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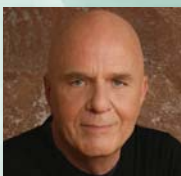
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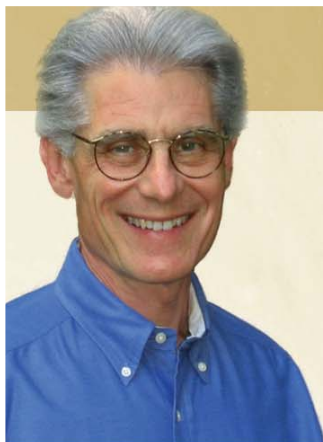
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Saturday July 12 Dennis will be doing readings all day at Fae Gathering Grand Opening Cocoa Cabana. 676 West Ave. (Woods Plaza) Cocoa 321-735-0028 psychics, arts, crafts, jewelry, fun beginning 1:30pm. Live music at 6pm .

Saturday July 12 at 7pm Table Tipping Seance at Dennis' new office 1801 E. Colonial Drive, Suite 103. \$20 Call 407-721-3396 to get on the list.

Saturday July 19 at 7pm Table Tipping Seance \$30 at Nature's Call Merritt Mall

Sunday July 20 at 5pm each 3rd Sunday of each month. A group based on the work of Abraham-Hicks and the Law of Attraction. \$3 donation

Saturday July 26 Psychic Fair 11am-5:00pm

Location: Vero Body Mind Center, 2424 Hwy US 1, Vero Beach
11am - 1pm readings with Dennis Hollin

1 - 1:30pm Meet & Greet with Dennis Hollin. He will talk about what happens in a seance, when loved ones come thru, how to communicate with spirit

2:00-5:00 readings

7:00pm Table Tipping Seance \$30



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Sunday Services 9:00am & 11am

**OUR SUNDAY
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**New Member Orientation
Wednesday July 9th 7:00 PM**

If you are interested in joining Unity Church of Melbourne or just learning more about Unity, join Rev. Beth as we talk about Unity's basic principles and Unity's history. Though this class is a requirement for membership, joining is not a requirement for this class. Childcare will be provided.

CHAKRA ALIGNMENT MEDITATION • CRYSTAL SINGING BOWLS
Saturday July 19th 7:00PM Led by Rev. Janet and Rev. Robert Buck



**PROVING THE POWER OF PRINCIPLE
Sundays 9:00 – 10:30am Through July
27th with Maggie Rosche**

We will be using Unity's 5 basic principles as a framework for exploring the living process of what Unity calls Truth, and how our practice of Truth principles can change our lives. We learn spiritual maturity in relationship with others. Our expanded time will allow us to divide into small groups where we can discuss these principles so that we can individually anchor them in our own lives. You are invited to come and grow in this space where Principle lives and breathes, where it can be understood and focused toward individual, group, community, and planetary healing as we grow in Christ consciousness.

NEW CLASS • THE 'I' OF THE STORM Wednesdays 7:00 PM Beginning July 30th. A favorite interview question is "How do you deal with conflict." And of course we all want to be able to answer "Great". So how do you deal with conflict? Do you manage it? Would you like to learn to actually embrace conflict, allowing it to teach you what you might otherwise not learn? In class we will learn a process that leads to peacemaking... whether it be within ourselves, in our relationships or as a result of outside circumstances. This class is one of the classes required for service on Unity Church of Melbourne's board. It can be taken for elective SEE credit. If you need childcare, please call to reserve.

Ongoing Classes
Course In Miracles Tuesday nights
7:30 PM Facilitator: Darlene Capinha. This is an ongoing study of The Course In Miracles and is open to anyone. If you've always heard about it and want to know more, join us any Tuesday night.



Brevard County Buddhist Fellowship
Discovering Buddhism 1st & 4th
Friday Nights – July 4th & 25th
7:00 – 8:30pm

Learn about the dharma (teachings of Buddha) and enjoy fellowship with one another. We will be watching the DVD: Discovering Buddhism Video Series. This DVD includes: Fourteen Spiritual Masters including the Dalai Lama. This video series gives a complete introduction to Buddhism. We will be watching this series over the next few months. We will also be doing prayer, meditation and chanting, as well as discussing this informative dvd on Buddhism. Donations Appreciated.

**CELEBRATE WHAT'S RIGHT WITH
THE WORLD Sundays 11am Thru July
27th with Reverend Beth Head**

As we are bombarded from all sides during this election year with what is wrong with the world, we will use this month to Celebrate What's Right With The World. Using beautiful video clips from National Geographic's photographer, Dewitt Jones, Rev. Beth will cover the following key concepts:

- 7/6 **Unleash Your Energy To Fix What's Wrong**
- 7/13 **Ride the Changes**
- 7/20 **Take Yourself To Your Edge**
- 7/27 **Be Your Best For The World**



A Calling of Angels • Sounds of Sacred Gongs with Richard Hite Sunday, Aug 3, 1 – 3 pm.

Bring a pillow, Invite your angels, Bring a blanket, Invite a friend. Long held traditions and ancient spiritual teachings from around the world claim these musical instruments invoke the presence of angels and other benevolent spiritual beings. Richard Hite is a modern master of these instruments. As a therapist he has used these gongs in clinics and hospitals to facilitate healing. A love offering will be taken to support this unique work.

HEALING SERVICES

Reiki Healing Service 1st Sunday July 6th at 4:30pm
Check our events line or website for Pranic Healing date.
Noon Prayer on Tuesdays and Thursdays

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THE GREATEST OPTICAL ILLUSION IS SEPARATION

Publisher/Editor/Layout:
Andrea de Michaelis

Thanks for help this month

Cha Cha La Belle
Mellow Melanie
Sally Carmany
Rev. Beth Head
Gerald Head

Cover art (see page 34):

Goddess of Hope
by Sharon George
Is she awesome or what???

Contributing writers:

H.H. the Dalai Lama
Richard A. Singer, Jr.
Michelle Whitedove
Esther & Jerry Hicks
Roy Eugene Davis
Cecelia Aitable
Peter McWilliams
Roger Coleman
Karen Williams
Barbara Lee
Sharon Janis
Alan Cohen
Mike Dooley
Tom Sannar
June Brown

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 **July 2008** edition of **Horizons Magazine**. The last month has been a flurry of activity. Two loved ones unexpectedly passed and there was lots to be done at the last minute when I already had a full schedule. I had to cancel two conferences just to get this July Horizons done on time. Plus the printer requested I hand the magazine in three days early for the first time in 16 years - vibrational match to me feeling there was not enough time to do it all!

But I've learned that I work well under pressure, that if I am super busy and in the flow, it's no big deal to add another few tasks along the way. If I'm in the flow, meaning if I'm being mindful enough to make conscious and responsible decisions. Working under pressure shows me who I am. It shows me who I can be and what is possible when the chips are down. One thing challenge does is take me out of my routine and fully engages my attention and brings me into the Now. When I am helping a friend through a challenge, it is also a

clear reminder that there, but for the grace of God, go I.

It also helps me recognize how much personal freedom I have in the life I've created for myself. Clearing up the 'personal freedom karma' by not only **not** binding others, but by making it part of my life's work to help free others from their self imposed personal limitations. Just reminding them who they are and what they are capable of. And helping them make it through the mass of red tape and paperwork that often accompanies challenge.

I was a paralegal for 22 years before doing Horizons, so I am familiar with how to do many of the things that need to be done in official matters. Things like making sure to have a current Last Will, Living Will, Power of Attorney and Designation of Health Care Surrogate. Where to go and how to get deeds and titles transferred, things that can appear to be a maze for someone unfamiliar with the process, especially at a time they are emotionally upset. Walking them through the "maze" also teaches them how to do it for themselves, and empowers them to feel more organized and in charge of their life. That gives them more freedom. That encourages them to want to help others make their own way also. So if you need a Will, etc., see my ad on page 22. I'm happy to help.

Last month I got a call from a reader asking if I knew anyone who did past life regression. I told her I couldn't think of anyone right offhand, but I must know several. I don't typically talk business with friends in social situations, so frankly there are a lot of people I know that I don't know what they do for a living. Heck, some of them I don't even know their real names! I never ask anyone for an ad; I figure if they need more business, they'll let me know; they know how to find me.

...continued on page 32...

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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.

The following excerpt is taken from the book **Money and the Law of Attraction: Learning to Attract Wealth, Health, and Happiness** by Esther and Jerry Hicks (The Teachings of Abraham®). It is published by Hay House (August 12, 2008) and is available at all bookstores or online at: www.hayhouse.com

YOUR STORY, AND THE LAW OF ATTRACTION

Each and every component that makes up your life experience is drawn to you by the powerful Law of Attraction's response to the thoughts you think and the story you tell about your life. Your money and financial assets; your body's state of wellness, clarity, flexibility, size, and shape; your work environment, how you are treated, work satisfaction, and rewards—indeed, the very happiness of your life experience in general—is all happen-

ing because of the story that you tell. If you will let your dominant intention be to revise and improve the content of the story you tell every day of your life, it is our absolute promise to you that your life will become that ever-improving story. For by the powerful Law of Attraction, it must be!

DOES LIFE SOMETIMES SEEM TO BE UNFAIR?

You have wanted more success and you have applied yourself well, doing everything that everyone said you should do, but the success you have been seeking has been slow to come. You tried very hard, especially at first, to learn all the right things, to be in the right places, to do the right things, to say the right things . . . but often things did not appear to be improving much at all.

