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MARCH 2008

Andrea de Michaelis presents

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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

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.

Sunday Evening Programs

6 pm to 7:30 pm

Mar 2 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**.

Mar 9 Sunday Night Concert with **Greg Tamblyn**
\$10 in adv.; \$15 at door

Mar 16 Sunday Night Conversations with

Father Kent who joins **Rev. Paula Langguth Ryan** to talk about **The Common Ground of At-One-Ment: Catholicism and ACIM**



Greg Tamblyn

Mar 23 Sunday Night Special Event:
Easter Program with **Rev. Paula; Resurrecting Your Inner Christ**

Mar 30 Sunday Night Conversations with
Sigfredo Acosta-Perez and musical impresario **Coco Ramos**

Apr 6 Sunday Night Alive!

A Course in Miracles

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Rosalie Bianco

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Rosalie

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The Village Gathering



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Rev. Albert J. Bowes

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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.

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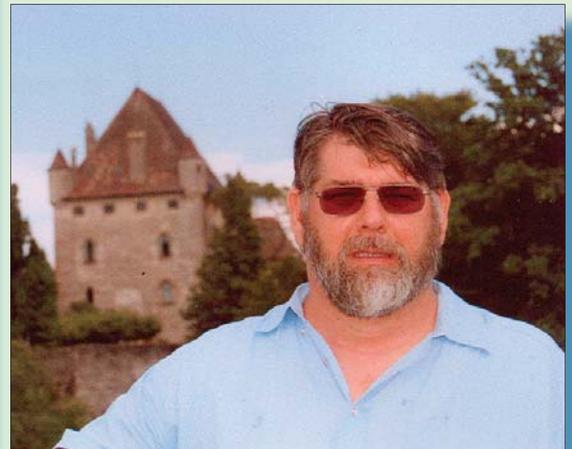
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Complete Personal Readings

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

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Tom Routzong & Steven Skelley are the authors of Positive Reflections: Inspiring Thoughts & Photographs From Around The World.

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"Even in the toughest times, a positive mindset today and a hopeful view of tomorrow make all the difference! Writing Positive Reflections refreshed that belief in me and helped me see the world in a new light. I hope it does the same for you." *Steven Skelley*



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EASTER SERVICES

GOOD FRIDAY SERVICE – MARCH 21st at 7:00 pm. This evening will include special music, meditation, communion and reflection on the Good Friday experience.

EASTER SUNRISE SERVICE – MARCH 23RD

at 6:45 am. Join us in our Unity Park for this special, sacred way of greeting Easter morning. (Remember to bring a jacket or light wrap.)



EASTER SUNDAY SERVICES

– MARCH 23RD at 9:15 and 11:00 am. The Easter message is "The Father Within." We will have flowers and affirmations for our adults at all services.



EASTER EGG HUNT – MARCH 23RD at 11:00 am. Our children will have an Easter lesson and Easter Egg Hunt during our 11:00 am service.

HOLY HUMOR SUNDAY – MARCH 30 at 9:15 and 11:00 am. We celebrate with delight this Sunday full of humor and fun. The practice of Holy Humor Sunday following Easter Sunday is an ancient Christian tradition.



TUESDAYS 7PM MARCH 25 - MAY 6TH SACRED ABUNDANCE REV. ROBIN REITER

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

4:30 PM Healing Services (Love Offering)

Reiki Healing March 2nd at 4:30 PM with Lloyd
Pranic Healing March 30th at 4:30 PM

MONDAYS 7PM Unleash Your Creativity with Debbie Abram 321-636-6252 Suggested \$10

TUESDAYS Noon Prayer service open to all.

THURSDAYS

10 AM Your Owner's Manual with Darlene Capinha.
12 PM Noon Prayer service open to all
7 PM The Celestine Prophecy w/Fred Goodnight \$10

FRIDAYS 7 PM Game Night Join us for board games!

**THE GREATEST
OPTICAL ILLUSION
IS SEPARATION**

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Andrea de Michaelis

Thanks for help this month

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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, 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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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

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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

even how many years they have been practicing it. It's how they treat the ones closest to them. It's their relationship score sheet. It's how they honor and respect their peers. It's how much integrity they have in personal matters. It's how honest they are in business dealings. It's in how much gossip they spread. It's in how critical or allowing they are of the ones closest to them. I can get all the technical details of metaphysical lessons for free on the internet, but there's value in having a personal teacher who can help accelerate growth. The key is to find/attract a teacher who is clear. All the while realizing you will only attract someone who is as clear as you are :)

Hello and welcome to the **March 2008** issue of Horizons Magazine. **Happy Spring Equinox!** Time for planning and celebrating new beginnings. Also perfect timing for this month's editorial, and - as always - all the names below have been changed. The two questions I'm most being asked right now are "How can I increase my business?" and "How do I choose the 'right' teacher?" Both have to do with renewal! And I can answer both with my personal story.

Now my criteria may be stricter than most because I know how energy works and I am **MEGA** aware of karmic implications. There are a lot of different types of spiritual and metaphysical classes being offered and - as with everything else - you will attract those that you most need at the time. The first thing I look at is not the credentials, not the business license. It's not how much schooling someone has had or

Jane and **John** are personal friends who are married partner entrepreneurs with several home businesses outside **Tallahassee**. John works their internet business from home while he watches their 3 small children, and he also handles the domestic duties. Jane first came to me last year seeking to increase their business, and wasn't prepared for what I told her. In addition to being a bank officer, Jane is also a home minister and teacher of spiritual principles. One thing Jane does constantly and without realizing it is be critical of John in front of friends, students and clients. Just last weekend before class someone asked for coffee and Jane remarked "John didn't make coffee yet. John should have made coffee by now." That remark (and that thought) was not necessary. That thought means you are not in the [Here](#)

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ABRAHAM-HICKS



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

Should He Submit to Diagnostic Medical Tests?

Guest: I have a homeopathically oriented doctor who's aware of Energy; he's a good doctor. Recently I went to a routine checkup, and he said, "You know, you're looking good, but we had a mutual friend who had created cancer for himself. Why don't we do some blood tests on you?" And I haven't decided to do it.

Abraham: Well, here's the criteria. "Do I take this test from a locked on or locked off position?" If a doctor gives you a test when you're locked off, the results will be very different than the test he gives you when you're locked on. You take the test and you call it reality. And we say it was a snapshot of a moment in time, and it doesn't have anything to do with anything except where you were in that moment. Except, once you get the test, you focus upon it more. As you focus upon it more, it holds you in that vibration longer. As it holds you in that vibration longer -- you disallow the Well-being longer. As you disallow the Well-being longer, then there is another test. In other words, we would not take the first test.

Guest: Why do I need to take it? If I know that the way I need to show up in life is to be as locked on as I can -- choose the thought that feels better -- why do I need to take it, in the first place?

Abraham: Because his vibration might be more dominant in the moment. He might have more Energy revved up around necessity of tests... So let's put this in a very clear place: Does

the idea of the test lock me on or lock me off? You've invested so much in this, you might as well have taken the test. And we want these to be quicker decisions. We don't want you to struggle, because the test, in and of itself, is a non-issue. The tests, or even what they might produce, in terms of results, are non-issues. Even if the tests said, you've got 14 things that people die from, it's a non-issue. Because all that is, is a registering of whether you're locked on or locked off, in the moment.

If you have some negative emotion and you don't realize what it means -- so you don't reach for a thought that feels better and allow the Energy to flow -- don't worry about it, the negative emotion's going to get bigger. And if you still don't recognize it, it will get bigger. Until eventually there is something tangible, something measurable, that is still only an indication of being locked off your signal.

It wouldn't matter to us; it wouldn't matter to you, either, if you'd come back and said, "I went to the most renowned doctor tester of physical bodies in the world and he's giving me these horrible results," we would say, "Well, what's that got to do with anything?" You say, "Well Abraham, don't you understand, according to these tests I'm really sick." And we say, "No. According to these tests you're really locked off your signal. Choose another thought, and get locked back on -- and all of that will go away." You say, "Oh, but I don't think I want to get locked on. I think I would rather study the results of these tests for a really long time, and continue to use them as my excuse..." Do you get the sense of what we are talking about?

The health test, the snapshot in time, does not matter -- because in the next moment you can lock back onto your signal and allow the Well-being to flood back into your experience. Where you are is only the platform from which you desire and then allow. And that's why you can never get it wrong, because in the next moment you have a different desire, a more emphatic desire, a more specifically focused desire, which you have the ability to allow. You just have to get it that you have the ability to allow -- and that allowing always feels good.

So then, all that other stuff that people are all worried about becomes inconsequential. The only question is, "Does it lock me on or does it lock me off?" Period.

The range of thought you hold is the range of thought that you hold. And you do not have access to those bright happy fluffy thoughts when you are messing around in resistant thoughts that are depressing or angry in nature. So the best you can do is just reach for the least angry thought that you can find. But you're not going to find a joyful thought in your range. Law of Attraction says that it is not possible. So you reach for the best feeling thought that you can find, and it's not that much better than the worst feeling thought, in reality -- but there is a distinction between the worst thought and a better feeling thought.

So as you find a better feeling thought and you deliberately focus upon it (or even put your brain on pause for a moment while your vibration catches up with the higher vibration) that better feeling thought will then be the mid-range thought, and the terrible thought, now, is slightly out of range, and a little bit better feeling thought is in range. So now you reach for the best feeling thought, and even though it's not all that great, it

...continued on page 28...

