

**FREE**  
**FEBRUARY 2008**

**Andrea de Michaelis presents**

# **HORIZONS**

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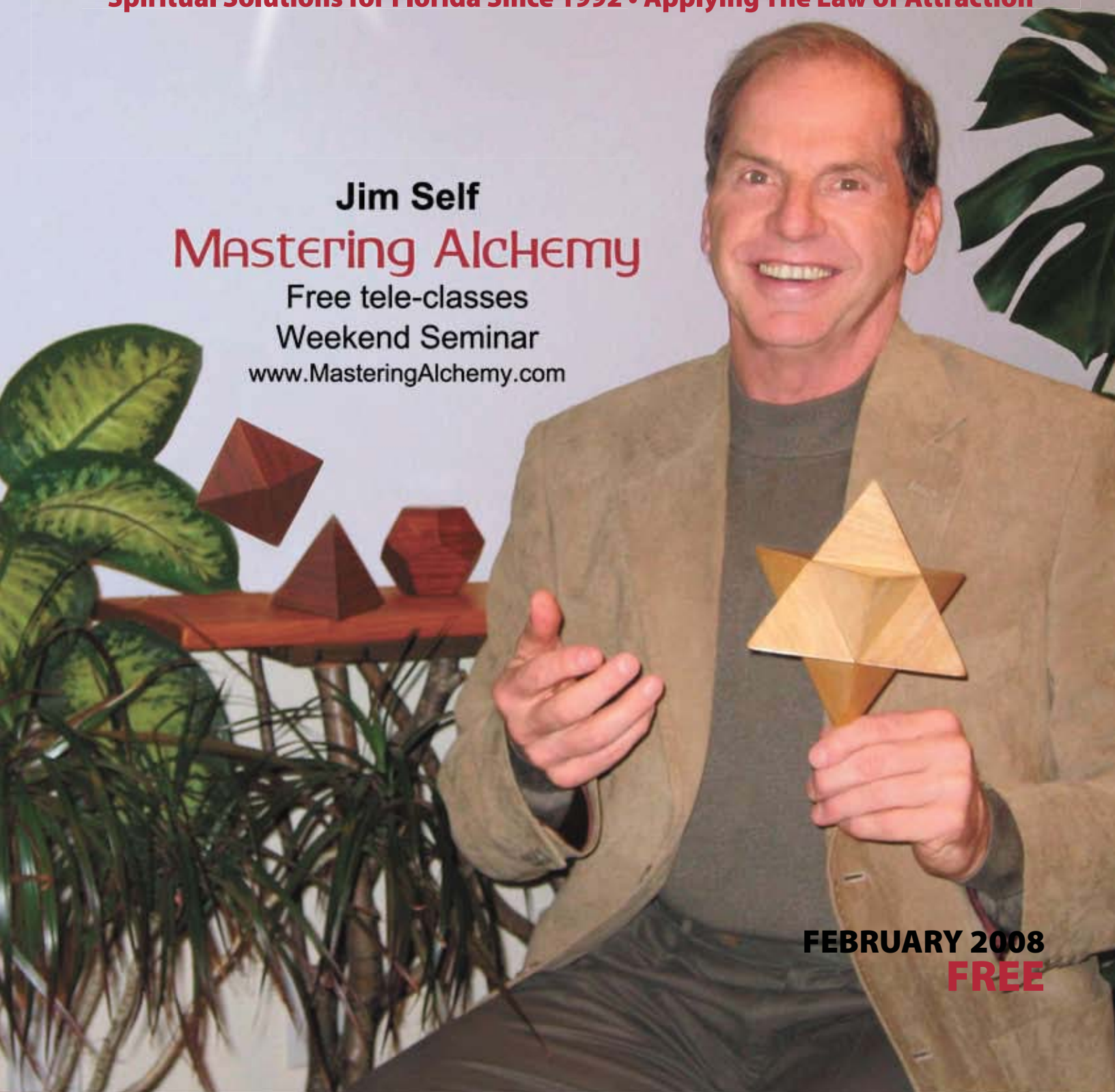
**Jim Self**

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**FEBRUARY 2008**  
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The Gathering is not just a place but rather the coming together of a group of people who are determined to see Love instead of fear in every situation. Grounded in the teachings of A Course In Miracles and open to the exploration of all spiritual paths, we gather to join in Spirit, examine our beliefs, and take joyful responsibility for our choices and experiences.

# 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

### Feb 3 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**.

### Feb 13 Sunday Night Conversations with

**Rev. Paula Langguth Ryan**: LoveBugFest: Expressing Your Self Love.

### Feb 17 Sunday Night Conversations with

**Rev. Elizabeth Hess Stamper** (AHealingCircle.com) who joins Contemporary Prosperity Advisor Paula Langguth Ryan to talk about “For Love and Money.”

### Feb 24 Sunday Night Conversations with

“The Divorce Experts,” **Kaye and Jervais Phillips**, who join Rev. Paula to chat about Creating Holy Relationships in the Everyday World.

## Special Event:

**Mar 1 Transcending Divorce** ceremony with **Kaye and Jervais Phillips**, honoring where we are divorced from others, ourselves and Spirit.  
9 am - noon; \$15.



## A Course in Miracles

**Tuesday Night** - 7 pm - 8:30 pm  
Reading and Discussion Group



Rosalie Bianco

**Every Wednesday Night** - 6 pm - 7 pm

Reading from A Course in Miracles  
7 pm - 8:30 pm Lecture and Discussion  
with Rosalie Bianco

Happiness comes from a Well of Love so deep that it is inexhaustible. Accessing that Well is easy once you discover the secrets to life that are buried in your own soul. The willingness to know your True Self will lead You to the treasures that are found in your own reflection.

Join me on Wednesday nights and together we will bring the teachings of A Course in Miracles to life – to your life and mine.

See you there.

Rosalie

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Schedule of Events.

[www.TheVillageGathering.com](http://www.TheVillageGathering.com)

## The Village Gathering

6 Rosa L. Jones Blvd. ♦ Cocoa Village, FL ♦ 321-617-9005



# Rev. Albert J. Bowes

386-228-3209 • Cassadaga



*Albert has been a professional psychic for 35 years. He offers a unique, scientifically proven service that has amazed and changed peoples lives. An Ordained Minister and Certified Psychic from Cassadaga, FL, Albert has a unique gift that allows him to develop a sincere empathy with his clients. He uses this gift to give people gentle but firm guidance into knowing themselves better.*

## PSYCHIC READINGS

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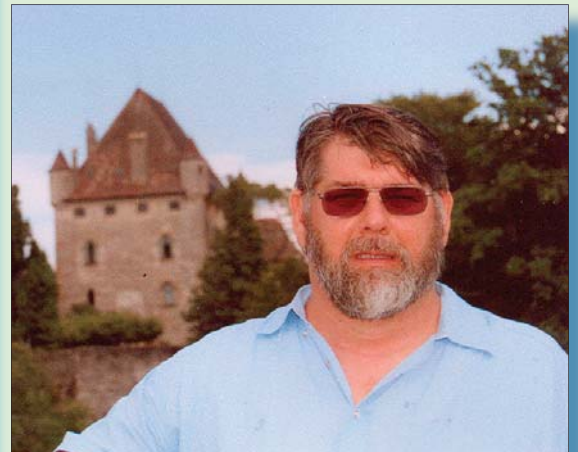
Accuracy scientifically  
proven

### Complete Personal Readings

This means several subjects not just one or two. The questions should be the how, why, when, where, which type of question, not "yes" or "no" questions. These questions should relate to the information you seek and the items you bring. The questions are to be written down with space between for you to make notes. He does not permit recording. As the reading progresses, other questions will come to mind and you may ask these also. Questions are not shown to him, they are for you to use during the reading. All questions must be asked during your reading.

**Gather up to 10 items** that relate to the information you are seeking. The best are photographs but may be photos in brochures, advertisements, or printed from the internet. They should be clear and large enough to see the face and eyes. If you are seeking information about career, buying or selling or other matters that have documents connected to them, bring documents (resumes, manuscripts, ect) . Group photos may be used for questions about one person or more than one per person.

**When you arrive**, be careful NOT to mention anything about yourself or the people, places, events or things that are connected to the information you seek in the reading. You are limited to the number of items you bring, but you are NOT limited to the number of questions you may ask. You ask as many as it takes to get the information you seek. Questions should be specific not vague or general.



## 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](http://www.psychicconsultant.org)**

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*Rev. Beth Head  
welcomes you*



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If you enjoy The Secret and Law of Attraction, you'll enjoy Unity of Melbourne

### S.E.E. 2008

#### Sunday Feb. 3rd - Friday Feb. 8th

Join us as in classes with faculty from Unity Institute in Lee's Summit, Missouri. For more information see our website [www.unityofmelbourne.com](http://www.unityofmelbourne.com)

### Music, Music, Music with Devotion

**Sunday Feb 10th 9:15 and 11AM**

Come and hear our favorite award winning New Thought musicians.

### Annual Congregational Meeting Sunday Feb. 24th

Immediately after the 11:00 AM service

We will be discussing our achievements for 2007 and our plans for 2008. There will be a Spiritual Election for new board members and votes to approve the 2008 budget and a proposed bylaw change. While everyone is invited and encouraged to attend and participate, only members are allowed to vote. If you are interested in becoming a new member, please attend the New Member Orientation on February 2nd.

### Couples Retreat May 2nd to May 4th, 2008 Canterbury Retreat Center, Oveido, 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

### Dr Garland Landrith

#### We Can Create Miracles With Our Mind

**Sunday Feb 17th at 9:15 and 1100 AM**

2 Part Workshop How To Manifest the Life of Your Dreams (Using Quantum Field Technologies & EFT)

**Sunday, February 17th at 2:30 PM  
Monday, February 18th at 7:00 PM**

Imagine being able to rewire your brain for prosperity, success, and happiness using a simple-to-learn technique. That's what Dr. Garland Landrith will be here to share with you on Sunday, February 17th and Monday, February 18th. Dr. Landrith is a quantum field psychologist who specializes in energy work. His research was cited in the movie "What the Bleep Do We Know!?" and by Dr. Deepak Chopra, Neale Donald Walsh, Dr. Harold Bloomfield, and Dr. Dean Radin.

During this seminar, you will learn the Emotional Freedom Technique (EFT). Dr. Landrith has participated in some amazing cures for his clients for problems such as fears (including public speaking, commitment in relationships, sports and business performance anxiety, and crowd and height anxiety), addictions (including weight problems such as food bingeing and purging and the inability to control over-eating, as well as drugs, alcohol, sex addictions, and even smoking), deep-rooted anger, love relationship issues, depression, anxiety and panic attacks, and even physical health problems (such as asthma, arthritis, and the inability to sleep, to name just a few).