Earlier in your life, when you were first dipping your toe into the idea of achieving success, you found satisfaction in satisfying the expectations of the others who were laying out the rules for success. The teachers, parents, and mentors who surrounded you seemed confident and convincing as they laid out their rules for success: "Always be on time; always do your best; remember to work hard; always be honest; strive for greatness; go the extra mile; there's no gain without pain; and, most important, never give up. . . ."

But, over time, your finding satisfaction from gaining the approval of those who laid out those rules waned as their principles of success—no matter how hard you tried—did not yield you the promised results. And it was more disheartening still when you stood back to gain some perspective on the whole picture and realized that their principles were not, for the most part, bringing them real success either. And then, to make matters even worse, you began meeting others (who clearly were not following those rules) who were achieving success apart from the formula that you had been so diligent to learn and apply.

And so you found yourself asking: "What's going on here? How can those who are working so hard be receiving so little, while those who seem to be working so little are achieving so much? My expensive education hasn't paid off at all—and yet that multimillionaire dropped out of high school. My father worked hard every day of his life—and yet our family had to borrow the money to pay for his funeral. . . . Why doesn't my hard work pay off for me the way it was supposed to? Why do so few really get rich, while most of us struggle to barely get by? What am I missing? What do those financially successful people know that I don't know?"



Rev. Dr. Janet Claire Moore
Spiritual Reader, Channel and Counselor
 ADL Minister, Licensed Mental Health Counselor
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IS "DOING YOUR BEST" STILL NOT ENOUGH?

When you are doing everything you can think of, truly trying your best to do what you have been told is supposed to bring you success, and success does not come, it is easy to feel defensive, and eventually even angry at those who are displaying evidence of the success you desire. You even find yourself sometimes condemning their success simply because it is too painful to watch them living the success that continues to elude you. And it is for this reason—in response to this chronic condition in the financial affairs of your culture—that we offer this book.

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HOW TO REALIZE YOUR ETERNAL ESSENCE

Roy Eugene Davis is a direct disciple of Paramahansa Yogananda in the Kriya yoga tradition. In December 1949, he met 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 csa-inc@csa-davis.org. **The 2nd International Kriya Yoga Conference will be held August 28-30, 2008 in Atlanta, see back cover for information.**

When your pure essence of being is experienced and known as it is, you will know that you are an immortal unit of an infinite (limitless) Reality. Because the one Reality did not have a beginning and will never cease to exist, you did not have a beginning and you will never cease exist. Your seeming origin occurred when you were individualized by the blending of the radiant field of the one Reality and its projected, vibrating power (Om).

One Reality is appearing and expressing as individualized units or souls. Souls that overly identify with modified mental states, conflicted emotions, and physical conditions are inclined to think and feel that they are that with which they identify. Then, assuming (adopting, taking on) a mistaken sense of self-identity, they feel separated from the Reality of which they are units and allow their thoughts and actions to be influenced by their mistaken self-view.

For every person whose awareness is confined and clouded by a mistaken sense of self-identity, the ultimate (highest) aim of life should be to discover how to awaken from that condition of spiritual ignorance (lack of knowledge)—and do it. If their pure essence of being and eternal relationship with the Infinite is not realized while they are in this world, their brief sojourn here is wasted.

Any person who is intelligent enough to function normally and who can think rationally, can choose to nurture their spiritual growth if their desire is sincere and they are willing to learn how to do it. Spiritual growth occurs naturally when the innate urge to be fully awake is allowed to prevail. The emergence of soul qualities and capacities is slower when mental and emotional unrest prevails, behaviors are erratic, and one's attention and actions are focused on superficial matters.

The Practical Usefulness of Having a Comprehensive Intellectual Understanding of Your Essence of Being and of Higher Realities. Many people do not experience satisfying spiritual growth because they do not know what they aspire to experience, or how to do it. Their concepts of their true

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Charles Lightwalker

*Channeler, Shaman,
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nature and higher realities is vague, or they are inclined to have erroneous opinions. When a comprehensive intellectual understanding of the facts of life has been acquired, it is easier to live appropriately, understand the psychological changes that occur, maintain an optimistic mental attitude, and cultivate refined states of consciousness.

Acquire higher knowledge from all reliable sources, from others who already know what you need to know, and from the essence of your being. When you are established in awareness of your true nature, your innate knowledge of the facts of life will be unveiled and revealed. Remember: knowledge of higher realities of which you become aware does not come from an external source; it emerges from within you.

CULTIVATE A POSITIVE MENTAL ATTITUDE

Many people allow their mental states to be determined by their acquired habits of thinking, moods, or emotional reactions to external events or circumstances. It is just as easy to choose to be optimistic and enthusiastic as it is to agree to be pessimistic and apathetic. Assuming and maintaining a positive mental attitude strengthens the body's immune system, enables life-enhancing opportunities to be recognized, empowers effective actions, and attracts supportive events and circumstances.

CULTIVATE CLEAR STATES OF CONSCIOUSNESS

When your consciousness is clear, its contents are well-ordered and your Self-knowing is flawless. Do you know that you are a spiritual being, or do you think and feel that you are confined and limited? Souls are said to be images or likenesses of God because they are individualized units of the Reality commonly referred to as God. To declare that you are other than what you really are is to foster a mistaken concept of your Self.

If you sometimes feel that you are other than a spiritual being, refuse to give in to that false sense of Self. Affirm (declare) that you are an immortal, spiritual being and do your utmost to actualize your innate capacities to be creatively functional.

...continued on page 31...

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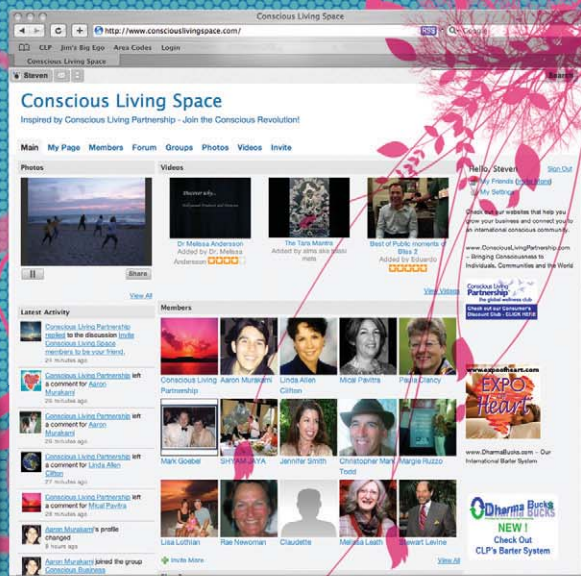
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FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including his new bestseller *Don't Get Lucky — Get Smart*. Join Alan for a life-transforming seminar, *How Good Can it Get?* co-presented by Mary Manin Morrissey and musician Karen Drucker in Sedona, November 2-7. 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.



FROM DIRT TO SOIL

I met a man who was a devotee of the miracles that took place near the town of **Garabandal, Spain**. They began one night in 1961 when four children were awakened and mystically drawn from their separate homes to a small glen on the outskirts of their village. There they beheld an apparition of **Mother Mary**, who gave them prophetic messages. This extraordinary phenomenon continued for four years and over two thousand apparitions. Eventually people from all over the world visited the site, where many miraculous healings have occurred.

The devotee, **Joe**, was so moved by this inspiring phenomenon that he dedicated his life to sharing its message. One evening Joe came to my study group, where he showed a film of the events and offered his narrative. When Joe opened the floor for questions, I asked him how he got into all of this.


"As a young man I liked to attend parties, where I developed a reputation as a teller of off-color jokes," he explained. "Eventually I was invited regularly to lots of men's clubs and banquets where I recited my risqué stories. Since I had been rather shy before all this occurred, the positive response I received built my confidence and I gained public speaking skills.

"When I learned of the **Garabandal** miracles my life changed and I shifted onto my spiritual path. After a while I gave up my dirty joke career and decided to channel my public speaking skills into this ministry. Needless to say, this work is far more meaningful. Yet I have to acknowledge that my career as an off-color comedian was a crucial steppingstone to the valuable work I now do."

If you or I had met **Joe** during his risqué comedy stint, we might have judged him as a crude or sordid character. Yet we would have had no idea that this phase was not an end in itself, but a preparatory step for a life work that would bring illumination and solace to many.

Be not hasty to judge yourself for what you believe are your sins or guilty errors. Evil is an interpretation, not a fact. Everything that happens is ultimately in the service of awakening, and may be seen as good.

...continued on page 30 ...



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FATIGUE FIGHTING HERBS

Today many of us are experiencing our own personal energy crisis. Our low energy reserves can be due to hectic lifestyles, diet, constant stress, allergies, poor circulation, pain or chronic illness, low thyroid function, anemia, poor liver, kidney, adrenal or pancreas functions. The question is which one or combination of these is at the root cause of fatigue.

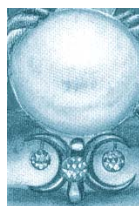
For many of us it has a lot to do with adrenal exhaustion. **Ginseng, Ashwaganda, Licorice, Fo-ti, Schizandra, and Codonopsis** are adrenal or adaptogenic herbs. They help the entire body both physically and emotionally deal with all kinds of stress that can cause fatigue. These herbs also help to improve blood flow, increase stamina, work capacity, coordination and resistance to illnesses. **Schizandra** is known as "the 5 flavor berry" it stimulates the five different tastes enhancing metabolic functions, supporting the adrenal glands, kidneys, liver, and digestion and nerve reflexes.

