any customers show up that day. I had already watered all of the plants, re-organized the pathways through the nursery, and checked the business signs to make sure they were still



standing. I had nothing to do... except receive a "Finch" message from **Great Spirit**.

"Life is about get busy, June. People are coming, things are moving. Get ready, here it comes!"

When I first saw Finch arrive, I just enjoyed watching their performance. I love watching all of the animals that venture into my yard, but since I had nothing to do, I was able to really take notice of them. That's when I said to myself, "Hmmm. I am going to have lots of activity around here soon. Awesome!"

Well, the activity came to say the least. It was like a flurry of movement through my life. Trucks, cars and motorcycles began filling my yard/parking lot. Some people were my neighbors (those that I have never met) who just stopped in to see what was going on. I'd have hour long conversations with them and then we'd exchange business cards.

I have met a police officer and his wife (newlyweds), an elderly man that just needed to talk, a Micmac Native American and her 'model train-loving' husband, a young couple with four small children and two huge hearts, a "gentleman giant" who would like to sell me palm trees, a Jamaican couple who gave me a lot of laughs and a Horse Whisperer who made the time to stop in on her way to heal a sick horse.

I opened the plant nursery as a way to make extra money. It never occurred to me that I'd make a lot of new friends. It also never occurred to me that I'd find a completely different breed of people than I am used to. My husband's cabinet business has been good to us by way of paying the bills, but I have never been able to stay friends with those that we have done work for. When the job is done, the relationships end. That's just how it works.

"Plant people", however, keep coming back. Some of them just stop by to say "hello", others stop by to ask if we want to go fishing and some actually buy plants!

I have entered a whole new world and I am very grateful for it.

The next time you see Finch, brace yourself. You will get busy! In my situation, it was exactly what I needed. I hope that your situation proves to be the same.

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ABRAHAM-HICKS

...continued from page 8...

So that's why we don't want you to go to Hawaii and work on your body. Because if, in the Virtual Reality, you go there, you're on the beach, the sun is shining, you're taking a walk, you feel wonderful. But then, as soon as you think, "I'm going to get my body back in shape," your visualization goes south--because what you've just done is reactivated the already troublesome vibration.

So that's why we say, "Get in, feel good, and get out. Get in, feel good, get out. Get in, feel good, get out" So you string enough of that "get in, feel good," together, and you feel so good that you have, for a period of time, deactivated whatever it is that's been troubling you--and then you begin to get improvement.

But then when people say, "What are you doing? How did you achieve this improvement?" And then you think about the issue, and the improvement begins to wane, right away, because your old friends have helped you activate the very thing that you do not want.

So you just keep practicing and practicing, and practicing, until you're sure-footed. You can get so you can smell it coming from a mile away. You get so you can feel it coming in a conversation. You get so you head things off. And just as you get in, feel good, and get out in your visualizations, you begin to do that with phone calls, too. Your meetings with one another become briefer. You get in, you feel good; if the conversation starts taking you someplace you don't want to go--you get out. You become addicted to your Source. You become so enlivened with feeling the way that is natural to you, that then, all that other stuff becomes a non-issue. You don't have to protect yourself from it. You couldn't if you tried. You've just deactivated it, and it is a non-issue for you.

So things that are troubling others... and they try to trouble you... They send you pictures in the mail, troubling things about the environment or about animals or about children, or about anthrax. In other words, they send you worrisome things. And you don't take them and tear them up in little pieces and set them on fire, and activate them. They're a non-issue. They don't have anything to do with you. They don't fire you up. They don't worry you. They are a non-issue, because the issues that matter to you are so activated. You don't push against anything--because pushing against it activates it within you.

WILL THIS UNIQUE, ECCENTRIC ME ALWAYS BE?

Guest: In my next lifetime, which I believe I will come back to, will I be the same person starting afresh? In other words, will that unique, eccentric me always be? Or are there absolutely no identities in terms of this Super-consciousness that we're participating in?

ABRAHAM: Who you really are will live on eternally and will be reflected in lifetime after lifetime. You said some key words. This "unique you", that is your Inner Being expressing. In other words, as you are in vibrational harmony with your Source, and allowing your Source to reflect through you in this unique way, then you are, in your body out here on the leading edge, a sort of pure version of your Source Energy.

Let's say that you have ten lifetimes. And it doesn't matter if you want to think of them in terms of linear fashion, in other words, "I come and I die, and I come and I die, and I come and I die;" it's all right; that's really not the way that it is, but let's picture it in that way: I have ten lifetimes. And if in each of those lifetimes I somehow learned how wonderful I am, and I was taught by those around me, or I came to the point of learning, how to find thoughts that feel good--so that I allowed the pure essence of who I am to flow through--you would discover very specific personality traits showing up in each of those lifetimes. And others, if they could know you in all ten lifetimes, would find you to be very much the same person. Because you would be Source Energy reflecting.

And these are the kinds of things that they would say about you, no matter what country you were born in, no matter what the circumstances around you were: "Very happy person. Very expressive. I feel good when I'm around this person. Eager for life. Passionate about what attention is turned to. Things come easily. Moments pass easily. Tremendous amount accomplished. Huge success. Most joyful person I know." You used the word "eccentric", and from that, we would say "particular". Someone who defines, with precision, what is preferred. And finds a way to hold themselves in vibrational compliance with that, so that they are living uniquely that. We would call it a particular person. We would call it a deliberate person. We would call it a deliberate creative person. We would call it a leading edge person. And we would say it is the true nature, or essence, of who you are.

When you leave this physical form, and your consciousness returns fully to the Inner You, the physical you that has lived in this body will continue to be, always. That essence is always vibrationally accessible by others, and by the Broader You.