Those who attend both workshops will also receive a Level I Certificate of Completion in EFT. Cost: You may attend one or both workshops. One workshop is \$39 and two are \$55. The price for a couple for two workshops is \$85. FREE to those attending the seminar (a \$55 value): Instructional CD/DVD on EFT, Instructional 60-page manual on EFT and a Half-hour personal phone session Manifestation training

For more information about Dr. Landrith and EFT, go to [www.theuniverselieswithin.co](http://www.theuniverselieswithin.co)

### 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.

### ACADEMY FOR PEACE OF COSTA RICA TOUR

**Oct 24th-Nov 3rd, 2008,**

Tour Price is \$2,696 For more information see our website [www.unityofmelbourne.com](http://www.unityofmelbourne.com) or call Susan Miller at 925-210-7357.

### Sundays

9:15 and 11:00 AM Sunday Services  
Child care at 9:15 and Sunday School at 11:00 AM.

#### 4:30 PM Healing Services: (Love Offering)

Reiki Healing Sunday, February 2nd at 4:30 PM  
Pranic Healing Sunday, February 10th at 4:30 PM  
Pranic Healing Sunday, February 24th at 4:30 PM

### Mondays 7PM Unleash Your Creativity

(For info call Debbie Abram at 636-6252) Suggested love offering \$10 per session.

**Tuesdays** Noon Prayer service open to all.

### Thursdays

10AM Your Owner's Manual with Darlene Capinha  
Love offering.

Thursdays Noon prayer service open to all.

7PM The Celestine Prophecy with Fred Goodnight  
\$10 per class

**Fridays** 7PM Board Game Night

**DIRECTIONS TO US:** I-95 exit 72, follow Eau Gallie Blvd (518) to Wickham Rd & go north (left) on Wickham Road, then west (left) on Trimble. Trimble is north of Eau Gallie Cswy, south of Aurora.



**THE GREATEST  
OPTICAL ILLUSION  
IS SEPARATION**

**Publisher/Editor/Layout:**  
Andrea de Michaelis

**Thanks for help this month**

Cha Cha La Belle  
Kathryn Flanagan  
Julie Mallis-Turner  
Rev. Beth Head  
Gerald Head  
Denise Marr  
Joel Derby

**This Month's Cover:**  
See Jim Self pages 9, 34

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Barbara Lee  
Alan Cohen  
Richard Hite  
Mike Dooley  
Tom Sannar  
Jim Self



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

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**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](mailto: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

**H**ello and welcome to the February 2008 issue of Horizons Magazine. I get so many questions from my women readers on the topic, that this month I wrote to my men friends asking what is it they really want with a partner? See page 20!

A friend said last week, "I like being in a relationship, even if it's not the right one. I like having a boyfriend, even if he's the wrong one." I typically am patient while I figure out how I fit and how I feel about a new person. As a friend says, "letting the Disney dust settle." Incidentally, he was at DisneyWorld Saturday with a new woman, a typical first date. I told him no wonder he gets blinded by the Disney dust, he keeps returning to the scene of the crime! He wrote *I think the most important thing that I would want her to understand and "get" about being in a relationship with me are my beliefs/paradigms about relationships. I feel both people need to have a similar belief as to the true purpose of relationships. A*

*couple should periodically take inventory of how they each define the relationship, and where they each are in the relationship, to help ensure that they are both on the same page. I believe that the true purpose of every relationship (not just romantic) is to create opportunities for you to choose Who you wish to Be. Relationships give you the opportunities to recreate yourself over and over again into grander and grander versions of yourself. I gleaned this concept from Conversations with God.*

He makes me think. I believe what I am looking for is a partner to share my life with me and that may or may not include living under the same roof. It's important for me for my partner to either share or be interested in my spiritual path, and have his own. A favorite thing would be us both studying the same topics and discussing them. Another favorite thing is that we want many of the same things so we can work toward them together, like finding what we want out of life and then creating and implementing a plan to go after it. But he either needs to be involved in or be interested in my work and share many of my beliefs - especially about how we attract people and circumstances into our lives by virtue of the thoughts we think every moment, and how there is a magical unseen world around us that responds to us if we take the time to learn to be with it and utilize it and discover the language it speaks.

Part of my personal path is continual soul searching or soul clearing. Identifying and clearing away any conscious or unconscious behaviors that don't add to my goal or bring me closer to my dream. Clearing away what is not an upgrade to my life. Staying mindful to make the most of my potential.

*...continued on page 33...*

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**Yes! I want to receive Horizons Magazine at my own front door!**

**Page 7**

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

## **A Perfect Me Would Look Like....?**

Question: So, basically, we can have whatever we want?

Abraham: Yes, not basically, absolutely, undeniably, unequivocally, yes.

Question: So, I'm wondering if you were physical...

Abraham: We are. We've never stopped being physical. [You are?] Esther is alive. Jerry is alive. You are alive. In other words, we are Source Energy pouring through physical all of the time.

**Question: I was just wondering what it would look like if, if we had these skills perfectly down, if we were evolved to create deliberately, and we had the Art of Allowing down, what would it look like?**

Abraham: You would be someone who is fresh and light all of the time. You would be someone who others, who know you, would say, this person is always smiling and always happy. You would be someone who others would say, it seems like all she has to do is lightly suggest something, and next time I turn around it's in her experience. It would be like passion and adventure, and eagerness just rotating in your experience. You would vacillate between joy and contentment and exhilaration and love and satisfaction, and eagerness. It's a wonderful state of being. You would feel confident.

In other words, as we would say, what's your dominant vibration? Are you secure or insecure? Secure. Are you happy or sad? Happy. Are you exhilarated or defeated? Exhilarated. Are you flexible or tense? Flexible. In other words, your answers would all reflect the joyful state of being that you found. In other words, when you are allowing, all the time, the Pure Positive Energy that is You flowing through, you would feel great.

Do I have all of the answers to all of the questions? Or am I still seeking? Still seeking. Am I frustrated that I don't know everything right now? No, I'm happy to allow it to unfold. Because I understand that I can't get it wrong, and I never get it done. And the reason I can't get it wrong is because I never get it done. Because if I stand in a place that doesn't feel right, all I have to do is conjure a Virtual Reality that feels righter, and it becomes that.

It feels like appreciation of what I see. It feels like the world revolves around me. It feels like everywhere I go, there are people that are a vibrational match to the best of that which I've conjured. It feels like joy abounding. It feels like, things that others worry about is in some other Universe altogether, because I see no evidence of it. I'm so in alignment with who I am, and so in alignment with who I really am from Source--and so eager about unfolding.

So, would I only be standing in a place that has been perfected, by others' standards? No, I would not ever be standing in any perfect place. I'd be standing in a diverse place where I am evoking the perfection that is pleasing me. It's like the chef in a well-stocked kitchen would not say (a Virtual Reality chef, in a Virtual Reality well-stocked kitchen) in other words, this Source Energy chef would not say, "I don't want those things in my pie, so get them out of the kitchen." He would say, "Allow all things that anybody might like in any pie, and I'll just select from this well-stocked kitchen the things that please me in my pie. And who knows? My taste in pies may evolve. So it may serve me some day that that other stuff is there. For I am a growing chef," he would say. "I am never stagnant or dormant, I'm always reaching for something new."

Actually, it would not be so different from that which you are already knowing. You are so close to this connected Being. It's not a big stretch for any of you. It's just a little tweaking of the mindset, that's all.

What we notice is, you come wanting things manifested that you do not have. And then you line up your Energy and they begin manifesting. And then, in the near future, we will have classes on demanifestation, or on sorting it, at least: "How to sort and catalog my manifestations so that they do not overwhelm me." That will be the subject of the next series of workshops. Good.

## **Greedy vs. Needy?**

...if you have the ability to define it as a desire, this time/space reality, in which you are focused, has the ability to yield it to you... Greedy vs. Needy?

Guest: I'm trying to understand greed. There are all kinds of statistics that are batted around about 5% of the population of the world use 98% of the world's resources...

Abraham: Here's the thing. We would quarrel with it a little bit, but let's accept that it's an accurate statistic. You're really going to like this: If 6% of the population were wanting to receive like 5% does, then the resources would expand to accommodate 6%. If 10% of them wanted to receive like the 5% does, the resources would expand to accommodate 10%. If 100% of the population of your planet wanted to live like

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



# TIME, TRUTH AND THE SHIFT

Jim Self is a gifted speaker, mentor and teacher. His work is a co-creation with Archangels, Ascended Masters and Teachers of Light. He is a keynote speaker at the Expo of Heart, Feb. 26. He offers the weekend seminar The Shift and Creating the Personal Power Field, in Ft. Lauderdale, Feb. 29-March 2. Jim is also currently presenting 14 FREE tele-classes on The Expanding Shift of Consciousness. For information and to register: [www.masteringalchemy.com](http://www.masteringalchemy.com). Please see ad on page 34 and the Calendar of Events.



**H**ave you noticed you are running out of time, that you have more to do and much less time to do it? Does it seem as though you just got out of bed and now you are climbing back into bed? Although there are still 24 hours on the clock, is your experience telling you something very different?

Additionally, have you noticed you are losing you memory? You can't find words to complete sentences or find the word for the spoon you have in your hand? No, it's not Alzheimer's and you are not alone in this experience. Age, gender and culture have nothing to do with it.

For those now awakening there is shift or transformation occurring within our thoughts, beliefs and experience of the world around us. We have measured ourselves by the outside world. Our beliefs about how we look, what is acceptable, what we think and how we act have been determined by the third dimensional world outside of ourselves.

Beliefs create our lives by connecting the threads that run through our experiences and forming conclusions. Many of our beliefs are thoughts that are held by others as "truths." Then without examination, we accept their "truths" and add them to our experience. Unfortunately many of these truths and beliefs are mis-aligned with our own natural alignment that gives us happiness. It has been more important in this third dimensional world to fit-in rather than to develop our own "Truth" and follow our own path, a path that seldom conforms to what others believe.

As many have begun to awaken over recent years there is a new recognition unfolding. As we seek our own Truth and walk our own unique path, we begin to realize that there is much more to who we are than the outside world would lead us to believe. As we begin to look within, we realize that we are multi-dimensional spiritual beings able to align with a Higher Truth. As this transformation occurs, a new recognition unfolds. It is our own Truth that creates happiness and adds simplicity to our path.

Only a few have experienced this Truth. Now, however, this Truth has turned into an adventure being sought by many. Because of you and the many others who are now awakening, a new consciousness is unfolding. The third dimensional world, as defined by the truths, structures and beliefs of those around us, is no longer working and is be-

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ing dissolved. We are now in a Shift - a transition - a grand awakening.

