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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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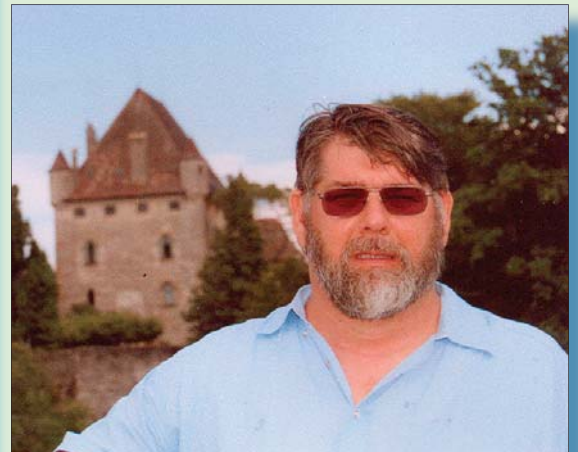
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Complete Personal Readings

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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Thursdays 6-7PM "A NEW EARTH" BOOK DISCUSSION with Earthy Spaulding

Join us to discuss the book, "A New Earth". Participants are asked to read the chapters before the meeting and to review the workbook and the Awakening Exercises. We will discuss impressions, feelings and insights in to the chapter.

SPIRITUAL PARENTING CLASS

4 Sessions every other Sunday afternoon
April 6, 20, May 4, 18 12:15pm to 1:45pm
Facilitated by Leslie & David Iodice

Let us explore the joys and challenges of remembering our spiritual nature while raising our children. How can we be more affirming, celebratory, prayerful, patient, authentic & comforting? There will be childcare and snacks. Please pre-register at 254-0313 ext. 104. Love offering will be taken.

Sunday April 6th LORNA OWENS will speak at both services - 1:30pm The Power Of Purpose Workshop: Making The Quantum Leap Into Your Blessings.

Lorna Owens says, "I want to change lives. Success is a process. Success can be taught. Her first CD is called Decision to Change. It sets out six concise steps to changing your life. Her second CD is called The Undiscovered Self. This is an all music CD designed to get the listener to an alpha state. Lorna Owens is a Registered Nurse, Midwife, Attorney, and radio talk show host on WMCU 1080 AM and 1080 WMCU.com, a gathering place for women around the world.

DIRECTIONS TO US:

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

"What is Aging?" Sunday, April 13th 1:30pm-3:30pm with Dr. Joe Eplett & Stuart Spangenburg. They will be speaking about the biomechanics of aging and how to slow it down. Specifically utilizing the benefits of nutrition, exercise, chiropractic, & meditation. Love Offering for the church will be taken.

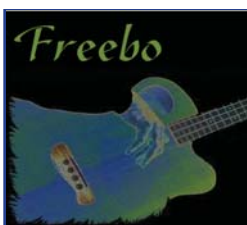
Dr. Eplett will discuss the spine, the importance of proper alignment and staying flexible to slow down aging. Stuart Spangenburg will discuss mental perspective, life style choices and their relationship to aging.

Dr. Eplett has 34 years of experience in the healthcare field. He is a 1971 graduate of the National Chiropractic College. For more information on Dr. Eplett, please see our web page at: www.dreplettforlife.com.

Stuart Spangenburg is a licensed psychotherapist, professional success coach, and passionate health seeker. His website, Solutions to Aging.com offers free info and Stuart has a radio show Wednesdays 8PM on Tropic Wave Radio.net.

Reiki Healing April 6th At 4:30pm

Pranic Healing April 27th At 4:30pm

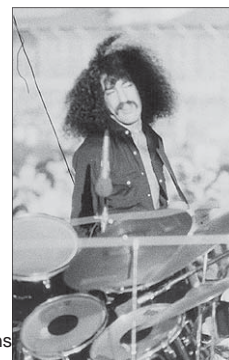


The New Way & Unity Of Melbourne Present Freebo In Concert

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Saturday April 19th

7:30 pm Admission \$15



ALSO THE NEXT DAY WITH FREEBO:

Song Writer's Workshop Sun April 20th 3:00 to 7:00 pm
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Please RSVP 321-759-5103 or sdaly4@cfl.rr.com

**THE GREATEST
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IS SEPARATION**

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Andrea de Michaelis

Thanks for help this month
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Fran Jenkins

This Month's Cover (page 34):
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Horizons

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

Anais Nin

Horizons thanks
everyone willing
to take the risk

HORIZONS MAGAZINE is distributed **FREE** each month to 300+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life. Please write us with your comments.

Article submission: You may submit articles of 200-900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com, along with a 50 word bio telling who you are and how to contact you. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for as an ad.

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

- 1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.
- 2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.
- 3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.
- 4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.
- 5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.
- 6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.
- 7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.
- 8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.
- 9. Persistence.** I persist through faith. I maintain focus and discipline.
- 10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.
- 11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.
- 12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.





Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

"In the company of one who is living Love, you can't help but spring into that Love." - Sri Sri Ravi Shankar

Hello and welcome to the **April** issue of **Horizons Magazine**. I'm loving the weather! Anytime we have cold spells through March I'm excited, because that means we've had a full 6 months of mild, cool, be-outdoors-in weather. When I was fatter several years ago, the heat and humidity of subtropical Florida really got to me. I didn't realize at the time it was a weight issue and not a weather issue. Now, even in our hottest, most humid rainforest-like summers, I just slather on the insect repellent and get outside to be in it. I especially like that 12 months of the year, I can take my morning tea outside and do yoga in my own garden to greet the day. That early morning connection keeps me going all day long, and we all know how important connection is.

At Christmas, I had a fiasco with my credit card terminal unit. For several days, it had been hit or miss as I kept getting the error message "Lost Communication With Host"

when I tried to run my the cards. Sometimes it worked; sometimes it didn't. Finally, I called Nova and they ran me thru the paces to test the programming of the unit. Everything seemed fine on their end, however the system showed as "cleared" some charges that I had not received approval numbers for. All I got was the error message "Lost Communication With Host". Everything seemed fine on their end, however on my end I saw no evidence of response, although it was sent.

I spent 45 minutes on the phone before the technician had me check my phone line - and it was working. She had me switch to the other phone port on the terminal, but that didn't correct the problem. Finally, she suggested I replace the phone cord going from the wall to the terminal. Ta dah!

Several of the charges had actually gone through, however I did not know it, so I was acting as though they did not. Some of what I sent went through, but since I didn't receive the response I expected, when I saw "Lost Communication With Host", I figured I had. Lost communication, I mean, and not completed the transaction. I thought I wasn't getting the approval code I was looking for. There was no problem on either end, it was just the actual connection, which was my job, that was falling short.

I thought how this mirrors my life at times. The times I really want something and don't recognize it is my own resistance keeping me vibrationally from it. The times I feel my prayers are unanswered. The times I feel I've "lost

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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.

You Have Creative Control of Your Life

Do you believe that when things happen around you, and as you observe them, that those things cause you to vibrate, and therefore you have do not have control of the way you feel? If we were to poll the majority, they would answer yes to that. Most would say, "I look out into my world, and I see things which affect the way I feel. And therefore, if I had some measure of control over those things, then I might feel better."

To Control Conditions? And we say, you might if you could do that, but from your Broader Nonphysical Perspective, you don't even want to do that. You do not want to control or limit conditions or possibilities, because you understand that this Universe, in which you and we are all focused, is vibrationally based and is managed by Law of Attraction.

So, since you can control that which you give your attention to, you can control what your vibrational output is, therefore you can control what Law of Attraction matches you up with. Can you hear the difference? One way says, "I look out and I see bad things and I feel bad, so let's do something about controlling the bad things so that I can feel good." You've been working on that for eons--how is it working out?

Selective Focusing? The other approach that we are really selling to you here is, "I am a Vibrational Being and I vibrate because of that which I give my attention to. So as I am more selective about that which I focus upon, then I have a measure of control of what my vibrational offering is, because, as I give my attention to something, I include it in my vibration. And as I begin to more selectively choose that which I remember, or that which I focus upon in my now, or

that which I contemplate into my future--as I more specifically focus, then I more specifically, deliberately vibrate, and as I more deliberately vibrate, then I have deliberate creative control of my own experience--because the Law of Attraction is matching my vibration to me.

Vibrational Control? It is so much simpler to control your vibration than it is to control the world. Since you, now in your time/space reality, have visual, sensual interaction worldwide, and since you have a news mechanism in place, believing that it is to your advantage that they point out everything going wrong, there has never been a better time in all of history, to make a decision that: "Nothing is more important than that I feel good, therefore nothing is more important than that I learn control of my own vibration."

A Guidance System? As you look out into the world and you see unwanted things and you shout no at them, you're actually, for the time of your attention to them, including them in your vibration. As you look out into the world and you see things that you shout yes at, you are including those in your vibration. So most of you have quite a mixture of vibration. Some of it serves you well, and some of it does not, and it is fortunate that you have within you a Guidance System (your emotions) that lets you know which part is which. You can tell the parts of your focus or comments or memories or speculations or observations which are serving you in the moment of them, and you can tell which of those objects of attention are not serving you well--by the way you feel.

Achieve Worthiness? Because you live in a Universe that is freedom-based, you get to give your attention to anything that you choose. Because you live in a Universe that is joy-based, in a Universe that, at the basis of it, is utter Well-being, Well-being flows abundantly. It is your legacy. It is your birthright. It is what is natural unto you. It is not something that you must earn. It is something that you already deserve. It is not something that you have to achieve worthiness of--you are already worthy of it.

To Start Over? Law of Attraction is a wonderful thing, because it is responding to the vibration that is within you. Sometimes you feel like you wish you could start over. You wish you could be rid of opinions and attitudes, and points of frustration. You wish that you didn't have to have had that experience that now is affecting the way you feel.

And we're wanting you to take delight in every experience that you have lived, because out of it has been born the new preference. And as you begin, more and more, to turn your attention to the new preference, then the things that you are specifically choosing will dominate the patterns that are unfolding in your experience, and you will proudly proclaim yourself the deliberate creator of your experience.