...continued on page 43..

SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 16...

- whether through their good or bad examples. One key to spiritual happiness is to find an interpretation that allows us to focus on something positive whenever possible.

Ultimately, the basis of thinking well of everyone is to truly think well of ourselves. When we recognize and identify with our own greatness, negative thoughts and emotions, such as anger, hatred, and revenge, simply have no place to sit. Our "house" is so clean that there is no place for the bugs and mice of negative thinking. There is nothing for the cockroaches of judgment and criticism to eat.

With faith and compassion, we seek to love and serve, rather than to criticize and judge.

In fact, thinking negatively about others actually affects you more than it affects them. For example, if you imagine an evil action, thought, or plot in someone else's mind - then whether there actually is an evil intent in that person's mind, there is most certainly now one in yours!

Remember, if it's in your mind, it's in your mind!

Obviously, if we always try to assume the best about people, our naïve innocence may be disappointed and proved wrong at times. However, at least our minds will be creating positive images instead of negative ones.

It is more conducive for spiritual happiness to think well of others and sometimes have that trust broken, than it is to distrust from the start.

Think well of others, think well of yourself, and enjoy the gentle equanimity of spiritual happiness.

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Dr's. Barbara and Paul Daniele

BECOMING AWARE OF BECOMING AWARE

...continued from page 9...

From one way of life toward another.

This shift is not only altering our consciousness, it is changing the world around us. A shift, by definition, is the movement away from one point toward another. The 3rd dimensional world as we have known it, is crumbling around us. The old ways were designed by governments and corporations to support and provide well being to its citizens.

These ways no longer work. All of these systems are deteriorating; governmental, legal, health, social services, education, food quality, political, monetary, protection of the environment, etc.

When we look a little deeper, however, there exists a new passion. Individuals, groups, and companies offer new ideas which clean the earth, recycle waste and create new power sources. More companies offer employee ownership, day care, equal pay and much more. The creation of Heaven on Earth is unfolding.

We are at the beginning of this new way of life, not the end. Each one of us has to awaken. We each have to make the shift within. Many have awakened, more are awakening and many still are asleep. But not for long.

We will each experience becoming aware in unique ways. For some it will be powerful and alive. For others it will be slower and more cautious. But we will all walk a common path.

Allow me to offer you an exercise that will rapidly take you down this path, interrupting your 3rd dimensional habits and assisting you to remember who you are.

Create a list of words, words that make you feel good. Words that you would like to be known by in your world.

For example: insightful, kind, respectful, purposeful, gracious, gratitude, integrity, dignified, caring or helpful. Make it a long list, choosing words that will help you remember yourself. It is within the words that you will awaken.

Next pick four or five of those words that make you feel especially good as you experience them. Take one word each day for a week and BE that word. Demonstrate this word in every situation you experience. Notice how it makes you feel.

Notice that when you become intentional about being the word, you feel more alert, aware and in the present "Now" moment of time. In other words, you are in charge of yourself on your terms.

And yes, you will forget at first. No problem, simply smile and become the word once again. One word of caution, however: This path generally leads to feelings of certainty, well being, command and Happy.

There is a shift... and the shift is within you.

Email us for a list of words to Become. info@masteringalchemy.com. Please see ad on back cover and in the Calendar of Events on page 37.



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YOUR AUTHENTIC VOICE

...continued from page 17...

Take a deep, low, belly breath and motor boat...you heard me, raspberry with your lips. Can't buzz your lips yet? Push more air out faster, harder. Make those lips PRRRRRR! If they still don't want to do that, stick your tongue out. Yes, it's messier, but it works! Now, add a tone to it, as if you're humming but motorboating too. PRRRRR.

This is harder to describe on paper than I thought! Think of how a baby bubbles his lips as he learns to make sounds of his own.

When you do this in the car, and I know you will, please stop short of passing out. You will get a bit light headed for awhile! Think of all the oxygen you're getting! I bet you've yawned a few times already too haven't you?

Now use that motorboat sound to sing 3 notes up and back. That's it, just Do, Re, Mi, Re, Do. Try to sing very short notes starting with the letter "p" to get your motor started. Keep the tones short and explosive and think only of getting your lips prrrring on every single note. Notice what muscles are working? They can't help it! You're not teaching them something they don't already know, you're just reminding them how to work in their original capacity! Where the lips stop and start is the indication of where those ordinary throat muscles still want to help. Push more air out, faster and force those lips to vibrate until you can PRRRR on every note.

I warm up this way every day to remind my waist to work and to remind my throat not to. After I do those 3 note passages all the way up and down my range, then I sing a song...with the motorboat, all the way through. Once you get past the giggles, you'll notice how much fun it is to sing with your whole body, why it feel so good to express from your gut and how physical vocalizing naturally really is! And very soon you'll notice how those lower body muscles kick in when you sing or speak and how relaxed your throat is! Very soon you'll notice how relaxed your whole body is!

If this is the most natural way we can breathe, speak and sing, why have we forgotten? Why are we a nation of chest breathers, throat talkers and head-dwellers? The answer is simple yet profound: FEAR. We learn, at a very young age, how to hold our breath when we hear "NO!" "HUSH!" "Don't show off!" "Children should be seen and not heard."

With this now very shallow breath serving as an artificial protection, we disconnect from our center, our abdominal muscles and our feelings. Consequently, the only muscles that can sing and speak for us are our throat muscles. This is why singing naturally is so emotionally therapeutic and very often singing leads to tears. With every note coming from our gut muscles, so too are all of reasons we shut up in the first place!