Digestion plays a role in fatigue; we eat to get more energy unfortunately reaching for that sweet treat mid-day may give you a quick burst of energy, but it will not sustain that energy. Instead of reaching for candy or coffee, **sunflower seeds, almonds or raw vegetables** may provide you with sustained energy. Chlorophyll rich herbs like **Spirulina, Chorella, Kelp, Nettle** and **Wheat Grass** are high in absorbable proteins, amino acids, vitamins and minerals. Along with these using nutritive herbs like **Burdock, Alfalfa, Dandelion** and **Oat Straw** will help to supply your body with basic nutrients, when you get more of these you will find you are not reaching for foods full of empty nutrients (junk food) as much.

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Some or all of these can be added to a protein drink or a smoothie. I like to add mine to vegetable juice, it tastes very green but it makes a difference in my day.

I also like to use essential oils to help me feel more focused, for energy and for their up lifting effects. **Spearmint, Peppermint, Orange, Lemon, Grapefruit, Rosemary, Basil** and **Clary Sage** are some that are uplifting and energizing.



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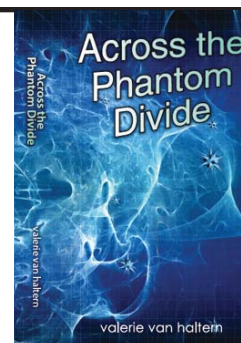
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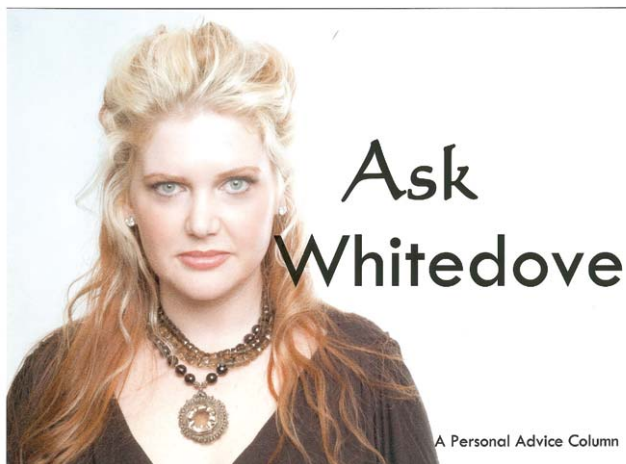
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A Personal Advice Column

Got a Burning Question, New Age terms nagging at you? 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.** Giving clarity on topics from Archangels to Zodiac, just ASK WHITEDOVE your specific questions at www.michellewhitedove.com/contact.php. Visit www.MichelleWhitedove.com

Dear Whitedove, I've had several instances of déjà vu, the feeling that I am re-experiencing an event or conversation. How do you explain these types of happenings? **Familiar Stranger in CA**

Dear Familiar, The concepts of Time and Space can be difficult to wrap your head around. So here goes: "Spirit" has explained to me that our past, present, and future, are all one. Time is like an onion, with many layers of actual events and possible futures. As the mass consciousness changes so does our future. It's important to recognize that humans are multi-dimensional beings who are in charge of creating their reality.

So when you experience déjà vu, your mind is connecting with the event as a memory. In linear Earth time, the event must occur in sequence. But on a higher level of awareness, your soul connects to this event with familiarity because you have already experienced it. Now you are just going through the physical motions.

There is also "Past Life" déjà vu that many people experience when traveling abroad. We are sometimes drawn to places where we experienced a past incarnation. Your past life memory triggers this type of déjà vu. For example: You go to Egypt for the first time, yet you are familiar with the many places that you visit without prior knowledge.

...continued on page 38 ...



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UPLIFT YOUR MOTIVES

What is the best way to go beyond self-interest and obsession with personal demands, needs and disappointments? The answer is: Whatever you do, may it benefit everyone. - Gurumayi Chidvilasananda

Let's be honest. Anytime anyone does anything, it is for a reason, and with a motive. Even if you are the most altruistic person in the world, selflessly helping people wherever you go, there is still some subtle motive. Perhaps it is the motive of feeling good about yourself, or of pleasing God, or creating good karmas or merits for your future. There are millions of possible motive configurations. Each person carries within themselves a unique mixture of pure and impure motives.

Once we've recognized that our actions are ultimately motive-based, then, instead of always struggling to rein in our outer behavior, we can focus more of our efforts on improving our knowledge, understanding, and spiritual vision in ways that will uplift our motives, thereby naturally purifying and clarifying our actions.

For some, their primary motives may be as simplistic as materialistic greed or a desire for power over others. We all know how that kind of movie eventually ends. Others may be motivated by a wish to have as good a time as possible, without harming others. Still others may dedicate their lives to serving humanity, and will receive a sense of fulfillment from that. Then you have the extremes of Buddhist Bodhisattvas, some of whom take vows to keep reincarnating into human form until every single other soul has reached enlightenment and freedom from the cycles of birth and death.

Most of us are somewhere in-between the corrupt and greedy executives who have wrecked their companies, resulting in misery for many innocent investors who lost their life savings, and the saintly Bodhisattvas who vow to uplift every soul and stay to clean up after the whole "party" ends.

Just notice and observe where you are on the mixed-motivations chart. As you go through your day and through the events of your life, pay attention to what is motivating you to do whatever you are doing. Why are you extra nice to certain people, and perhaps less so to others? Why are you more generous in some situations than in others? Is your inner satisfaction from doing good enough to keep you doing good, or does there have to be some obvious payoff?

...continued on page 29...

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YOU CAN'T AFFORD THE LUXURY OF A NEGATIVE THOUGHT

Peter McWilliams. www.mcwilliams.com/


In any given moment, there is ample evidence to prove that life is a bed of thorns or a garden of roses. How we feel about life depends on where we place our attention, that is, what we focus upon.

*Why is it no one ever sent me yet One perfect limousine, do you suppose?
Ah no, it's always just my luck to get One perfect rose. Dorothy Parker*

Did you ever notice that every time you are given a rose, the stem is covered with thorns? Do you say, "Why are you giving me this stick with thorns on it?" Of course not. You admire the beauty of the rose. Even if you prick yourself in your enthusiasm, it never seems to hurt--you are too engrossed in appreciating the rose and the person who gave it to you.


Right now, in this moment, without moving from where you are, you can find ample evidence to prove your life is a miserable, depressing, terrible burden, or you can find evidence to prove your life is an abundant, joyful, exciting adventure.

Let's start with the negative. Look at all the imperfections around you. No matter how good anything is, it could be better, couldn't it? Look for dirt, disorder, and dust. See all



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the things that need cleaning, repairing, and replacing? An endless array of clutter, chaos, and catastrophe assaulting your senses. And all those damn alliterations in this paragraph. Dis-gusting.

Now, explore the same environment with an attitude of gratitude and appreciation. Look around the same area you just surveyed and find the good. You can start with whatever you're sitting or lying on. It's probably softer than a concrete floor. Look at all the other objects you use but take for granted--glasses, tables, windows, the walls sheltering you from the elements. Consider the wonder of the electric light. 100 years ago, you would have to have been very rich or very lucky to have had even one. And you probably have more than one--and a TV and a radio and many other electronic marvels.

What around you do you find aesthetically pleasing? A painting you haven't really looked at in years? The detail work on the clothes you're wearing? A flower? A vase? Wallpaper? Carpet? When was the last time you took a moment to appreciate colors?

One should sympathize with the joy, the beauty, the color of life- the less said about life's sores the better. OSCAR WILDE

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NOTES from the Universe



An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book **The**

Secret, Mike Dooley has found his calling. Mike lives in Orlando,

Florida, where he runs **TUT's Adventurers Club**. He also travels internationally, speaking to thousands on life, dreams, and happiness. Visit www.tut.com to sign up for free daily Notes from the Universe!

Long, long ago, before there was even sand in the hourglass, there was a teeny, tiny dot - so small it was virtually invisible - that was presented to you as a gift. At first, puzzled and perplexed, you thought it was a joke. Yet, trusting and inquisitive, your intuition led you to accept it and, before long, to carefully examine it.

And lo, after becoming extraordinarily teeny and tiny yourself, you found there was an entrance of sorts into this little treasure, in the form of a long and winding path. So inside you went, through the densest grove of ancient, moss-covered, bending oaks you will ever see. And before long, you found a shiny, gold, old-fashioned key that had been left upon a large, rounded stone, as if especially for you.

With key in hand you proceeded down the path until you arrived at a massive gate. Just above it there was a handwritten plaque for all who might pass beneath it:

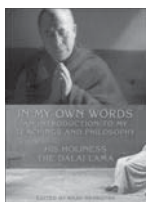
"Welcome to the Jungles of Time and Space, where nothing is as it seems, yet all things are possible. Should you ever feel lost or weary, forget not from where you have come, and follow the signs..."

Peering between the wrought iron bars, you could see the entire **Milky Way Galaxy** and a hundred billion galaxies beyond it. Your thoughts raced, your imagination ran wild, and as you raised your key to the sturdy, reinforced lock, slowly slipping it in, and gently turning... there was a sudden flash of light and burst of sound. Whereupon, seemingly light-years later but, in fact, no longer than an instant, you found yourself in the most beautiful human form, living on the most beautiful little planet, having a wonderful life, a wrinkle of curiosity on your brow, reading this very Note, right here and now.

Talk about a sign -

The Universe

P.S. Inner space came first. And yes, all things are still super possible.



INTRO TO THE DALAI LAMA

The following excerpt is taken from the new book, *In My Own Words: An Introduction to My Teachings and Philosophy by His Holiness the Dalai Lama*, edited by Rajiv Mehrotra. It is published by Hay House (September 2008) and available at all bookstore or online at www.amazon.com.

I believe that the purpose of life is to be happy. From the moment of birth, every human being wants happiness. Neither social conditioning nor education nor ideology affects this. From the very core of our being, we simply desire contentment and we face the task of making a happy life for ourselves. Therefore, it is important to discover what will bring about happiness.