To Gain Control? One gains creative control of one's experience by directing thought, by choosing what you think about and choosing how you want to feel.

Pretend that you are a creative director of a movie project, and there is an audience that will see your product. So you decide in advance how you want this audience to feel. If you want them to be frightened, you make a really scary setting. You make it dark. You might even make it dirty or uncomfortable. If you want your audience to feel light-

...continued on page 28...



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WHAT IS YOUR LIFE FOR?

Roy Eugene Davis is a direct disciple of Paramahansa Yogananda in the kriya yoga tradition. In December 1949, he trav-

eled to California, to meet Yogananda, was accepted for monastic discipleship training, and was ordained by him in 1951. Davis moved to Georgia in 1972 to establish Center for Spiritual Awareness. He publishes Truth Journal magazine and writes monthly lessons for CSA members around the world. You may contact Center for Spiritual Awareness at P.O. Box 7, Lakemont, Georgia 30552-0001 (706) 782-4723, visit <http://csa-davis.org> or e-mail csainc@csa-davis.org. The 2nd International Kriya Yoga Conference will be held August 28-30, 2008 in Atlanta, see back cover for information.

Soulfully Answer This Question: What Is Your Life For?

When you know why you are in this world—and do your utmost to successfully accomplish your major purposes—you will live as you are meant to live and prepare yourself for what you are to do and experience for the rest of your immortal life. Your current incarnation is but a brief sojourn in this realm of time, space, and ever-changing circumstances. Assume a long-range view of possibilities that are yet to be discovered.

Go to the Core of Your Being and Ask Until You Have a Clearly Defined Response

The kingdom [fullness] of God is within you. - Luke 17:21

At the innermost level of your being you know why you are in this world. When you are mentally and emotionally calm and your thinking is rational, acknowledge your spiritual essence and relationship with the Infinite. Examine your life, what you have done and experienced, and your current circumstances.

Have you been living up to your full potential to experience excellence in all aspects of your life? Do you sincerely want to be spiritually enlightened? Have you allowed your mind to be confused and your awareness to be clouded and fragmented because of being too concerned with or involved in situations that were superficial or purposeless? Have you allowed your moods, whims, or compliant acceptance of the nonuseful opinions or behaviors of others to determine your thoughts and actions?

Meditatively go the core of your being where all knowledge exists. Be still. Inquire: What is the highest and best for me to do? Wait patiently until insight dawns, as it will. Then choose the right course of action and adhere to it.

Hearing Your Angels by Karen Talcott

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When you are purposeful—when you are certain about what to do, and why—your clear mental picture of ideal possibilities and your conviction that you will be successful in your right endeavors will attract supportive responses from Cosmic Mind of which your mind is a part. Creative ideas will come into your awareness. Timely, unplanned events will occur. Resources in whatever form are needed will be provided. Your consciousness will expand. Your self-confidence will increase. Your functional skills will be greatly improved. It will be easy for you to think constructively and to perform intentional actions which will contribute to your total well-being.

Write What You Discover

These are the four aims of life to accomplish:

To live in harmony with spiritual, mental, and physical laws of cause and effect in accord with your ability to do it.

Have constructive desires easily fulfilled.

Have the necessary material resources to satisfy real needs.

Liberation of consciousness.

- From an ancient Vedic text

...continued on page 31...

Empress feng shui



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

INVITE BEAUTY AND HARMONY INTO YOUR ENVIRONMENT

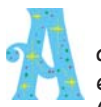
Lori Gear is a feng shui consultant, speaker, author and teacher. Her newest book, "Dear Empress" is available on the web at www.empressfengshui.com/



I have heard that you should not have dried flowers in your home. Why? Are silk flowers and greens okay? What about shells in bathroom? I just came back from Sanibel and would like to use what I collected.



In an office or classroom setting, does facing another colleague cause you to be competitive in the laws of Feng Shui? Somebody told me that this would true a while ago and I cannot find any references to this statement on the Internet at all.



That is true. We do not recommend dried flowers as they represent a dead, stagnant, and very heavy energy. Silk and artificial plants are just fine as (even though they are as dead as your couch is), they still 'look' alive and therefore represent a living, vibrant energy.



When you align desks with each other it can cause bickering, face-to-face confrontations and is not considered good feng shui, because your energy is effectively blocked by the other person. This is seen a LOT in classrooms.

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CALENDAR ON PAGE 43**

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FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including *The Dragon Doesn't Live Here Anymore* and his new guide to conscious relationships, *Don't Get Lucky — Get Smart*. Join Alan for his life-changing Life Mastery Training in Fiji, July 20-26, 2008. For information on this program or others, or to receive Alan's free daily inspirational quote and monthly newsletter, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



The Healing Funeral

I recently attended the memorial service of a friend who was loved and respected by many. Ron was a conscious husband and father who contributed a great deal of his skill, time, and money to community service. Ron was also highly dedicated to his spiritual path, and strove to live with clarity and joy. He moved through the process of his passing with extraordinary consciousness and remembrance of the presence of God.

Ron's memorial service reflected his positive nature. Before a large crowd, friends and co-workers spoke with deep appreciation for the gifts Ron had brought to them personally and to the world. While tears flowed and we all expressed our sense of loss at Ron's transition, the service was truly a celebration of Ron's life. As speaker after speaker recounted fond memories of Ron, the audience rose in love, gratitude filled the room, and moments of laughter lightened our hearts.

The service concluded with a song of Ron's choice, *Joy To The World*. (Three Dog Night version — "Jeremiah was a bullfrog. . ." As we exited the hall afterward, I felt warm and inspired, as if I had been to a spiritual workshop. Along the way I encountered a friend who had just gone through surgery. She told me, "I haven't been feeling well and I wasn't going to come. But I loved Ron and I wanted to honor him." She thought for a moment and noted, "Strange as this sounds, I feel a lot better now than when I walked in. The love in the room and all the stories of Ron's life have inspired me to be happy and get back into community service."

As I considered my friend's words and observed the serene demeanor of the other participants, I realized that the general effect of the memorial service was one of healing. While we all felt a certain grief over our friend's departure, the experience of the event was the one that Ron would have wanted us to have — soul-nurturing and, in an unexpected way, joyful. So even a funeral can be healing if we approach it with that intention.

There are two dimensions of life that we all live simultaneously: the material and the spiritual dimensions, or, in other languaging, the horizontal and the vertical. The horizontal dimension plays out in time and space — our journey

...continued on page 30 ...

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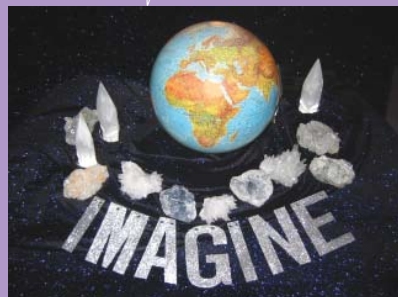
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PROTECTING YOUR VISION WITH HERBS

Good eyesight is something that many people take for granted; we usually don't give it much attention until something goes wrong. With proper lifestyle changes, diet and herbs can help protect your eyes from conditions like Macular Degeneration, Retinitis Pigmentosa and Cataracts.

Antioxidant rich herbs like **Bilberry**, **Hawthorn** and **Rooibos** are important for protecting the clear tissue of the lens of the eye. If you have diabetes, high blood pressure, damage from sunlight, a poor diet or smoke you can change the chemical composition of the eye which may lead to free radical damage.

Bilberry plays an important role in the health of your eyes. The anthocyanosides help improve issues such as night vision problems. It also contains bioflavonoids that provide better circulation and support the connective tissue of the eye. It contains other nutritional compounds that help prevent mild retinopathy, macular regeneration, glaucoma and cataracts and they help protect the lenses of the eyes, strengthen the collagen and discourage inflammations to the eyes.

Eyebright is another herb that has historically been used for many conditions concerning eye health. It was and still is used to treat eye infections, conjunctivitis, pink-eye, red itchy eyes and allergic eyes. As a compress it helps relieve eye fatigue and cools the eyes. **Eyebright** contains Quercetin a bioflavonoid that helps improve the integrity of the eye and helps prevent UV radiation. It also helps with tearing eyes, eye strain, stinging and light sensitivity.

Ginkgo strengthens the eyes by providing proper circulation to the eyes delivering needed nutrients, oxygen and antioxidants that help remove free radicals and toxic metabolic waste from the eyes. This is especially important for macular regeneration because the macula is one of the most metabolically active tissues of the body and very dependant on proper circulation.

These are only three of the herbs that can benefit the eyes there are others like **Spirulina**, **Garlic**, **Flax**, **Fennel**, **Dandelion**, **Chorella**, **Alfalfa**, **Rosehips**, **Fenugreek**, **Barberry**, **Chamomile**, **Yarrow**, **Vervain** and **Plantain** that are rich in the compounds and nutrients that benefit the health of the eyes.



RECIPE FOR EYE HEALTH

A nice blend of herbs to benefit the eyes could be 1-part **Eyebright**, **Bilberry**, **Yarrow**, and **Fennel** and 1/2-part **Hawthorn** and **Ginkgo** these herbs provide anti-inflammatory, astringent and alterative properties helping to tighten and tone the tissue of the eyes removing excess toxins and pressure so the eyes can heal.



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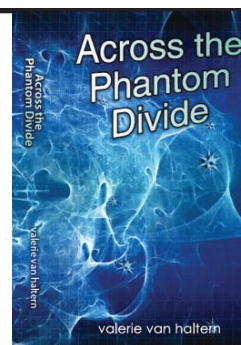
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P.S. Actually, I already know that you won't be able to handle it, because this is what I live for.


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SECRETS

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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

THINGS DON'T HAVE TO BE SO HARD

The good, the bad, hardship, the joy, the tragedy, love and happiness are all interwoven into one single, indescribable whole that is called life.