So with just these 2 little exercises, 10 minutes a day, you'll be on your way to raising your serotonin levels, releasing endorphins, oxygenating your body, staying relaxed and focused, getting healthier and happier and raising your vibration! All from vocalizing naturally!

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PRESTO CHANGO



f the gazillions of thoughts I could be thinking at any moment, why would I choose to focus my attention on things that are upsetting?

Why would I painfully review my own mistakes and those of others? Why would I scare myself over possible worst-case scenarios?

Habit, mainly. I'm adept at letting my mind go wherever reality seems to beckon. That's the way that most people process life, and that's the way that I learned, early-on.

But now I have the key to explaining life's proverbial mysteries AND manifesting my heart's desires. Now I know that everything hinges on (drum roll, please!) mental focus.

Every day now, I commit anew to removing my mind from the scary stuff, the hurtful stuff, the icky stuff. Every day, I focus a little more on what's going right. Every day, I insert more optimism, appreciation, and pure, unadulterated laughter into my experience.

Old habits may die hard, but as I place regular, concerted effort into becoming more positive, I can put far less effort into all other areas of life, for all other areas of life will begin to work like magic.

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THIS MONTH'S THOUGHTS ABOUT THINGS...

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



...continued from page 7 ...

It took me one morning to do the billing, and they went out the same day. By the 1st of the month, payments were coming in and there was money in the account to pay all the bills. Before I even had to begin final layout. With Denise opening the mail and doing the paperwork, I got to go online a week early to get the emails. 99% of our ads and ad revisions each month come by email, and it takes me 7-10 days to get them all downloaded and placed. This time, however, with Denise handling the bulk of the mail, I got to the emails earlier and did a little each day.

So what does all this mean? To me, it means thanks to Denise, I will have extra time to do things. That's huge to me! That changes my world! In fact, it changes it so much that I am actually going out to dinner and it's the **Friday** night before the magazine is due at the printer. And I may take **Saturday** and **Sunday** off as well.

Oh! Before I forget, there's another thing that happened from finishing the magazine early: I got to know a week ahead of time how much remaining ad space I had available to fill. Usually I just work until the magazine is finished and whatever ads have come in go in, and I go to press. I don't call around and try to find buyers for last minute ad space.

So, this time, I saw right away that I had 5 large ad spaces to fill, so I wrote them on a list next to me. I also emailed 2 friends who sometimes sell ads for me and let them know what space I had available. The result? Yay, a last minute \$1,500 in ads simply because I was organized and on time enough to write what I wanted on a list and prepave that the Universe would bring it to me.

Another blatant example of an area I could have been using my law of attraction exercises on for the last dozen years and yet had not thought to do so until now.

And now that I have more time, I can get back to work on some projects with my brother. If you haven't seen www.horizonsmagazine.com lately, check it out, we've got lots of great new pages and new links.

See our new website!
Lots of neat, new links!

Visit www.horizonsmagazine.com

A friend and I were having a discussion on the law of attraction and noted that the acts of allowing and surrender are the new tools. That the act of releasing resistance becomes the only "law" you need to consciously concern yourself with.

The only way I personally have found to do this is: I start looking at everything in my life and making as many changes as I can, and begin to do something that is new to me and excites me and completely engages my attention. This reroutes the circuitry of my brain and takes me off automatic pilot. As I get off autopilot, changes start happening in the world around me.

I move my furniture - often. I make myself walk in different pathways between rooms, I sleep on the opposite side of the bed, I shower in the guest bath, I dine in a new room, I move the contents of my kitchen cabinets around, I begin going to a new class or discussion group, I take a trip to a place I've never been before, maybe a trip with someone I don't know well.

So, to reroute the circuitry of my brain and take me off automatic pilot, I do things designed to keep my focus completely engaged on new and unfamiliar things. I put myself in situations where I can completely goof off and have fun. I put myself in situations with fun people doing things that delight me.

Because I know when I have been successful at allowing myself to surrender into a state of complete non-resistance for a long enough session, that lets the cosmic doorway open a crack and give me the things I've been prepping my entire lifetime up to now. I can do all the wishing and intending and affirming and storyboarding I want, but if I have not yet released my resistance, my greater good is not going to show up in my life.

But when that doorway opens a crack, then all sorts of extra income shows up in the mailbox, new biz opportunities present themselves, people synchronistically appear, love fills the air, it's when the magic happens.

So this January, start off 2008 with an intention to spend more time releasing resistance; more time in allowing and surrender. Enjoy our offering this month

Life is good!
Hari om.

Andrea





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Science, and Philosophy
of Spiritualism

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As an Aid to Healing

Tuesday, January 8th 7-8:30 PM

Tuesday February 5th 7-8:30 PM



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*On-going Psychic
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Classes meet 7-9:30PM

Melbourne ~ Monday, January 7th ~ 7-9:30 PM

NEW Jacksonville ~ Thursday, January 24th ~ 7-9:30 PM

Tallahassee ~ Thursday, January 10th ~ 7-9:30 PM

NEW Winter Park ~ Tuesday, January 15th ~ 7-9:30 PM

LOCATION:
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of Religious Science
3425 Forsyth Road 32792
Donations Welcome

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Rev. Virgil Gfeller

Sunday Services 10:30 AM

Discussion Meditation Group

Spiritual Principles are discussed. We may use books by Eckhart Tolle, Esther & Jerry Hicks, Neale Donald Walsch, Deepak Chopra, Ernest Holmes, Wayne Dyer, "The Secret"

Twice Weekly

Wednesdays 7- 9:30pm

Not held at the church

Friday 2- 4PM

call for locations

ASK ABOUT LIFE ENHANCEMENT CLASSES

Join Virginia Panek, RScP at "Coffee Talk" Thursday mornings at What You Love To Do 10:00 - High Noon - Love Offering

Mid-Week Meditations Wednesdays, 6:00 - 6:30 pm with Kathryn Flanagan, RScP at What You Love To Do - Love Offering

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www.gardenchapelcsa.org

January 27th

Lauren Lane Powell

presents "The Dynamic

Energy of Joy!"

at 10:30 am Sunday service

In Plato's time, it was believed that music healed the body, mind & spirit. Rediscover how to use your voice to promote inner peace and healing."