For a start, it is possible to divide every kind of happiness and suffering into two main categories: mental and physical. Of the two, it is the mind that exerts the greatest influence on most of us. Unless we are either gravely ill or deprived of basic necessities, our physical condition plays a secondary role in life. If the body is content, we virtually ignore it. The mind, however, registers every event, no matter how small. Hence, we should devote our most serious efforts to bringing about mental peace.

From my own limited experience, I have found that the greatest degree of inner tranquility comes from the development of love and compassion. The more we care for the happiness of others, the greater our own sense of well-being becomes. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. This helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the ultimate source of success in life.

As long as we live in this world, we are bound to encounter problems. If, at such times, we lose hope and become discouraged, we diminish our ability to face difficulties. If, on the other hand, we remember that it is not just ourselves but everyone who has to undergo suffering, this more realistic perspective will increase our determination and capacity to overcome troubles. Indeed, with this attitude, each new obstacle can be seen as yet another valuable opportunity to improve our mind! Thus, we can strive gradually to become more compassionate; that is, we can develop both genuine sympathy for others' suffering and the will to help remove their pain. As a result, our own serenity and inner strength will increase.

OUR NEED FOR LOVE

Ultimately, the reason why love and compassion bring us the greatest happiness is simply that our nature cherishes them above all else. The need for love lies at the very foundation of human existence. It results from the profound interdependence we all share with one another. However capable and skillful an individual may be, left alone he or she will not survive. However vigorous and independent one may feel during the most prosperous periods of life, when one is sick or very young or very old, one must depend on the support of others.

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Interdependence is a fundamental law of nature. Not only higher forms of life, but also many of the smallest insects are social beings who, without any religion, law, or education, survive by mutual cooperation based on an innate recognition of their interconnectedness. The most subtle level of material phenomena is also governed by interdependence. In fact, all phenomena—be they from the oceans, the clouds, or the forests that surround us—arise in dependence upon subtle patterns of energy. Without their proper interaction, they dissolve and decay.

It is because our own human existence is so dependent on the help of others that our need for love lies at the very foundation of our existence. Therefore, we need a genuine sense of responsibility and a sincere concern for the welfare of others.

...continued on page 39...

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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 www.yourdailywalk.org/ or E-Mail him at RAS9999@aol.com.

"There are no mistakes, no coincidences. All events are blessings givento us to learn from. Elizabeth Kubler-Ross

MEDITATION

Life is a complex puzzle that will forever remain a work in progress. Each day different pieces are presented to us by the Universe. It is our responsibility to place them in the proper place in order to advance along our journey. It is vital that you are mindful of the pieces that are revealed to you. Creatively and intelligently arranging these puzzle pieces will make all the difference.

PERSONAL JOURNALING

How will you be mindful of each piece of the Universal puzzle today?

Today, I will efficiently use and take advantage of all the blessings that the Universe graciously bestows upon me.

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By June K. Brown

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



CROW SHAPE SHIFTING



row is all about shape shifting. We can shape shift our lives and ourselves and make magic happen for us if we just try.



You might be saying to yourself, "I have no idea how to shape shift, I have tried but I just can't seem to get there." I am going to have to disagree with you on that! Everyday of your life, I guarantee that you shape shift. I know I do.



www.elfwood.com/art/y/y/yvetjens2/

I can go from being a writer, then to a caregiver, a wife, a lover, an executive sales rep or a hippie plant nursery owner. I just don't notice the shift because it's so gradual. These forms of shape shifting come naturally for all of us.

There are times in our lives when other people affect our natural shape shifting process. They enter our world, change our energy through their energy and can pull us off track. This has happened to me on several occasions just this past month. It's not the fault of

the people coming to me, it's mine. I allow them in, I allow their ideas to change my thought processes and I allow them to take me from the right hand path to the left (so to speak).

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Crow has been trying to get my attention for about two months. She has literally swooped down on me while I was walking in my backyard and three of them have been circling above my meditation spot, every day! They call out to me to get me to look up and take notice. I just kept saying to them, "Yes, I know. I can make it all happen. My dreams and goals can become reality." And yet, they still would come, every day.

Last week I decided to ask them what they really wanted from me. They answered, "You have friends who are messing you up. They are taking you away from your path. You need to find that path again and stay on it! What happened to your dreams and goals? You have shifted away, it's time to come back and make your own magic."

Then my husband, the most intuitive man I know, said the exact same thing to me that night. He told me, "I really think that your friends are using you. They all want something from you but you have to stick with your plan. What is it that you really want to do?"

I answered, "I really want to write. I want to finish the books that I have started."

He asked, "And what have you been doing for the past two months? Have you written anything?"

My answer was "No." I had moved away from my writing to accommodate the lives of other people. I had completely shape shifted into another person and I didn't even realize it. I then informed two friends that I felt were directly influencing me to the "left" path that I had to move on and work on myself. I had to learn to say "no" to them and turn them away.

The next time you see **Crow**, think of **Karma**, **Universal Law** and **Shape Shifting**. Ask yourself if you have been pulling someone away from their path, or has someone been pulling you away from yours?

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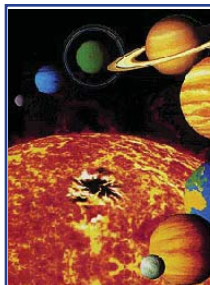


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ABRAHAM-HICKS

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When you come to the place of openly condemning the financial success that you crave, not only can that financial success never come to you, but you are also forfeiting your God-given rights to your health and happiness as well.

Many actually come to the incorrect conclusion that others in their physical environment have banded together in some sort of conspiracy to keep them from succeeding. For they believe, with all of their heart, that they have done everything possible to achieve success, and the fact that it has not come must surely mean that there are some unfriendly forces at work that are depriving them of what they desire. But we want to assure you that nothing like that is at the heart of the absence of what you desire or of the presence of things you would like to remove from your experience. No one ever has or ever could have prevented your success—or provided it. Your success is all up to you. It is all in your control. And we are writing this book so that now, finally, once and for all time, your success can be in your deliberate and conscious control.

Whatever I Can Desire, I Can Achieve

It is time for you to return to the true nature of your Being and to consciously live the success that the experiencing of your own life has helped you determine that you desire. And so, as you deliberately relax right now, breathing deeply and reading steadily, you will begin to gradually but surely remember how all success comes, for you already inherently understand it, and so you will certainly feel resonance with these absolute truths as you read about them here.

The Eternal Laws of the Universe are consistent and reliable and steadily hold, always, the promise of expansion and joy. They are being presented to you here in a powerful rhythm of understanding that will start small within you and then expand with each page you read, until you reawaken into the knowledge of your purpose and your own personal power as you remember how to access the power of the Universe that creates worlds.

If this time-space reality has within it the ability to inspire a desire within you, it is absolute that this time-space reality has the ability to yield you a full and satisfying manifestation of that same desire. It is Law.

To Achieve Success Is My Natural Birthright

Most people naturally assume that if their life is not going the way they want it to go, something outside of themselves must be preventing the improvement, for no one would deliberately hold their own success away. But while pointing the blame at others may feel better than assuming responsibility for unwanted conditions, there is a very big negative repercussion to believing that something outside of you is the reason for your own lack of success: When you give the credit or the blame to another for your success or lack of it—you are powerless to make any change.

When you desire success, but—from your perspective—you are not currently experiencing it, at many deep levels of your Being you recognize that something is wrong. And as this strong feeling of personal discord magnifies your awareness that you are not getting what you want, it often sets into motion other counterproductive assumptions that evoke jealousy toward those who are having more success; resentment at a myriad of people you would like to blame for your lack of success; or even self-denigration, which is the most painful and counterproductive assumption of all. And we submit that this uncomfortable upheaval is not only normal, but it is the perfect response to your feeling a lack of success.

Your emotional discomfort is a powerful indicator that something is very wrong. You are meant to succeed, and failure should feel bad to you. You are meant to be well, and sickness should not be accepted. You are supposed to expand, and stagnation is intolerable. Life is supposed to go well for you—and when it does not, there is something wrong.

But what is wrong is not that an injustice has occurred, or that the gods of good fortune are not focusing on you, or that someone else has received the success that should have been yours. What is wrong is that you are out of harmony with your own Being, with who-you-really-are, with what life has caused you to ask for, with what you have expanded to, and with the ever-consistent Laws of the Universe. What is wrong is not something that is outside of you over which you have no control. What is wrong is within you—and you do have control. And taking control is not difficult to do once you understand the basis of who-you-are and the basics of the Law of Attraction and the value of your personal Emotional Guidance System that you were born with, which is always active, ever present, and easy to understand.

Money Is Not the Root of Evil or of Happiness

This important subject of money and financial success is not the "root of all evil" as many have quoted—nor is it the path to happiness. However, because the subject of money touches most of you in one way or another hundreds or even thousands of times in every day, it is a large factor in your vibrational makeup and in your personal point of attraction. So when you are able to successfully control something that affects most of you all day, every day, you will have accomplished something rather significant. In other words, because such a high percentage of your thoughts in any given day reside around the topic of money or financial success, as soon as you are able to deliberately guide your thoughts, not only is it certain that your financial success must improve, but the evidence of that success will then prepare you for deliberate improvement in every aspect of your life experience.

If you are a student of Deliberate Creation, if you want to consciously create your own reality, if you desire control of your own life experience, if you want to fulfill your reason for being, then your understanding of these prevalent topics—money and the Law of Attraction—will serve you enormously well.