-Jacqueline Kennedy

Many spiritual books, including this one, tell us that we should learn to grow from our pain and to bear all the obstacles of life with faith in the ultimate goodness and perfection of this universe. However, it is

important to realize that we can grow, not only through hardship, but also through joy.

One of the main secrets of spiritual happiness is that things don't have to be so hard. Spirituality doesn't have to be so hard. Life doesn't have to be so hard. Learning our lessons doesn't have to be so hard. Some people always seem to look at life through the glasses of "everything is hard," and you can be sure that such glasses are bound to affect their experience of happiness and unhappiness.

One fairly advanced level of spiritual growth is to learn to be happy even during trials and tribulations. However, even if we're not always able to stay perfectly happy during bad times, we can at least learn to be happy when things are going well! I know people who have great blessings in their lives, but who complain about being depressed and appear to be much more upset about their few challenges than grateful for their massive blessings.

Some people even find that they are actually happier during tough times, because their appreciation for small and large blessings becomes more sensitized and awakened. Challenges may require us to drop our layers of superficial boredom and dissatisfaction and to draw upon inner resources of strength, fortitude, courage, gratitude, wisdom, prayer, and a positive mindset.

If we can't be happy even when things are going well, then what option does our kind and loving destiny have but to try another approach and shake us into gratitude and happiness through trauma?

...continued on page 29...

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HOW TO CLEAR & BLESS YOUR HOME

Celebrity psychic Michelle Whitedove is a world-class medium whose mission is to empower humanity as a spiritual teacher and visionary. She has been featured on ABC, CBS, FOX, and PBS-TV. Lifetime

Television named her America's #1 Psychic. Whitedove is a spiritual author who's speaking at The Universal Lightworkers Conference in Ft. Lauderdale on June 14-15. Visit www.MichelleWhitedove.com



Have you ever heard the old saying "Cleanliness is next to Godliness"? Well it's true, but this reference is not merely about hygiene. Purity of body, mind, and spirit is an important element to get through tough times. Too often people can become tainted by their environment, which in turn, affects your being. Your home and work space is an important aspect of life. It's where you reside while on the physical plane.

Since the beginning of time, prayer ceremonies have been used to transmute negative energy. Many religions believe that it's important to bless your home, to clear any negativity, cleanse the space, bless it and protect your personal environment. I would suggest that you not only do some domestic cleaning but follow up with a spiritual cleansing too. Consider a clearing and blessing to remove any negativity and bring in the light. This will raise the vibration of your surroundings with the added bonus of protection so that you can spiritually thrive.

STEP 1: PRAYER & MEDITATION Say a Prayer to God and Archangel Michael with faith, sincerity, and with a pure intent. Tell God what you are trying to accomplish, be specific. With certainty give thanks for their help in clearing negative and residue energies. Meditate and listen for answers and messages as you pray. Light a red candle for Archangel Michael, who is the protector of the physical body and your soul. (Do not blow out the candle, let it burn out.) Ask Michael to protect your family members and yourself. Feel free to use a personal power object, a rosary, star of David, or four directions cross that has sacred meaning for you.

STEP 2: CLEANSING & SMUDGING As you move into each room, pray and meditate with faith and certainty, and begin to smudge each room with sacred smoke in a clockwise direction. Smudge with white sage, cedar, and a small amount of your hair gathered from a hair brush. (Hair adds the persons essence.) **What is Smudging?** In a fire proof burning bowl, (I use a natural sea shell) light the sage on fire, as soon as it starts burning, add the cedar and your hair, then gently blow out the fire. Smudging is cleansing the area with sacred smoke. It's not a fire; it is the smoldering of smoke. Blow on the glowing embers or fan with a feather, to create constant smoke.

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STEP 3: BLESSING Give thanks and bless each room with Holy Water. Sprinkle water in the sign of the four directions. Archangels are in charge of the four directions.

STEP 4: PROTECTING the SPACE With prayers to God and Archangel Michael, put a drop of the Dragons blood oil on your finger and draw a small cross on EVERY window and door, in each room. Dragons Blood is strong protective oil made from the sap (tree blood) of the Dragon palm tree.

STEP 5: SEALING the SPACE Give Prayers of thanks as you seal the space. With Kosher salt or natural sea salt, seal the space by pouring a small mound of salt in all four corners of each room. Then connect the corners with a line of salt below your baseboard, complete by drawing a line across each doorway. For extra protection: take a box of salt or two outside and put your home in a circle of salt by walking around the perimeter. Never remove the salt, it evaporates naturally.

After this prayerful ceremony, know that you have consecrated your sacred space by giving it to Father/Mother/God. You will feel a difference. There will be shift to a positive vibration of love and God's protective light.

DEAR LOUISE...



Louise L. Hay is a metaphysical teacher and the best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *I Can Do It!*®. Since beginning her career as a Science of Mind minister in 1981, she has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise's works have been translated into 29 different languages in 35 countries throughout the world. Website: www.LouiseHay.com



Dear Louise, I'm having some health issues I would like to understand better. I'm being told I need a whole mouth rehabilitation due to enamel loss and wearing down of my teeth. Since this diagnosis I've become aware of the thinning of my hair on the top of my head. I'm a 57 year old woman who up to now has been in good health, but presently am feeling the aging process take hold! K.S. South Carolina

Dear KS, It's easy to take good health for granted when we're young. As we grow older, we owe it to ourselves to learn about nutrition and how our choices of food will either contribute to continued good health or hasten our aging process. You're the only one in charge of your body. One of the most important discoveries on my own pathway to continued good health is a book called **The Body Ecology Diet** by Donna Gates. At 81 years young I now feel younger than I did a few years ago! If you're serious about maintaining strong teeth, bones and abundant hair (and more!), I would look into this book and check out the website at: www.bodyecology.com.

I've come to learn that good health is a combination of thoughts and food. If we choose our thoughts and food with care, we'll be healthy, happy and comfortable for the rest of our lives. Affirm: I am in charge of my body. I love myself enough to learn about my health. I practice daily habits of optimum health. All is well in my world. Louise

Dear Louise, I am from the UK and I have recently purchased your book "You can Heal your Body" and have a number of affirmations -eight in total I picked out to start using. I am wondering do I need to just find one affirmation? I have Crohn's disease and would like to ease my body! B.J. London

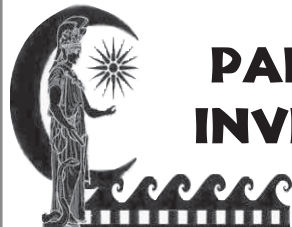
Dear BJ, Some people with conditions in the colon feel they are not good enough. Their attitude is that they can't trust anyone to do anything for them, and that they may not be enough to do the job either. As I mentioned in the letter above, nutrition plays a big part in anyone's healing. Over a period of time our systems get clogged with junk and can use a good cleansing. What we do and do not put in our bodies in the way of food and beverages has a lot to do with the ability our bodies cells have to regenerate themselves. I suggest going to a good nutritionist for a supervised body cleansing and to find the best diet and nutritional plan for your particular body. Doing this is an act of love for yourself. I highly recommend a wonderful book titled "Healthy Healing" by Linda G. Rector Page, N.D., Ph.D. It is a great source for alternative healing techniques which I have been using personally for many years. You can probably find it in your local health food store or at www.amazon.com.

If you like the eight affirmations you've chosen, keep working with them! Meanwhile here are some others you might want to try also: I have high regard and respect for myself. I support and love myself unconditionally. As a result I am safe to express all that I am! Louise

Dear Louise, I was recently one of the lucky few to be in the audience in California when you premiered your new movie, *You Can Heal your Life*. Not only was the movie inspiring, but so were you! How do you keep so fit and fully of energy? I am half your age and am amazed by your obviously love for life! D.S. San Diego

Dear DS, Well thank you for the kind words. As I said in the letters above, I keep healthy and happy with happy thoughts and healthy eating habits. If you follow your dreams, and surround yourself with happy, energetic, and healthy people, you can't fail. I really do believe that this is my best decade yet. I'm 81 and having fun! Louise

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We cannot negate the need - and the gift - of medical and surgical interventions that help save lives and gets us through medical crisis, but we too often overlook this truth: Our bodies are the true source of this healing. The ability to heal is an essential life force that runs through us all.

Our intention to heal, along with a positive outlook, has long been recognized as an essential aspect of healing our physical beings. What is less obvious is that we are also capable of healing ourselves emotionally.

This notion finds its origins in the work of **Candace Pert** and others in the field of psychoneuroimmunology who found that each and every cell of our body contains receptors which enable them to bind to peptides circulating in the body. Pert refers to this process as "molecules of emotion."

In my own medical practice I've seen the the practical truth of this theory while performing thousands of endoscopic procedures at my surgical center in **Edison, New Jersey**.

Anesthetics are used in order to ensure patient comfort and safety. It is astounding to observe how rapidly anesthetics can induce a state of sedation similar to sleep.

...continued on page 39...

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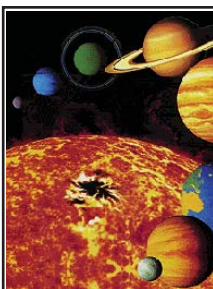
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Richard A. Singer Jr. is a therapist living in the Cayman Islands. The following is from his new book, "Your Daily Walk with the Great Minds of the Past and Present". To learn more, visit his Web site <http://www.yourdailywalk.org/> or E-Mail him at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

"Man is what he believes."

Anton Chekov

MEDITATION

Make a commitment today to believe in yourself. You are truly a unique individual in this world and have the ability to create the life you desire. Believe in yourself and the Universe will reward you with success. Belief and realization starts within you, then quickly externalizes to the life around you. If you believe, anything is possible and the amazing thing about belief is that it joins forces with reality and offers you all that you require to bring your belief into fruition.

PERSONAL JOURNALING

How will you strive to believe in yourself today and manifest who you truly are?