Linear time as we have known it (past, present and future) is also changing. As we awaken we are becoming aware of a more simple form of time. Present Time. NOW. This moment. In this NOW moment we have new choices. There are no negative emotional reactions mixed within these choices. There is Only choice. Choice in the moment allows us to create on our own terms from what is possibility. As this new Present Time moment is unfolding, the current linear time structure is contracting, dissolving and disappearing. Time is condensing. Less and less time is available to us in our old third dimensional way of experiencing ourselves. We are transitioning into Present Time.

Further to enhance our Present Time experience and make this even more simple, we are also losing our memory - our past time experiences. Our lives have been about what we experience. Many of these experiences, however, are coupled with non-supportive, negative emotional baggage that does not add value to our new Present Time creations. What your ex-partner, mother, father, teacher, minister or ex-boss thought of you ten years ago has nothing to do with you NOW. We have, however, woven these past feelings and thoughts together, creating new beliefs mixed with painful emotional decisions and projected them into our future. "I will never talk to her again. I will always be a failure. I will never have money. I can't trust anyone." Based on the Law of Attraction, what we believe and place our attention upon is what we will receive. These emotionally-charged projected memories have no value other than to restrict and lessen your Present Time choices and desires.

Fortunately, the multi-dimensional, higher aspect of us also knows these charged memories have no value. So as we shift our awareness from a third dimensional linear time to a fourth dimensional Present Time, these memories are also being dissolved, creating the awareness that we are losing our memories. As the beliefs that are not your Truths begin to dissolve around you, let them go. Old memories tied to negative emotions are dropping away. New choices will now begin to replace the beliefs that were never yours to begin with. As you allow this transition to unfold, your Truths will begin to reappear, bringing the simplicity and happiness you have long sought.

The ability to consciously Know yourself in Present Time is now becoming available to you. Your purpose is to Love yourself, enjoy yourself, remember yourself. You are big, not small. You are significant, not insignificant. You have a very important role to play in this unfolding Shift of consciousness. This expanding Shift will bring Heaven to Earth. You are learning how to live in the fourth and fifth dimensions while walking in the third.

# SONG OF SONGS

## Spiritual Cinema Review

Emmy Nominated Documentary Explores the Mystery of Romantic Love

Stephen Simon produced such films as *Somewhere In Time* And *What Dreams May Come* And Directed And Produced The Film Version Of *Conversations With God*. He is also the co-founder of [www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com). See ad on back cover of this magazine.



**W**hy do we fall so deeply in love? Why are relationships so difficult? Are life-long monogamous relationships still possible in today's world?

Some of today's prominent experts and ordinary people deeply explore these questions and more in the Emmy nominated documentary film *Song of Songs*. This endearing film addresses an often misunderstood topic that most of us spend much of our lives trying to find, maintain, or rekindle...romantic love.

Filmmaker **Chris Brickler** interviewed over 150 people around the world, from all walks of life, trying to understand the essence of what makes relationships successful. Inspired by his grandparents who have been happily married for over sixty-six years, he ponders, "Is that possible in our generation?" The senior Bricklers' (Art and Eva) inspiring love story is woven throughout *Song of Songs*, and they share an on-screen tenderness that is heartwarming.

The film also features leading relationship experts including **Harville Hendrix PH.d**, **Helen LaKelly Hunt, M.A.**, **M.I.A**, Rabbi **Steve Z.Leder**, Dr. **Helen Fisher**, **Lauren Frances, PHDD**, Dr. **Clotilde Rapaille**, and more.

"Brickler's debut film is passionate, mesmerizing, humorous, and touching. *Song of Songs* is a paean to love in all its wonderful, messy, and complex glory. In addition, Brickler's background as a musician serves the film beautifully, as the music throughout is both haunting and utterly romantic," states **Spiritual Cinema Circle** co-founder **Stephen Simon**.

*Song of Songs* gently underscores the point that love is, to all of us, an enduring mystery that reveals more of itself every day both in our interactions with others and also in our solitary moments of reflection. Ultimately the film inspires us to believe in the power of love to transform and heal. According to **Rabbi Leder**, "Not all of us have the capacity for love and commitment. It's a miracle and when we go back to the actual *Song of Songs* who is to say that human love is not a reflection of the love of God for human beings? It's the greatest gift human beings possess; the greatest gift given to us is the capacity for human love, and I'm not sure any of us would want to live without it."

*Song of Songs* is the featured selection in the **February Spiritual Cinema Circle DVD club** ([www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com)). New subscribers to the Spiritual Cinema Circle can receive a free trial membership (for a nominal shipping fee) by visiting: [www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com) or by calling: (800) 556-0129.

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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 Fiji, July 20-27, 2008. For information on this program or others, or to receive Alan's free daily inspirational quote and monthly newsletter, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



## UNLEGISLATED LOVE

A friend told me, "Marriage is a great institution — if you don't mind living in an institution." Since February is the month of lovers, let's take a look at what it takes to be a great lover and find great love.

The funny thing about love is that the more you try to organize it, the less like love it becomes. As spiritual master **Meher Baba** noted, "Love and coercion can never go together. Love has to spring spontaneously from within. It is in no way amenable to any form of inner or outer force and it cannot be forced upon anybody, yet it can be awakened in one through love itself."

People usually institutionalize things when they don't trust life to take care of itself naturally and spontaneously. I'm not saying that institutions are bad or we should not have them; they serve a purpose. But institutions have a way of becoming hollow shells that the heart gradually dies out of. Most religions, for example, began with a genuine enlightenment experience by a prophet whom **God** spoke to. That experience was so powerful that it inspired others to follow in their footsteps. The glitch in that formula is that if you really want to meet **God**, you have to follow in your own footsteps, not those of another. It's more about energy than action; more about consciousness than behavior.

A friend of mine studied with a **Native American** shaman whom she adored. One day my friend asked the shaman, "How can I be more like you?" The shaman gave the best answer I have ever heard: "If you want to be more like me, be more like yourself." He was teaching that the road to enlightenment is paved with authenticity, not imitation.

The story is told about an **African** tribesman who went to his favorite rock by a river and sat there eating an avocado. Suddenly a shaft of light broke through the leaves above him and he realized he was one with all life, eternally whole, and filled with peace. In other words, he became enlightened. When the fellow returned to the village, everyone realized there was something extraordinary about him; he had been transformed and he glowed with a new light. When the villagers asked him, "What happened to you?" he explained, "I was just sitting on the big rock down by the river eating an avocado. A beam of light fell upon me, and I saw **God**."

The next morning when the tribesman awoke, he found no one in the village. He looked in all the huts, but everyone had mysteriously disappeared. Finally he decided to give up searching and just go back to the rock he loved to sit on.

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When he arrived, he was amazed to find all the people from the village clustered on the rock, avocados in hand, scrambling to get to the top of the rock.

Silly as this parable sounds, it's not very different from the way we try to institutionalize spirit. The key to the tribesman's illumination is that he sat on his favorite rock enjoying his favorite avocado. The villagers would have met **God** more quickly and directly by going to their own sacred places rather than legislating his.

Great relationships are built on joy, choice, and full presence. If you meet in the temple upheld by those pillars, you are in a holy place indeed. You fuel the flame of love by being fully alive yourself, and when your partner is fully alive too, you have a bonfire. If one or both of you brings less than full life to the altar, the relationship becomes a charade of fear, and it will wither and die.

**Abraham-Hicks** suggests an odd but meaningful marriage vow: "I like you pretty good, and I plan to stick with you as long as being together brings joy to both of us." While such a vow may sound scary if you are afraid your relationship might not last without more of a commitment, it can be empowering if you recognize that commitment to life is the foundation of great relationships. If you stay true to your spirit and your partner stays true to his or her spirit, and you find yourself paddling in the same canoe, you are in for the best ride of your life.

I heard about a spiritual community in **Italy** at which married couples renew their marriage contract on an annual basis. Each year the couple revisits their agreement to be together and they ask each other if they want to remain married for another year. I rather like this formula, since that's how it is anyway. We are all making it up as we go along.

Commitment is important, and a meaningful lifetime commitment can be highly empowering. Just be sure that your commitment is less about time in your life, and more about life in your time.

**St. John of the Cross** said, "Take **God** for your spouse and friend and walk with Him continually, and . . . you will learn to love, and the things you must do will work out prosperously for you." The **Steve Winwood** song, "Bring me a higher love" bears the same message: Show up as yourself, trust life and love, let higher power orchestrate your relationship, and no rule you make will be as powerful as the joy you feel together when willingness is your motivator.



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important thing that we are doing  
at any moment, and being love is  
the supreme creative act."*

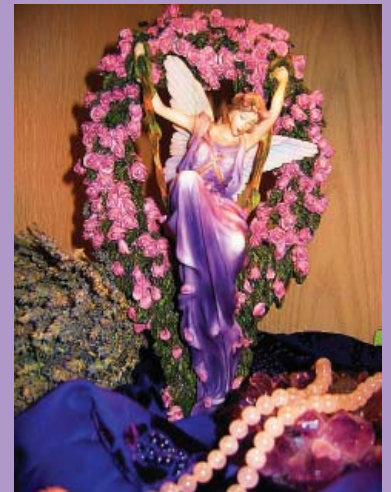
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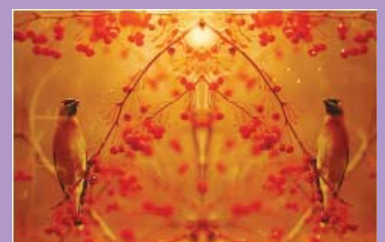
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## SPICE UP YOUR LOVE LIFE WITH HERBS

**H**erbs have been used to enhance sex for centuries. The word "aphrodisiac" derived from **Aphrodite** the goddess of love, were mentioned in Egyptian documents dating back to 2200BC and in the Bible.

Herbs can be used to enhance sexual desire, pleasure and arousal. Some work by brining more blood flow to sexual organs others balance hormones, reduce stress and fatigue, supply energy and increase libido. Aphrodisiacs can be pretty powerful please consult your herbalist especially if you are taking medications. Sometimes you need to get creative because herbs don't work the same for everyone.

**Yohimbine** is a powerful aphrodisiac stimulating libido increasing blood flow throughout the body especially sexual organs with the effects being more noticeable in men. It was traditionally used in wedding ceremonies by **African Bantu** tribes; just be careful if you have diabetes or high blood pressure.

**Damiana** is known as a sexual rejuvenator its Latin name *Turnera aphrodisiaca* says it all. Damiana's volatile oils stimulate the genital areas increasing sensitivity helping to reduce impotence. **You can make a nice cordial with Damiana by soaking 2 tablespoons Damiana, 1/2 cup vanilla extract and brandy and 1 tablespoon honey for one week. After that week, strain off and share with a friend. If you are short on time you can make a tea with 1/2 part Damiana, 1/8 part Spearmint, Sarsaparilla, Licorice (or Fennel), 1/10 part Rose petals, 1/4 part Yohimbine (or Muira Puama), 1/2 teaspoon Cinnamon and 1/4 teaspoon Ginger. After mixing these herbs together use 1 teaspoon of the mixture for every 8 ounces of boiling water steeping for about 15-20 minutes, straining and drinking. Honey can be added for more sweetness if you like.**

Speaking of **Honey**, Honey has been used as an aphrodisiac over the centuries by cultures. Hindus believed it to be "the elixir of love". It can be flavored with powdered herbs like cinnamon, cocoa powder, roses, anise, fennel, or vanilla and drizzled on erogenous zones for a night of fun.