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TANTRA AS A HEALING ART



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. **Charles will be in the Tampa Bay area April 18-20, 2008 to teach Beginner's Tantra. Learn more at www.source tantra.com.**

Ancient Tantra is a spiritual system in which sexual love is a sacrament. We are not teachers of ancient tantric traditions and rituals, but we have developed a system based on tantric philosophical concepts and techniques that we have found applicable in our life and in the lives of our students. It is a system that can elevate a couple's relationship to the level of art.

Unfortunately, and contrary to what we would like to believe, we are not born naturally good at sex or at relationships. Few of us have benefited from a formal education in sexuality or sexual love. Even though we are children of the sexual revolution, we are still largely conditioned by belief systems that may have instilled in us guilt or fear or insecurity or shame. Such negative imprints, although they may reside quietly in the subconscious and cause only minor or occasional disturbances, rarely allow us to journey into the spiritual potential of sexual love. Tantra can help us do just that because a spiritual goal is as important to the tantric couple as their love.

In our workshops and seminars, we use techniques that we have developed from some of the ancient tantric lessons. These techniques are designed for the uninitiated, for the beginner. We share them with love and with deep respect for the potential for pleasure, for healing, and for the spiritual growth they can provide. We hope you will share with us our excitement over how extraordinarily well suited to our modern age and culture these ancient Eastern lessons are. They are important tools for today's couples who are searching for a significantly different way of relating to each other, couples who want to sustain love and sexual passion for a lifetime together. Tantric sex does not promise instant results; it not a "one-minute" technique for achieving sexual prowess. But for couples who want to enrich their relationship, it can release a particular kind of energy that can bring about harmony between them and increase their sexual pleasure and intimacy. In sum, tantric sex can create an extraordinary partnership.

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

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psychological aspects as well as material ones. Now, as we approach the turning of another century, men and women seem to want to face life together. 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.

A passionate partnership not only needs the nourishment sexual energy provides, it also needs maintenance--conscious maintenance. We believe that as much care, thoughtfulness, and attention should be paid to a relationship as to a career, a family, or a cause. Unfortunately, this is not a popular concept. More popular, but less realistic, is the theory that love, having visited itself upon us, is here to stay; that a relationship, once established, will operate on automatic, will be self-sustaining, and will not interfere with the partners getting on with their individual lives. Furthermore, couples expect their relationship to augment and complement them professionally, creatively, socially, and economically. That's a lot to ask of a coupledom; but in fact a loving relationship can provide nourishment in all areas of life. It can generate energy enough not only for itself but also for work, family, friends, and hobbies. But this doesn't happen by magic. A relationship is like a garden. If it's not watered, weeded, pruned, fertilized --cared for--its yield suffers. If it's untended, it goes to seed. One of the main reasons relationships deteriorate is that the partners neglect them.

Men and women today look for similar things in a relationship and they desire them to similar degrees. We want psychological security from one another; we want to be able to trust one another; we want to support one another, emotionally as much as economically; we want to share similar experiences, to be playmates as well as responsible partners; we want to improve ourselves through our relationship and we hope that the relationship will improve with us; and truly, we want to love one another for a lifetime together.

...continued on page 31...

Empress feng shui



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

Q My situation is as follows, we purchased our home 5 years ago from my mom. My dad died unexpectedly last year, the house was to big for her. Well we have had nothing but bad luck since then; from health issues, to money issues, to car issues. Every time we turn around something is going wrong. We have recently torn up the old carpet and had laminate floors laid down. We had an opening like a window put in, so when you walk in the front door you look through the opening which is the kitchen to the outside back yard. Well, still more bad luck, my son's car of a month old, has had a new transmission, and now the floor of the backseat passenger side is soaking wet from the recent rain. This is just another issue that has happened and I am at my breaking point. It is constant and I know life happens, but I have never experienced bad luck like this!

A You need to space clear immediately. Begin burning sage throughout the house, then place a bowl of sea salt in each of the 4 corners of the house (inside), then sprinkle sea salt around the perimeter of the property. This will energetically shift the house's energy a bit.

The problem is the energy comes in, and rushes back out the rear doors...this is the reason for the health and money and probably even the car issues. You must either hang a crystal between the front and rear doors, or use the traditional cure of hanging a bamboo flute horizontally above the lanai doors. This will resolve the massive energy drain you are experiencing.

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Simple Success

Business mogul **Warren Buffet**, the second richest man in the world, recently donated \$31 billion to charity. In a CNBC interview, Mr. Buffet talked about his life and revealed his secrets for success. Here are some of the shocking facts:

He still lives in the same, small 3-bedroom house in mid-town **Omaha** that he bought after he got married 50 years ago. He says that he has everything he needs in that house. His house does not have a wall or a fence.

He drives his own car everywhere and does not have a driver or security people around him.

He never travels by private jet, although he owns the world's largest private jet company.

His company, **Berkshire Hathaway**, owns 63 companies. He writes only one letter each year to the CEOs of these companies, giving them goals for the year. He never holds meetings or calls them on a regular basis. He has given his CEO's only two rules:

Rule number 1: Do not lose any of your shareholder's money.
Rule number 2: Do not forget rule number 1.

He does not socialize with the high society crowd. His pastime after he gets home is to make himself some popcorn and watch television.

Bill Gates, the world's richest man, met **Warren Buffet** for the first time only five years ago. Bill Gates did not think he had anything in common with Mr. Buffet. So he scheduled his meeting for only a half hour. But when Gates met him, the meeting lasted for ten hours and Bill Gates became a devotee of Warren Buffet.

...continued on page 30 ...

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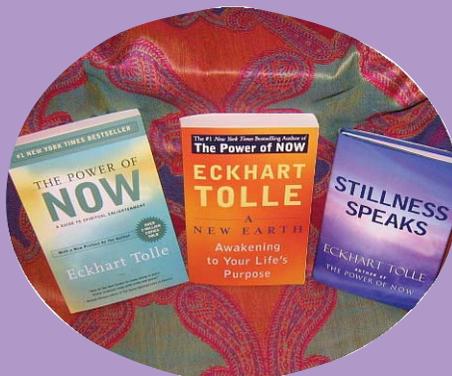
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"A new heaven" is the emergence of a transformed state of human consciousness, and "a new earth" is its reflection in the physical realm.

~~Eckhart Tolle



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LEMON BALM

A lemon scented perennial herb in the mint family brought to America by the Europeans for its culinary and medicinal uses. **Lemon Balm** was regarded then as a "cure-all" plant for its ability to help **heal wounds, toothaches, fevers, digestive disorders, insomnia, arthritis, headaches** and many other ailments.

Lemon Balm's history goes further back than the Early Americas; the first century philosopher **Avicenna** said "it maketh the heart merry" today herbalists still call **Lemon Balm** "the gladdening herb" for its ability to **relieve depression, anxiety and grief**. Students of ancient Greece wore **Lemon Balm** in their hair because they believed it would strengthen their mind. In the tenth century it was used as a medicinal tonic and for cooking by European Monks and by Arabian physicians they make **Eau de Melisse** a very popular tranquilizing tonic for raising spirits, anxiety and nervousness.

Today the leaves, stems, flowers and its aroma are used for its healing properties. The essential or volatile oil has a soothing effect on the nervous system; just its scent is useful for **depression, grief, insomnia, anxiety, ADHD, tension headaches** and **neuralgia**. The tannins, citronellal and eugenol components found in **Lemon Balm** help to reduce inflammation and muscle spasms making it good for **menstrual or abdominal cramps, gas, burping, nausea, diarrhea**, and other digestive disorders. Plus the eugenol has anesthetic properties this is good to know if you get stung by a bee or get cut because **Lemon Balm** not only numbs it helps to fight off infections. And there are constituents found in **Lemon Balm** that are specific towards **herpes** viruses which can cause **shingles, chicken pox** and cold sores helping to fight the virus and relieve the nerve pain.

A simple tea can be made by infusing 1teaspoon **Lemon Balm** in 8 ounces of boiling water, after steeping 10-15 minutes strain off the herb and enjoy. This tea can help you to calm down and relax after a hectic day or for a better nights sleep, it can also be helpful for calming an over-active child. Sipping this tea can help you to focus better on your studies and calm a nervous stomach if you were nervous about taking tests. For an added effect you can add **Rose Petals, Lavender** and **Chamomile** to your tea for a deeper relaxing effect.

This is a nice herb to use in a bath; to prepare use 1cup herb steeped 20 minutes in 2cups of boiling water. After your tub is full add the tea to the tub. As a bath **Lemon Balm** helps you to relax so you can sleep better, it also eases abdominal cramps and relieves the pain of shingles.

Lemon Balm is also useful as a compress or poultice for bug bites, cold sores, boils or to enliven the skin.

I have to agree with **Paracelsus** **Lemon Balm** truly is "an elixir of life".

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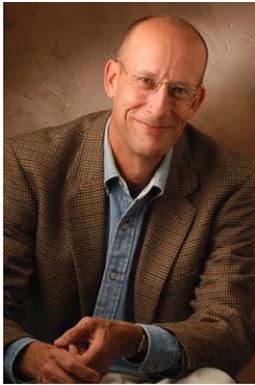
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from the
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An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book *The Secret*, Mike Dooley has found his calling. Mike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

Funny, most folks "there" are waiting for a sign of sorts from folks "here," before they make a move, take action, or commit. Same "here."

The Universe

P.S. Good thing we have eternity, huh?

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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

God is a metaphor for that which transcends all levels of intellectual thought. -Joseph Campbell

One great practice for spiritual happiness is to strive, in every situation, to deal primarily with God. For example when a potential employer is interviewing you for a job, or when you're hoping a landlord will rent you that apartment, instead of only asking or begging these folks in your mind, on paper, or in person to give you what you want, first ask God.