SECRETS

Excerpts from
Secrets of Spiritual Happiness



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One great step we can take toward purifying our motives is to look for ways to help those who would apparently never be in a position to return the favor. Through this kind of selfless giving, we get to relish the pure and naked joy of being helpful. We learn to be a willing instrument of God's grace upon this earth.

The best index to a person's character is (a) how he treats people who can't do him any good, and (b) how he treats people who can't fight back.
— Abigail van Buren ("Dear Abby")

Then you have the **Siddhas**. These are rare beings who have transcended common motivations. After attaining an enlightened view of life, they realized that there was no separate "I," and therefore no reason for worldly motivations. Some of these beings have appeared to be strange or mad, but those who really got to know these Siddhas would find them to be filled with spiritual wisdom, and to be great bestowers of grace.

One Siddha, named **Hari Giri Baba**, used to wear a big overcoat. Hari Giri Baba would fill his pockets with stones as he walked along the road. He would enthusiastically pull out a stone and show it to someone, saying, "This is worth ten thousand rupees!" You have to admit that this is a good example of having reverence for even a stone in God's divine creation.

Many stories have been told of those who were healed of major ailments after receiving one of Hari Giri Baba's stones. Hari Giri Baba was highly respected for his great wisdom and ability to bestow blessings, and today there is even a temple in India that is dedicated to Hari Giri Baba.

There is also a temple dedicated to another Siddha, **Zipruanna**, who would sit naked on a big pile of garbage, yet who was said to have always exuded a sweet fragrance, in spite of his immediate environment.

This type of drastic detachment is a possible "side-effect" that could potentially come about if we were to become totally and completely free from all motivations. But, don't worry, it is a rare accomplishment. If any of us should be fortunate enough to become completely free of any self-interest or tainted motivations, it would probably feel just

fine to sit anywhere at all. Zipruanna was also an ecstatic being who also had many powers, such as those that we would call psychic abilities.

Here's an example of how someone who is free from motivation leaves this world:

One day Zipruanna knocked on the door of a family who lived in the village where he sat on his garbage pile "couch". In spite of his external appearance, the townsfolk considered Zipruanna to be a great and wise sage, and this family was only too happy to invite him in. Zipruanna asked to take a rare bath, and then requested some rice and vegetables. After completing his meal, Zipruanna said, "Zipru is leaving. You can cry now," and closed his eyes. He was gone.

Those who are desireless have no fear; those who are desireless are always happy. – Bhagavan Nityananda

Now, you don't have to go to such extremes in trying to purge yourself of all motivations. Just pay attention to your motives, and look for ways to uplift and purify them. See if you can find happiness just from doing something well, or from finding ways to give happiness to others. Find your own methods for uplifting your motives.

Make efforts to enjoy doing what you know is right just because you know it is right, and not only so you can acquire more material goods for doing it. See if you can enjoy doing something well without even taking or receiving credit for doing it.

When we act from an enjoyment of doing what is right in each moment, then our actions have a shimmer of purity and truth to them, regardless of what those specific actions are. It is a matter of keeping a greater intention while acting – an intention that blesses you, me, and the whole world. Let's act in ways that honor ourselves and others. Let our motivations come from a strength of spirit that is free from the lower-energy pulls of greed and other impure desires.

With purified motives, life's inevitable disappointments also tend to have less sting. After all, without a lot of motives, you can't really be too easily disappointed. You'll tend to accept and welcome whatever comes with a more positive attitude. You may continue to work enthusiastically toward your goals, but with an underlying sense of surrender to "Thy will be done."

With the spiritual awareness of "Thy will be done," all news becomes good news – whether it is news of loss or gain. Thy Will Be Done can never lose, because the Divine Will is always Done. It is eternal, all-pervasive, all-knowing, all-powerful, and always perfectly contented and in harmony with everything, large or small, that exists in this entire creation. Thy Will Be Done is an inherently winning hand, and a great hand up to the summit of spiritual happiness.

FROM THE HEART

...continued from page 11 ...



extremely limited, confused, self-contradictory, and basically delusional. To use that ego as the guideline for how to live is to needlessly limit and condemn ourselves and the world. When, on the other hand, we suspend our negative judgments, we free ourselves and each other, open the door to escape from the prison of resistance, and literally set our feet on the lawns of heaven.

Imagine that you and I took a walk in a field, where I scooped up a handful of brown earth and I asked you, "What is this?" A city dweller might be quick to answer, "a pile of dirt." Yet a farmer would knowingly answer, "soil." Dirt is a problem; soil is an opportunity. You have to get rid of dirt, but you grow things in soil. Consider that the stuff you consider problems — even dirty ones — are actually the platforms upon which you will build strength and find freedom you would not have enjoyed had the difficulties not occurred. As Emerson noted, "A weed is a flower whose virtues have not yet been discovered."

A Hasidic story tells of a man who came to a rabbi and complained that three men from the synagogue were up all night playing cards.

"Wonderful!" the rabbi replied with a twinkle in his eye.

The tattler was aghast. "How can you say 'wonderful'?" he asked. "Is it not against our religion to gamble?"

"Yes," the rabbi answered. "But, even more important, these men are staying up all night to do something they enjoy. When their minds and hearts turn toward helping others, they will be able to stay up all night for that purpose."

The pain in our lives proceeds not from events that occur, but from our judgments about the events. The part of the mind that thinks it knows how things should be is

*The pain in our
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While we're on the farm theme, let's consider the value of manure. Manure in the wrong place is repulsive and unsanitary. Yet, placed wisely in a farmer's field, it will grow life-giving wheat that is baked into warm, aromatic, and tasty bread. When you butter your toast at breakfast you hardly think that manure played a valuable role in getting your fresh bread to you. But it did.

Likewise, the manure of your life is excellent fertilizer. You just have to know where to put it and how to use it. Even dirty jokes can pave the way for a sacrament. While my friend Joe was enamored with the miracles of Garabandal, he may have overlooked the one happening through him.



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REALIZE YOUR ETERNAL ESSENCE

...continued from page 9...

You can always accurately determine your degree of higher understanding by how freely you are able to live. If you have limitations and problems, by improving your Self-knowing and relationship with the Infinite, they will cease to exist.

Saintly people, or other individuals who are thought to be Self-realized, who frequently have troubles and misfortune are not as spiritually enlightened as they may be thought to be (or as they may think they are). If they were fully Self-realized, their personal circumstances would always be harmonious and trouble-free because one's personal circumstances reflect their mental attitudes and states of consciousness. This is true for people who are somewhat spiritually awake and for those whose mental states and states of consciousness are ordinary.

Observe your habitual or dominant moods, mental attitudes, thoughts, how you view yourself in relationship to others and your environment, and what your usual circumstances and experiences are. You will see that your objective circumstances are reflections of your subjective states. You will be able to have ideal circumstances by adopting the feelings, mental states, and states of consciousness that will produce or attract them. When productive actions are necessary, you will know what to skillfully do.

EXPRESS AND EXPERIENCE EXCELLENCE

Every soul is a replica of the Cosmic Soul of the one Reality. If we are not expressing and experiencing excellence, we either have not become aware of our innate potential to do it or are not yet inclined to do it.

Even when one is inclined to express and experience excellence, until proficiency is acquired, experimentation that provides experience will be necessary. When the will (decisive intention) to succeed is firmly resolved and the necessary skills are acquired, right endeavors will be productive.

Negative feelings of self-worth, fear of failure, lack of confidence, and indolence are self-defeating characteristics to avoid when learning how to express and experience excellence.

Improve your powers of discriminative intelligence, learn how to live effectively, and improve your functional skills. The more successful you are in wisely using your creative powers, the more spiritually conscious you will be. Everyone has the same potential to express and experience excellence, and every-one who aspires to be spiritually awake will eventually have to do it. Those who choose not to develop

and wisely use their innate creative powers are temporally self-condemned to a life of mediocrity (of low or average quality).

PURIFY YOUR AWARENESS

That state which ever is—the purity of our essence of being— can be fully experienced "with perfect, natural ease" when our awareness is clear. When our awareness is blurred and attention is fragmented (scattered, not focused), confusion and disorientation prevails, errors in perception occur, and we are inclined to presume that we are the illusional or false sense of self rather than the immortal, spiritual being we are.

Mental confusion, emotional unrest, troubles, and inharmonious conditions that are so commonly experienced by people whose consciousness is ordinary or modified are due to lack of knowledge of their pure-conscious essence of being. Because they are then inclined to presume that they are "only human," they think and act from that point of view and identify with others who think and act like them.

Purify your awareness by thinking rationally, accurately perceiving what you observe, improving your powers of concentration, being conscious of your true Self as a spiritual being, and meditating every day to the stage of superconsciousness.

Choose to be enlightened: to have complete, accurate knowledge of what is true about what you think about or observe rather than allow erroneous ideas to prevail. Never think or say, "There are some things we cannot know" or "I don't have the ability to know everything I want to know." You can know all that is available to know; you do have the ability to know what you want to know.

Identify with people who are fully, spiritually enlightened. Aspire to be fully, spiritually enlightened. Discard all thoughts that are not constructive and all beliefs that are false. Become aware of your true nature as an immortal pure-conscious being and your eternal relationship with the Infinite. Live from that Self-knowing state.

PERCEPTIONS THAT CAN BE USEFUL TO EXPLORE AND TRANSCEND, AND WHAT TO DISREGARD

The way to be Self-realized is to remove attention from conditions which confine your awareness. You can do this by using your powers of discernment to know the difference between you as the observer and what is observed, and by meditating until your mind is completely calm and your awareness is clear.

Until thoughts and subconscious inclinations are no longer forceful when you are meditating, their influences may cause you to have a variety of subjective perceptions: of light; mildly pleasant or ecstatic sensations; subtle sound frequencies may be heard; expansion of consciousness; identification with what you are contemplating; or a sense of relating to or communing with a Larger Reality.