Your kitchen spice rack is chock full of herbs that can be used to spice up your love life. Cinnamon stimulates sensuality through scent. **Ginger** is known for its warming and stimulating properties in Asian, Indian and Arabian cultures. **Fennel** increases libido for men and women helping you to enjoy sex longer, plus it helps to balance hormones. **Anise** stimulates desire more-so in women because of its hormonal compounds. And **Fenugreek** helps to relieve male impotence and increase female sex drive. These along with **Cardamom**, **Vanilla**, **Cloves**, **Cilantro**, and **Orange** can be blended for flavoring teas or to make a Chai or they can be added to foods.

**Aromatherapy** is another way to incorporate herbs into a romantic evening aromas increase desire by creating specific moods. Some scents boost pheromone production, increase blood flow, relax the body and mind and reduce anxiety. You can light candles, create a massage oil or scatter rose petals.

Why not plan a whole evening stimulating all of the senses? It doesn't take much but you will enjoy the results.

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Plants have been and still are the back bones of our modern medicine. In the **Herb Corners Herbal Certification Course "Reclaiming our Roots"** Master Herbalist Cecelia Avitabile will

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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](http://www.tut.com) to sign up for free daily Notes from the Universe!



**One little known secret to making precisely the right move, at precisely the right time in your life, is knowing that in all cases, there is more than one right move and more than one right time. Lots and lots more.**

***In other words, no matter what you do next, or when, so long as you do something, I'll meet you there, smooth the edges, polish the grill, and connect the dots.***

**Tallyho,**

**The Universe**

***P.S. Don't ask me "what grill," I thought you'd know...***

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# SECRETS

*Excerpts from*  
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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](http://www.sharonjanis.com)

## BE A JOYFUL GIVER

*Doing good to others is not a duty. It is a joy, for it increases your own health and happiness.*

—Zoroaster



iving and receiving are like inhaling and exhaling your breath.

- However deeply you inhale and receive the air is also how deeply you are able to give and breathe out.
- However deeply you exhale and give what you have received, that is how deeply you will be able to inhale and receive.

- If you only want to receive and receive and hoard all that you've received, you'll suffocate.
- If you only want to give and give, without being open to receive, then you'll suffocate.
- Deep giving and deep receiving with all of your being will bring the most nourishment and health into your life and into the world.

You can tell how happy somebody is by how joyfully they give. When people are happy, they are naturally kind, patient, loving, and generous. Don't you find that it is much easier to be kind and patient when you're happy? If you're happy and someone takes a little extra time to go through the grocery line in front of you, it's no big deal. You're even able to allow someone to go ahead of you if they're in a hurry or have only a few items. Happy people are nice people. Happy people are effortless givers.

When you are happy, your gratitude wants to give something back, to lift someone else into happiness. Happiness is never petty or jealous. Happiness is loving and joyous. Happiness wishes to see good things happen to everyone.

If someone you know is not showing qualities of loving generosity, then - even if they seem to have more than you - your best call is to say a prayer on their behalf. Someone who cannot give cannot truly be happy. Even a multi-millionaire is but a pauper if he or she cannot give.

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

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# SACRED SOUNDS & HEALING WISDOM

Richard Hite is a visionary educator and health care integrationist. A pioneer, bringing alternative health care into mainstream medicine. Visit his website [www.acallingofangels.com](http://www.acallingofangels.com) and email Richard at [keepeeducatingyourself@hotmail.com](mailto:keepeeducatingyourself@hotmail.com). He will perform Feb 24th in Cocoa at the Center for Spiritual Awareness. See ad page 34.



**R**ichard Hite's primary mission has been to introduce and advance the practice and philosophies of holistic care and education. For more than a decade, working with geriatric, trauma and chronic pain patients in clinical settings, Richard has repeatedly shown how attention to the delicate interaction between mind-body-spirit successfully promotes patient healing and how centuries old concepts can be used for easy maintenance of good health.

The focus of his mission has been to translate concepts of healing into understandable practices for treating stress, chronic pain, anxiety disorders, post traumatic stress disorders, hypertension, and other lifestyle issues. Stress and pain relief are the immediate effects for almost everyone even in their very first class. Relief from insomnia, anxiety, post traumatic stress symptoms, chronic arthritic pain, fibromyalgia, depression and most lifestyle related problems such as obesity, diabetes and essential hypertension also comes relatively quickly.

Since his clinical training is in psychology, there are specific elements from psychotherapy that he has integrated into the stretching, breathing, movement and mindfulness exercises from the more traditional practices such as qi-gong, yoga, various martial arts. The most significant contributions to his work from psychotherapy, have been EMDR, Ericksonian Hypnotherapy, Hakomi Psychotherapy, Dr. Ira Progoff's journaling, other writing processes, art therapy and his sacred Tibetan gongs, which bring in sound therapy.

He had already been using the Tibetan gongs in his yoga classes before he started working with hospital patients, so he brought these instruments into the hospital as part of the yoga. He had found them to be very relaxing to listen to at the end of the exercise and students had always commented on how deep their meditation was while he played. In the hospital, the gongs triggered some very profound healing on all levels of human experience, physical, emotional and spiritual. Patients gave them tremendous credit. He has been able to see their effect on brain states by taking EEG measurements of brain activity. This has helped him in determining how to play to create a particular response in a listener. It also helped knowing that anything he might




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do with a patient was going to be reviewed by at least one doctor and they had to understand the "what, why, how and when" of what he was doing with their patients or he would have been out the door. It was definitely a results oriented environment and for him a great opportunity that he took full advantage of.

Richard believes there is a tremendous need in our educational system. Physical education and health classes are not preparing students to make the right choices in diet and other lifestyle issues. He works with school teachers to develop age appropriate lessons in mind/body wellness. The ability to make healthy, balanced choices is a necessary survival skill in a world filled with unhealthy temptations. The day-long workshop on Sunday, February 17th, "Sacred Sounds & Healing Wisdom" is an excellent introduction to Richard's integrative healing techniques as well as his use of the sacred Tibetan gongs.

At the workshop, you:

Learn the mind/body interactive that integrates eye movement processing derived from "Eye Movement Desensitization and Reprocessing" (EMDR), a powerful psychotherapy modality, with a yoga based exercise routine for highly effective pain, tension and stress relief.

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The workshop also includes the traditional healing instruments - the Sacred Gongs - a truly unique musical experience. Participants typically bring pillows, mats and bedrolls to lay on with eyes closed as they are sent on extraordinary inward journeys of healing and enlightenment. Biofeedback research with EEG measurement and heart monitors show that the music of these gongs has a powerful beneficial effect on the brain and heart.

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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](http://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.



Dear Louise, I'm a 58, I have sleep apnea, and I use a Continuous Positive Airway Pressure (CPAP) machine every night. What might be the core issues that have contributed to this condition? Is there an affirmation I can use to help? K.C., Vancouver

Dear K.C., Sleep apnea usually means that a person is feeling guilty about expressing themselves so they hold back and almost suffocate themselves in the process. What is it that you need to express? Who are you afraid of? You need to know that you are safe and have a right to be yourself. Tell that person what you need to tell him or her, and you'll feel so much better afterward. On the physical side, most people with this condition are overweight and need a more cleansing diet. I suggest that you eat lots of vegetables and protein, and minimum sugar and starch. Affirm: I love my body. I take loving care of my diet and my thoughts. I choose foods that support my health, and I think thoughts that make me feel good. My healing has begun. I sleep peacefully.

Dear Louise, I have had a second back surgery for a herniated disk at the same location (L5, S1), which is at the base of the spinal column. The surgeon performed a laminotomy on this twice now. The herniation was on the left side with extreme lower back pain and pain shooting down the left leg. Can you help me with what might be the issue here, and an affirmation for strength regarding this area? T.C., Chicago, Illinois

Dear T.C., Our bodies are always talking to us—trying to get our attention, wanting us to heal our thinking. The lower back is like a balance beam for the whole body. It anchors the body for action. It also represents the support of our upper body. So when we have back problems there's a part of us that doesn't feel supported by Life. I would suspect that you're worried about finances. There's a part of you that doesn't trust Life to support you financially. All of us need to trust Life more. An affirmation I like to use is: The Power that brought me this far will take care of me the rest of the way. Since you write that this condition is on the left side of your body, you might go through your old resentment file and see if there's anything left that you need to forgive your mother for (or a woman who was/is of influence in your life). Unforgiveness often holds the pain of guilt somewhere in our bodies. Affirmations to use: From this moment on, every hand that touches my body is a healing hand. I release all guilt. My loving, forgiving thoughts bring healing to my body.



# HAPPINESS EVER AFTER

As written in "Tantra: The Art of Conscious Loving" ©



Charles and Caroline Muir are teachers of Tantra yoga and their approach to sexuality incorporates spirituality as well as an honest affinity for pleasure. They have been reviewed by many magazines and newspapers and have appeared on national radio and television as tantric sex experts. Learn more at [www.sourcet Tantra.com](http://www.sourcet Tantra.com).

**T**hese days, not many of us believe in happily ever after. Statistics show that well over half the married couples in our culture divorce, and many of those who stick it out do so for reasons other than personal happiness—because it's such a hassle dividing everything, moving, having to start over—not to mention children and the emotional and financial aspects of splitting up. In this practical twentieth-century climate, it's hard to take happily ever after as much more than a metaphor in which "ever after" means "for a while."

Theoretically, this definition could allow a person to live happily ever after if he or she lived in consecutively happy-for-a-while relationships. These were fashionable to a degree in the sixties and seventies, but became first questionable and then dangerous in the eighties as the AIDS epidemic was recognized and understood. But it is not just fear of AIDS that is changing contemporary relationships. In our seminars we meet men and women whose desire for partnership stems from a feeling that there is something important to be gained from a significant relationship. And it seems to be more than a desire to "settle down." Couples today are looking for a commitment from each other, but a special kind of commitment—one that contains a spiritual as well as a physical element and emotional and psychological aspects as well as material ones.

This may be the start of the "we" generation, a generation that desires an end to the battle of the sexes and the beginning of a new form of relationship in which partners work together as a team to satisfy needs, uplift one another, and journey together toward personal growth and sexual and spiritual fulfillment.

## PROMISES

The past few decades made us some promises of sexual sophistication, personal independence, and prosperity. For a large number of men and women today, many of these promises have been fulfilled. We are richer because we know more about ourselves—in fact, we are a culture fascinated with itself. We take care of our bodies, we exercise and eat well, we stop smoking. We look to improve. We visualize bright futures.