Followed by a Musical Concert at 1:00 pm

Called "Show Tunes for the Twenty-First Century"

Lauren's music is spirited and the energy of pure creativity shines through her when she performs. Her music speaks to all of us about peaceful possibilities in the Season of Light. Her website is www.singforyoursoul.com



Full Moon

Crystal Bowl

Toning Friday

Jan. 18th 7PM

Love Donation

OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes

30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.

You may also fax 321-722-0266 or email HorizonsMagazine@aol.com with credit card info.

If payment is not received with listing, your listing will not be placed and you will not be called for payment.

No calendar listings taken by telephone. Please do not fax flyers or press releases.

Mondays LARGO Healing Circle The Spiritual Center 160 6th Street SW from 5-9 pm open to all Reiki, Quantum-Touch energy practitioner ~ love donation. Meet new people and learn new skills. Tuesday Service Healing starts at 7pm Service 7:30 with messages to follow Sunday healing 10:30 Service 11:00 Sunday Evening Meditation & Messages 6 pm 727-585-4985

Monday MELBOURNE Psychic / Spiritual Development Classes ~ 1 Monday / Month ~ 7:00 - 9:00 PM ~ Each class includes meditation, a topic/lesson, and hands-on actual practice to develop your personal skills. Private readings available by appointment. Marilyn Jenquin, International Foundation for Spiritual Knowledge 407-673-9776 or www.ifsk.org

4th Mondays, DEERFIELD BEACH "The Mediumship Cafe." Receive or deliver messages from Other Side. Film, lecture, meditation, lesson and messages. 954 465 7338. www.angelwisdomcoaching.com.

Wednesday MERRITT ISLAND Meditation & Healing Service 12pm Christ Church of Positive Living 1353 N. Courtenay Pkwy 321-454-4109

Wednesdays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 6:30-7:45pm Family Health and Wellness Center on AIA 321-626-5333 Rivers97@rocketmail.com

Wednesdays COCOA VILLAGE, 7PM, Belly Dancing with Jeanette, \$10.00, at What You Love To Do, 602 Brevard Ave, 321-504-0304

Wednesday COCOA 7-9pm Discussion/Meditation Group: Spiritual Principles i.e., Eckhart Tolle, Esther & Jerry Hicks, Neal Donald Walsch, Deepak Chopra, Ernest Holmes, Wayne Dyer, & "The Secret" Contact Rev. Virgil 321-634-5188 www.gardenchapelcsa.org

Wednesdays ST PETERSBURG Lightworker Guidance Classes begin 8/8, 7pm. \$27.50. Enchanted Forest 3015 16th St N., 727-823-9291 <http://lightworker.bravehost.com> All Welcome!

Wednesdays, MERRITT ISLAND, Spiritual Discussion/Meditation Group, 7 PM Center for Spiritual Awareness 480 Sail Ln, 321-634-5188

2nd Wednesdays MELBOURNE Just Say Yes! To Laughter: Come laugh "Jest for the Health of It." Club meetings: Call Pegatha for details. 321-951-2528

2nd, 3rd, 4th Weds, COCOA VILLAGE, "Mid-Week Meditation" with Kathryn Flanagan, RScP, love offering, 6:00-6:30 PM at What You Love To Do, 602 Brevard, 321-504-0304

Wednesdays, COCOA VILLAGE, "Belly Dancing with Jeanette", \$10.00, 7:00-9:00 PM, beginners welcome, at What You Love To Do, 602 Brevard, 321-504-0304

Thursdays, COCOA VILLAGE, "Coffee Talk" book discussion group with Virginia Panek, RScP, love offering, 10:00 - High Noon, at What You Love To Do, 602 Brevard, 321-504-0304

Thursdays PT CHARLOTTE Beginner's Belly Dancing with Sandy Anastasi. 7-8PM. Free. Starchild. 941-743-0800 www.starchildbooks.com

Thursdays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 6:30-7:45pm Family Health and Wellness Center on AIA 321-626-5333 Rivers97@rocketmail.com

Thursdays MELBOURNE 7-9PM Mindwalk Expand your abilities! Improve your life! Weekly classes in psychic and personal development. Beginners and intensive workshops too! www.SuzieMiller.com email Aquaaura@gmail.com 321-254-0000

2d, 4th Thursdays MELBOURNE/PALM BAY 7pm Wiccan-Pagan Outer Court Classes, Church of Iron Oak 321-722-0291

3rd Thursdays COCOA VILLAGE Just Say Yes! To Laughter: Come laugh "Jest for the Health of It." Club meetings at What You Love To Do, 602 Brevard Ave, Cocoa Village, Call Pegatha for details. 321-951-2528

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes

Fridays, INDIALANTIC Spiritual Discussion/Meditation Group, 2 PM Center for Spiritual Awareness 501 Oakridge Dr, 321-634-5188

Fridays PT CHARLOTTE There is something different going on at Starchild Institute! 941-743-0800. www.starchildbooks.com

"Fridays ORMOND BEACH Psychic Development Circle. - Six weeks, 6:30pm - 8:30pm, begins January 11, 2008. Rev. Lyn Daniels. \$60.pre-registration required. Crystal Connection, 396 S. Atlantic Ave. 386-673-0014