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THIS MONTH'S THOUGHTS ABOUT THINGS...

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



...continued from page 7 ...

That way I never become that person who is always pitching business to my friends. So I sent out an email asking who does past life regression and got lots of response. I returned the call after I got the first response, and left the info on her voice mail. I asked her to send me her email address if she'd like me to forward to her all the responses I got. I never heard back from her. I just assume she got the first name and number I left on her voice mail and was happy with them.

I later wondered who might she have picked had I sent her a list of names and numbers and website addresses? I always like having several choices, to practice my intuition in choosing my vibrational match. A buddy remarked that if everyone who emailed me about that had a \$5 listing in the **Horizons Phone Directory** under **Past Life Regression**, the caller would have had her list and not had to call me. I told him "good thinking, go make that happen" *smile* As it is, I simply assume that anyone I know who does not have a listing already has as much business as they want. Which is very cool - mass prosperity! I know that dollars can come to me from all corners of the Universe, so I don't try to sell anyone anything when I'm out and about. If I want to promote business or solicit ads, I will go to a networking meeting. We all have our own way of doing business.

I have a pair of friends who got sidetracked from their purpose by \$\$ signs and began cutting a business partner out of their legal due, and now it's turning into a fiasco. All they had to do was honor their commitment, tell the truth about the situation and work together to come to an agreement. Instead of agreeing to sit together and talk it over with the other party, there are threats, denials, lawsuits and restraining orders. All because of changed intentions after a commitment was made. They didn't trust their ability to earn more dollars in other ventures. It was easier to just nudge out the partner they were done with; her usefulness had passed anyway. They wanted her for networking and media exposure and she gladly delivered. But instead of saying, "Hey, this is no longer in my best interest, let's agree to what's fair and be done with it," they chose instead to go unconscious and forget that what goes around, comes around. Now things are snowballing downward for them and they act like they don't know it's related to what they are putting in motion every new day by their actions. And these are 'metaphysical' people. These are people who read every latest book and take lots of workshops. These are people who talk about always doing the right thing. Hmmm.

I always find it interesting when 'enlightened' people complain about their state of affairs and don't take responsibility for what they attract to themselves. I've gotten several calls about a psychic reader who recently

moved from **California** to **South Florida** who has a high hourly fee. Despite claims on the website that he gives outstanding readings, the feedback is that what he does is less than exceptional and certainly not worth the \$375 per hour he charges. We met recently at an event and all he could do was complain to me that "people in Florida are cheap and don't want to pay," so he plans to return to the west coast. I did not tell him the feedback I'd had about what he does, but my first thought was "well, maybe people in Florida just won't settle for what his California clients did." He complained that in Florida he was unable to live the high life he lived on the west coast. He does not believe he has the power to attract to himself exactly whatever he receives. And all the while he is reminding me of how enlightened he is and about his kundalini-raising experiences and how his third eye is opening so fast it's painful, and what spiritual masters and guides he is in daily contact with. You'd think one of them could let him know how to make a living or at least how to pay his child support on time. He glibly shared that he moves around so much that his ex-wife can't keep up with him and he owes tens of thousands of dollars in back support.

It doesn't matter if you're sitting six hours a day in meditation, and think you're raising kundalini and in contact with famous masters and guides. If you're not receiving guidance on how to live your life responsibly, if you don't realize you attract your life experience to yourself and are able to make changes **Now** to have a better life, don't think you're enlightened. That's why it's called the razor's-edged path. Personal growth is a narrow walk and you can easily cut yourself to ribbons if you're not mindful. And we see the shredded, walking wounded around us every day. Take responsibility for how you perceive life and how you react to it. It makes life easier, I promise.

I acquired a new cat when a loved one passed last month. He's a long haired, black, tiptoe tuxedo with white collar and boots. At first I was worried how **New Kitty** would fit in with my two cats, my masked bandit **YinYang** age 6 and **Maine Coon Izzy**, age 9. When we got home, I walked him around and we sat outside so he could see where we lived. I shoved him in and out of the cat door a few times so if he got out, he would know how to get back in. When we went inside, **YinYang** growled and snarled, but **New Kitty** just stayed halfway across the room and watched her pitch her little fit. **Yinny** does that when **Izzy** walks by also, and has done so daily for the 5 years she's lived with him. So it was to **New Kitty's** credit that she did not daunt him, and within hours all the kitties were stationed at different points throughout the living room, grokking each other.

I thought, that's what we humans do also; we do that dance of energetically feeling out new people and situations and seeing how we fit into the equation. Some of us, like **Izzy**, stay cautious and curious, but choose to go with the flow. Others, like **YinYang**, feel threatened by everything that invades her territory, and will fight tooth and claw, hissing and spitting, ears flat, every step of the way. That is an exhausting way to live. It's so much easier to do what it takes to get along. Don't you agree?

Enjoy our offering this month.

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.

ACCEPTANCE SPEECH

What will it take to make me happy? More money? A loving relationship? A comfortable home? A fulfilling career? Respect from my peers? Improved health? Closure with the past? Emotional resiliency?

The ideal answer is "NONE OF THE ABOVE. I'm happy already." And when I reach that point of fairly consistent contentment, here and now, regardless of how many of my desires and goals have yet to manifest, my desires and goals will begin to manifest so fast my head will swim.

When I'm habitually dissatisfied, complaining, or frustrated, I am not a vibrational match-up to the good things that, even now, diligently seek me. But when I accept things as they are, while holding to my wish list, I'll find my wish list transforming into reality.

I accept, even savor, today in all its chaotic majesty, in all its perfect incompleteness. And tomorrow? Ooh-la-la!

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Marie, owner of Kathy's Kloset, is leaving for Monkey Bay, Malawi, Africa, Sept 1, to assist in setting up a center for the women and children of the village. Money is needed for a water pump, a stove, sewing machine, etc to furnish the center and assist the village.



Bring your drums, bells, and whatever else to make noise with as there will be a drum circle toward the end of the evening. Inquires may **call Kathy's Kloset 321-773-1777.**



Debra Kruljac LMT
Shamanic Practitioner

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SCHEDULE OF EVENTS

Come 4th of July Community Drum Circle/Open House, 7pm. All drummers & dancers invited. Bring a dish to share. Open to public. Walk to the Fireworks! Community Drum Circle will now be held on the 1st Friday of each month. Ask about our classes. Call (321) 733-7633. Love donation.

Gentle Healing Yoga w/ Earth Gong Meditation of Self Love:
Wednesdays, 11:30am-1:00pm. \$40 for June. Registration Required.

Moon Ceremonies New Moon Tues. July 2nd. 7:30pm Full Moon July 18th, 7:30pm

Munay-Ki 9 Inkan Rites of Passage Free Introduction Wed July 16th, 7:00pm.
A must for healers. A transformational course to empower yourself and heal others!

Earth-stewardship - Mother Earth with a nature walk. Learn to harvest for Shamanic plant medicine. Sacred gardening. Create anointing waters. \$150.00, July 19th & 20th.

Learn the Art of Making Incense. July 12th 1-4pm, pre-registration \$45 at door \$50.

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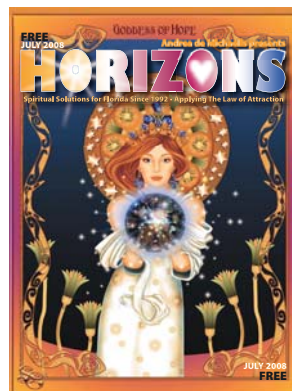
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COVER ART

Goddess of Hope BY SHARON GEORGE



There are many symbols in this image that represent new beginnings and hopefulness. The lotus flowers are symbolic of the law of cause and effect. They flower and seed simultaneously, signifying that all we do, say, and think creates our reality and our future. Snakes represent transformation. Our futures are never stagnant. We can change our destiny any moment we choose to do so. The crystal ball she holds has within it a moth, always seeking the light, representing our quest to discover the truth.

Within the ball are also acorns, symbol of what mighty things will come from our causes. Her jewels are blue, the color of spiritual awareness, and behind her and upon her garment are impressions of The Green Man, The Horned God, that which is masculine in Nature.

Sharon George: Award Winning Digital Painter of fantasy and goddess art. Her online portfolio is at www.fantasy-goddess-art.com. Her open edition archival quality prints are signed by the artist and come with a letter explaining her process of creation and the symbology used in each image. Each print is superb quality, stunning color and signed by the artist. What she says about herself and her work:

I am the embodiment of Earth Mother. I am Empath; my spirit forever dragging my body behind. I live in a world of dreams. I am Nature. My mind an ancient tree, a primordial fern, a pool of silver water beneath the moon. I am part Raven, part Owl, part Lizard, part Rabbit and mother to many cats. I speak to my animal friends because I respect them. I have often felt my images are channeled. The best work leaves me waking from a trance with no idea how I just created whatever I did. Once I was taken on a journey through some deep red rock fissures. We flew by very fast and on the walls were petroglyphs that came forward and glowed. I was taught the meaning of shapes and colors on a very profound level. There are no words to describe what I was given that afternoon. It's inside me somewhere. My work is not done because I've yet to express these meanings. When I have grown enough to do so, everyone will gain. We all feel wonderful when those common chords in our hearts are touched. We understand for a moment we're sacred and we're not alone.

As a woman, I have shared with many women the birth and raising of children, the joys and sorrows of marriage...and I've emerged with a profound appreciation for the female experience. I've learned to honor the eternal feminine aspect of life. I hope when people see my art they recognize the goddess within themselves. What is it? It's the indescribable something that makes life "alive", the creative force, the love that permeates all. Call it whatever you want. I celebrate it with my paintings.