Today, I will believe in my capacity to achieve greatness and become the human being that I desire to be.

ANIMAL SPIRIT GUIDANCE

By June K. Brown

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



Coyote


Laughter is the best medicine. And if you are going to laugh, you might as well laugh at yourself. Do you remember the **Roadrunner** cartoon with **Wile E. Coyote**? He constantly played tricks on the roadrunner but his tricks always backfired and got him instead. He would get steam rolled by his own steamroller or flattened by his own anvil. But he never laughed at himself.



Instead he just got more angry and more creative with the way that he would use the steamroller, which would always run him over again, just more creatively.


My husband has a hard time laughing at himself. Embarrassment always gets the best of him and instead of seeing the humor in the situation, he gets flattened by his own anvil! We all have done this. There is nothing worse than feeling like a fool in front of others so we... well... freak out a little.


I was put in a very embarrassing situation a few months ago. I put myself in that situation, very willingly. Being part of a writers' group, specifically for children's books, I decided that it was time that I sucked it up and had one of my stories critiqued. I sent in the first story I had ever written. It was about a chicken that wanted to save her farm, but constantly made mistakes. I had never been to a critique meeting and had no idea what to expect. I sent in my story (which received rave reviews from about 200 first through third graders) for everyone to read ahead of time and then showed up for the meeting. I was very nervous, especially after hearing what the seasoned, already published authors had to say about the other two stories being critiqued. Jeez! No holding back from them! They laid it on the line for everyone. I felt like I was in one of those dreams where you get to school and realize that you don't have any clothes on.



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I sat and listened to everyone, face reddened by almost every word. "You need to double space." "Why do you have so many exclamation marks?" "The second paragraph is a mess and the fourth paragraph belongs in the third paragraph." "You're commas are all wrong... you should use grammar check on your computer." "The chickens need to sing a song in the story, kids love songs." And on and on it went. I couldn't wait to get out of there. I was very thankful that I was the last one to be critiqued so that I could make a quick exit.

I made it to my truck without a word being said, hopped in the drivers seat, cranked the engine and drove off down the lonely highway of those who have just been seriously dissed. As I drove, I remembered my card reading for the week. Coyote was one of the cards. "You may have to laugh at yourself this week", it said. So I did.

I laughed and laughed, the whole way home. I laughed at myself for thinking that my book was ready for publication. I knew that there were a lot of mistakes, I was just lazy and decided not to fix them right away. I laughed at myself for not double spacing. I mean, every writer knows that double spacing is a requirement for manuscripts. I laughed at myself for not knowing about grammar check on my computer... Duh! By the time I made it home I felt great. I knew what had to be done to make the manuscript better. I even came up with a song for all those little chickens to sing.

I could have been all cranky about what was said, but the bottom line was this; I asked for their opinion and they gave it to me. I did this to myself. I put myself there in that room, with published authors, to find out if my story was do-able. I got steamrolled by my own steamroller. I also got a real good laugh.

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CALENDAR ON PAGE 43**



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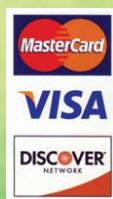
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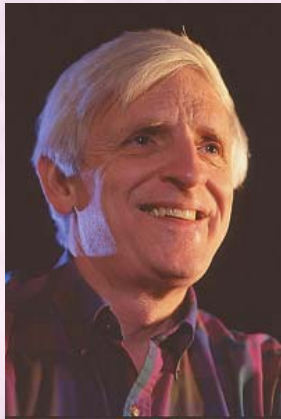
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The cosmic mass is the vision of Matthew Fox, theologian, ex-Catholic/now Episcopal priest, author of over 20 books and the founder of the University of Creation Spirituality. His vision brings "creation spirituality" to life and invites us to be participants in the circle of life. His website is www.matthewfox.org.

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ABRAHAM-HICKS

...continued from page 8...

hearted and laugh, you might make it in a bright, happy setting. You would set the place, and the time of day, you would adjust the lights to create the mood. And then you would parade your characters across the screen, and your characters would have definite personalities. And in their personalities they would interplay with one another. And in their interplay they would exchange words--and you would affect the response of your audience.

In like manner, we're suggesting that you decide to gain dominant control of your vibrational offering by setting some scenes of your own. And we suggest really quick scene-setting, about 30 seconds is really good, where you decide where it will be, choosing, hopefully, something that feels good to you. You decide what the time of day is so that you set the lighting and evoke the mood from yourself. You then identify how you feel, even putting words to it, maybe even remembering things like it. Then you decide who else is going to be there with you, and you give them their attitudes or moods. And then you exchange just a few brief words--and in doing so, you affect your vibration.

We've called this using your imagination; and we've called it a Creative Workshop. Today we are calling it Virtual Reality. We have noticed that most of you are vibrating in response to what is happening around you, but very few of you are deliberately conjuring images that cause you to offer a vibration. And in order to be the deliberate creator of your vibration, you have to be able to deliberately conjure some vibrations. The reason that we are encouraging this process of Virtual Reality is because that's the way you make a dominant vibration dominant on purpose.

The Virtual Reality Process is for one purpose only, and that is to practice a vibration and make it dominant. Everything that's happening in your life is because of whatever vibration is dominant. Wouldn't it be nice if you could make the vibration dominant on purpose? Wouldn't it be nice that instead of vibrating as you learned to vibrate from your mother when you were 4, (and without knowing it you've just continued to practice that, so it still dominates your vibration today. So something that you've picked up a long time ago that doesn't have anything to do with who you now are or what you now want, is still controlling the way people respond to you, and controlling things that come to you, and controlling the way your body works and looks) wouldn't it be nice if you could today make another decision about how you want to attract, and make that vibration dominant? Don't you think it's worth a little bit of effort? We do.

We want to remind you that the purpose of the Virtual Reality is for one purpose only: to cause you to offer a vibration that is dominant on purpose. And here's what we mean by this:

How Money Feels? When you think about most subjects, you already have a dominant vibration relative to

those subjects. We'll show you what we mean. When you think about the subject of dollars, abundance, money, do you feel more adventurous, exhilarated, excited, unlimited? Or do you feel more worried, concerned, frustrated, limited? You know. Sometimes you say, "Well, it's a little of both." And we say, if it's a little of both, that's good, because you can choose which you want it to be. But most of you know, easily, as we throw out those possibilities, where your dominant vibration about the subject of money is.

How Relationship Feels? Relationships. Does your dominant relationship feel like fresh air, joy, expansion, freedom, exhilaration? Or does it feel like hard work, "I'm always in trouble," struggle? You know. You can tell.

How My Body Feels? When you think about your physical body, does it feel vital and alive and flexible and eager? Or do you feel about your body, pensive, uncertain, insecure, not sure? You know. When you think about your physical appearance or weight, do you feel frisky and hardy and adorable and perfect? Or do you feel inadequate, flawed, needy, broken?

Bickering or Cooing? You can practice Virtual Reality and cause different activations within you. In other words, we throw out a game like this, like feeling where you are relative to these aspects, and you can feel, but even more importantly, you see the manifestation of it. In other words, are you bickering all the time? Or are you cooing all the time? Are you romping and feeling good: or are you feeling guilty when you eat?

Enjoying Your Life? Are you enjoying the aspects of your life as they unfold relative to these subjects: or are you not? You can tell by the way you've been feeling. And what we are suggesting to you here is that you have creative control of your life experience; you just have not been exercising it--because you have let what you've been observing be the reason for the dominant vibration.

What Affects You? It's why so many of you form relationships; they're good in the beginning, then they go sour, and then you reach for another; they're good in the beginning, then they go sour--and it is because most of you are not doing anything about stabilizing your own dominant thoughts. You're just letting whatever floats across your "television screen," so to speak, affect the way you feel. You have become audiences that have watched what's happening. Audiences that have allowed others to make a decision how you will feel.

You Have The Ability to deliberately activate within yourself vibrations. It doesn't matter where you stand on any issue that is important to you, you have the ability, with a little bit of work, a little bit of consistent work, of shifting the way you feel and therefore shifting your point of attraction, and therefore shifting every relationship with every other Being, and every relationship with your own physical body, and every relationship with economic conditions...! You will never stop wanting to adjust or amend. You will never get it done.

You can change everything! You can modify everything that touches you into that which pleases you. When you begin to understand that you can control the way you feel, then you get this constant feedback of what comes back to you. And if something comes back that doesn't feel all that good--then you just amend your Virtual Reality.

SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 16...

In fact, troubles and strife can become somewhat of a habit for some folks. They can give a rush of mental energy, and a stimulus of emotions, and therefore, these catastrophe rushes can actually become addictive habits. Don't you know some people who seem to just land in one tragedy after the other? I've seen some like this, and it's almost like God is using these tragedies as a medicine to shake them into wakefulness, or to help them to feel more alive.

Nevertheless, with spiritual practices and wisdom, we can learn to create the same kind of excitement, enthusiasm, and growth inside ourselves without having to go through so many hard times.

Remember, sometimes life is hard, and sometimes life is not so hard. When it is not so hard, don't make it hard!

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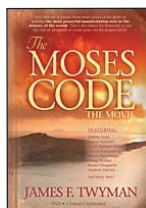
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SUNDAY MORNINGS 11:00AM

James Twyman's The Moses Code

Friday April 4 at 7 pm • Saturday April 5 at 2 pm and 7 pm • Sunday April 6 at 3 pm. \$10 suggested. All showings held at the Aquarium Building at 238 Peachtree St Cocoa. www.doingabsolutely-nothing.com/moses.php The Moses Code World Wide Prayer Vigil on Sunday morning at 6:00am. The building will open at 5:30.