Being so blessed, so evolved, why are we less successful than previous generations in making relationships last?

*...continued on page 31...*

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**Every Friday:** Buddhist Meditation 7:30-8:45pm

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# WHAT MEN WANT US TO KNOW



*Survey results from Andrea de Michaelis, Publisher*

**I** get so many questions from my women readers on the topic, that this month I wrote to many of my men friends: "I'm asking you to help me out! Please respond to some relationship questions."

Their answers were interesting. See if you can recognize yourself in any of the below descriptions. See how many you could have said yourself.

## 1. The top 3 things that partners do that lessens your love.

Jealousy  
Flirting with others  
Trying to change me  
Unhealthy addictions  
Complain about money  
Public embarrassment  
Nitpicking, criticism, whining  
Too much pessimism and doubts  
Partner only takes and never gives  
Breach of my trust/lack of honesty  
Spends (my or our) money recklessly  
Manipulative or emotionally blackmail  
Spends too much time away from home  
Asking a question.. not listening to reply  
Overly possessive, controlling, needy, clingy  
Punish by withholding instead of dealing with issue  
Moving personal items... 'they' like new location better.  
I would like her to devote more time to our spiritual path  
Ignoring my feelings/not validating that she understands  
Lie, cryptic excuses, refuse intimacy, lack of communication.  
Repeatedly nagging about things she can't do anything about.  
Tell me what to do/think/feel when no opinion asked; unsolicited advice.  
So consumed with being a mother that she has forgotten how to be a woman.  
Takes advantage financially, whines about no money so I feel obligated to feed her and pay her bills.  
Causes me to compromise one of my core values, truthfulness, honesty, respect of life and for others.



Expects me to change size. You don't buy a car and expect it will get bigger or smaller the longer you drive it.

Lack of intimacy - intimacy being anything that makes two people feel physically close ... making love, kissing deeply, touching in a familiar way.

Diets, diets and more diets. Just because you don't like the way you look, it doesn't mean I don't like just how you are. Unless you convince me otherwise with your constant comments about how old/fat/whatever you think you are.

## 2. Three things that your partner does that makes you feel cherished.



Cooks for me.  
Listens to my stories.  
Smiles when she sees me.  
Consistently compliments me  
Calling simply to hear my voice.  
Feeling the love from my partner.  
Big smiles, big hugs, being together.  
A BJ, a good steak, and another BJ.  
Partner wants a high level of intimacy.  
Talks to me, especially about fun things.  
Lots of physical affection from partner.  
Admonishment for disrespecting myself.  
To appreciate Me for Who I authentically Am.  
To be emotionally, spiritually supportive of me.  
Growing into her own person, then sharing her experiences.  
Sending me e-mail to let me know she is thinking about me.  
Remembering little things I like even though I may have only mentioned it once.  
Anything to show she knows how to take care of herself financially and has her moods under control.  
Is at ease with her body, flaws and all. I feel complimented if I feel she is not self conscious around me.  
Every day, no matter how busy she is, she says or does something that demonstrates she was thinking of me.  
Includes me in everything she possibly can, making sure I know I'm as integrated into her life as I possibly can be.  
Listening, accepting if something is not known or conveying in a loving way if something said was wrong, understanding  
She randomly touches me -- plays with my hair, grabs my hand, hugs me, rests her head on my shoulder, kisses me,  
Looks for me as I walk in a room or greet me at the door with a smile and look that says "you're important to me"  
Surprises me with affection whether it be spontaneous sex, a surprise kiss in public, an unexpected touch, or even a look and a smile that just says "I was just thinking about you"

*...continued on page 30...*



# FORGOTTEN IN TIME... THE ANCIENT SOLFEGGIO

For more information about the power of SomaEnergetics and these re-discovered frequencies, visit [www.SomaEnergetics.com](http://www.SomaEnergetics.com). David Hulse, D.D. [somae-nergetics@lightwithin.com](mailto:somae-nergetics@lightwithin.com)  
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Dr. Hulse will be in Cocoa Village on Feb 23-24 at What You Love To Do, see ad on page 27

## A Personal Journey of Discovery...

**T**he work being done today with energy at the cellular level really excites me, since I had been very interested in DNA before it became a household word.

In fact, I think it took me months to learn how to pronounce deoxyribonucleic acid. I was determined to understand this tremendously powerful energetic blueprint for life, as we know it. DNA became a part of the collective consciousness when CNN produced a special on the Genome Project in 2000.

As I pursued my passion for the study of DNA, I attended a workshop by **Dr. Robert Gerard** from California on DNA Activation. His work focused on using certain sounds and frequencies to activate DNA and I started doing DNA Activation workshops. Through those workshops, an article was given to me that reported how biochemists were using the frequency 528 Hz to repair human DNA, the "blueprint of life". After I read the article I thought, all I would need to do is go to a piano or some other instrument and play a "C", and then I would be able to repair DNA.

Well, it wasn't that simple, because I discovered that the regular "C" that we know in the Western culture (which is from the diatonic scale of do, re, mi, fa, so, la, ti, do) was not the 528 Hz frequency "C", as described in the article.

Instead, I discovered that a regular "C" vibrates to a frequency of only 512 Hz, and that the "C" of 528 Hz, used in DNA repair, had been a part of an ancient sequence of frequencies called the Solfeggio. Moreover, the difference in the scales existed because of different tuning methods that were utilized in ancient times, vs. those in general use today. In the workshops, we explore how music molds our character as well as our culture.

At the turn of the century, my accelerating interest and research into the lost frequencies of the Ancient Solfeggio served as the Spirit-guided catalyst for the idea of bringing these tones back into use. I shared the frequencies with Aryiana, a musician friend who decided that she would like to experiment with these frequencies in the form of meditation music. She was also in touch with **Jonathan Goldman**

(author of Healing Sounds) who knew of these frequencies, and was using them in some of his music like "The Lost Chord." Jonathan Goldman, Aryiana and I each obtained a set of tuning forks calibrated to the Solfeggio scale and independently began our research.

During my travels across the country, I began noticing that people were resonating with the information about these powerful frequencies and asking me to use the tuning forks on them. Spurred on by these requests, while I continued to collect additional research, the right people were drawn to me, such as concert pianist and teacher **Lois Winter** and musician and mathematician, **Randy Masters**. "Bridging Spirit with Science", **SomaEnergetics** was birthed. I put much thought into this name, combining the Greek Word soma, meaning 'body', with energetics, to reflect the 'wholistic' idea of the body as a vibrant energy field. I firmly believe that these sacred tones actually serve as a "vibrational bridge" to holistic reintegration of the physical, mental, emotional and spiritual aspects of the individual.

After I founded and developed SomaEnergetics, it became increasingly apparent that my method of using these tuning forks appeared to be helping individuals optimize their energy, giving them an enhanced sense of well being by facilitating the release, and stimulating the flow, of blocked or stagnant energy. With growing interest, SomaEnergetics™ workshops were developed to teach and empower people to discover and use these long lost frequencies to enhance their lives on all levels.

Currently, **SomaEnergetics™** conducts training classes throughout the country and is the exclusive source for the color-coded Solfeggio tuning forks. To date, over 400 practitioners have completed SomaEnergetics™ workshops and the number continues to grow!

A Chinese saying states; "May you live in interesting times." I think we are living in interesting times, and rather than seeing the glass as 'half empty,' I see it as 'half full.' Our purpose is to assist others. It's not to be their 'Healer,' but to assist them in knowing who they are and in connecting with their true Self. We provide a non-judgmental atmosphere, a sacred space, for the purpose of healing themselves.

The old paradigm dictates that the information should be kept among the professionals. The new paradigm challenges us to share the information and empower the client.

I do believe this is the beginning of a new way in which we can bypass the resistance of the human ego and its powerful belief system. I see healing procedures moving in the direction of using frequencies therapeutically as we head further into the 21st century. This view is corroborated, in detail, in the book **Vibrational Medicine** by **Richard Gerber, M.D.**: "Vibrational healing methods represent new ways of dealing with illness. Practitioners of subtle-energy medicine attempt to correct dysfunction in the human organism by manipulating invisible yet integral levels of human structure and function. Healing at the level of human subtle energy anatomy is predicated upon the new physics understanding that all matter is, in fact, a manifestation of energy. As science and technology evolve to make that which was formerly unseen visible, more scientists and physicians will be forced to change their viewpoint about the extended nature of human beings..."



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## ABRAHAM-HICKS

...continued from page 8...

the 5% have already decided that they do -- the resources of your planet would expand to accommodate 100%.

So it isn't that the 5% are squandering the resources. It's that they are asking for what they want -- and are getting it. And the other 95% are belly aching about it, and holding themselves not in the receiving mode, and, therefore -- not creating it. There are enough resources for everyone to have everything that they want.

**Guest:** So, there is really no such thing as greed?

Abraham: Most people would define greed as taking more than I need, or getting more than my fair share. And we would say to you, this is a Universe that has infinite resources. (People quarrel with that, but it is our promise to you that if you have the ability to define it as a desire, this time/space reality, in which you are focused, has the ability to yield it to you, no exceptions.)

Now, whether you're talking about money or something else, here's what's at the basis of the shortage thinking: Most people have this distorted view that there's just one pile that's being divvied out. And if I, this rich old bugger, go with my big dump trucks and I carry away a great big

piece of the pile, then others who show up with their wheelbarrows or tea cups will be deprived of what they would have gotten, because the pile would, after all, be drastically diminished by the hoarding that I have done from my greedy perspective.

And the reason that we wanted to put it in that dramatic way is because all of that is such hogwash. When you ask it is always given! But, as you do not allow yourself to receive, nobody else gets it.

When you think about physical Well-being, do you ever say "I've been healthy for so long, I think I'll be sick for a few years to let other people be well?" You understand the resources that you would call clarity are yours, or not, but you don't say, "Oh, I've been so confused today, there must be a really smart person running around here somewhere."

The only thing that ever holds anyone apart from something that they want, is that they are choosing to focus upon the lack of what they want, and therefore they are a vibrational match to the lack of what they want -- and therefore that is their reality, or that is their creation.

Here you are, on the same planet that you've been on for more years than you have the ability to count. And just in the last 400 years, look at the difference in your economy. And it's the same exact planet. Nobody has been trucking in or piping in any resources. There are not more resources present today. You are just vibrationally lining up with the utilization of them.

And, oh, this planet's ability to yield to you: you have not even scratched the surface of it. It is a continually replenishing environment. And you would never be able to get your planet imbalanced by utilizing more of its resources than it could produce. It just cannot happen.

So we would go back to your earlier question and say to you, greed is a non-issue because it is an impossibility. It is not possible for someone to get more than their fair share.