Friday INDIALANTIC 2-4pm Discussion/Meditation Group: Spiritual Principles ie Eckhart Tolle, Esther & Jerry Hicks, Neal Donald Walsch, Deepak Chopra, Ernest Holmes, Wayne Dyer, & "The Secret". Contact Rev. Virgil 321-634-5188 www.gardenchapelcsa.org

2nd Friday NEW SMYRNA BEACH 6th Sensory Lightworker Group meeting Oct. 12th at 633 US 1, NSB Call Judson for topic more info. at 386-847-2367

Saturdays PORT CHARLOTTE: Channeling & Messages Mediums and Channels. 7PM. \$25 pre-paid. 941-743-0800. www.starchildbooks.com

Saturdays HOLLYWOOD 11:00am Yoga with Glenn Allen at Hollywood Metaphysical Chapel 954-923-0066. \$10.00 per class

Saturdays ORLANDO Pranic Healing Circle 2-4pm With the blessings of Grand Master Cho and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Christ Church Unity 771 Holden Avenue in Orlando. For information, call 407 852-3940

Saturday ST. PETE/TAMPA Psychic/Spiritual Development Class - 1 Saturday/month - 7:00-9:00 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Private readings available by appointment. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776. Locally: Karen 813-356-8066.

1st & 3rd Saturdays ORMOND Open Meditation Group 7PM. Love offering. Call 386-672-9950 for information.

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully accepted. Hield Road is off Minton Road, just north of Palm Bay Road, go west a mile or so.

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 321-452-2625

Sundays CAPE CANAVERAL Kundalini Yoga with Nam Hari (TJ) 10:30-11:45am Family Health and Wellness Center on AIA 321-626-5333 Rivers97@rocketmail.com

Sundays COCOA Sunday Services 10:30am Center for Spiritual Awareness 5 Rosa L. Jones Drive. 321-634-5188 www.gardenchapelcsa.org

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church 1745 Trimble Rd (off Wickham) 321-254-0313

Sunday MERRIT ISLAND 11am Sunday Service, Christ Church of Positive Living, 1353 N. Courtenay Pkwy, 321-454-4109

Sundays MELBOURNE Metaphysicians' Circle meets at 1924 Melody Lane behind the Melbourne Auditorium. 7-8:30pm \$2.00 fee. Info 321-537-3843 Interesting and compelling presentations on metaphysical topics

Sunday FORT PIERCE Science of Mind For Positive Creative Living. We meet at Unity 3414 Sunrise Blvd Ft Pierce each Sunday at 4pm come join us, we have great speakers 772-785-8525

1st Sunday of every month MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:00 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm With blessings of Grand Master Cho Kok Sui and Master Stephen Co, you are invited to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313

December 28th . DAYTONA BEACH 7pm 710 N. Oleander Ave 6th Sensory Lightworkers: "Share Our Gifts" meeting. Where our members share their gifts of healing: Reiki, Spiritual Response Therapy, Healing Touch, Meditation, and more... For more info call Brenda 386-290-3535

Tuesday, January 8th WINTER PARK Guided Meditation / Visualization as an aid to healing - 7:00-8:30 PM - Learn how to use meditation/ visualization to help you become well. Marilyn Jenquin, Director, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park.32792. Donations welcome. 407-673-9776.

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

Call to confirm all events before attending to learn of last minute changes

Tuesday, January 15th WINTER PARK Intuition / Psychic-Medium Development Class ~ New On-going Class now Forming - 1 Tuesday / month - 7:00-9:30 PM. Each class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$25 per class or pre-pay 3 classes for \$75. Marilyn Jenquin, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park. 32792. www.ifsk.org 407-673-9776

Saturday, January 19 FT. LAUDERDALE, FL - The Sisterhood of Ahel Adom Presents "Faerie Priestess Elaine Silver In Concert" S 7:30pm; Unitarian Universalist Church; 3970 NW 21st Avenue; 954/484-6734 or 954/785-4009.

Tuesday, January 22 SARASOTA - Witch 'N Knight Herb Shoppe - Faerie Elaine Silver Concert/Workshop/Magical Gathering; 6:30-8:30; An evening of Powerful Magic, Light and The Law of Attraction. Learn to manifest ALL your desires; \$25; www.witchnknightherbshoppe.com.

January 25; 7-9pm MT. DORA, FL - Faerie Elaine Silver 5th Avenue Cafe; Friday, 116 East Fifth Avenue; www.5thavenuecafe.com; 352/383-0090.

Sunday, January 27, 2008 BOCA RATON Polyamory workshop. Learn about multiple, open, intimate relationships. Free, 11AM-noon, picnic benches NW part of Sugar Sand Park.. 561-901-0759, polylove@bellsouth.net.

February 25-March 2 CENTRAL FLORIDA Jim Self returns to present The Foundation to Mastering Alchemy. 3 Free Evening Classes and Weekend Seminar 1-888-285-1233 or www.MasteringAlchemy.com. "Alchemy is accomplished by changing the frequency of thought, altering the harmonics of matter and applying the elements of Love to create a desired result"... and it is easier than you may think. Learn tools to become One with the Soul, experience Simultaneous Time, understand how the 3rd, 4th & 5th Dimensions work and quiet the noise and drama in your life. Jim is offering 14 Free Tele-Classes and a Free dvd on Mastering Alchemy. A teacher of spiritual tools for over 27 years, he presents the weekend seminar throughout the world: Creating the Personal Power Field. All are welcome.

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Thursdays, January 10, 17, 24, 31.... Natural Law... Instructor is Rev. Diane Davis, a medium from Cassadaga. 7-9 PM....\$15 per class....Reservations requested....