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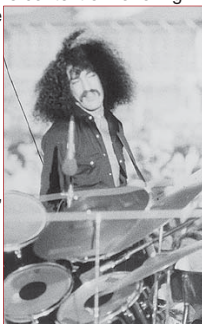
11:00am Freebo will do the talk and the music at The New Way's Sunday morning service 3435 S. Fiske Blvd Rockledge

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Now he has chosen to share the many things he's learned over the years. In this hybrid workshop, Freebo will give you specific tools and hints for your songwriting, song-arrangement, and performing, all within the context of honoring your special gifts and giving yourself permission and the courage to become the artist/musician you've always wanted to be. In a world of judgement and criticism, we are filled with the voices of others telling us how to be. Freebo will help you to find your own voice, figuratively and literally. Along with the craft of songwriting, he will also help you to shape your song with arrangement, chord substitutions, and phrasing ideas. In performing your song, Freebo covers the topics of fear, preparation, tools, timing, communication. How do you connect to your audience? You become one with them!



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3435 S. Fiske Blvd in Rockledge (Knights Of Columbus Bldg). Just north of I-95 exit 519, on west side of Fiske

FROM THE HEART

...continued from page 11 ...



from birth to death and all the stories and experiences we gather along the way. The vertical or spiritual dimension lives not in the outer story, but what is going on in our heart or soul. We all know people who appear to be doing well horizontally — good-looking, well-paying job, perfect marriage — but are dying inside. We also know people who do not have a lot of the stuff that the horizontal dimension tells us is valuable, but they are soaring spiritually. (Certainly we can also be doing well simultaneously horizontally and vertically). Yet the foundation of the spiritual path is clear: The only true measure of success is joy.

A Course in Miracles tells us, "Some of your greatest advances you have judged as failures, and some of your deepest retreats you have evaluated as success." You can generate achievements that feed your ego, but starve your soul. You can also make errors or perceive losses, but when you reconsider them in the light of love, you pivot on them and turn them into spiritual successes. As a philosopher noted, "Disappointments are the hooks upon which God hangs His victories."

Consider a challenge you may now perceive — a financial struggle, relationship issue, or health problem. If you regard these matters as troubles or you feel smaller than them, that is what they will become. Yet with but a slight shift in perspective, they become opportunities to shine.

While doing research for my book, **Happily Even After: Can You be Friends after Lovers?** I interviewed a number of couples who had found ways to harmonize and support each other after a breakup or divorce. One of the most illuminating stories came from a now-married couple who reported that at their wedding they named and thanked their former marriage and relationship partners. Rather than cursing or forgetting them, they honored those partners and relationships for the contribution they made to the joy and growth of the two people who were now standing at the altar. "Those relationships helped us develop the love and strength that we now have to offer each other," they reported.

Behold a masterful reframe on past relationships. While many people speak of their "wasbands" or "past-wife experiences" with regret or criticism, how refreshing to hear a couple celebrate their past relationships as important steppingstones to relationship success!

In a way, the ending of a relationship, marriage, friendship, job, or any change of direction in life, is like a death — something has ended and something new is beginning. We can lament what is gone, or celebrate the gifts it brought, with faith that new gifts are in store. Then, like my friend Ron, when you go to heaven, you can take all of your friends with you.

WHAT IS YOUR LIFE FOR?



...continued from page 9...

Writing what you discover about your major purposes is helpful because it will organize your thinking and enable you to choose your priorities: what is most important in comparison to what is unimportant or of minimal value. (If necessary, use a notebook or private journal to write a more detailed account.)

If insights do not immediately come into your awareness, or are incomplete, continue to inquire into the meaning of your life until your understanding is valid (well-reasoned) and complete. You will know that your understanding is accurate because of the inner joy that you experience along with a renewed zest for living.

Write What You Will Decisively Do

Are you in earnest? Seize this very minute.
What you can do, or dream you can, begin it.
Boldness has genius, power, and magic in it.
Only engage and the mind grows heated.
Begin, and the work will be completed.

– Johann Wolfgang von Goethe

When you are certain that your major life-purposes are known to you, write what you will decisively do to accomplish them or have them actualized. If all of the necessary actions are not yet known to you, write what you know to do while being receptive to more learning as you proceed.

As you write practical, constructive action-plans, know that your thoughts and intentions interact with Cosmic Mind and your clarified awareness is one with the omnipresent Reality of which you are a pure-conscious unit.

Be optimistic. Avoid thoughts or feelings of incompetence or unworthiness. Believe that you can do what you want to do and have the results you want to have. Laws of cause and effect are universal and impersonal; they operate the same everywhere, for anyone who cooperates with them.

Acquire the Knowledge and Skills You Need

Wisdom is the principle thing; therefore get wisdom: and with all thy getting, get understanding. – The Proverbs 4:7

While efficiently using the knowledge and skills you now have, acquire more useful knowledge and skills that you need to have to accomplish purposes of value. Your intellectual and intuitive powers and ability to concentrate will improve. The regions of your brain that process subjective and objective perceptions, thoughts, emotions, and refined states of consciousness will become more fully developed.

Perform Effective Actions

Perform your duty; [right] action is better than nonaction.
– Bhagavad Gita 3:8

Efficiently do things that produce the constructive results you want to have. For peace of mind and emotional stability, avoid having strong mental or emotional attachment to your actions or their results.

Actions include adjustments of mental attitudes and states of consciousness, how you choose to think and feel, and physical actions. Cheerfully cultivate optimistic mental attitudes and clear states of consciousness. Think rationally while being calm, self-reliant, and self-confident.

Use imagination to mentally "see" and "feel" yourself as you choose to be and to clearly "see" and "feel" that what you want to accomplish is already real in your mind and consciousness. It will be easier to perform the necessary actions to have imagined conditions actualized and to be receptive to ideal events and circumstances that will support your actions.

One of the most beneficial things to do daily is to meditate until you are superconscious. When your awareness is clarified, you will think constructively, act productively, and be receptive to the good fortune that can be yours.

If your awareness is ordinary (clouded and fragmented), your good intentions and personal endeavors will not produce soul-satisfying results.

To live effectively, what is most needed is to always have a vivid awareness of being one with the larger Reality of which you are a unit. Without this awareness of oneness, you may be inclined to think and feel that you are alone in the universe or that there is no higher purpose for your life than to exist here for a few decades with only faint hope of a better future.

...continued on page 42...

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 ...

communication with host'. The times I am not getting the 'approval' I seek. The times big money is available or on its way to me when I think I am so broke. And all the while, all I have to do is make sure my own "connection" is in place. The Universe always takes care of everything else.

I love April because it's my birth month. For my birthday this year, you can send me lotto tickets for April 9 and April 12 since my April 10th falls in between. Photocopy your ticket before you send it, and I'll share if it wins *smile* While I'm asking for gifts, I'll also ask you to send me an email to Horizonsmagazine@aol.com and tell me what you like about Horizons. And write me a little poem about it, too. I love asking friends to give me spontaneous poems.

My birthday is also when I thank my mom, for joining in this joyous co-creation called "me." Although Mom passed at my birthday in 1996, I have always felt a strong connection, even now. I'll tell you, growing up I'd always hoped that she and I would die at the same time. We were so close and spoke daily and I could not imagine life without her. Yet, when the time came, I felt her there with me, going through it all with me. I didn't feel she had 'gone' anywhere. I was elated to learn that. The daily phone time we spent was now filled with my phone sessions, so I didn't go through phone-withdrawal with empty time to fill. To this day, in almost every situation I'm in, I can imagine what my mother's comment or observation would be. And it may sound odd, but we get closer and closer as we get nearer in age *smile* We're almost the same age now!

Wow, it seems this month's theme is "connection", huh? Or is that just the theme of my life? Last month I went to **The Hacienda Wellness Center** (www.thehaciendawellness-center.com) and met with **Fran Jenkins** and **Diane Feery**. There are a lot of things going on in April at The Hacienda, see page 46.

I had gone down there to see **Dennis Hollin** and to experience his table tipping. Table tipping is one form of séance; it is a physical phenomenon, read more at www.orlandopsychic.com. And no, it's not a trick; it is just a phenomenon of nature and spirit. Six of us sat around the table and placed our hands lightly upon it. To get the energy moving and to raise the vibrations, we sang some old folk songs - **She'll Be Coming 'Round The Mountain, Oh**

Susannah, In The Garden - and, within 3-4 minutes, the table began to move and bounce around a bit. Before we could begin asking questions, the table leaned in and hugged me... for a long, long time. I glanced nervously over at Dennis, who just laughed (Dennis is always laughing!) and he said it's because I'm new and 'they' were just saying hi.

We went around the table several times, asking yes and no questions and the table would tip once for yes and twice for no. I asked a trick question and the table began a half tilt, then stopped. I rephrased my question and it answered accurately, 1 tip for yes. It was a very fun evening and you had time between your turns to think of new questions to ask. It was all we could talk about for days afterward.

I'm going on **March 29th** and **April 26th** to **The Hacienda Wellness Center** to sit in on the session with Dennis, and also to take some orb photographs while it is in progress. If you've never done it, I encourage you to experience the table. At least stop in during the day **Saturday April 26th** for their **Psychic Fair** and meet Dennis and get a feel for his happy, good energy. It's a very fun, upbeat evening. I hope to see you there.

As this issue went to press, I had the television on and saw a show I'd never seen before, **America's Psychic Challenge**. They had four psychics they were putting in test situations, and I turned it on in time to see a parking lot of 30 cars, with a man hidden in the trunk of one of the cars. The first psychic I immediately recognized as psychic and author **Michelle White dove** (www.michellewhitedove.com), who knew what the test was going to be before the host could explain it to her. Her guides had already told her - on her ride to the test scene - what she'd be doing and what to look for. Ultimately, Michelle was named **America's #1 Psychic by Lifetime Television** after winning **America's Psychic Challenge**. See her article on page 17.

Finally, I get so many calls and emails each month asking where psychic fairs are, that I've added a **Psychic Fair Calendar** on page 43. If you know a store that holds psychic fairs, tell them to list their fair for only \$5 per line.