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# SECRETS

*Excerpts from*  
Secrets of Spiritual Happiness



*...continued from page 16...*

One of my favorite experiences of giving came while I was working at a **Los Angeles** news station that was owned by **Disney**.

Whenever there was a big disaster, the station executives would order in pizzas or sandwiches so that we could work without taking a full lunch break. Even now, when a disaster hits, I sometimes think of pizza.

One day, we were in the midst of one "breaking news" disaster or another, and the executive producers had ordered in sandwiches for the whole newsroom of about 60 or so people. They were always kind enough to order a vegetarian meal for me, and when my time came for a quick lunch, I sat down near the front door, picked up half of my sandwich, and began to eat.

In the meantime, the president and CEO of **Disney, Michael Eisner**, came in to visit our newsroom for the first time. I'd recently read several magazine articles about how Mr. Eisner had made tens of millions of dollars in stock options that year. He was standing right near me, chatting with the news director, when Mr. Eisner spotted the bag of sandwiches. I overheard him mentioning that he hadn't eaten all day, and that he was very hungry. Then, he asked if there were any vegetarian sandwiches available.

The news director glanced over at me chomping on my half-eaten sandwich - we both knew I had the only vegetarian meal in the place. I thought, "When else am I going to have a multi-billionaire beg half a sandwich from me?" I wrapped up the uneaten half and offered it to Mr. Eisner with a friendly smile. "Here's half of a vegetarian sandwich for you!" He accepted and gratefully ate the gift.

*What can one person do? There's something going on in your workplace, in your family, in your life, where Spirit is saying, "I've got you uniquely placed, because there's something I would do through you. For this I have created you. For this I have called you into being. You are free, to be and do all that God created you to be."*

— Mary Manin Morrissey

One of the best ways to increase your own spiritual happiness is to help someone in the right way. This doesn't mean helping them while thinking that they owe you anything, or

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Dr's. Barbara and Paul Daniele

thinking proudly "I am saving this person, I'm helping this person." Rather, you can help others with a sense of humility and gratitude that God is helping them through you. This will sanctify your gift, and will also sanctify your experience of giving. When you learn to taste the sweetness of being a joyful giver, then you're most certainly also developing a taste for the gourmet delicacy of spiritual happiness.

Helping somebody creates a whole different kind of feeling in your being. If you're having a hard time in life and don't think you are feeling happy, help somebody. If you can find happiness in helping others, then you'll always be able to find some way to create happiness, in any circumstance. When you help someone, your heart warms, and spiritual happiness shows its smiling face to you.

Try it today. The next time you're driving and somebody wants to come into your lane, feel honored to have the opportunity to serve that person and to help him or her to safely and easefully merge into your lane. Know that divinity exists in every person, every driver, every waiter, every cashier, and every security guard.

See God in each other.  
— Baba Muktananda

Always strive to give more than you receive — to people, to this world, and to God. Of course, outdoing God is ultimately impossible, since God is the giver of all — but the striving will make you happy!



# WHAT MEN WANT US TO KNOW



...continued from page...20

### 3. Is it more important for you to feel respected, understood, provided for or cherished?

Cherished (won hands down); Respected (a close second)

Respected: trust without necessarily understanding

If I feel cherished then I feel understood, I feel respected, I feel important

### 4. What is most important for you to feel if none of the four above?

Unconditionally loved.

Secure with the relationship .

Part of the family, included in everything they do.

To feel as though I am thought of as kind and caring.

That she has enough self respect and is responsible enough to have learned to support herself financially.

That you feel she will stand by your side no matter what, since you are the most important soul in the world to her.

### 5. If you could tell your partner anything, if there was one thing that you wanted her to really understand and GET about being in relationship with YOU, what would it be? You're allowed to be sexist if it's the truth. You'll be anonymous.

Know that men and women behave differently under stress.

Once trust is gone, nothing will ever bring it back.

Just because I don't say it, doesn't mean I don't love you.

I don't feel comfortable talking about how I feel. Ask me anything, but don't beat me up for not speaking the same emotional language as you do. It's all I know. Please use words and phrases I know. We're not therapists, we're regular people.

She is free, whatever form that takes.

To be herself and try to find herself.

It really is okay for her to have her own opinion.

I want a princess in public, and a courtesan in bed.

To be there when you need them most and to have hot, vicious sex whenever and wherever the need arises.

To get that I am not a woman - I am wired by gender. Men are base, reactionary creatures with minor abilities in the areas of emotional support. It's just the way it is.

It's hard for me to come on to her as a lover when she has put me in the parent/supporting role. I can't do both.

Have a sense of humor; find something to enjoy. Learn to enjoy whatever this life throws at you..

Sex is a good way to strengthen intimacy, but no substitute for paying attention to the feeling portion of the relationship.

"Just let me be" by that I mean to say - don't tell me what to do or do things for me unless I ask.

If there is something you feel like we ought to do together, talk about it and be open to finding out I may not be interested in doing it.

Personally, what I need is acceptance. When I am comfortable with you, I will let down my defenses. When I am comfortable, I am willing to change, because I will want to do it out of love or a greater understanding of my own, perhaps even something you've taught me, and I will do it cheerfully.

### And my favorite answer, from a good buddy affectionately known as YetiBoy:

*"I think the most important thing that I would want her to understand and "get" about being in a relationship with me are my beliefs/paradigms about relationships. I feel both people need to have a similar belief as to the true purpose of relationships. A couple should periodically take inventory of how they each define the relationship, and where they each are in the relationship, to help ensure that they are both on the same page. I believe that the true purpose of every relationship (not just romantic) is to create opportunities for you to choose Who you wish to Be. Relationships give you the opportunities to recreate yourself over and over again into grander and grander versions of yourself. I gleaned this concept from Conversations with God."*

For this **Valentine's Day**, consider your own opportunities to choose who you wish to be, and who will you choose to help recreate yourself into that grander version of you.

And dudes, we gals want all that stuff that you want, too!

# HAPPINESS EVER AFTER

...continued from page 19...

IF WE'RE SO SMART, HOW COME WE'RE NOT IN LOVE? There's love, and then there's Love. There's passionate love, and then there's love after passion or without passion. The latter has been known, in fact, to be quite cozy and satisfying in many ways; but without passion, may also deteriorate into a pale version of the original, a benign tolerance. And there is the risk that it may die completely or turn into resentment or disrespect, or worse.

It is not dispassionate love that we want to discuss. We want to focus on love that is full of passion and heat, love that makes your blood fairly pulse inside you; love that is all the nourishment you need. This is the love that overcomes all obstacles, dissolves time, obsesses you, possesses you, and radiates from you so that people comment on your "glow," and are drawn to you as if by a magnet. This is love that expresses itself sexually as a wonder, the best ever. It is so for both of you—you can't get enough of one another.

Love is not necessarily blind, as **Shakespeare** claimed, but it is surely an altered state. Physicians tell us that bio-chemically, love shares a lot of the same exhilarating effects that amphetamines produce. We know that the immune system can be strengthened by it; that white blood cells perform better; and that the production of endorphins increases. We feel terrific!

So what happens? What causes passion to close its doors after such a promising opening to such good reviews?

Part of the answer can be found if we consider passion as a kind of energy that depends on other energy for its survival. When we are in the early passionate stages of a relationship, we expend a lot of time trying to win one another, enchant, impress, and attract one another. We mentioned that passionate love overcomes obstacles. It is the energy required in that overcoming that is most significant. For example, when men and women decide to live together, they eliminate one of the biggest obstacles of all—physical separation—but they don't

...continued on  
page 42...

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# SOULSONGS



Karen Williams of Winter Springs, FL, e-mails "SoulSongs" several times weekly to subscribers worldwide. For a free subscription, e-mail her at [soulsongkaren@cfl.rr.com](mailto:soulsongkaren@cfl.rr.com). She also writes a humor column, "Funny Side Up," for The Seminole Chronicle (Florida) newspaper. Visit <http://www.karenwilliams.net> and NEW [www.abrahamfun.com](http://www.abrahamfun.com).

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## WHAT DOES THE FUTURE HOLD?

**T**errorism? Probably. Peace? Probably. Recession? Probably. Prosperity? Probably. Serious new diseases? Probably. Miraculous cures? Probably.

The future will be a hodge-podge because people's thoughts and intentions are drawing to them a variety of experiences. But I can be certain of these points:

- 1) Well-being is predominant. Despite startling or alarming news reports, the nature of life on this planet is to thrive and expand. At this moment, there are far more people who are doing well than those who are in peril. That will continue to be the case.
- 2) Drama and trauma will continue to play out. Despite over-all well-being, this will continue to be a planet of great variety where some people who are sufficiently unhappy and disconnected from their inner guidance will behave in destructive ways.
- 3) I get to decide my fate. If I want to encounter crime, hassles, scams, conflict, accidents, illness and similar experiences, all I need do is give regular attention to those aspects of life. If, on the other hand, I want to manifest success, fulfillment, safety, smooth-sailing, and vibrant health, I habitually place my attention there.

I need not fear the future or agonize over the planet's problems. Nothing is broken. Nothing needs to be fixed. Everyone is getting exactly what he/she is vibrating (thinking about) with perfect precision.

I can't control what the future holds for others, but I can control what it holds for me. I focus on what I like and want and watch the same increasingly turn up for me.

And when people beg for my secret, I joyfully tell them: I've stopped looking at problems and started focusing on the wonder in the world. And they can do it, too.

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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 ...

As an on again/off again single person, I have learned some things about myself and what I want and don't want, what I like and don't like. The people I most enjoy spending time with are people who are involved in activities I enjoy.

I came of age during the early 70's in the years of the encounter culture. Group encounter was a type of layman's group psychotherapy, sometimes called sensitivity training, and they were groups that people (no, not just hippies) joined to increase their sensitivity, responsiveness, and emotional expressiveness, by freely verbalizing and responding to their emotions. It is somewhat based around the principles of cognitive therapy, which has to do with the way in which one perceives and interprets and attributes meaning in their daily lives. The premise being that human beings are intentional, they seek meaning, value and creativity; and in order to be happy, they make the most of their abilities and to strive to be the best they can. Goals of encounter include evaluating your thoughts and beliefs; assessing what you expect; and assessing how you attribute causes of events. Encounter groups were typically structured yet casual group settings designed to increase self awareness, gain insight into unconscious emotions and drives, and teach a language to verbally express it so we could relate to others in an open and honest way.

I have found my most fulfilling times come from doing this type of work - seeking to learn my strengths, overcome my blockages, and make the most of my abilities to - and helping others do the same. I am most comfortable relating to others in this type of way - being open about what I am thinking and feeling about whatever we are involved in doing together. I am so involved in my work, which puts me in these groups and around this type of person almost exclusively, that I forget how unusual some of these things might be to 'an outsider'. I took a new (non-metaphysical) friend to a metaphysical discussion circle where he was out of his element with the hand holding (with other men even!) the hugging and the verbalized personal emotions. I laughed as I remembered my own first encounters. Now it is second nature and I have gotten used to being with wide-open-hearted people of all genders.