Cassadaga Camp Bookstore
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Saturday – August 2nd, 2008
10 a.m. to 4 p.m.

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and self-healing, along with helping others experience
spontaneous healings and blessings.



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Pre-registration \$25 due by July 30th, 2008 – At the door \$30
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For more information, contact: Cassadaga Camp Bookstore @
(386) 228-2880 (www.ThePathStartsHere.com)
or 1-877-444-SOUL (www.shambhalahealingtools.com)

OUR CALENDAR OF EVENTS

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

30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.
Email to HorizonsMagazine@aol.com and call 321-722-2100 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. All listings must include a physical location.

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

Tuesdays 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

Tuesdays, BUNNELL "Psychic Development" facilitated by Rev. Maeda Jones from Cassadaga. Class from 1 - 2:30 PM....\$15.00....At The Source....4601 E. Hwy 100....386-437-3230

2nd Tuesdays BREVARD COUNTY Just Say Yes to Laughter Club meetings where you Laugh Yourself Healthy! Call Pegatha at 321-615-4678 or visit www.justsayyestolaughter.com for all locations/dates/times.

Every Tuesday and Saturday: ORANGE CITY Hatha Yoga 10-11am followed by chair massage 11:30-3:00pm cost \$10 each. Call 386-774-9928 or visit www.purpledoororangecity.com Purple Door 1427 S Volusia Ave

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

Wednesdays, BUNNELL "Mediumship 101" facilitated by Rev. Maeda Jones from Cassadaga. Class from 7 - 8:30 PM....\$15.00....At The Source....4601 E. Hwy 100....386-437-3230

Thursdays MELBOURNE 7:00-9:00PM 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

Thursdays PT CHARLOTTE Chat room discussions with LisaF and ThomasM. Various Metaphysical topics. 10PM - 11PM Eastern. Starchild Message Board. 941-743-0800. www.starchildbooks.com

Thursdays in July BUNNELL Mediumship 101 Rev. Maeda Jones 7 PM \$15.00 per session. Location: The Source 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230.

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

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

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

Saturdays PT CHARLOTTE Messages Sessions with Starchild's Psychic Mediums and Channels. 7PM. 941-743-0800. www.starchildbooks.com

Saturdays ORLANDO, 7pm. Let's have a Seance. Table Tipping with Dennis. I also go to Cocoa, Daytona, Merritt Island, Vero Beach, Fort Pierce, more. I also do this in your home. 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.

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 4725 N. Courtenay Pkwy 321-452-2625

Sundays COCOA Sunday Services 10:30am Center for Spiritual Awareness 5 Rosa L. Jones Dr. 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 Pranic Healing Circle 4:30-6:30pm With blessings of Grand Master Cho Kok Sui and Master Stephen Co, you are invited to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313

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

Tuesday, July 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.

July 5th STUART Grand Opening of Creative Players Studio, Inc. Building creative spirits one child at a time. For details call (772) 708-3865, or log on to WWW.CreativePlayersStudioInc.com.

Tuesday, July 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

Wednesday, July 9 BUNNELL Healthy Laughter Cheryl Laubner, RN 4:00 PM \$10.00. Location: The Source 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230

Friday, July 11 BUNNELL Meditation, Aura & Chakra Balancing Rev. Carol Joan Garfinkel 7 PM \$15.00. Location: The Source 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230

July 11th NEW SMYRNA BEACH "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7 PM. Robert Stewart will speak on Breath of life, Tantra and how it works with Ascension Call Judson for more information 386-847-2367

Saturday, July 12 BUNNELL Kids Korner Age 3-5 Wendy Michael 11 AM - Noon \$10.00. Location: The Source 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230

Friday, July 18 BUNNELL Full Moon Drumming 7 PM \$10.00. Location: The Source 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230

July 18th EDGEWATER - 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self-transformation. 7PM, 758 navigators Way, Fl. (Edgewater Landing). For more information call Barbara 386-663-4878

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

July 18th ~ July 22nd 2008 ~OVEIDO 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

Saturday, July 19 BUNNELL Mediums Day @ The Source several mediums from Cassadaga & surrounding area will join us for mini readings 10:30 AM - 4 PM \$25.00. Location: The Source 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230.

July 25th DAYTONA BEACH 6th Sensory Lightworkers - "Share Our Gift" gathering at 7PM - at 710 N. Oleander Ave. More information call Judson 386-847-2367

July 25-26-27 - COCOA VILLAGE, SomaEnergetics Level One Vibrational Sound Therapy - 3 Day Workshop (NCBTMB#450637) at What You Love To Do - www.whatyoulovetodo.com - www.somaenergetics.com

Saturday, July 26 BUNNELL Kids Korner Ages 6-10 Wendy Michael 11 AM - Noon \$10.00. Location: 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230.

July 29 TALLAHASSEE You saw him in The Secret. You saw him on Oprah and Larry King Live. Now see him in person for free! James Arthur Ray in Fla: The Secret of Attracting the Life You Want, 7-9pm. Register www.Living-My-Ideal-Life.com or 1-866-646-3738. Free!

July 30 ORLANDO You saw him in The Secret. You saw him on Oprah and Larry King Live. Now see him in person for free! James Arthur Ray in Fla: The Secret of Attracting the Life You Want, 7-9pm. Register at www.Living-My-Ideal-Life.com or call 1-866-646-3738. Free!

July 31 - TAMPA You saw him in The Secret. You saw him on Oprah and Larry King Live. Now see him in person for free! James Arthur Ray in Fla: The Secret of Attracting the Life You Want, 7-9pm. Register at www.Living-My-Ideal-Life.com or call 1-866-646-3738. Free!

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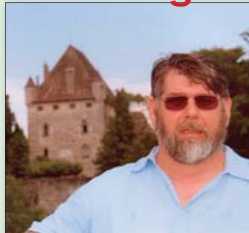
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Accuracy scientifically proven
Albert has been a professional psychic for 35 years. He was the subject of the internationally published book "**VISIONS OF TIME**", to make the world aware of the scientific possibilities for using psychic gifts. Albert's 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. 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 **Assn 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



Ask Whitedove

... from page 15 ...

Dear Whitedove, My daughter has always had an imaginary friend named Tina. The other day I asked about Tina and was told that she doesn't come visit as often. Has my daughter outgrown the need for this type of companionship? **Wondering about Tina, Tampa**

Dear Wondering, As we enter this world, we are gifted with guardian angels and spirit guides to accompany us. The laughter and smiles of babies attest to seeing them. Many toddlers maintain this relationship and openly communicate with these Heavenly helpers. Tina is one of your daughter's guardian angels. These angels manifest in forms that we best relate to; they are constant companions, whose mission is to guide and guard their charges. As angels of light their influence is always positive.

As children grow, they become domesticated and learn to accept society's teachings. "My you have a vivid imagination." And statements like these direct children towards a different belief system. By the age of eight a large percentage of kids forget their angel friends. So it's very important for mentors to encourage their children's spiritual development. Today there is a large population of Indigo Children that strive to keep their Heavenly connection. Everyone young and old has angel helpers; mostly they are an unseen support team. But be assured that they are there for you.

Dear Whitedove, Some people believe that our life is mapped out before we come to Earth and that is our fate. Others believe that we can change our life's path at any time. So I would like to know is there a difference between fate and destiny? **Neptune's Girl, CO**

Dear Neptune's Girl, There is a great deal of planning that goes into a life's mission. As we prepare for our Earthly journey we make an agreement with God. We select lessons to learn and also lessons that we agree to teach others. So we map out our journey. There are very few events etched in stone, but if there is something that we **MUST** experience it's pre-ordained or called fate. Then there are other events that will only happen if everything is lined up with divine timing as destiny or a synchronicity. One of God's greatest gifts to human kind is the gift of free will. This affords us the opportunity to co-create our life on Earth. We can get caught up in drama and create a hellish life OR we can dream big and create a personal heaven on Earth. Know this: Your spirit has the ability to overcome any hurdle: poverty, abuse, illness, financial loss. Every great master has taught this truth. So I would like to encourage everyone to monitor your thoughts because they are your building blocks. Visualize the future as you want it. Then take action. Heaven is within your reach!

^i^ Horizon's Magazine has tapped the person who embodies the spirit of the age as its newest advice columnist. Mystic and Spiritual Teacher Michelle Whitedove winner of Lifetime TV's America's Psychic Challenge is here to help give clarity on topics from Archangels to Zodiac, just **ASK WHITEDOVE!** Ask your specific questions at www.MichelleWhitedove.com/contact.php And be sure to check her local appearances.

Tom Arcuti
YACHAK SHAMAN OF IMBABURA
SHAMANIC CEREMONY
in the Tradition of the Yachakkuna Imbaburaq
(Shamans Of Imbabura) Lineage of the Caras
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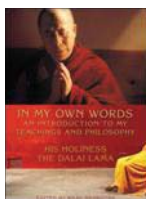
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INTRO TO THE DALAI LAMA

...continued from page 19...

We have to consider what we human beings really are. We should consider our origins and nature to discover who we are and what we require. Each of us is the product of our parents. The expression of love is very important at the time of birth. If the child is not held, hugged, cuddled, or loved, its development will be impaired and its brain will not mature properly.

As children grow older, their need for support must be met by their teachers. If a teacher not only imparts academia, but also assumes responsibility for preparing students for life, his or her pupils will feel trust and respect, and what has been taught will leave an indelible impression on their minds. That which is taught by an uncaring teacher will not be retained for long.