So this month I've learned or been reminded of:

1. In all things, connection matters most. If I'm connected, everything else falls into place.
2. Just because I don't feel I'm receiving approval, doesn't mean approval hasn't already been given.
3. Just because I see no evidence of it in my bank account yet doesn't mean big \$\$ is not on the way to me.
4. My prayers are always answered, but not always in the way I expect to see it show up in my life.
5. Those I love continue to exist after the change we call death.
6. Spirit communicates with us in many forms: in meditation, in prayer, in nature, in coincidence, in synchronicity, in a big round table that tips and dances for our delight.

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

Andrea

SoulSongs



Karen Williams of Winter Springs, FL writes a humor column, "Funny Side Up," for The Seminole Chronicle (Florida) newspaper. Visit <http://www.karenwilliams.net> and NEW www.abrahamfun.com.

A CLEAN SLATE

Would I try to pet a vicious animal? Would I eat picnic potato salad that has marinated in the sun? Would I run with scissors?

Duh, of course not. And I can learn to exercise the same common-sense vigilance with regards to my thoughts.

Every thought in my cranium has a strong magnetic quality. It joins with similar thoughts to bring forth, over time, the physical reality of those thoughts. Therefore, it no longer makes sense to ponder past hurts and wrongs, to let apprehension and worry run rampant, or to criticize myself, others, or even the government. I will only elicit more-of-the-same.

Further, I relinquish the notion that if I sufficiently focus on and analyze all the bad stuff, I will somehow keep it at bay. The very opposite is true.

On the chalkboard of my mind, I hereby erase scary warnings and lists of my own painful mistakes and idiotic acts of others.

My life is not about that anymore. My life is about appreciation, contentment, optimism, fun, and miracles.

WHAT IF?

What would life be like if I consistently treated myself with courtesy and respect?

What if I refused to berate myself for mistakes? What if I stopped pushing and prodding myself to get more things accomplished? What if I refrained from nagging myself about an extra ten pounds or about my posture that goes slump in the night (and day)?

What if I refused to critique myself after business meetings and social gatherings? What if I quietly held the intention to add more fun and subtract drudgery from my daily schedule?

And what if I released feelings of resentment or suspicion of others, simply because I feel so much lighter that way?

What if I regularly sidestepped worry, regret, disappointment, and guilt for one reason alone: I choose not to hurt myself with those painful emotions?

What if I began to see my own perfection and began to treat myself with adoration?

Then I would be lined up - smack, dab! - with my divine Inner Being, and my Inner Being would have the elbow room needed to work marvels and miracles on my behalf.



Debra Kruljac LMT
Shamanic Practitioner

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The Moon Ceremonies Sunday, April 6 & 20, 7:30-10:00pm. Bring Stick.
Quartz Crystal Singing Bowls Saturday, April 5, 12, 19, 26, 10:30-12pm. \$25.
Earth-Stewardship - Connect w/ Mother Earth, a nature walk. Harvest flowers & herbs for Shamanic plant medicine. Sacred gardening with intentions. Work w/plants to create anointing waters. April 12 & 13th, 10am-4pm **NEW!**
Positional Movement Release. Relieve leg & hip tightness thru Latin dance step positions. April 14, 7-8:30pm. \$10. Not a dance lesson. **NEW & FUN!**
Shamanic Sand Painting Thursday, April 17th, 7- 9:00pm. \$20. RSVP.
Trance Dance w/John Moore Sat, April 19 & Sun 27, 6-8:00pm \$10.
Munay-Ki Instructors Course Sat. Apr. 26 & Sun. 27th, 10am - 4pm \$200
Munay-Ki 9 Inkan Rites of Passage Free Introduction Thursday, May 29th, 7-9:00pm. * RSVP. (321) 733-7633 MA26015/MM7484

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Discussion Meditation Group

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

Twice Weekly

Wednesdays 7- 9:30Opn

Not held at the church

Friday 2- 4PM

call for locations

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

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

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COVER ART

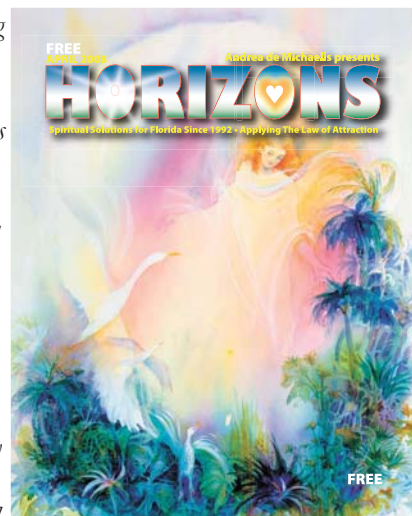
Angel of the Palms

BY ANN ROTHAN

"I was in Florida giving a demonstration for a "Painting Your Dreams and Visions" class, when the students noticed that I had painted this Angel and palm trees upside down.

When I turned the paper around to face me, there was this lovely shape shining above the images of the trees. All

I needed to do was fill in the details, the Angelic face, the birds and the palms. There is a sense that all is well as this beautiful Angel blesses our animal kingdom."



Ann has shown her Sacred Art at churches, trade shows and galleries, as well as publishing her work on greeting cards and prints.

Ann speaks at many Unity, Catholic, Methodist and Science of Mind Churches throughout the U.S. and leads classes on "Painting your Dreams and Visions" and "Beginning Meditation."

Visit Ann's website at www.annrothanartist.com
Email Ann at annlee360@aol.com.

Call toll-free at: (800) 685 - 1895
or locally at: (239) 985 - 0803.

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

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

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

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

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

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

Mondays HOLLYWOOD channeling Group - Receive mini-readings. 7:30-9:00pm \$10 (954) 989-4094 www.ASecondSight.com

Tuesdays ORANGE CITY Hatha Yoga with Mike and Maggie-10-11 am at The Purple Door 1427 S Volusia Ave 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 JACKSONVILLE 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 - COCOA VILLAGE, Qi-Gong 10:30 am - Belly Dancing 7:00 pm at What You Love To Do - 321-504-0304

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 - COCOA VILLAGE, Ongoing spiritual book discussion group at What You Love To Do - 321-504-0304

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

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

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

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

3rd Thursdays COCOA VILLAGE Just Say Yes to Laughter: Come Laugh 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

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

Saturday COCOA VILLAGE, Wise Women Ceremony 6:30 pm at What You Love To Do - 321-504-0304

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

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

Saturday ORANGE CITY 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

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.orlandopsychic.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)

Sundays MELBOURNE 10am-11:30am The Spiritualist Chapel of Melbourne with Rev. John Rogers, 1924 Melody Lane, behind the Melbourne Auditorium. Everyone Welcome! 321-733-1555 Visit www.spirit-chapel.org

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. 6:30 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd Sunday of month MELBOURNE Noon-2pm Medium's Day Open to the public \$15 for 15 minute reading. Also available Snacks • Massage Therapy • Healing by donations. The Spiritualist Chapel of Melbourne 321-733-1555 Visit www.spirit-chapel.org

2nd and 4th Sunday MELBOURNE Pranik 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 Pranik Healing Circle w/blessings of Master Stephen Co at Blue Sky Yoga Center duane216@cfl.rr.com

Tuesday, April 1st WINTER PARK Guided Meditation / Visualization as an aid to healing - 7:00-8:30 PM - Learn how to use meditation/ visualization to help you become well. Marilyn Jenquin, Director, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park 32792. Donations welcome. 407-673-9776.

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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

Tuesday, April 8th **WINTER PARK** Intuition / Psychic-Medium Development Class ~ 1 Tuesday / month - 7:00-9:30 PM. Each class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$25 per class or prepay 3 classes for \$75. Marilyn Jenquin, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park, 32792. www.ifsk.org 407-673-9776

April 11th **NEW SMYRNA AREA** "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7 PM. To be announced Call Judson for more information 386-847-2367

Sunday April 13 **COCOA VILLAGE** 2:00pm Healing Sounds of musician/singer/songwriter Owen Ohmz at 20th Anniversary Celebration at Nature's Haven 321-632-1221 602 Brevard Avenue Cocoa Village. Didgeeridoo, tribal sounds, Native American flute, earth percussion, traditional west african sounds. Owen is also a Reiki practitioner and vibrational sound healer, and sacred instrument maker.

April 18th **NEW SMYRNA AREA**- 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self- transformation. 7PM 758 navigators Way, (Edgewater Landing), FL. For more information call Judson 386-847-2367

Sunday, April 20th. 12 pm. **DAYTONA BEACH**. Usui Reiki 1 Certification class. \$100. For details: Beth Guiser, L.M.T. #MA 23840. (386) 316-1301 or bguiser@cfl.rr.com.

April 25th **NEW SMYRNA BEACH** 6th Sensory Lightworkers - "Share Our Gift" gathering at 7PM - 311 Live Oak Street, New Smyrna Beach 32168 Members will share there gifts and help other to discover there gifts. For more Information call Judson 386-847-2367

April 25-26-27 - **COCOA VILLAGE**, SomaEnergetics Level One Vibrational Sound Therapy - An Intensive 3 Day Workshop at What You Love To Do - 321-504-0304 www.somaenergetics.com

Saturday April 26 **VERO BEACH** from 11am-5pm **PSYCHIC FAIR** \$20 mini-readings at The Hacienda Wellness Center 772-567-9939 2424 US 1 in Vero Beach Also Biofeedback, Aura Photography. Email HaciendaWellness@aol.com www.Thehaciendawellnesscenter.com

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


July 18th ~ July 22nd 2008 ~ Stansted-in Florida ~ 5 Day Intensive Psychic / Mediumship Development Course. Sponsored by the International Foundation for Spiritual Knowledge. Tutors include Eamonn Downey and Jan Marshall from the Arthur Findlay College in Stansted, England, and Marilyn Jenquin, Director of the IFSK. Pre-registration required. Will be held at the Canterbury Retreat, 1601 Alafaya Trail, Oviedo, FL. ~ 407-673-9776 ~ www.ifsk.org

**NEW! PSYCHIC FAIR
CALENDAR ON PAGE 43**

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SELF HEALING FOR THE MIND AND EMOTIONS

...continued from page 19...