Helping people reach their goals and potential is the work I find most meaningful and satisfying, and is what I feel

most driven and motivated to do. So the friends and people who are most valuable to me help me stay focused on these topics, since they are what brings the most meaning and fulfillment into my life. Yes, I have friends who are not interested in personal growth and spirituality, however they do share an interest in openly verbalizing and responding to their emotions on the other mutual interests we share. I am always interested about what someone thinks of the life they are living. I may not be interested in what they are doing or who they are doing it with, but I am very interested in WHAT THEY THINK about what they are doing and who they are doing it with. Is what they are doing keeping them facing the direction they want to go? Do they know what direction they want to go in? If not, are they actively searching for it? If they are happy with their life, what adds to them enjoying it fully?

An affluent friend from **Miami** just called and was flying his plane into the **Vero** airport and wanted to meet for lunch. I jokingly asked him what, was he not spending enough money on gas for the boat that now he has to fly a plane for recreation? This from a man who constantly complains about how much women cost him. Maybe they wouldn't tend to, I suggested, if he'd stop talking about "my plane, my boat, my house, my company, my whatever" and just take them to the beach to watch the sunset and talk, or a picnic at a local park. Keep them sober, don't bribe them with gifts at first, talk about what you want out of life, not what you own and who you know. He doesn't realize how old that gets, hearing men who only know to define themselves through what the media tells them they must own and who they are photographed with.

My mother, after she and my dad divorced, typically dated professionals, she worked in a Tampa hospital and had several suitors, a couple of doctors. But she wanted a home life with a man and not to always sit home waiting for him to finish work. When she began dating Rafael, 18 years her junior, a Cuban auto mechanic who spoke only broken English, I wondered what they had in common. My mom who loved to read philosophy and discuss ideas and who was an eloquent speaker with wonderful subtleties of language usage. Rafael who loved to hang with his buddies at the shop and watch any kind of sports on tv. But after I saw them together a few times, I saw what she saw. He adored her and she him. They were playful together and had chemistry you could cut with a knife. He adored her and showed it constantly. She told me later that she could have discussions with girlfriends; she could have intellectual stimulation at work. She could go to church alone and go to concerts and theatre with friends. But when she got home and was in her own space, all she wanted was someone to love who loved her. Wow, what a role model.



Enjoy our offering this month. Remember, time flies whether you're having fun or not.

Hari Om.

*Andrea*



# CENTER FOR SPIRITUAL AWARENESS



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  
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## 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

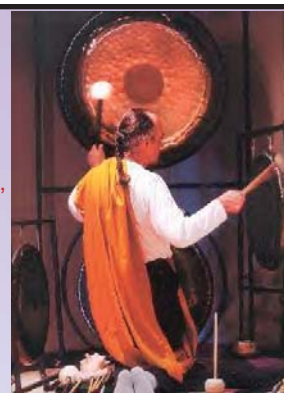
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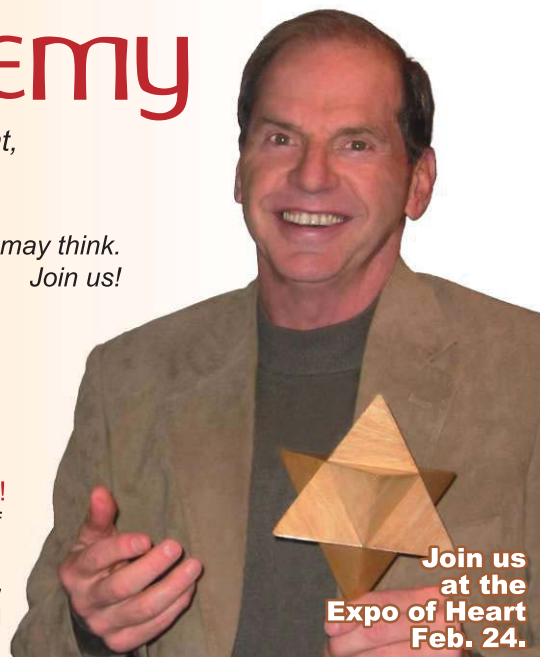
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**Call to confirm all events before attending to learn of last minute changes**

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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](http://www.ifsk.org)

Mondays, COCOA VILLAGE, Zumba!!! With Beth Rodamer, wear comfortable shoes, 9:00 - 10:00 am at What You Love To Do, 602 Brevard Ave, \$10.00 321-504-0304

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](http://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](mailto:Rivers97@rocketmail.com)

Wednesdays, COCOA VILLAGE, Create a Craft Class with Suzanne, 10:00 am - noon at What You Love To Do, 602 Brevard, \$20.00 - ALL SUPPLIES INCLUDED. 321-504-0304

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](http://www.gardenchapelcsa.org)

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

Wednesdays ST PETE Manifesting Wealth Class 1st Wednesdays, Manifesting What You Want 3rd Wednesdays, 7-9 pm. \$15. Enchanted Forest, 727-823-9291

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

Manifesting Wealth Class 1st Wednesdays, Manifesting What You Want 3rd Wednesdays, 7-9 pm. \$15. Enchanted Forest St Petersburg, 727-823-9291

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](http://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](mailto:Rivers97@rocketmail.com)

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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](http://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](http://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](http://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

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](mailto:Rivers97@rocketmail.com)

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

Tuesday, February 5th 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.

Sat. Feb 9th, COCOA VILLAGE, Discover the Real You with Enneagram Expert, Steve Hart, 1:00 - 4:00 pm at What You Love To Do, 602 Brevard Ave, Love Offering. 321-504-0304

Tuesday, February 12th WINTER PARK Intuition / Psychic-Medium Development Class ~ New On-going Class - 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 prepay 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](http://www.ifsk.org) 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**

February 15th - NEW SMYRNA BEACH 6th Sensory Lightworkers Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7 PM. Jude Decoff will be speaking Topic is The book he is in "Conversations with the Children on Now" and God's messages through the media. Call Judson for more information 386-847-2367

Tues. Feb 19, COCOA VILLAGE, Seaside Poets, 7:30 pm meeting at What You Love To Do, 602 Brevard Ave, Love Offering. 321-504-0304

Fri. Feb 22, COCOA VILLAGE, David Hulse, D.D. presents FREE LECTURE, 7:30 - 9:00 pm at What You Love To Do, 602 Brevard Ave., FREE! 321-504-0304

February 22nd - NEW SMYRNA BEACH 6th Sensory Lightworks - Will study and discuss the Pathworks a spiritual path of self-purification and self- transformation. 7PM 758 navigators Way, (Edgewater Landing), FL. For more information call Judson 386-847-2367

Sat Feb 23, COCOA VILLAGE, Re-Negotiating & Re-Investing Your Energy for Person Power! With David Hulse, D.D., noon-5:00 pm at What You Love To Do, 602 Brevard Ave., \$69 321-504-0304

Sun. Feb 24, COCOA VILLAGE, Somatuners to Enhance Energy Flow & Your Quality of Life with David Hulse, D.D., noon-5:00 pm at What You Love To Do, 602 Brevard Ave., \$99 321-504-0304

Mon Feb 25, COCOA VILLAGE, Discover the Goddess Within, facilitator - Kathryn Flanagan, 7:00 - 9:00 pm at What You Love To Do, 602 Brevard Ave, \$10.00 321-504-0304

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](http://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.

Thurs. Feb 28, COCOA VILLAGE, Millionaire in the Making, Part II, with Ilene Davis, CFP, 6:30 - 7:30 pm at What You Love To Do, 602 Brevard Ave, Love Offering 321-504-0304

Thursday, February 28 2008 JACKSONVILLE 7pm - 10 pm The Florida Theatre Sylvia Browne 2008 Farewell Tour - After decades of traveling around the world to share her wisdom, insights, spirituality and future predictions—Sylvia Browne has come to the end of this chapter in her life. Join her on her 2008 Farewell Tour where she will discuss on one of her favorite topics—The Other Side. Call 800-654-5126 or visit [www.sylvia.org](http://www.sylvia.org) for tickets and info

February 29th NEW SMYRNA BEACH 6th Sensory Lightworks - "Share Our Gift" gathering at 7PM - 2090 Knittle Circle, NSB 32168 Members will share there gifts and help other to discover there gifts. For more Information call Judson 386-847-2367

Sunday, March 2 WINTER PARK Moving Up the Inner Journey Spiral: Breaking through Barriers - 10am to 3 pm National speaker, author Nancy R. Daly, guides new skills in getting unstuck using Intellect, Intuition, and Expression. \$110. More details: [nancy@nancyrdaly.com](mailto:nancy@nancyrdaly.com), 407-673-4762.

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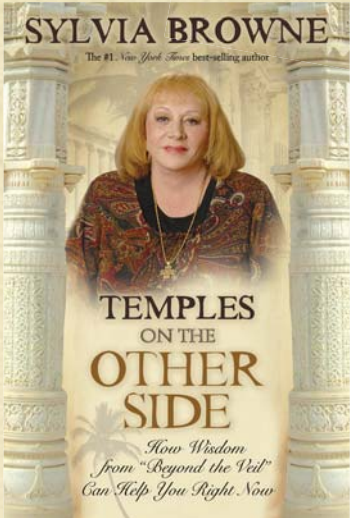
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NEW Jacksonville ~ Thursday, February 21st ~ 7-9:30 PM

NEW Tallahassee ~ Wednesday, February 6th ~ 7-9:30 PM

NEW Cairo GA ~ Saturday, February 9th 12-2 PM

NEW Winter Park ~ Tuesday, February 12th ~ 7-9:30 PM

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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.

- 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.

- Find some out of town events and arrange a weekend jaunt with friends to attend new seminars, psychic fairs and discussion groups,



## 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. To use our combined power to encourage each other in our personal visions. To remind you that you are far more powerful than you can imagine.

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. 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](http://www.ironoak.org) or [www.ironoak.us](http://www.ironoak.us)

## FEBRUARY 2008

**W**here did the name come from? One theory says that the name of this cold month came from the Latin verb *februare*, meaning to "expiate" or "purify". Specifically 'februo' meant 'I purify by sacrifice'. Another theory says that it came from the name of the *februa*, a goatskin thong that was used during the **Roman Lupercalia Festival on February 15**. The priests lashed the local women with those thongs to purify them so that they would become fertile. Now, that's cold! I wonder who sold the ladies on that idea? But,...on the other hand, ... well, I won't go there.

Suffice it to say, purification can be spiritually fulfilling for some. For example, there is the **Setsu-bun**, the **Day of Purification in Japan** to banish the demons of winter by burning dried sardine heads and by loud drumming. Have you ever smelled a burning sardine head? Sacrifice can have many meanings. In **Tibet**, one finds the **Devil Dance** used by village sorcerers to exorcise demons of winter.