Friday, January 11...."Let's Have A Séance"....facilitated by Steve Hermann. We also have private readings available this date. Reservations required. 7-9 PM....\$25.

Saturday, January 19th...."Teaching of The Blue Star".... Rev. Christopher Tims. This is Part 1 of 12 that will lead you to certification as a Reverend in The Order Of The Blue Star. Reservations Required. An all day workshop... 9AM to 5PM with a 2 hour break. \$100 for the day.

Wednesday, January 22....Full Moon Drumming Healing Circle. Bring your choice of musical instrument and join us. \$10 donation. 7:30 - 9:30 PM.

Mondays, January 7 through February 25....Reiki III & More....The Reiki Sisters. Entire Course = \$80 7-9 PM

Thursdays, January 10, 17, 24, 31....A Course In Miracles facilitated by Doris Scarborough. 10 AM - Noon....N/C.... donation requested.



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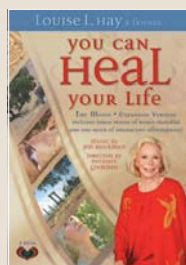
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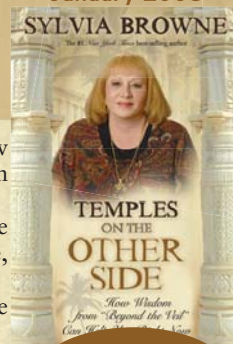
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*What's Beautiful about life
and often a challenge,
is not knowing what waits
around the corner.*

*In this mystical painting we
find the goddess surrounded by butterflies and wonder-
ing what mystery awaits her next.*



Melissa Harris has been making art for as long as she can remember. She holds a BFA and MFA in Painting and was awarded a Fulbright grant to paint in Paris for 2 years. CREATRIX is her company that features her artwork on prints, cards and other gift items. Her work is also internationally published on divination decks, calendars, and book and CD covers. She finds her inspiration in nature, dreams, travel, relationships, and even has a special butterfly collection of paintings. Her work is truly a celebration of the divine feminine that includes series such as Women and Magic, Women and Nature, Women and Meditation, Women and Cats and more.

She travels around the country doing her wildly popular "Spirit Essence Portraits" where she combines her talents as an artist with her psychic abilities. After tuning into her subject she combines the elements of what she "sees" into a narrative painting with the intention of creating an image that will be helpful in the person's path of growth. Melissa also offers these sessions remotely, working from a photo and a list of questions provided. You may order them off her website.

She also teaches art-making classes in her studio in upstate NY as well as at stores and spiritual centers. This is a unique opportunity to learn technique as well as learning to access your personal visions and put them onto paper or canvas.

Melissa makes her home in the Catskill Mountains with her life partner, a dog and 4 cats. She will be visiting The Crystal Garden in Boynton Beach on February 1 and 2 2008 offering her spirit essence portraits. Pre-registration is required as there are limited sessions. Call 561 - 369 -2836 to register. For more information see www.melissaharris.com.

Feb 1 & 2nd The Crystal Garden

Spirit Essence Portraits by Melissa Harris

Have you ever wondered what aspects of your being would reveal themselves to a psychic or "intuitive" and what these qualities would look like in a painting? Melissa Harris will combine her background as a clairvoyant with her artistic abilities to create your own spirit essence portrait. Melissa will tune into you and do a 7" x 10" watercolor painting of your unique essence as it appears to her in a semi-trance state. She combines the elements of what she finds into your painting in a way that will be helpful for you in your path of development. This might include reminders of issues you are working on, aspects of yourself that you may want to honor, patterns of behavior that you are working on changing, etc. Sessions takes 45 - 60 minutes and you receive the double benefit of learning what she "sees" as well as owning a Melissa Harris original painting.



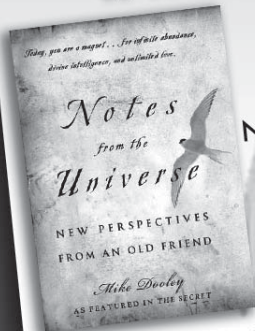
Feb 1 & 2nd \$225 per portrait at
The Crystal Garden
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CREATE YOUR OWN HORIZONS COMMUNITY GROUP

- Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.
- Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,
- Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.



OUR 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, and use our combined power to encourage each other in our personal visions, promoting social transformation.

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. We do this 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.

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.

*From my heart to yours,
Andrea de Michaelis*



SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

Roger is the Principal Minister of the Church of Iron Oak, ATC. He is also the East Coast Presiding Elder with the Aquarian Tabernacle Church, an international Wiccan Church. He loves nature and finds Spirit among the trees and flowers, even after having lived in Florida for thirty years. He can be contacted through the church at (321) 722-0291 or through the web page at www.ironoak.org or www.ironoak.us

JANUARY 2008

Do you feel it? Do you feel the cold, sharp wind; the icy fingers reaching down from the roof top like some multi-fingered snowy-white monster vainly trying to pull the roof off? Do you see the barren trees poking up from the snow like surreal scare-crows standing still and silent as the icy wind whistles over their brittle brown branches? No? Hmm. Well, frankly I don't either. Actually, I'm trying hard to keep from running the air conditioner. But, it does bring back memories of a place where I was born. It brings back memories of freshly fallen snow taller than I stood. That's not saying much since I was very little then...