Patients feel no discomfort at all and quickly awaken when the intravenous drug is discontinued.

This could only occur if the anesthetic could interact with receptors in the cells of the brain that are responsible for awareness as well as the awake state. The binding has to be quick, and rapidly reversible.

This concept holds true with antidepressants and anti-anxiety medication as well. Any drug that works on our moods, emotions and state of mind -- such as valium, xanax, klonopin for anxiety or paxil, prozac, Zoloft, Celexa for depression -- could have no effect on us if they did not bind to existing receptors in our brains.

If our brains are built with receptor sites that can allow modern medicine to do its job, doesn't it make sense to consider that on the deepest levels we are also equipped to heal our own mental and emotional imbalances?

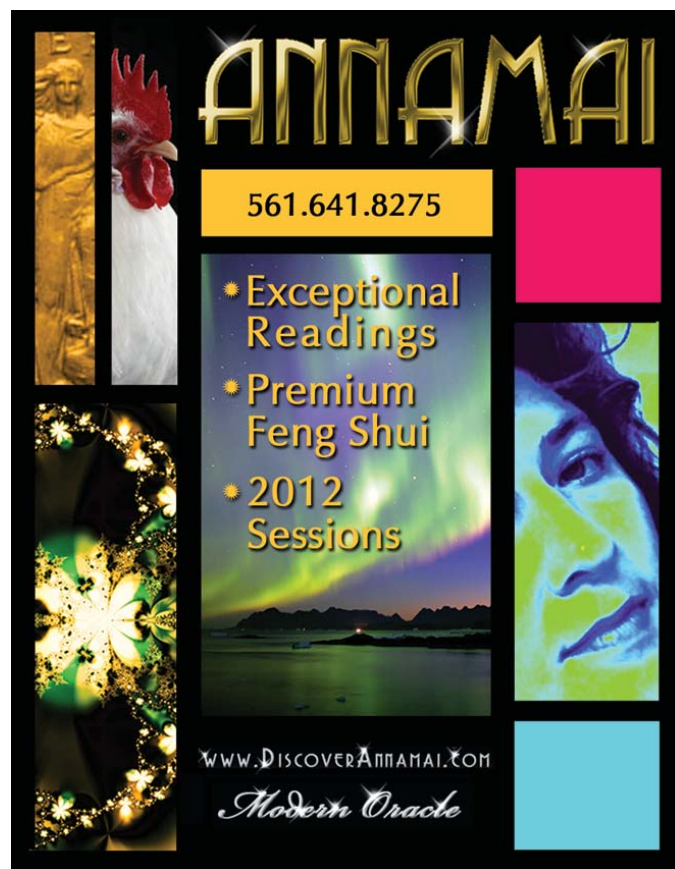
Clearly, these receptors exist within us for a reason. As the products of millions of years of primate and mammalian evolution we inherited them for a reason. A Darwinian advantage over those creatures who did not possess them, perhaps?

They very likely served to allow our ancestors to calm themselves, become less anxious and even less depressed. Obviously, a calmer state of mind would offer an evolutionary advantage over others who did not possess such self-healing abilities.

I believe we are biologically structured to be able to reduce our own emotional distress and to be happier and more content. We have the power within to become our own emotional healers.

DR. STEVE'S PRESCRIPTIONS:

1. Metaphysical Awareness. Nurture faith and belief in the biological capacity to heal our own emotional distress.
2. Physical exercise. Certain internal chemical compounds such as adrenaline are released by emotional stress and exercise can 'burn' them off.
3. Meditation. Learn to calm the chaos of the mind and create peace from within. Brain scanning has proved that this alters the 'molecules of emotion'.
4. Eat right for a clear mind. Become aware of how your body and mind react to certain foods and chemicals. Carbohydrates, sugars, alcohol, wheat products and fats can create emotional imbalances in some people.



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5. Spiritual exploration. Prayer and connection to a higher reality can empower us emotionally.

6. Seek and create a soulful community. As innately social beings and we calm each other through expressions of love, compassion and support.

7. Try therapy. There is nothing wrong with talking out your troubles to a qualified therapist or analyst.

8. Medication when needed. The goal is to tap into our innate ability to heal ourselves through natural and complementary methods. Use medications like antibiotics -- something to temporarily assist your body in its own healing.

**NEW! PSYCHIC FAIR
CALENDAR ON PAGE 43**

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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 Coleman 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

APRIL 2008

We get that name from...well...no one is really sure. It is believed by some to come from the Latin word *aperire* which means to open; meaning the month when flowers open. This was the month sacred to the Roman goddess Venus. Because of the association with Venus, the name may have instead come from the Greek goddess Aphrodite who is similar to the Roman goddess. Aphrodite in Latin became Aphrilis. The Anglo-Saxons called the month *Oster-monath* or *Eostur-monath* because it was sacred to *Eostre* or *Ostara*, the goddess of spring. This is the most widely accepted reason for how we get the name Easter also.

The night has gone: dawn breaks. I'm called upon to sing
Of the Parilia, and not in vain if kindly Pales aids me.
Kindly Pales, if I respect your festival,
Then aid me as I sing of pastoral rites.
Ovid: Fasti, April 21

This is the month of Parilia, the time to clean your sheep! On the 21st of this month in Rome, shepherds gave just due to Pales, the god of shepherds. The sheep pen is thoroughly cleaned and scrubbed and decorated with green branches. A wreath is placed on the entrance gate. At sunrise, the shepherd would then begin cleaning and purifying the sheep. This was done by combining a mixture of straw, olive branches and sulfur or blood from a docked horse. Offerings of cakes of millet, other food and milk were then offered to Pales. Then, the shepherd would face east and recite a prayer four times asking forgiveness for any transgressions and ask that his sheep be protected from wolves and disease.

Come, fill the Cup, and in the Fire of Spring
The Winter Garment of Repentance fling:
The Bird of Time has but a little way
To fly--and Lo! the Bird is on the Wing.
- Omar Khayyám

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APRIL 2008

Apr 1st - Roman/Greek: Birthday of Venus and Aphrodite

Apr 5th - New Moon at 11:56 PM EDT

Apr 6th - Hinduism: New Year

Apr 20th - Full "Awakening" Moon 6:25AM EDT

Apr 20th - Hinduism: Hanuman Jayanti, Celebration of Hanuman starts at sunrise

Apr 20th - Jewish: Pesach (Passover) final 2 days

Apr 20th - Buddhist: Theravadin New Year

Apr 21st - Rome: Parilia, time to clean your sheep!

Apr 21st - Baha'i: First day of Ridvan

Apr 27th - Orthodox Christian: Easter

A factoid with which to end the month:

In medieval times, eggs were forbidden during Lent, so they were boiled and saved for later. They then became a part of the Easter meal and given as a present for children. Germans gave green eggs as gifts on Holy Thursday. Nothing was mentioned about ham, however!

WHAT IS YOUR LIFE FOR?



...continued from page 31...

Persist in the Right Way Until Your
Worthy Purposes are Accomplished
Striving, striving, until one day, behold!,
the divine goal [is accomplished].

- Lahiri Mahasaya (September 30, 1828 - September 26, 1895)

divine Word origin: Latin divinus < divus, god. 1. Being or having the nature of a deity. 2. Of, relating to, emanating from, or being the expression of a deity. 3. Inspired by or devoted to a deity.

All endeavors to accomplish meaningful purposes, whether of a mundane character or to nurture spiritual growth, should be undertaken with the consciousness of being in harmony with divine influences and having spiritually beneficial results. You will not then be inclined to think of what you do or experience as being either materialistic or spiritual, as though a difference between them existed. Everything that is done or experienced will be known to be spiritual.

Avoid preoccupation with memories of unpleasant events or mistakes you might have made. Be fully aware in present-time.

Look forward with keen interest to what is yet to be. Decide on a practical course of action. Avoid situations that confuse your mind or distract your attention. Steadfastly persist in the right way until all of your worthy purposes are accomplished.

Assist Others to Learn How to Have Their Highest Good

Little deeds of kindness, / Little words of love, /
Help to make earth happy / Like the heaven above.

- Julia A. Fletcher (1823 - 1908)

While nurturing your total well-being, assist others to be more conscious and to live effectively. All souls have the same origin, innate qualities, capacities, potential to be spiritually awake, and ultimate destiny. Bless everyone with your compassionate thoughts and prayers and, when possible, with helpful actions that may enable them to realize (experience and know) their relationship with the Infinite.

SUGGESTED READING & LISTENING



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

Across the Phantom Divide By Valerie Van Haltern
www.acrossthephantomdivide.com

From www.hayhouse.com

Astonishing Power of Emotions by Esther & Jerry Hicks
Transforming Fate Into Destiny By Robert Ohotto
How to Find Your Inner Priestess by Kala Trobe
Animals and the Afterlife by Kim Sheridan
Interpersonal Edge by Daneen Skube
The Moses Code by James Twyman

From www.newworldlibrary.com

Essential Wisdom of the Bhagavad Gita by Jack Hawley



From www.yogananda-srf.org

Rare recorded talks by Paramahansa
Yogananda
Removing All Sorrow (1950)

Suffering & Awake in the Cosmic Dream

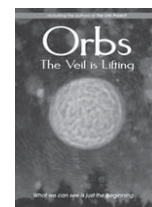
The Great Light of God with Yogananda

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

PSYCHIC FAIRS Calendar



List your event here for only \$5 per line



1st Sunday in Melbourne 6:30 - 9:00pm

Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. \$2 fee. 321-537-3843 \$10 for 15 minute readings

2nd Sunday in Melbourne Noon-2pm

Medium's Day Open to the public \$15 for 15 minute reading. Also available Snacks • Massage Therapy • Healing by donations. The Spiritualist Chapel of Melbourne 321-733-1555 Visit www.spirit-chapel.org. We meet at 1924 Melody Lane behind Melbourne Auditorium.