Keep your attention focused on the divinity that expresses through every person and circumstance, and you will be uplifting every interaction into the arena of spiritual happiness.

Ask God for what you want, and ask God to guide you to want what is best. Trust God as the depths from whence all outer situations arise. Nothing ultimately comes from people or circumstances anyway; everything ultimately arises from the divinity - called by many names, including God - that creates and acts through all people and circumstances.

Beneath, behind, and throughout all things is God, the dreamer of this dream of life. Therefore, you can always choose to address the God in anything and everything.

ALWAYS DEAL WITH GOD

If the word "God" doesn't accurately represent your personal image and relationship, then please feel free to replace this word with any He, She, It, form, or formlessness that works for you. I'm using the term "God" in its general sense, and not as described by any one religion or tradition. The word "God" in this book refers to generic God - in plain white wrapping, and ready to be dyed and decorated by your own creative worldview.

...continued on page 29...

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-Patricia J. Crane, Ph.D. is an author, speaker, and workshop trainer. She is committed to assisting people worldwide develop the skills they need to create a truly magical life personally and professionally. www.SkillsforLifeSuccess.com or www.hylteachers.com



The journey of the heart is truly the only journey there is.

Relationships seem to be one of the hottest topics these days. Everyone wants one, but hardly anyone seems happy once they're in one! Most of the time when we are talking about relationships, we mean those intimate ones with a significant other. However, relationships abound in our lives, with a range from casual to intimate. In truth, all relationships provide us with opportunities to grow spiritually and practice unconditional love. Here are a few basics to remember when you are dealing with issues in relationships, whether with an intimate partner, a friend, or even a business colleague.

Relationships replay childhood dynamics and unhealed wounds. We bring others into our lives who will trigger these replays and thus help us with healing the past. Do you have a history of abandonment? Because of the Law of Attraction, you will tend to attract those who will abandon you until the old hurts are healed. With the "abandonment scenario" in our psyche, you may fear abandonment so much that even when you attract a good relationship, you do things (like being too needy and clingy) that push the person away and result in abandonment.

Set aside some quiet time to review your childhood and what you learned about relationships growing up. How are these themes being played out in your life today? Although just understanding the dynamics doesn't instantly heal the feelings, it does give you a new perspective on why you have attracted the type of relationships you have up until now. You can then respond differently to the issues when they come up.

Relationships mirror parts of ourselves. We are quite comfortable with the wonderful and lovely parts of us we see reflected in others. When we see "negative" parts of ourselves reflected, we are often sure it's "the other person's problem!" This is called projection. The stronger your reaction to a "negative" part of someone else, the more likely you are judging some part of yourself.

The person who is your greatest teacher is the one who bothers you the most! When you are reacting strongly to someone, ask yourself- "Who does this remind me of? How old do I feel? What is it that is really bothering me?" Perhaps the person reminds you of a domineering sibling or



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someone else significant from your childhood. When these feeling gets triggered, welcome them, because you have an opportunity to heal them

Take responsibility for your feelings and reactions. A Course in Miracles tells us that everything out there is a projection from inside. Be willing to take back your projections. Rather than blaming the other person, ask yourself, "What can I learn from this?" and "What are these feelings really about?"

Communicate your feelings without judgment. Your perception is your perception. It is not the Truth. The other person's perception of the situation is different, or there wouldn't be an issue. Use "I" language (I feel...) to acknowledge that you realize the feelings are yours. Be open to listening to another point of view and working things out.

Be willing to see things differently and forgive. The poet William Blake once wrote this very short poem to his wife, "Throughout eternity, you forgive me and I forgive you." Blake succinctly shows us that forgiveness is most needed for those closest to us. However, forgiveness is important in all types of relationships. Forgiveness is not condoning the behavior of someone else: it is a gift to yourself that frees you from the tyranny of the past. When you are willing to see through the eyes of Spirit rather than the (always judging) eyes of the ego, miracles of healing occur.

DEAR LOUISE...



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

Dear Louise, I've been going through a bad period, and decided to make changes in my life. I know that when we introduce changes in our lives, other issues arise. Recently I started to have tachycardia (a rapid heartbeat), which occurs when I'm surrounded by a lot of people. I also think I'm having panic attacks, and when I start to feel nervous it becomes worse. What should I do? I would really appreciate your help. **G.V.**

Dear **G.V.**, Tachycardia is part of what happens when you have a panic attack. Being nervous and scared makes it worse. What is it you're truly afraid of? It is most often our success that frightens us rather than our failure. Subconsciously you may think that upon fulfilling a goal you'll discover that either it doesn't make you happy or it could be taken away. It's imperative to constantly remind yourself

that this is the moment in which you're either enjoying or not enjoying your life. What you're feeling now is creating your tomorrows. Listening to CDs with stress-free affirmations and working with a therapist are wonderful ways to be supported on this healing journey. You do not need to do it all alone.

Dear Louise, Lately I've been feeling frustrated by friends and relatives who are negative, dull, whining, or unappreciative. I try to counsel those people but feel that my words fall on deaf ears, and it's getting exhausting! How do I know whether to "mend" or "end" a relationship? Also, recently I ran into three people I haven't see in many years: the mother of old friends I'm not speaking to, a guy I had a fling with years ago, and an old woman whose 17-year-old granddaughter just passed away. Is there any meaning behind those meetings? **K.C., Lansdale, PA**

Dear K.C., People who are negative, dull, whining, or unappreciative could never understand what you're talking about, so don't even try. When I find myself in a similar situation, I'll give out one sentence only. If the other person picks up on it and wants to know more, fine. If not, I leave them alone. Never waste your time or energy on people who aren't interested. Just be true to yourself and your beliefs. Those who aren't meant to be in your life anymore will just fall away. The three people you talk about are showing you that the Universe is giving you some opportunities to practice forgiveness and love. I would pay attention and at least forgive in your own heart. Affirm: I forgive. I let go. I am at peace with in my own heart and with all of life.

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Dear Louise, I'm from **Argentina** but have been living in **Florida** for about ten years. Nine years ago I began suffering from right-knee pain. To date, I've had four surgeries—the last was a tendon transplant. I've been a vegetarian for more than 20 years but am not sure I've been eating a proper diet. What did you do to rid yourself of cancer? Almost everything I eat seems to upset my stomach, so now I'm eating potatoes, carrots, and a banana for breakfast. I'm almost 48 and want to get rid of my depression and pain. Thank you so much for your help. **G.D., Miami, Florida**

Dear G.D., What I did what worked for me (meditation, eating right, affirmations) might not work for you. Everyone's body is different. Nutrition is a huge part of any type of healing regimen. I recommend that you find a nutritionist immediately. Stomach condition can emotionally mean prolonged uncertainty about how things are going to come out, along with an inability to say no to demands due to a fear of rejection and abandonment. It sounds like this may be what is going on with you. I also highly recommend **Healthy Healing—An Alternative Healing Reference**, by Linda G. Rector Page, N.D., Ph.D. It is a great source for alternative healing techniques. In the book, Dr. Page recommends an alkaline diet for gastritis that includes plenty of soluble-fiber foods, whole grains, brown rice, fresh fruits, and vegetables among other alternatives.

Affirmations for you: I trust the process of life. Nothing in the past or present interferes with the divine right flow of my life. I am healthy and happy right now.

METAPHYSICIANS' CIRCLE

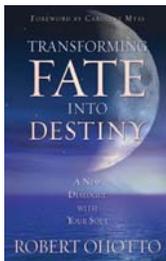


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The following excerpt is taken from the new book, *Transforming Fate Into Destiny* by Robert Ohotto. It is published by Hay House (February 2008) and available at all bookstores or online at www.amazon.com.



Chapter 4 ~ Prayer

Prayer is a supremely powerful tool, yet I believe that we need an updated and clarified understanding about what it actually is and how it works. Many folks relate to prayer solely as something repetitious that's said at a Catholic mass or while holding a rosary. While I respect chanting and other repetitious mantras, when I'm speaking about prayer, I'm referring to establishing a conscious dialogue with God, the Universe, your soul, life force itself, and much more.

Prayers are requests we make of our Higher Power to align us with a different force field, a new center of gravity and power source. This allows us to release our subconscious mind's allegiance to our ego and the messages of the outer world that are programming it so that it can be infused with Divine inner guidance for our lives. One prayer can allow heaven to intervene and vibrationally shift your energy, aligning you with your soul's intention and highest potential in any circumstance.

But what is prayer if it's not solely repetitively chanting? What is this tool that triggers events to unfold for the highest good of all via a transmission of grace? Prayer can be many things: visualizing God sending light to surround and heal someone going through a difficult circumstance; speaking to God about the day; requesting strength, courage, or patience to endure a difficult time; asking the Universe to give you guidance in any situation; lighting a candle in a church on behalf of someone else; and much more. Essentially, it can be any request for Divine intervention in any circumstance; it can also be an offering made to the Earth.

Prayer has many forms that often serve as a vehicle for dialogue with a Higher Power and as a ritualized way to channel the Divine into our lives and those of others. However, one thing stands out clearly to me from my years of service as an intuitive: The prayers we say and what we ask for through them reveal an awful lot about how we perceive reality, what we value, and what gives us meaning on the journey of life. Think about that for a minute. What kind of spiritual conversations do you have? What do they reveal about your reality?

...continued on page 39...