Bare branches of each tree
on this chilly January morn
look so cold so forlorn.
Gray skies dip ever so low
left from yesterday's dusting of snow.
- Nelda Hartmann, January Morn

So, how do we celebrate this season of snow in the land of sun and surf? How can we ring in the New Year without heat exhaustion? Well, for one thing, we can hang plastic icicles from our palm trees. We can even hang angel hair from the gutters. Why, there is a lot we can do! If you don't believe it, consider the plight of the poor Babylonians. Their New Year was much later and it was beginning to get quite warm by then. They celebrated the New Year on about March 23 when the priests saw the crescent of the new moon. It was a fun time when the head priest could give the king a swift upper cut to the jaw to help him atone for his sins during the last year. Much fun for all!

Yet in the heart of each tree
waiting for each who wait to see
new life as warm sun and breeze will blow,
like magic, unlock springs sap to flow,
buds, new leaves, then blooms will grow.
Ibid.

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Email: CIO@ironoak.org**

BLESSED BE !



So, as we celebrate this New Year, let's give some respect those who started it all. For that, we go to Greece, at about 400 BC. The New Year was celebrated as the birth of Dionysus, the Greek god of wine, agriculture, and fertility of nature. It was a time to party down, chanting, singing dithyrambs and parade around with a live baby to celebrate the rebirth of the god as the spirit of fertility. They had even more fun than the Babylonians! Happy New Year, folks!

January

Jan 1st - New Year for many: Japan: Ganjitsu,
Jan 2nd - Sumerian: Birthday of Inanna
Jan 5th - Roman: Festival of Befana, Goddess of magic, goodness, and ritual
Jan 8th - New Moon at 6:37 AM EST
Jan 16th - Hindu: Festival of Ganisha
Jan 19th - Norse: Festival of Thor, god of thunder
Jan 22nd - Full Ice Moon at 8:35 AM
Jan 27th - Roman: Sementivae Feria
Jan 29th - Nepalese: Martyr's Day
Jan 30th - Christian: Holy Day of the Three Hierarchs (E. Orthodox)
Jan 31st - Ancient Greek: Hecate's Feast

A factoid with which to end the month:
Since I used it, I better describe it. The dithyramb is a chant or hymn sung by chorus often by revelers at banquets during a festival to honor Dionysis. The form of music originated around the 7th century BCE by the banqueters under the leadership of a man described as "wit-stricken by the thunderbolt of wine."

IF YOU ONLY CHANGE ONE THING THIS YEAR

...continued from page 19...



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for, and it was offered to me anyway. Habits like drinking and smoking were easily falling away. People told me how happy I looked and asked what I was doing. At the time it seemed miraculous. Now I know I was discovering how life is supposed to be.

Learning to let your mind get quiet takes practice, just like any other skill. Here are some guidelines for you:

1. Use a quiet place in your home. If you have the room, create a sacred space that you use just for meditation. You could have a small altar with a candle, incense, and spiritual figures that are meaningful to you.
2. Turn off the phone and make this a special time for you, a time that energizes the rest of your life.
3. Meditate before eating a meal (or wait for an hour.) Mornings before work and evenings before dinner are excellent times for meditation.
4. Sit comfortably, whether it's in a chair, on your bed, or on a pillow on the floor.
5. You can meditate silently or use gentle music- discover what assists you best in going to the centered place of your spiritual connection.
6. Begin by closing your eyes and breathing consciously- more deeply than usual, but with a gentle rhythm.
7. Let your body relax- let your shoulders, back and neck relax (where most people carry their tension.) If your favorite tension spot is elsewhere in your body, consciously let it relax.

8. Let your mind empty. You can imagine a blank screen if that helps.

9. To focus your mind, use a short phrase like "I am relaxed," or "calm and serene," thinking "I am" on the in-breath and the rest of the phrase on the out-breath.

10. If you find your mind wandering (and it will!) gently bring it back to your focus on the breathing and the simple phrase.

11. Start with 10 minutes a day and increase to 20 as your schedule allows.

12. Enjoy the physical, mental, emotional, and spiritual changes you experience!

After you've meditated for a while and feel you can go to that centered place fairly easily, begin thinking your affirmations toward the end of the meditation. When you are in that deeply connected state, your affirmations are much more powerful because they aren't encountering the usual resistance from your conscious mind. Take a few minutes to think them gently and then let them go.

As we start 2008, let your focus be on the inner aspects of your being rather than forcing behavior change. Take time to connect with the infinite intelligence and energy of the Universe and get ready for your life to flow!

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ABRAHAM-HICKS



...continued from page 28...

As Esther is standing here in this moment enjoying her own body, enjoying her own vocabulary that she has accumulated, enjoying her own association with physical earth, with physical things, with buildings and friends, as she allows this Broader Consciousness to flow through her, Esther is not the dominant vibration that is happening here, Abraham is, which is a Collective Consciousness that goes far beyond Esther and Esther's Inner Being.

And so, what we are saying to you is, not only will you not be the focused you in your personality, you won't even be the focused you or the Inner Being of the focused you. You don't this Broader Perspective that is ultimately more satisfying. And from that place of connection--from that place where you could choose any aspect to give your attention to--we promise you there is never any feeling of shortage. There's never any feeling of yearning. "Oh, I just want to be the girl that lived in that town that had that husband, that had that life." There is never any of that feeling, because, in any moment you want to go there, you can achieve that vibration and go right there. When you are Nonphysically focused, there are no limitations.

The only difference that we ever want to talk about between you when you are Nonphysically focused and when you are physically focused, is that when you are Nonphysically focused--you have mastered control of your thought. So you don't go to that place that does not feel good. That's only a human condition. So when you die, you withdraw your consciousness from here, and you leave behind all doubt and worry and fear and any of those thoughts that were muting the fullness of who you really are. Who you really are will live on eternally and will be reflected in lifetime after lifetime.