Old Women in your elbow chairs,  
Who now will be your fence and shield,  
When wintry blasts and cutting airs  
Are busy in both house and field?  
**William Wordsworth, "Elegy," 1815**

Leaving Tibet and landing in **Pennsylvania**, there is another purification ceremony where the settlers purified themselves of **King Phillip** who was also called "**Br'er Groundhog**". To this day, they celebrate the emergence of **Punxsutawney Phil** who appears, blinky-eyed in the early spring light, to see if his shadow exists on **Groundhog Day**. If he does, there will be six more weeks of winter weather; if not, an early summer.

Away in a meadow all covered with snow  
The little old groundhog looks for his shadow  
The clouds in the sky determine our fate  
If winter will leave us all early or late.  
**- Don Halley**

Happy Purification, everyone!

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**BLESSED BE !**

Feb 2nd - Wiccan, Northern Hemisphere: Imbolc

- Celebration of Goddess Brigit

Feb 2nd - Wiccan, Southern Hemisphere: Lughanssad

- Celebration of the God Lugh

Feb 6th - New Moon at 10:45 PM EST

Feb 6th - Christian: Ash Wednesday - Lent begins

Feb 7th - Confucian/Daoist/Buddhist: Chinese New  
Year, the Year of the Rat

Feb 11th - Hindu: Saraswati Pooja, Celebration of the  
Goddess of Education

Feb 15th - Buddhist: Nirvana Day

Feb 15th - Roman: Lupercalia Festival

Feb 20th - Full "Snow" moon at 10:30 PM EST

Feb 26th - Baha'i: Intercalary Days through March 1st

### A factoid with which to end the month:

The month February was added by the Roman senate in 154 BCE, when they added January. March was previously the first month of the year. February is the month of celebration of Faunus, the Roman god of the woods and plants. Faunus is similar to Greek god Pan.



# HAPPINESS EVER AFTER



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*...continued from page 31...*

realize that they are removing something that has contributed to their passion. They need to find a way to compensate for the energy-hole their relationship experiences when they no longer need to overcome the obstacle of living separately. They have created an energy void, and passion suffers for it. The diminution of energy diminishes passion.

In the early stages of a love affair, passionate energy seems self-generating. The newly attracted couple is in a nearly constant state of arousal. They're charged. They're superconductors. And then, usually, the lovemaking falls off—quantitatively, anyway. It's less urgent once you've come to trust your relationship, come to rely on your partner, gotten to be 'familiar.' We want to trust one another and rely on one another—but why must we lose Love?

In fact, we don't have to lose anything. What usually happens is that the lessening of lovemaking means a lessening of energy in the relationship. When couples don't make that physical connection as often, the atmosphere changes. Love begins to stagnate and energy is directed elsewhere.

Men and women who are passionate about their work, or their art, or their politics are recognized for the energy they manufacture in order to pursue and maintain and advance the endeavor to which they are devoted. In the same way, men and women who are passionate about their relationship must be committed to manufacturing the energy needed to sustain it. This is especially true in an era that offers so many opportunities and so much personal freedom. Many of us have several passions, and sometimes the amount of energy spent pursuing them exceeds the amount of energy they return. When this

happens, we operate with a 'passion deficit.'

We have to borrow energy from other sources to compensate. Ultimately, unless we rectify the deficit at its source, we will suffer serious losses. Too often one of these losses is passion.

We meet many couples who are simply too busy or too tired to make love. Both work, they have children; they contribute time and energy to their community and to their church. They're concerned about self-improvement, so they devote several hours a week to health and physical fitness. Many have aging parents to look after.

The irony is that making love can provide both partners with more energy....

The solution we teach in our seminars and workshops is based in part on the tantric 'lifestyle' that was designed centuries ago specifically for householders—that is, couples. The tantric texts are explicit on how the differences between the sexes can be used as a positive force in a partnership, how the proper combination of these differences can produce a near alchemical reaction, an ether in which everything flourishes, in which the garden of your relationship bursts with color and a new life and growth, and you and your beloved thrive.

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From [www.hayhouse.com](http://www.hayhouse.com)  
**The Astonishing Power of Emotions**  
by Esther and Jerry Hicks

From [www.yogananda-srf.org](http://www.yogananda-srf.org)  
Rare recorded talks by Paramahansa Yogananda  
**Removing All Sorrow** (1950)  
**Suffering and Awake in the Cosmic Dream** (1952)

From [www.beyondword.com](http://www.beyondword.com)  
**The Orb Project**  
by Miceal Ledwith and Klaus Heinemann

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Our purpose with the directory is to offer a wide selection of spiritual counselors and psychic readers in Florida, and to build a network of readers. It will include psychics, mediums, spiritual counselors, astrologers, and stores that hold psychic fairs

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Barbara Lee is a Reiki Master Teacher, Psychic and Professional Astrologer. She offers phone consultations and a state of the art astrological chart service with six types of computerized reports available. Barbara can be reached at 1-208-773-7822 and at P.O.Box 3427 Post Falls, Idaho 83877 and on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or by email at [barbaralee21@verizon.net](mailto:barbaralee21@verizon.net)



**Aries: March 20 to April 19/20 "I Am".** As an Aries in the year of the Rat beginning on the February 7, 2008 you become even more hardworking and ambitious than usual. With a drive for accomplishment and a taste for success you will need to also allow time to party till you drop with friends and associates. Your lesson this month is to be a team player.

**Taurus: April 19/20 to May 20/21 "I Have".** As a Taurus in the year of the Rat you become perfectly clear with your intentions on how to accumulate wealth. Down to earth in your approach to life you will be more cautious on how you manifest your dreams into reality. All work and no play can dampen your lively sense of humor so remember to take time for integration of new information. Your lesson this month is to do what you love and the money will follow.

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## HOROSCOPES FOR

**Gemini: May 20/21 to June 21 "I Think".** As a Gemini in the Year of the Rat, February has some last minuet details for you to wrap up. Transiting Mars will also be finishing its adventure through your sign as well. You should be well on your way by now to clearly know the direction of your projects for the rest of the year. Your lesson this month is to communicate clearly.

**Cancer: June 21 to July 22 "I Feel".** As a Cancer in the year of the Rat you will be much more sensitive than usual. The vibration of the Rat will also inspire you to meet and greet your challenges fiercely. Your approach to life is intuitive and deeply sensitive. Your family and friends will surprise you with adoration, appreciation and unexpected gifts. Your lesson this month is to honor your true feelings.

**Leo: July 22 to August 22/23 "I Will".** As a Leo in the year of the Rat, the essence of your freedom loving self will shine through as charitable, daring and courteous. You love Valentines Day so you can express your emotions in a display of exuberance. Large gatherings give you a chance to feel loved and admired. Your lesson this month is to act on your creatively.

**Virgo: August 22/23 to September 22/23 "I Analyze".** As a Virgo in the year of the Rat you will have an opportunity to restructure the very foundation of your life as well as heal and rebuild the most important relationship of your life; your one and only Mother. In your analytical and ambitious approach to life just remember to throw away the magnifying glass when it comes to family members. The lesson of this month is seek to know thy self first".

**Libra: September 22/23 to October 23 "I Balance".** As a Libra in the year of the Rat you will learn the true meaning of balance as you continue to practice patience with yourself and others. When you feel pressure to act that is when you need to stand your ground to make choices from a place of peace. Be free from the mind games of fear that you struggle to overcome. Now is the time to plant your parameters and boundaries of acceptable behavior. Your lesson is to let and let live.

# FEBRUARY 2008

**Scorpio: October 23 to November 22 "I Create".** As a Scorpio in the year of the Rat the essential key ingredient to your success this year has to do with be your penetrating mind to focus on the core issue. You are not afraid to go past the void, the deeper into your subconscious the better. This month you play to win in a single minded and courageous game of love and war. Scheming at work and seductively playful when it comes to being the center of attention. Your lesson is to live life passionately free from regrets.

**Sagittarius: November 22 to December 21 "I Perceive".** As a Sagittarius in the year of the Rat you will focus your love energy towards your work. The work environment will also become a place of inspiration and rejuvenation. Craving challenge and adventure be sure that what ever cause you sign up for has the intention of helping people on a grander scheme. Your lesson for the month is all about boundaries when to stop and when to keep going.

**Capricorn: December 21 to January 19/20 "I Use".** As a Capricorn in the year of the Rat your intentions will be focused towards your most intimate relationships. Given your ambitious nature and hunger for success; this February you will have to be a bit more realistic as far as your career goals are concerned. How driven are you, and what are you willing to give up to get to the top. Your lesson is about balance and the discovery of your true hearts desire.

**Aquarius: January 19/20 to February 18 "I Know".** As an Aquarius in the year of the Rat you will ride the wave of success. Most of your work this year will be towards building a foundation of inner work that will propel you towards more prosperity than you ever thought possible. Traveling, teaching as well as perfecting your psychic skills will play a major role for you. Your lesson this month is to learn to channel your talents and focus on the task at hand.

**Pisces: February 18 to March 20 "I Believe".** As a Pisces in the year of the Rat you will be supersensitive. This year will teach you to focus on a direction and stick with it. Your work path needs to be one where you can use your creative talents. Changes are in the making for what you do in the world, so get busy day dreaming about your perfect job because it is just around the corner. Your lesson is to be clear with what you want to create, because you can.

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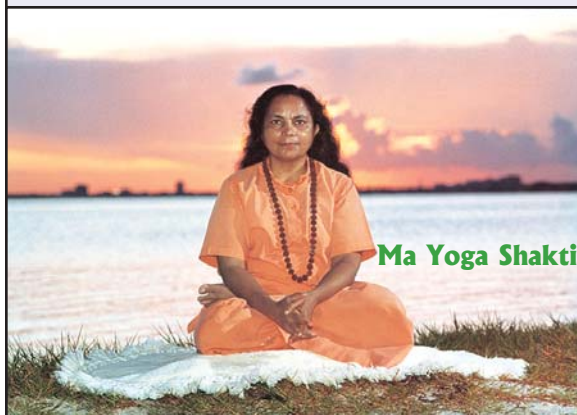
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### Thursday

Val Anderson  
9 -10 am

### Thursday

Chip & Shyama  
Iacona  
7-8 pm

### Full Moon Puja

Satya Narayan Katha

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**5 pm Call for dates**

### Ramayan Chanting

Sundays 10:15-11:15 am

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First Wednesday of Month

6.45- 7 45 PM

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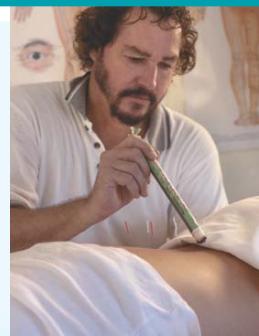
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