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<p>Spiritual Strengths Workshop Saturday, March 8, 10-12:30PM With Rev. Therese Lee and Rev. Rose Whitham Cost \$12</p>	
<p>Chakra Alignment Meditation Saturday, March 8, 7PM Led by Revs. Janet & Robert Buck Sacred sounds of the crystal bowls to revitalize the physical, mental & emotional bodies.</p>	<p>Weekly Activities Gentle Yoga Tuesday, 5:30-6:30PM</p> <p>Music Together Thursday, 3:30-4:30PM 4:30-5:30PM</p> <p>Buddhist Meditation Friday, 7:30-8:45PM</p> <p>Reiki Healing and Meditation 3rd Sunday of Month, 11:30AM</p>



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

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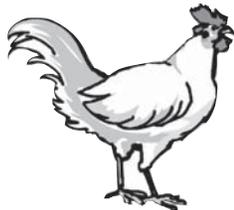
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Chicken

Which came first; the chicken or the egg? Some might say it was the chicken because the Higher Power made all animals complete. Others might say it was the egg because we all had to start from somewhere. I'm not sure that it matters, really. I'm not worried about the way that everything happened. I just know that we are all here, animals and humans alike, for a reason.



You may be wondering why I would bring up Chicken as an animal for spirit guidance. I find chickens

quite fascinating. After all, I own fourteen hens. Chicken represents fertility. They lay eggs every 25 hours like a well oiled machine. As long as you take good care of them, they keep producing. Unfortunately for me, my chickens actually went through an infertility faze. No eggs, at all, for two months! They are getting old so I thought that maybe they were done with laying, but they weren't really old enough to completely stop. Plus, I had acquired two young hens from a neighbor so I should have been seeing at least a few eggs in the nesting boxes.

I finally starting seeing a pattern with my hens and my life. Infertility. And I am not talking about the "baby type" of infertility here. I am talking about the unproductive manner that my life seemed to be in. My husband was between jobs, we were having a hard time making ends meet and the work that was promised to us kept getting pushed further and further back on the calendar. I stopped working on writing projects and began working on acquiring woodworking jobs for my husband. It was as if everything was going in slow motion. One step forward, five steps back.

I decided that the only way for motion to begin was to start paying attention to my hens. I needed to learn something from them. I didn't know what it was at the time, so I just watched them. I checked on them every hour, making sure their water was always filled and that their feeder was always full.

You know what I found? An egg. Along with that egg I found one of the new hens pecking at it, breaking it up and eating the shell! I knew that there had to be an explanation for this. I asked my friend at the feed store about my situation and he told me that chickens will eat their eggs if they are deficient in calcium. So I bought calcium supplements (oyster shells) for the hens and started putting it in their feed. It worked. My hens stopped damaging the eggs.

Are you wondering where I am going with this? Okay, here it is... It's all about balance. Productivity cannot happen if there is an imbalance in your life.





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My chickens were imbalanced because of a calcium deficiency and having two new hens thrown into the mix.

I was imbalanced because I had to work really hard to make that "one step forward" only to find that I had gone five steps back.

My husband was imbalanced because he didn't have any work and couldn't provide for his family.

My kids were imbalanced because they were worried about everything that was going on.

We were all on one side of the scale without any weight on the other to keep us from falling off the edge... brutal to say the least.

How did I fix this? Simple. I pulled back on the "reins" and simply stopped killing myself trying to find work with builders that didn't know us. I handed the phone to my husband and asked him to call some of his woodworking buddies to see how they were doing. Most of them had the same story as us, "The economy is bad" or "The work just seems to have dropped off". But... there was one friend who, although he was feeling the economic pressure, had been able to get a contract for making custom entrance doors. He didn't have the means to make the doors as well as we could and asked if we were interested.

Ta-Da! Work would be coming our way. My husband had a job lined up!

The scales started tipping in the right direction. My husband felt better and started getting more work.

My kids felt better and started helping out around the house more. I felt better and was able to squeeze in some time to write a few stories.

Balance was being restored. Fertility reigned once again!

This doesn't mean that I stopped making cold calls to all of those builders, though. After all, only a fool puts all of her eggs in one basket!



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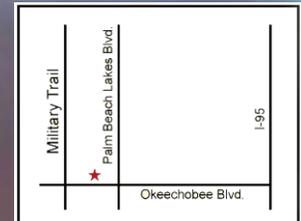
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ABRAHAM-HICKS

...continued from page 8...

does feel better than that one over there -- so you hold it for as little as 17 seconds -- and now it becomes the mid-range vibration. Which means, that really uncomfortable thought is gone altogether -- and a much better feeling thought is coming into view.

Can you see how the exact opposite of that happens when you're looking for trouble: You're a little unhappy; you've been locked off; you've got something that's bothering you; you're not allowing your Well-being. So, you don't feel as peppy as you usually do, or your joints are hurting, or something. And so, you begin thinking about it, you begin talking about it, and then somebody says you might go have that checked. Can you see how you're reaching for a less good thought and a less good thought, and a less good thought? And then they say, let's take some tests. So, which way is that going? How many days for the results of the test to come back, and what's the condition of your mind during that time? More locked on, or more locked off?

It's really easy to see how, little by little, you teach each other, how to lock off your signal. You're looking at the statistics of the world of people whose vibrational patterns you do not know, looking at the results of their vibrational patterns as manifestations, and then you're saying, "That could happen to me!" And we say, that is the symptom of being locked off. If you're not locked off, it could not happen to you. And you say, "Well, I worry about it." And we say, locked off. And you say, "And I know people that that's happened to." And we say, locked off. And you say, "Well, bad things do happen: there is a boogey man out there." And we say, locked off, locked off, locked off. You say, like Esther said, "But it's true!" as if speaking something that is true gives you a little latitude in your vibration. Finally you come to this place where you say, "True or

not, other people experiencing it or not -- all of what everybody is living, and what everybody has always lived, has always been a combination of their locked on moments and their locked off moments." And every single time, if you're up close to somebody and you get to examine the content of their day in terms of their mood or attitude, you never, ever, under those conditions question what they're living. Because what they're living is so evident in what they're letting in or what they're not letting in.

The more joyful you are, the more you thrive. It is just that simple. So we wouldn't spend too much time trying to scrutinize any particular sticking point. Get off of it. Go into a clear space, connect with Source Energy, and then if you want to revisit it from a better feeling place, that's fine. But we would not go looking for trouble at the doctor's office.

Here is the thing that we would say if you really want to help someone that you care about who is in the medical profession. Ask this series of questions: Do you see different things happening to different people? "Yes." Do you see same solutions, medicines, surgeries, processes being offered to different people having different results? Answer is, of course, "yes". So can you see that there must be another underlying issue other than the face value of the behavior of the disease and the face value of the behavior of the solution? In other words, different people are getting different results from different things? "Yes, I can see that there must be some other factor." Are you among those who are coming to recognize that attitude has a lot to do with the healing process? Almost all would say, "yes". Is it logical to you that someone could find patterns of thought that hold them in such a place of resistance that no matter what you, as a physician, does for them, their illness still prevails? "Certainly, I've seen that," they would say. Can you accept that someone could have, by virtue of whatever they've been doing, a very powerful illness, and that somehow within the illness a strong desire could be born, and that somehow they could find a way of looking at it that would allow the wellness that defies all logic? And the answer is always "Yes, I've read of those things. I've seen those things." And that can be your experience.

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SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 16...

If you've got your eyes on God, then no matter what people do, God will take care of you. – Joyce Meyer

With a steady focus on God, you'll also be able to address your challenges with empowerment and faith. Instead of only trying to control outer events, you can also control your mind by asking,

"What is God wanting to teach me?"

What can I learn from this challenge?"

How can I improve myself with this?"

What more can I give?"

How much more can I purify my emotions and uplift my motivations?"

When you are fortunate enough to be feeling love for someone or something, instead of only saying and thinking, "Oh, I love you, I love this house, I love this person, I love this cat, I love this job," you can add two words, "God as."

I love God as this job.

I love God as my dog.

I love God as my friends.

I love God in you, and I love God in me.

This small step will bring greater happiness into your life, because you'll be giving your love to the source behind the external appearance, to the eternal truth beyond the facade of this ever-changing world.

By thanking and loving God in and as everything, you'll be wearing the right prescription glasses to see the depths of God's presence everywhere. External appearances come and go, but God is, was, and will always be right here and right now.

Thank God, give to God, love God, get mad at God, and make up with God. Consider that everything is the manifestation of a God who dearly loves you.

Have the awareness that the universe loves you, and that God loves you.

If some people are showing love to you, that's because God loves you so much that "He" is loving you through them.

If nobody is loving you, then maybe God wants you all for "Himself". This way, you've got all the bases covered.

Just start with an acceptance that God loves you completely, fully, and unconditionally, and deal with everyone and everything as a creation and expression of that loving God - who sometimes shows that love in strange ways!

With your eyes on the prize, the spiritual happiness in your heart will leap with joy as you bathe in the blessings of God's eternal presence and love.

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FROM THE HEART



...continued from page 11 ...

Warren Buffet does not carry a cell phone, nor has a computer on his desk.

His advice to young people: Stay away from credit cards, invest in yourself and remember: Money doesn't create man, but it is man who created money. Live your life as simple as you are. Don't do what others say. Just listen to them, but do what makes you feel good. Don't go on brand names. Wear those things in which you feel comfortable. Don't waste your money on unnecessary things. Spend on those who really are in need. After all, it's your life. Why give others the chance to rule your life?

As I consider Mr. Buffet's lifestyle and advice, I am most impressed by his simplicity. No cell phone? No computer on his desk? One letter a year to each of his CEOs? No fence around his house? You mean all the gadgets, busyness, and complexity that we have been taught are so crucial to success, may not be necessary? How liberating!