And what you see in people as they are living in their physical bodies is not this "linear, climbing up the rungs of a ladder, hoping to prove themselves worthy," it's just different circumstances where different people are mining the life that is before them in different ways. In some cases, they are resistant to the Well-being that is natural, and sometimes they are allowing it. But it is not a linear thing. It has to do with what you're doing right here, right now--in this moment. That's why someone who's lived in exaltation in life--so much so, that you have statues all over the planet in reference to who you are--could be so discouraged in this moment that they believe that there's no possible way of getting into a place of feeling good... even though you are the same Energy having a different experience and managing your consciousness differently now.

SUGGESTED READING & LISTENING



The Law of Attraction: Teachings of Abraham
by Esther and Jerry Hicks www.abraham-hicks.com

Secrets of Spiritual Happiness by Sharon Janis
Spirituality For Dummies by Sharon Janis www.sharonjanis.com

From www.hayhouse.com
Angel Medicine by Doreen Virtue Ph.D
The Astonishing Power of Emotions by Esther and Jerry Hicks

From www.newworldlibrary.com
Does It Matter by Alan Watts
Hindu Altars: A Popup Gallery by Robert Beer,
Peter Weltevrede, Bruce Foster, Tad Wise

From www.redwheelweiser.com
Pure Magic by Judika Illes
Let Go and Live in the Now by Guy Finley
Crystal & Gemstones by Daya Sarai Chocron
Life Changing Affirmations by Vicky Thompson

From www.beyondword.com
The Way of the Fertile Soul by Randine Lewis Ph.D
The New Science of Getting Rich Wattles by Ruth L. Miller
True Self True Wealth: A Pathway to Prosperity
by Peter Cole and Daisy Reese

MUST SEE DVDs
The Secret Movie <http://thesecret.tv/>
The Secret Behind The Secret www.abraham-hicks.com

From www.musicforcandles.com
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Aries: March 20 to April 19/20 "I AM". If you can slow down enough January will bring you plenty of chances to take a deeper look at yourself. In your restlessness it is time for you to be real with your opportunities as real as you can be with what God has in store for you. You are at a crossroads, the choices you make now are important ones, just make sure that you really want to do what you said yes to do.

Taurus: April 19/20 to May 20/21 "I Have". Now that the past is behind you, the show must go on. 2007 was a transitional year where you finished many projects and completed many spiritual contracts. 2008 will be all about you and what you want to create for you and yours. The lesson is to be absolutely clear with what it is that you want. January 16th and 17th are good clarity days, be sure and take time to meditate.

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HOROSCOPES FOR

Gemini: May 20/21 to June 21 "I Think". The beginning of 2008 has to do with your concentration levels, don't jump to conclusions and don't spread rumors about anyone. What goes around comes around, so be careful who you talk to and about what. If I were you I would channel your restless energy into speaking engagements that has to do with Metaphysics. The words that come out of your mouth need to have meaning.

Cancer: June 21 to July 22 "I Feel". A larger portion of your money this January, will go towards taking classes, in english, philosophy, and writing. Your learning style is one by osmosis. You would be happy making money by using your body, either by dancing for yourself or performing Massage, and Yoga. Your sensitivity lately is very sharp so learn to use it to your advantage.

Leo: July 22 to August 22/23 "I Will". January will be a quiet time for you to reevaluate the foundation of your life. The parental influences of your past have been eradicated by doing such a great job at making your own choices. It is time to feel empowered in your creativity to live the life you always wanted to live. January 22nd a Full Moon in Leo gives you a chance to contemplate your path.

Virgo: August 22/23 to September 22/23 "I Analyze". For the next 21/2 years, Saturn will be in your sign, there will be many stages and degrees of lessons learned. Saturn loves Virgo because of her ability to see in black and white as well as having a great sense of discernment. You have a strong hold on your issues, with understanding negativity will dissolve.

Libra: September 22/23 to October 23 "I Balance". January 2008 has a huge tug of war affect on you to go into transformation of the old into the New. Take deep deep breaths and release the struggle. Internal Armageddon is no place for a vacation. By the 19th of January of 08 you will be well on your way to clarity. Be clear with what you want because it will be yours.

JANUARY 2008

Scorpio: October 23 to November 22 "I Create".

I think I can, I think I can, is what I hear from you. This time it can happen, you got it, duh- how brilliant, you made the conscious choice to drop the drama and channel it into creating what you intend. Great job, the universal life force energy has supported you in all ways. Keep up the great work, transmutation is the key.

Sagittarius: November 22 to December 21 "I Perceive". You will enjoy a powerful Valentines Day with the love of your life. All blocks are now cleared and you are free to express yourself. As you know once you release your judgments and expectations you are free to enjoy your creation with out interference. The sky is the limit with you, go as high as the arrow will shoot.

Capricorn: December 21 to January 19/20 "I Use". The planet Jupiter will be transiting your sign in 2008. Growth will be an environmental reality. Happy you will be like never before, as if you've been released from prison. The freedom that you will experience in 2008 will help you untangle the knot of control, your significant other will also enjoy your new sense of peace.

Aquarius: January 19/20 to February 18 "I Know". This is the Year and the month that you will step into your power in a much deeper way. Your mind will be so active that you will not want to leave home without a pen and paper, the Universe will be transcribing your future in vivid color. The people that you need to help you with your humanitarian project will now come forward with the funding.

Pisces: February 18 to March 20 "I Believe". Your friends make up a wide variety of shapes sizes and philosophies. Especially now you are guided to hang out with people that want to serve the world in a greater way. Intuitive your clairvoyant sight is crystal clear. Don't get involved in any big projects with others that just do the talk and not the walk. You will have a more grounded approach to life this year.

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