Sat. April 26 Vero Beach 11am-5pm

PSYCHIC FAIR \$20 mini-readings at The Hacienda Wellness Center 772-567-9939 2424 US 1 Vero Bch Also Biofeedback, Aura Photography. Table Tipping Seance with Dennis Hollin. Email HaciendaWellness@aol.com www.Thehaciendawellnesscenter.com



Sat. May 3rd Melbourne 10am-2pm

Body, Mind & Spirit Fair at The Herb Corner 277 N. Babcock St., Melbourne 321-757-7522 Chair Massage • Energetic Body Work • Reiki Sessions • Aura Photographs • Mini Astrology Readings • Medical Intuitive • Connect with your Angels • Psychic Readings • Aromatherapy \$15-15 minutes www.herbcorner.net



Body, Mind Spirit Expos Visit www.BMSE.net

May 3-4 in Orlando

May 17-18 in Tampa

May 3-4 in Orlando

May 31-June 1 in West Palm Beach

ATTENTION Psychics & Psychic Fair Promoters



You're invited to be part of our newest project. As a sincere psychic or psychic fair promoter, we know you have great interest in making psychics available to those looking for readers. Horizons Magazine is now compiling

PSYCHIC FLORIDA: A DIRECTORY OF PSYCHICS AND ASTROLOGERS

**This directory will be
available free of charge **Free!**
online at
www.horizonsmagazine.com**

INTRODUCTORY OFFER \$10 per listing**

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



** Each (10 word maximum) line will be \$120 per year prepaid or \$75 for six months prepaid.



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

Gemini: May 20/21 to June 21 "I Think". This month you are involved in some very intense relationship issues. It is more like accounting for damage control. What is done is done, water under the bridge, what has been said can not be taken back. You are now faced with the results of your actions for years to come. You may or may not like it. Life is full of lessons, this was a big one.

Aries: March 20 to April 19/20 "I Am". This April during your Solar Return you will be involved with many new projects. The most important one has to do with your spiritual growth practices. Open your eyes and your mind as well as your heart and you will be pleasantly surprised how happy you will be in 2008!

Cancer: June 21 to July 22 "I Feel". Right about now you are feeling the urge to come out of your shell, "Spring has Sprung" and you are ready to play! This last Winter you reunited with your essence, it was a very powerful time to hibernate and recharge yourself. Now you are ready to receive all that your heart desires.

Taurus: April 19/20 to May 20/21 "I Have". Lately you are as cuddly as a teddy bear. Your recent bout of depression has caused you to open your heart to love and be loved to the very depths of your soul. The opposition of negative people in your life will no longer affect you. You are clearly on your way to happy new beginnings.

Leo: July 22 to August 22/23 "I Will". It is time to really shine your light. Be like the Sun, your ruler and give warmth to your loved ones. No one can tell you that you are egotistical as long as you come from your heart. Your job is to shine your inner light. The New Moon in Aries on April 5th will propel you into the future with a creative and sensitive heart.

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Barbara Lee

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Virgo: August 22/23 to Sept 22/23 "I Analyze". In your efforts to clearly see your reality, remember to view it with discerning eyes. Just like you, everything and everyone will have their appropriateness; their special way of expressing who they are. Learn to honor the differences between people and know that they are needed.

Libra: September 22/23 to Oct 23 "I Balance". Your power is in being able to view your partners state of mind objectively. Actually you attracted this person to you to work through the apparent oppositions within yourself. Just remember how strong you are, the two of you may need to take turns stabilizing each other, what are true partners for, but to love and cherish one another.

APRIL 2008

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

You are beginning a new cycle of endeavors with much more happiness possible. Now that the worst is over you feel like coming out to play more often. April 20th a full Moon in your sign will be a powerful time to allow yourself to receive all that is for your highest and greatest good.

Sagittarius: November 22 to Dec 21 "I Perceive".

What ever you do, you do with zest and enthusiasm. The last two months though, have been hard but the decision you will make about your future will create a positive change in your career. Just remember not to get too ahead of yourself, and honor the cycles of your body, energy levels, and emotions.

Capricorn: December 21 to Jan 19/20 "I Use".

This Spring your inner child really wants to come out and play. Find activities that will allow you more freedom to express yourself within the framework of your defined boundaries. Transiting Pluto will be in your sign for the next 14 years, this will be a deepening cycle for you. Gravitate towards spiritual practices for emotional fulfillment.

Aquarius: January 19/20 to Feb 18 "I Know".

Prepare yourself to be the happiest that you have ever been. Get organized and stay grounded through yoga and exercise, for there are exciting changes in the near future. Make plans and expect the best. Your intuition will be talking very loudly to you, there is no way that you can run from the truth. Everything will come full circle, listen to your higher self and have some patience.

Pisces: February 18 to March 20 "I Believe".

April showers bring May flowers, as well as an emotional depth that can fulfill yourself from within yourself. In your efforts to be all you can be for everyone, be sure and take time out for yourself as well as when to say no. Boundaries are one of your issues. You do not have to be everything to everyone.

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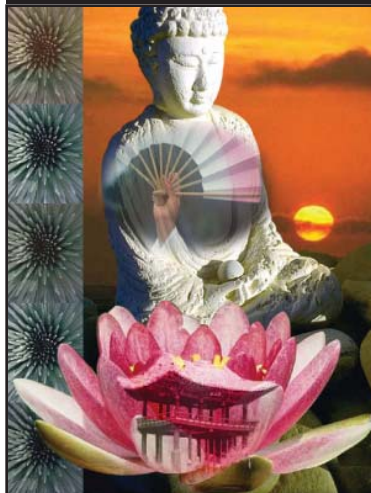
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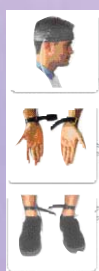
**RELAX
RENEW
RECHARGE**

April 6th Chakra Healing class by
Myra Rodbell 2:00-6:00 pm

**APRIL 26TH
PSYCHIC FAIR**

11:00AM - 5PM

**PSYCHICS, TAROT, ASTROLOGERS
PALM READERS, AURA READINGS
MINI-READINGS \$20 • NOW TAKING APPOINTMENTS
THEN READINGS AND SEANCE WITH DENNIS 7:00PM**



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**APRIL
EVENTS**



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COLOR
IS YOUR
AURA?**

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Wednesdays

Noon until 4:00pm Tarot readings
7pm Stretten Smith's Prosperity Program Discussion Group
7pm Meditation

Fridays

12-5pm Aura Photography with Patrice Gibbs
7 pm Reiki Circle with covered dish social to follow

Last Saturday of month April 26

Seance and Table tipping with psychic medium Dennis Hollin
Readings from 5-7pm followed by Table Tipping Seance
7:00pm until...

We also carry Noni, Mannatech, Aura Sprays, StemTech, It Works Diet Weightloss Patches and Facial Patches, Biofeedback Weight Control Classes, BBS Ionic Detox Foot Bath, Chakra Healing Crystal Bowls, Reiki, Crystal Healing, Emotional Release Work

APRIL 26TH

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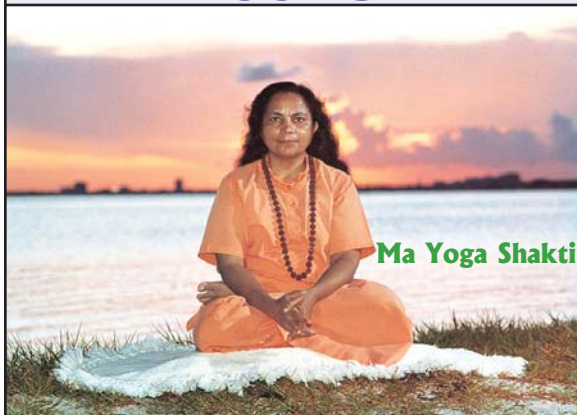
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In April: The Moses Code
Orbs: the Veil is Lifting

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YOGA SHAKTI MISSION



Ma Yoga Shakti

Sundays 9-10am
Sunshine Lectures
Talks on Spiritual Topics

First Saturday of
month at noon
Vegetarian luncheon \$7

YOGA CLASSES

\$7 Per Class
\$25/mo unlimited
evening classes

Monday

Gajendra - 7:00-8:00 p.m.

Tuesday

Maryann and Jim Loafman
7:00-8:00 pm

Thursday

Val Anderson
9 -10 am

Thursday

Chip & Shyama
Iacona
7-8 pm

Full Moon Puja
Satya Narayan Katha
Bring Fruit, Flowers
and a Pure Heart
5 pm Call for dates

Ramayan Chanting
Sundays 10:15-11:15 am

Bhajans/Kirtans
First Wednesday of Month
6.45- 7 45 PM

BOOKS BY MA YOGA SHAKTI

Yoga Syzygy Guide to Hatha Yoga \$15
Techniques of Meditation to Enhance
Mind Power \$10
Shri Satya Narayana Katha \$5
Hanumaan Chalisa \$5
A Spiritual Message \$5
The Seven Invisible Psychic Lotuses \$10
Yoga Asana Chart \$2
Chandogya Upanishad \$5



FRIENDS OF THE WORLD GATHERING

20 APRIL 2008

NOON TO 4PM

EVERYONE INVIT-



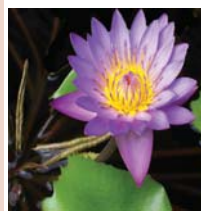
Friday, April 18th from 4pm
until Sunday, April 20 at noon

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and meditation, and traditional temple worship.

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sleeping bag or blankets and sheets, loose
comfortable clothes, towel, yoga mat, pen,
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As hopeless as any situation
feels, it's really only your thoughts
that you're dealing with. And you
have the power to change those.

Louise Hay



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Ordained by Paramahansa Yogananda in 1951, Roy Eugene Davis has taught spiritual growth processes for more than five decades in North and South America, Europe, Japan, West Africa, and India.



Paramahansa Yogananda