Take a few moments now to consider if you could do your business more simply. What about your work do you love to do? What do you detest? What do you do because you think you must, or because others have placed their values and expectations on you? What would you be doing differently if you let yourself have more ease, free time, creativity, and fun?

I know of a man who is the CEO of a large company. He was working five very long days a week and the company was not growing. He was also highly stressed. His personal coach suggested that he take one day off a week and just nurture his spirit. The CEO agreed and took one day weekly for recreation and relaxation. Afterward, he reported that his time of refreshment created space for him to think clearly and find more inner peace. As a result, the other four days he worked became more enjoyable and more productive than when he was working five stressed days. Your strongest investment in success is inner peace.

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having to leave your home; get directions to your meeting via wireless GPS to your PDA; download music, movies, and podcasts without having to go to a theater or store; meet people, date, and have cyber-relationships without having to get dressed and go out. The amount of time we save is mind boggling. The question is: What do you do with the time you have saved? The answer for most people is: work more. So while amazing technology saves us time, if you use your newfound free time to work, you are no closer to happiness. Maybe even farther from it.

In light of the changes we have seen over the last half-century, two noble quotes come to mind: **Mahatma Gandhi** noted, "There must be more to life than increasing its speed." **Abraham Lincoln** declared, "Most people are about as happy as they make up their mind to be."

Warren Buffet is my new hero. Sometimes I wonder how I ever survived without a cell phone or email. Sometimes I wonder how we will all survive with it. I'm sure we will, but wouldn't it be cool if we connected with ourselves and each other through the original wireless? I think they call that **God**.

TANTRA AS A HEALING ART

...continued from page 9...

The fact that a couple shares similar goals for their relationship bodes well for them because it signifies the couple's appreciation for their partnership as an entity in and of itself. It focuses them on it as separate from us, and this point of view is crucial to the health and well-being of the partnership.

However, while men and women may not be so different in what they want for themselves as a couple, we know from our seminars that they are very different when it comes to what they want—in fact, need—for themselves as sexual individuals in the relationship. We have different desires, men and women—they are physiological, basic to our male and female natures. They seem, if not opposite to one another, at least not conjunct. How can these differences be reconciled?

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 partnership, how the proper combination of these differences can produce a near-chemical reaction, an ether in which everything flourishes, in which the garden of your relationship bursts with color and new life and growth, and you and your beloved thrive.

The tantric goal is to achieve a state where opposites cease to exist, where yin and yang are in perfect balance and duality is eclipsed. On a spiritual level this condition is considered a state of bliss, of ecstasy, of Unity. On a worldly plane, the goal is the same—tantric partners want to fit together as neatly as yin and yang. They seek a perfect balance where their differences are complementary. They aim for an ecstatic combination—the experience of bliss, love and Unity—in their relationship.

When partners are healers to each other, when they create light inside each other as a kind of radiation therapy for pain or fear or distrust, they make a profound connection. This connection involves two forms of energy: the energy of intimacy and the energy of sexual passion. These are the two main ingredients in tantric loving.

Today, men and women can learn to teach each other, and Tantra can help them. They might consider Tantra as a kind of extension course - a master class in love and relationship. In this continuing education, they guide each other, and the experience can be extremely powerful. Tantric lovemaking promotes health and vitality, and both the man and the woman benefit physically.

Psychologically, too, Tantra is a healing art. Tantric practices can discharge the negative power infusing the second chakra (the energy center for the genitals), and in so doing make enormous resources of positive energy available to all areas of life, not just the sexual. You will discover an energy you never knew you had, a creative energy that will refresh your mind, replenish your stamina, and restore your enthusiasm.

Lovemaking in the tantric sense, conscious lovemaking, does not come naturally; it must be learned, and couples must learn it together. They must be teachers, one to the other, and pupils of one another as well. Tantra is most explicit in its instructions for carrying out this education in the art of lovemaking, a multimedia art that combines increased consciousness with the five physical senses, as well as the more ethereal psychic and spiritual senses, to compose its dance of love.

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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 ...

and Now. If you're in the [Here and Now](#), you don't carry the baggage of yesterday into it; you are thinking anew. In the [Here and Now](#), you simply see the coffeepot is empty and you fill it. In the [Here and Now](#), you simply make coffee.

I told Jane that to partners in business, it's helpful to understand the basics of how it is all related.

- How you feel about and treat your partner affects the business.
- How your partner feels about and treats you affects the business.
- Jane can't think about and treat John one way and expect the Universe to return to her anything other than what she sent out.
- The [Power Of The Now](#) says: "Find a way to release old baggage. Stop thinking about it anew each day. Change the thoughts every time they come up." That means when the critical thoughts arise, tell yourself, "I just caught myself doing it again. My old thoughts no longer apply so I am going to replace them with new thoughts that are more true for me now."

An example of replacement thoughts for Jane:

I value John for the contributions he makes that do not appear on the weekly balance sheet. I give him credit for every effort he expends in making our life and our businesses run smoothly. I appreciate that he takes on the home and office administration. I recognize that he sacrifices his own playtime to work on the books or get the kid's laundry done.

Even though he doesn't draw a paycheck, I know it's important to put a dollar value to each job he does, and to keep a running total. I know it's important for him to see evidence that I am aware of his contribution

and that I value it. And that I value it enough on a weekly basis to figure his hours and "income" weekly just like the other employees. Tonight, we will sit down together and make a list of all John's "jobs" and put a weekly dollar value on each. Hmm, what is a fair wage for a full time nanny, bookkeeper, landscaper, housekeeper, car mechanic, tax accountant, personal assistant, personal agent and public relations liaison? Yikes, can I even afford him??"

This **Spring Equinox**, if Jane will continue to use her "replacement thoughts" she will find that not only will her relationship with John improve, their businesses will flourish, and the renewal she has been seeking will find her.

Besides "replacement thoughts," these tips: Together at least twice daily do a visualization session to envision the calls coming in, envision new people walking in the door and being excited about what they find there. Envision opening your bank statement and seeing the balance double and triple. Envision opening your email and seeing the registrations and PayPal payments come in. Envision going out to your mailbox and opening it and seeing lots of checks with your name on them. Envision people you already know coming to class or current students taking extra classes. Envision them telling friends about it, and see them happy and excited about what you have to offer. Do these visualizations long enough and often enough that you yourself feel excited and hopeful while you are doing them. From that consciousness, people will be drawn to you and your business.

It's the basic law of attraction at work. And the best part? Knowing that YOU are the one in charge of how much business you attract to yourself, that YOU alone determine what your income will be and how your time will be spent. Me? I make my visualization time the most important daily priority I have.

Oh, one more thing: Don't forget that everything you do and how you think and what you say in all other areas of your life also impacts your income. We know now that it's all related. You can't be critical or hold grudges or be unforgiving or get aggravated by competition or the news without it impacting your income. It's all related. You can't complain about the current administration or the state of the economy without it impacting your income. It's all related.



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

Andréa

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. 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.

One thought at a time, I place my attention on a happy memory or on the things, perhaps few, that are going right.

One thought at a time, I shift my attention away from upsets and focus instead on what I want to manifest in any area of life: finances, relationships, health, home, leisure, and community.

My thoughts comprise a powerful and pervasive magnet (think giant horseshoe ever over my head) that attracts the circumstances of my life.

Circumstances cannot begin to change until I begin to change my thoughts. Then, and only then, will my situation improve.

Oh my, once I get the hang of this process, there is nothing I can't be, do, or have - health, abundance, love, miracles. And the whole world stands to benefit bigtime from my happy vibes.



MAGNETIC ATTRACTION

H How on earth can I be happy when the world's in a mess?

How can I be happy when my body hurts or my eyes and ears don't work right?

How can I be happy when my soul mate thinks I'm chopped liver and the only people who give me attention are snarling creditors?

Huh? Huh? Huh?

The answer: **one thought at a time.**



Debra Kruljac LMT
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"I first began painting Nurturing art when I became ill with stomach problems and chronic fatigue syndrome in 1996. As my life slowly narrowed around me from lack of physical strength and chronic

panic attacks, my ego had no other choice than to step aside, and allow the voice of my spirit to emerge and comfort me through my artwork.

Through the years I have always chosen to paint images that encourage me to heal, to think positive and to love myself more. To find the inspiration to paint such images I go through a process of self examination to explore where in my life I need the most encouragement. To do this I first make sure that I am in a mind space of self compassion rather than self judgment for self judgment only causes me to feel self defensive rather than open and honest.



Once I can be honest, I look at my life and see where in my life things are not flowing well and I explore the reasons and the misconceptions that have created this block. With the information I find, I review my spiritual studies and search my spirit to find a message of wisdom. When this message of truth comes through, I imagine the symbolism that will translate it best into art form and that is what I paint. Once a painting is finished, it becomes a powerful reminder and a tool for visualization."

See more art by Rita Loyd www.NurturingArt.com

On her website Rita offers artwork, greeting cards, prints and her book "expressions of self love".

Contact Rita by email or phone rita@nurturingart.com or 256 880-3935

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The Educational Division of New Awareness Ministries, Int'l

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OUR CALENDAR OF EVENTS

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

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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.

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

Tuesdays: Hatha Yoga with Mike and Maggie-10-11 am at The Purple Door 1427 S Volusia Ave Orange City, FL Cost \$10.00 386-774-9928 or www.purpledoororangecity.com

2nd Tuesdays MELBOURNE Just Say Yes to Laughter: Come Laugh Yourself Healthy with Pegatha, 7:00 pm at Heaven Sent Wellness Institute, 4455 Pinewood Road. Call 951-2528 or visit www.justsayyestolaughter.com for details. Love Offering

4th Tuesday JACKONSONVILLE Astrological Association of North Florida. We meet at The Cosmic Church of Truth, 1637 Hamilton Street at 7:00pm. www.astroassnnorthflorida.com

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

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

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

2nd Wednesdays PALM BAY Just Say Yes to Laughter: Come Laugh Yourself Healthy with Pegatha, 2:30 pm at Izzy's Diner, 2145 Palm Bay Road. Call 951-2528 or visit www.justsayyestolaughter.com for details. Love Offering

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

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3rd Thursdays COCOA VILLAGE Just Say Yes to Laughter: Come Laugh Yourself Healthy with Pegatha, 7:00 pm at What You Love To Do, 602 Brevard Avenue. Call 951-2528 or visit www.justsayyestolaughter.com for details. Love Offering

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

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

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

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

Saturdays 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

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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Saturdays ORANGE CITY Chair Massage - IT'S AWESOME 11:30-2:30 pm at The Purple Door 1427 S. Volusia Ave Cost \$10 386-774-9928 or www.purpledoororangecity.com

Saturday ORANGE CITY Drum Classes: 5-12 year olds 1-2pm Teens 2-4pm Free Drumming Drumming for Adults 7-9pm all Saturdays except the last Saturday of each month which is reserved for Women Only - Cost for Adult Drumming - Donation Only at The Purple Door 1427 S Volusia Ave Orange City, FL 386-774-9928 or www.purpledoororangecity.com

3rd Saturday, ORLANDO, 7pm. Let's have a Seance. Table Tipping with Dennis. I also go to Cocoa, Merritt Island, Vero Beach. For information call 407-721-3396. Please visit my website www.orlandopsyche.com

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

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

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

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

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

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

1st Sunday 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

3rd Sunday DELAND Pranic Healing Circle w/blessings of Master Stephen Co at Blue Sky Yoga Center pranichealingcircles@gmail.com

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, 407-673-4762.

Saturday March 8th MELBOURNE 6th Annual Healthy Living Expo - 10am-5pm. Free admission. Enjoy healthy chocolate, organic gardening, acupuncture, feng shui, herbal teas, lotions and soaps, massage, yoga, meditation, holistic family and pet health, energy treatments, aura photography, nutritional juices and energy bars and much more. Over 85 exhibitors, workshops, door prizes galore, 50/50 drawing, free samples, free chiropractic screenings, and much more. Florida Tech Clemente Center 150 W. University Blvd., Melbourne. For more information call 321-777-6433 or visit www.HealthyLivingExpos.com

March 14th NEW SMYRNA BEACH "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 at 7 PM. Barbara Richford will be speaking on the "Pathwork Guide" Call Judson for more information 386-847-2367

March 19 ORANGE CITY- Visualization Boards (as mentioned in "The Secret") We will be making our very own visualization boards. If you wish to bring old magazines - please do. Paper and Poster Boards will be provided. Class from 7-8pm Cost \$8.00 at The Purple Door 1427 S Volusia Ave Orange City, FL 386-774-9928 or www.purpledoororangecity.com

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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May 15-18th ORLANDO Green Earth Expo 2008 Orange Co. Convention Center World's Largest Sustainable Commerce & Lifestyle Trade Show Event! Want to be a vendor? Call 407-221-5200

March 21st 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

March 22 ORANGE CITY CRYSTAL ENERGY FOR CHILDREN with Nick. 11am-1pm Cost \$12.00 at The Purple Door 1427 S Volusia Ave Orange City, Fl 386-774-9928 or www.purpledoororangecity.com

March 28th 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

Friday April 4 COCOA The Moses Code ~ See It Here First!! "The New Way" spiritual community will be presenting The Moses Code, a movie depicting the story of God gifting Moses with the most powerful manifesting tool in the history of humanity. James Twyman of The Indigo Children has written and produced this powerful movie. It is the first time in history a motion picture will be combined with a world wide prayer vigil. This technique will be applied in a collective prayer vigil on April 6, 2008 to create a shift in our world. The New Way will show a sneak preview of The Moses Code on Friday April 4 at 7 pm. It will show again on its regular release date of Saturday the April 5 at 2 pm and 7 pm as well as Sunday the April 6 at 3 pm. A ten dollar love offering is suggested. All showings will be held at the Aquarium Building at 238 Peachtree Street in Cocoa. The building will be open at 5:30 am Sunday, the 6th for those who would like to participate in the Global Peace Prayer Vigil. www.doingabsolutelynothing.com/moses.php



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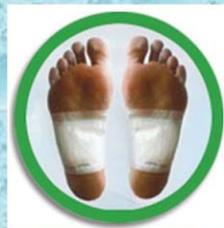
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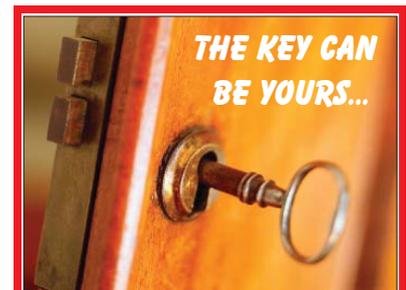
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LET THERE BE LIGHT IN 2008!

David Rindge, DOM, LAc, RN has 30+ years experience in health care as a doctor of oriental medicine, registered nurse, perfusionist and respiratory therapist, is co-author of *Laser Therapy: A Clinical Manual*, President Emeritus of the Florida State Oriental Medical Association and a regular columnist for *Acupuncture Today*. See ad page 40.



Would it surprise you to learn that laser light at low intensity has been documented to effectively treat a great many conditions commonly believed to be chronic or progressive? What can laser light at low intensity, better known as “**low level laser therapy**” (LLLT), treat?

Positive results have been reported by researchers in:

- | | |
|----------------------------|---|
| Acne | Meniere's Disease |
| Allergic Purpura | Neck Pain |
| Alopecia Areata | Nerve Regeneration |
| Arteriosclerosis | Neuralgia |
| Atherosclerosis | Neuropathy |
| Arthritis | Pain (Musculoskeletal, Myofascial, Nerve) |
| Asthma | Pancreatitis |
| Bone Healing | Peyronie's Disease |
| Bronchitis | Pleurisy |
| Back Pain | Pneumonia |
| Carpal Tunnel Syndrome | Prostatitis |
| Cerebral Palsy | Raynaud's Phenomenon |
| Dental Applications (many) | Reflex Sympathetic Dystrophy |
| Diabetes | Scars |
| Fibromyalgia | Shoulder Pain |
| Headache | ·Sinusitis |
| Hearing Disorders | Sports Injuries |
| Heart Disease | Temporomandibular Joint Disorder |
| Herpes | Tendonitis |
| Hyperlipidemia | Tinnitus |
| Hypertension | Wound Healing |
| Knee Pain | |
| Lymphedema | |
| Maxillofacial Disorders | |

To view actual research on any of the conditions above and more, visit www.HealingLightSeminars.com or www.CooperativeMedicine.com and click on the 'Laser Research Library'.

Is LLLT safe? In contrast with surgical lasers, LLLT is generally given at levels below the threshold of heat damage to tissue, which may account for its outstanding safety record. In more than forty years of clinical and research use and over the course of more than 4,000 studies and articles, an adverse reaction has never been documented. The Food and Drug Administration has described low level lasers as “non-significant risk devices”.

LLLT has enjoyed progressively greater acceptance throughout Europe and Asia. Recently, the FDA has begun clearing a growing number of LLLT devices, and low level laser therapy is rapidly becoming widely available in the U.S.

How does LLLT work? Laser light at low intensity adds energy to depleted cells and tissues, helping to restore normal function. In part this occurs as mitochondria, tiny organelles in every living cell accept and transform laser light to increase cellular vitality and promote normal activity. The effects of low intensity laser light on cells have been compared to charging a battery.

Besides adding energy to enhance healing and function, LLLT's anti-inflammatory, pain relieving and antimicrobial effects are also well documented in a growing body of scientific research. The effects of low level laser therapy have been compared to those of the tricorder, the hand-held, energetic healing device from Star Trek able to effectively address almost any medical condition.

Although low level laser therapy appears to be extremely safe, readers are advised never to stare into the beam. Administering LLLT over a known or suspected cancer or in cases of photosensitivity is also contraindicated. As with other medical modalities, low level laser therapy should be administered by licensed, health care professionals trained in its application.

CASE STUDIES

Back / Hip Pain - GB was a 70 year old considering surgery because of pain in the right low back and hip radiating to the posterior thigh for fifteen years. He was seen for seven visits and reported a complete absence of pain after the fifth session.

Neuropathy - TD was a 56 year old diabetic male with high blood pressure and cholesterol whose chief complaint was “burning feet”. He was treated for neuropathic pain in both feet as well pain in the neck, low back and left elbow. All pain scores declined progressively. He was discharged after his 8th visit and reported normal sensation in his feet two years later.

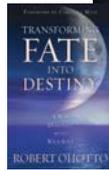
Carpal Tunnel Syndrome - Surgery had been recommended for RS, a 35 year old female diagnosed with carpal tunnel syndrome a year and a half before her first visit. She was wearing braces on both wrists. Immediately after her first treatment, she reported normal sensation restored. Mild numbness and tingling returned approximately a day and a half after the 1st and 2nd treatments but at lower levels each time. After her 3rd treatment, sensation remained normal, and it has been more than four years since she has worn braces.

In summary, laser light at low intensity accelerates healing, promotes the regeneration of tissue of many kinds, enhances cellular and tissue function, reduces inflammation and alleviates pain. An adverse reaction has never been documented. It is this writer's belief that LLLT is a revolutionary therapy which stands to greatly improve the quality of health care while reducing its costs. Let there be Light in 2008

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TRANSFORMING FATE INTO DESTINY

...continued from page 19...



By exploring these questions, I've realized that our communication generally falls into two categories: ego prayers and soul prayers. Let's look at each of them closely because I've found that the latter have the power to transform Fate into Destiny, while the former often get a negative response from heaven.

EGO PRAYERS VS. SOUL PRAYERS

We've all said an ego prayer before—I know I have (and still do!). These are often based out of what we want, not what we need; and they rarely have the best interests of others at heart. Let's review an ego prayer to help you identify when you're saying one (oh, and let's also look at "God's" response!).

Dear God, It's Mike here. I usually don't ask for much, but I'd really like my new Internet business selling children's toys to take off so I can quit my job. I hate my current boss. He's always criticizing me and never appreciates the hard work I do—he totally reminds me of my father!

This new book I'm reading says that prayer and visualization are powerful, so I'm going to visualize making a million dollars by next year through this new Internet gig—could you give me a hand with that? It would be great if you could help me manifest it! Then I could quit my current job, get some cool clothes, buy a house, lease a new BMW, and have money to travel to the Bahamas next fall. I could finally ask my girlfriend, Jane, to marry me.

On that note, it would also be great if you could help Jane. I do love her, but sometimes she's so stubborn. I sure wish she'd change that about herself and quit fighting with me about having kids. I know she says that she doesn't want children, but I really want to start a family. If you help me make that million, then she won't have to work and might be persuaded to stay at home and raise kids. Oh, if you grant me these things, I promise I'll give 10 percent of my income to charity and be sure to give some money to each homeless person I see. Please let me know your answer by this Friday—please give me an unmistakable sign! Thanks, God. Mike

God's answer: *My dear Mike, In short, the answer to all your requests is no. So when nothing remarkable has happened by Friday, take note that I have turned you down. Although you cannot remember it right now, before you came to Earth you made certain agreements that must be upheld, and answering your prayer would violate many of those agreements.*

Let me give you a glimpse of things from my perspective: First of all, before you were born, you made an agreement with your boss that he would come into your life at this time to help you heal your issues with your father and how his criticism wounded you. This means that your boss must treat you much like your dad did in order to trigger your old wounds so that they surface again and can be dealt with now that you are an adult. There is a deep lesson here that you must learn. Your boss is your teacher, and until you learn what you need to and heal, you cannot move on to the next stage of your life.

This is very important to accept, because where you are going next with your life will require that you learn how to validate yourself in ways your father could not. You are going to be running a major company in the years to come and will need to be a true leader with authentic soul-esteem. Since that is not done yet, you need to stay in the same job.

Second, you will soon be informed that the toys you are thinking of selling are toxic due to a chemical in the plastic. Be grateful, my dear Mike, that you will not be able to get the business off the ground. To that end, I am setting it up so that your girlfriend will "accidentally" unleash a computer virus, crashing your system for two weeks while news of the toys gets to you. This will save you from harming children, from being sued, and from enduring much grief. Yes, you will be mad at Me, but take care . . . you cannot see what I can.

Now about this financial request—you are not yet mature enough to handle a million dollars, and you certainly are not going to give 10 percent of it to charity! That amount of cash would exploit current flaws in your character that you are not aware of and hinder your spiritual development. At this point, you are not able to manage the choices that come with that much money.

Your current car works just fine, by the way. I will make sure it continues to since you do need it to get to work. I will also ensure that you have enough money to fulfill all your needs—but not your wants. Let's look at more of those: Although you do not know it yet, in two years you will be moving from Milwaukee to Chicago for an incredible job, so it is not wise to buy a house now that you will have to sell in two years. The market will be bad then. Oh, and there is going to be a major hurricane hitting the Bahamas next fall that would have taken your life, so it is a good thing that you will not have the money to go there.

As far as Jane goes, she is there to teach you to accept others as they are—and to never pray for them to change. She is not meant to have children in this lifetime and will soon discover that she is actually not able to. She is not the right person for you to commit to in marriage, and once you accept her as she is, you will know that. You have a contract to meet someone in three years who is going to want to have a family with you, so once again it's a good thing that you do not have enough money for a wedding. Mike, I know you cannot see all of this through your egocentric point of view, but do not worry—I have your back. Love, God

P.S. You should already be giving the homeless a dollar and a prayer as a way of affirming your connection to Me. They are as much a part of Me as you are.

Ego prayers originate mainly out of what we think we want and need. As we discovered with cultural spells, sometimes these are things we're told are important by the media and our culture, parents, and peers. As we look at Mike's prayer, so much of what he's longing for comes from his ego's small perspective. He can't see the larger design of his life and how future events are going to unfold.

Although every prayer we say is answered without exception—whether positively or negatively—I sense that the ones originating in our egos might make the Divine laugh! And they often aren't effective in transforming the Fate of a circumstance into Destiny. Now in contrast with this, let's look at a soul prayer.

Dear God, It's Victoria here. All of my previous requests to be a breakout success as a fashion photographer here in New York City seem to have been ignored. I'm having a really hard time in my life right now; my heart is very heavy. I know I'm meant to be learning things, and with Your grace, I can get through this period.

...continued on page 42...

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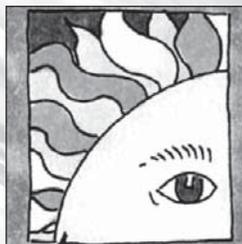


**CREATE YOUR
OWN HORIZONS
COMMUNITY
GROUP**

• 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 or www.ironoak.us

MARCH 2008

"Beware the Ides of March!"

That famous quote from Shakespeare's Julius Caesar (Act 1, scene 2, 15-19) haunts people the world over. How many people forgo their worry about Friday-the-Thirteenth only to replace it with something sensible like the Ides-of-March? I have no idea!

But in 44 BCE, Julius Caesar summoned the Senate to meet in the Theatre of Pompey on the Ides of March after proclaiming himself to be dictator for life. A seer warned Caesar to be on his guard. On that day when Caesar was on his way to the senate, he greeted the seer saying "The Ides of March has come" and the seer responded "Yes, the Ides of March has come, but it has not past!" When the senate convened, Caesar was stabbed by a group of senators who were committed to the task of ending what they considered an evolving tyranny. Now, history aside, since this is a metaphysical magazine, one cannot let this pass without observing that one should never ignore their seer!

March is the month of expectation,
The things we do not know,
The Persons of Prognostication
Are coming now.
Emily Dickinson, XLVIII

Of course, to get to the Ides of March, you have to make it past the Dance of the Salii! This happened yearly on the First of March. First, remember that we are in the Roman month devoted to Mars which is, of course, why it is called March in the first place. Now, Mars was the god of agriculture and ... well... warfare. Many festivals were held in honor of Mars in March and the beginning of the month was marked with a very special treat! This is when twenty-four Salii would dance through the streets.

The Salii, meaning "Dancers" or perhaps even "Leapers", were dressed in old military armor and carrying the sacred Ancile shields. These were oblong shields that were ordered by the nymph Egeria to be made duplicating one that fell from the skies. Twelve of the Salii who were devoted to Mars Gradivus held the shield and the other twelve de-

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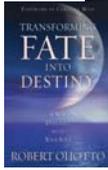
voted to a different god, Quirinus didn't. Dancing and singing in festivals over the next month, the Salii would return their shields until the next year. Man, talk about a party!

We try to sham becoming firmness,
But pompous joy
Betrays us, as his first betrothal
Betrays a boy."
Ibid.

- Mar 1st - Roman: Dance of Salii, party with the warriors of Mars or Quirinus!
- Mar 5th - Egyptian: Celebration of Isis, the goddess beloved by many for thousands of years
- Mar 9th - Daylight Savings Time begins. Time to buy a new watch!
- Mar 15th - Roman: Ides of March
- Mar 17th - Roman: Liberalia, festival of Dionysus, not as one might think, a festival for liberals
- Mar 20th - Vernal Equinox at 12:48 AM EST
- Mar 20th - Wiccan: Ostara or Eostre. Place a lily on your altar to honor the Goddess Eostre.
- Mar 21st - Full "Death" Moon at 2:39 PM EDT
- Mar 23rd - Norse: Summer Finding (sometimes held on the actual equinox)

TRANSFORMING FATE INTO DESTINY

...continued from page 39...



You know that I'm currently in a job I can't stand. I hate waiting tables when I have a master's degree in art and photography—it's so humiliating. I feel like such a failure. How am I going to continue to get by as a waitress living here in New York? Although I came here two years ago to explore creative opportunities in the fashion industry, nothing is panning out, and I feel lost and invisible. Am I on the right path? Is there another way I'm meant to use my talents and skills? Waiting tables can't be all there is for me in this lifetime—right?

Please show me what I need to learn so that I can go on to the next part of my journey. I'm willing to look at whatever I need to within myself in order to heal and move my life forward. Although I thought I wanted to be in the fashion world, now I'm not so sure. On the few photo shoots I've worked on, I've realized it's not all it seems to be. But I want to be of creative service to others and to capture their essence on film. I just don't know what to do since nothing seems to sustain me here professionally. As You know, I didn't land that last job I was up for as an assistant photographer for Vogue.

What's more, money has been really tight. Christmas is coming up, and I really need to see my family—please help me find a way. Right now I can't afford it because they live in Idaho, and it's hard to get a cheap ticket there. I'm already picking up extra shifts to make more money. I miss them so much, so if You could help me out, I'd really appreciate it. I need to be surrounded by something real for a while; I feel like I need to get my soul back.

And then there's Steve, my boyfriend of the last year. I know I met him for a reason, but please help me understand why I feel so insecure in our relationship. What lesson does he have to teach me about myself? Please help us discover if we're meant to move further in our commitment to each other. I know You're guiding us, and I hope that if I'm not the right one for him in the long term, You'll bless him with someone who is.

I'd really like my life in New York to begin to flourish; it's been hard these past two years. But if You want me somewhere else, I'm ready to accept that now. Show me what my soul came here to do. I'm hanging by a thread. Please use me in whatever way You'd like. I am Yours. Humbly, Victoria

God's answer: *Dear Victoria, It is so good to receive such a soulful prayer from you. I have been waiting for you to say this for two years. I know that you have been having a hard time and things have been tough, but it has all led you to this point of authentic surrender. Although you came to New York City wanting to be a fashion photographer, that is not really your dream, but only what you thought you wanted in order to belong and "be somebody." Things have not worked out over the past two years so that you would begin to clarify what your soul truly wants to create this lifetime.*

You are just about done with this lesson, my dear. I will sustain you through this time of difficulty as your ego's desires burn out and your heart

ignites. You were never meant to work in the world of fashion, and you wouldn't have been truly happy there. But you are indeed meant to be a professional photographer. When you are finally ready, I am going to help you become incredibly successful.

For now, you must learn the lesson of humility and surrender. When you can feel just as good about yourself as a waitress as you would being a famous photographer, then you will be ready for the next steps in your journey. Until then, you must stay in your current job.

Listen to your intuition and inner self, Victoria, for I am always speaking to you. In two weeks, right before Christmas, a wealthy man is going to come to the restaurant where you work. He will challenge you with his dismissive attitude, testing your humility. If you do not match his elitist energy, you will be shocked to find that he tips you \$1,000 and you have enough money to go home and see your family. I will send you many signs and support to ensure that you succeed.

During your stay at home, you will feel inspired and compelled to take pictures of the beautiful snow-covered landscape in Idaho. When you get back to New York City and develop the photos, Steve will tell you (with tears in his eyes) that your photos are amazing and have really captured the soul of your home. This is to help you see where your true talent lies, and you will feel an internal shift in that very moment. This is your soul remembering its agreement with Destiny to take photos around the world that will help everyone who moves to New York City and struggles as you have to remember what matters. Part of your purpose is to remind others of the places they call home when they feel that they are lost.

That is, in part, your true calling—your soul's destiny. And once you figure that out, your life will take off in many directions while your photos are showcased in galleries all over the city. Steve really does love you, by the way, and you are meant to learn how to accept that gift without doubting it or feeling insecure because you do not believe that you are worthy. Once you realize more of your true worth, your commitment with him will deepen into spiritual partnership. In spite of outer appearances, all is well, Victoria. And I will speak to you through your dreams tonight so that when you wake up in the morning, you will just know inside that everything is working out for your highest good because you have surrendered your life to Me—and have thus aligned your ego with your soul. You will wake up knowing that I have answered most of your prayers affirmatively. Yours truly, God

Soul prayers come from a humble place within us. We're able to speak with God this way when we realize that we're small in this vast cosmos, but we matter to each other and to the Divine. In fact, most soul prayers involve an element of surrender, humility, and a wish to be of greater service to life...Soul prayers animate the goodness of others and are the true medium for miracles. And although they can also arise out of our own personal authentic needs—which must be met to support actualizing our Destiny—these petitions don't aim to change anyone or make someone love us. Rather, they most often seek to channel grace for the highest good of all concerned and those who are connected to our requests. They take into account how small our ego's perspective can often be.

Soul prayers ask of the Divine: Please infuse my contribution to this situation with your deepest wisdom and my highest potential. Show me, dear Universe, where I am afraid to hear Your answer to my prayer, where I am blocking my own clarity, and why.

SUGGESTED READING & LISTENING



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

Old Friend from Far Away: Practice of Writing Memoir by
Natalie Goldberg Free press/simon & shuster www.simonsays.com

Across the Phantom Divide by Valerie Van Haltern

Sag-ing While Age-ing by Shirley MacLaine

From www.hayhouse.com

The Astonishing Power of Emotions by Esther & Jerry Hicks

Transforming Fate Into Destiny A New Dialogue with Your Soul By Robert Ohotto

The Moses Code by James Twyman

From www.yogananda-srf.org

Rare recorded talks by Paramahansa Yogananda

Removing All Sorrow (1950)

Suffering and Awake in the Cosmic Dream (1952)

The Great Light of God with Yogananda

Beholding the One In All with Yogananda



From www.beyondword.com

The Orb Project

by Miceal Ledwith and Klaus Heinemann

MUST SEE DVDs

The Secret Movie <http://thesecret.tv/>

The Secret Behind The Secret www.abraham-hicks.com

Orbs: The Veil is Lifting with Miceal Ledwith and Klaus Heinemann

Tibetan Meditation Music by Nawang Khechog
Shaman's Dream by Kerala Dream



Kabbalah Kirtan by Yofiyah

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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, or by email at barbaralee21@verizon.net



HOROSCOPES FOR

Aries: March 20 to April 19/20 "I Am".

Thoughts in your mind need to be dealt with. Communicating your issues is of the utmost importance. You may find yourself running in circles frantically like birds trying to feed their young. Your personal-ity wants to keep pushing, but your soul would like to spend some time on reflection.

Taurus: April 19/20 to May 20/21 "I Have".

Right now it seems that your relationships are the best they have been for a long time, with the potential for continuous and positive improvements. You seem to be at a standstill with yourself, however, because of your lack of patience with your personal progress. Don't be critical about what you can't change, only proactive about what you can change.

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Gemini: May 20/21 to June 21 "I Think".

You are hoping to make powerful changes happen in your pursuit of what you realize is a community endeavor. Start by finding a common thread that can be shared by all eager participants. Adventure may also take you by surprise as you open yourself up to the romance of living your own truth.

Cancer: June 21 to July 22 "I Feel".

What you need now is balance to help calm your nervous stomach. Change is on the way; your body senses it before your mind can comprehend what is coming. Pay attention to your health by reevaluating your eating habits and exercise regime. All in all, it is time for you to take care of you.

Leo: July 23 to August 22 "I Will".

You will be in the limelight (your favorite spot!) this month. People from all over will contact you to have access to your energy. Your time to shine has arrived, just come from your heart and not your ego. The energies entering your life will offer you opportunities to express yourself in expansive and creative avenues.

Virgo: August 22/ 23 to Sept 22/23 "I Analyze".

You are at the half way point to your next birthday, and you feel guided to move in different directions. Your heart is opening more, allowing a wider variety of people into your life and releasing your tendency to be critical. You will let go of old grievances as you learn to be more compassionate.

Libra: Sept 22/23 to Oct 23 "I Balance".

You are experiencing a powerful personality make over! Now is the time to pay attention to the inner promptings you are receiving about changes you would like to make for yourself. It would be better, though to take the magnifying glass off of yourself and learn to be more understanding about your inadequacies.

MARCH 2008

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

This Spring your I Am energy will come into your vibration like a testosterone rush. The phase in your life you began a year ago has come full circle. You can now move forward into the light free from past burdens. Friendships will play a large role in helping you with your boundary issues. You will have no time for old control tapes and power trips. Stand your ground

Sagittarius: Nov 22 to December 21 "I Perceive".

The power surge still continues, as you take more control of your life. You might reexamine the roles some of your friendships have played in your life, as well as the affect you have had on others. Always keep your integrity in any group endeavor.

Capricorn: Dec 21 to January 19/20 "I Use".

It seems you just can't get away with anything lately. You will learn not to try to hide your actions; they will always be exposed. The signpost should be clear to you. The character-building experiences you are undergoing will restructure your life in positive ways. Keep trying. You'll succeed.

Aquarius: Jan 19/20 to February 18 "I Know".

Your inner struggles now are all about wanting to create positive change in yourself and your life. Trust yourself so that you can achieve your goals. Things worth having are worth waiting for; as long as you put energy into what you want, it will happen at the appropriate time.

Your finances are being adjusted to the demands of work situations. The Universe is telling you to do what you love so the money will follow. Either change your attitude, or find a job more suitable for your emotional fulfillment and creative expression.

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- Knowing that a tough time in your life is happening for a good reason and has a beginning and an end.
- Removing prejudice about others who are made up of the same ingredients as yourself even if they are arranged differently.
- Being able to learn from history.
- Improving relationships with spouses and children.

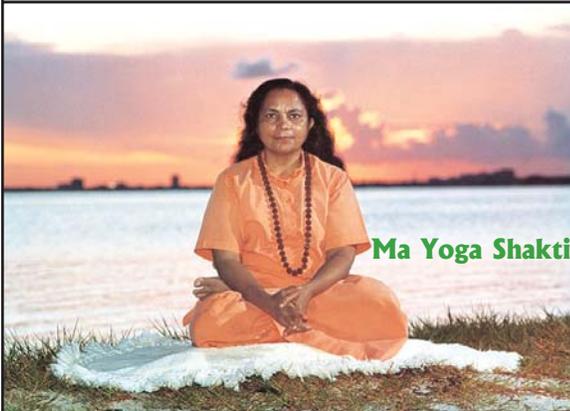
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