Nowadays, many children grow up in unhappy homes. If they do not receive proper affection, in later life they will rarely love their parents and, not infrequently, will find it hard to love others. In the end, since a child cannot survive without the care of others, love is its most important nourishment. The happiness of childhood, the allaying of the child's many fears, and the healthy development of its self-confidence all depend directly upon love.

Similarly, if one is sick and being treated at the hospital by a doctor who evinces a warm human feeling, one feels at ease; and the doctor's desire to give the best possible care is itself curative, irrespective of the degree of his or her technical skill. Inevitably, patients' feelings make a difference with respect to the quality and completeness of their recovery.

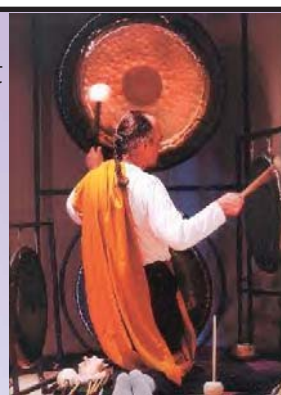
Even when we engage in ordinary conversation in everyday life, if someone speaks with human feeling, we enjoy listening and respond accordingly; the whole conversation becomes interesting, however unimportant the topic may be. On the other hand, if a person speaks coldly or harshly, we feel uneasy and wish for a quick end to the interaction. From the least to the most important event, the affection and respect of others are vital for our happiness.

Recently I met a group of scientists in America who said that the rate of mental illness in their country was quite high—around 12 percent of the population. It became clear during our discussion that the main cause of depression was not a lack of material necessities, but a deprivation of the affection of others. So, whether or not we are consciously aware of it, from the day we are born the need for human affection is in our very blood. Even if the affection comes from an animal or someone we would normally consider an enemy, both children and adults will naturally gravitate toward it.

I believe that no one is born free of the need for love. And this demonstrates that, although some modern schools of thought seek to do so, human beings cannot be defined as solely physical. No material object—however beautiful or valuable—can make us feel loved, because our deeper identity and true character lie in the subjective nature of the mind.

Sunday Aug 3rd
Richard Hite concert
1:00 – 3:00 pm

Sacred Sounds & Healing Wisdom, a day long workshop integrating healing with sacred Tibetan gongs. At the workshop, you: Learn the mind/body technique EMDR with a routine for highly effective pain, tension and stress relief. Learn skills for eliminating lifestyle illnesses such as essential hypertension, chronic pain, obesity and stress. The workshop includes the traditional healing instruments - the Sacred Gongs - a truly unique musical experience. Participants typically bring pillows, mats and bedrolls to lay on with eyes closed as they are sent on extraordinary inward journeys of healing and enlightenment. Biofeedback research with EEG measurement and heart monitors show that the music of these gongs has a powerful beneficial effect on the brain and heart.



Unity Church of Melbourne
1745 Trimble Road
321.254.0313
See ad page 4



WHAT IS WEIGHING YOU DOWN?

This workshop is an exploration into the knowledge of what is behind the armor of weight. The discovery of feelings, habits, triggers, self-examination, and reflections of what it is that weighs you down. You will leave with knowledge, information, reframing of thoughts and ideas to help in the process to alleviate the cause.

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- Mark on your appointment book all of the events from the calendar you are interested in. That way, when the day comes and you're suddenly free, you know about it in time to go.

- Have friends over once a week to discuss articles and ideas. Use Horizons as a basis for creating spiritual community where you are. I especially enjoy discussing Alan Cohen's articles and the Abraham work.

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



OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. We do this by our intentions, beliefs and expectations, by every thought we think and every word we speak.

To promote the reality that we survive in consciousness after the change called death. To comprehend this, we promote the practice of daily separation of consciousness from the body via meditation. Once we experience our existence beyond physical circumstances, the fear of death is removed. The less fear of death we have, the more we see the world from the higher perspective and the more we recognize how powerful we really are. This frees us to begin to live more fully, in every moment, now.

We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise. So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them. Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

*From my heart to yours,
Andrea de Michaelis*



SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

JULY 2008



K, here's an ancient theory: Why is July hot, hmmm? OK, some will say that it is because the sun, being more directly overhead, will have more time to heat the northern hemisphere and therefore will be hotter. Convincing? Poppycock, the ancient Romans had it right; it's due to the Dog Star! This is how it works:

The Dog Star is Sirius which, during this month would rise with the Sun. It would then add its heat to that of the Sun and, "presto change-o" the day gets hotter! Do you see how elegant that theory is? Simple, to the point, what's not to love about it?

Summer has come in
Loudly sing, cuckoo!
Seeds grow and meadows bloom
and the woods spring anew
Sing cuckoo!
Traditional English round, c. 1250

Well, OK, the math doesn't support it. Sirius is the brightest star in the summer sky, but has an apparent magnitude of -1.47 and is composed of a binary star with one spectral type A1V and one spectral type DA2. The combined heat from these two sources that are 8.6 light-years away, after applying the inverse-square rule to the emitted radiant energy, of course, means that even though they are 25 times the intensity of the sun, the added heat is miniscule! This is even accounting for General Relativity and non-Euclidean factors. And to that, I say, piffle!

Action, reaction and cause and effect,
A boring combination in my dialect!
What good is this science, no money to collect
From action, reaction or cause and effect?
Not so traditional and definitely unround

Well, I got that of my chest! So what else with this month? Well, the end of it marks the night before Lughnasadh, the ancient Celtic festival celebrating the beginning of the harvest season. This is an important day since it is when you are rewarded for all your efforts during the

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planting season. It was also a good month for Handfastings, the ancient (and if you are Wiccan, modern) celebration of marriage unions. These traditionally lasted for a year-and-a-day to see if the union is going to work! Now, that makes sense.

JULY 2008

Jul 3rd - Dog days begin (see the factoid)
Jul 2nd - New Moon at 10:20PM EDT
Jul 5th - Native American: Sun Dance Festival, Poplufugia rite of the Ute Tribe of Utah honoring the Great God who dwells in the fire of the Sun.
Jul 14th - Egyptian: Birthday of Osiris, celebrate with a blue candle and burn frankincense and myrrh!
Jul 15th - Finnish: Day of Rauni, the goddess who makes the rainbow
Jul 18th - Full "Rose" Moon at 4:00 AM EDT
Jul 18th - Buddhist: Asalha Puja Day, Dharma Day
Jul 19th - Mandaen: Mandaen New Years
Jul 15th - Japanese Buddhist: Obon, Japanese day of ancestors (sometime celebrated in August)
Jul 20th - Lithuania: Binding of the Wreaths celebration of the goddess of love
Jul 23rd - Rastafaria: Birthday of Emperor Hailie Selassie
Jul 31st - Lughnasadh or Lammas Eve, Wiccan festival in celebration of the god Lugh



REALIZE YOUR ETERNAL ESSENCE

...continued from page 31...

- Light may be inwardly seen because of activation of brain centers or stimulation of optic nerves. Let your attention be attracted to it; then go beyond it. If you see a tunnel of light, go through it to the field of pure awareness beyond it.

- Mild or extremely pleasurable sensations may be felt when you are mentally peaceful and emotionally calm. Ecstatic sensations may be caused by flows of prana (life force) in the body. Joyousness unrelated to the senses or to movements of life force may be present when you are Self-aware.

Experience pleasurable sensations without allowing them to preoccupy your attention or considering them to be the ultimate stage of meditation practice.

- Subtle sound frequencies that may be heard may be environmental sounds that are amplified in your ear canals or emanations of sounds from the chakras in the spine and head.

You can use sounds that are heard as mantras to focus your attention. Listen for very subtle sounds behind the first sounds that are heard. Continue until the sound is pure and constant. Somewhat merge with the sound, then go beyond it while contemplating pure consciousness as the aim.

- If you are aware that your consciousness is expanding, let it occur while observing the experience.

- If you become so absorbed in contemplating light, sound, or another object of perception that you feel that you are identified with it, explore the experience while aspiring to awaken to the stage where you are Self-knowing without being identified with an object of perception.

- If you have a sense of communion with a Larger Reality, explore that experience while aspiring to comprehend the all-ness of that Reality and your relationship to it.

When meditating, disregard dream-like visual perceptions that are obviously produced by subconscious influences, moods, or random mental processes. Devoid of significance, they are dis-tractions that interfere with contemplation of higher realities.

If, during or after meditation practice, you have what seem to be insights or a sense of inner guidance, after your practice session examine them in the light of reason and common sense to discern if they are of real value. Don't presume them to be valid just because "they came to you while you meditated."

If it seems that you hear voices that impart information, know that they originate in your own mind or are fantasies. Music that may seem to be heard is also mind-produced. Your meditative aim should be to transcend subjective phenomena and be Self- and God-realized.



SUGGESTED READING & LISTENING

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

A New Earth, Awakening to Your Life's Purpose
by Eckhart Tolle

From www.hayhouse.com

In My Own Words: An Introduction to My Teachings and Philosophy by His Holiness the Dalai Lama; Lucid Living by Tim Freke

Manifest Your Desires: 365 Ways to Make Your Dreams a Reality,
by Esther and Jerry Hicks

Astonishing Power of Emotions by Esther & Jerry Hicks

Money and the Law of Attraction: Learning to Attract Wealth,
Health, and Happiness by Esther and Jerry Hicks;

Led By Faith: Rising from the Ashes of the Rwandan Holocaust,
sequel to Left to Tell, by Immaculée Ilibagiza

Songs for Little Hands: Activity Guide & CD by Monta Briant and
Susan Z

CosMos: A Co-creator's Guide to the Whole-World by Ervin Laszlo
and Jude Currivan.

From www.theintentionexperiment.com

The Field by Lynne McTaggart

The Intention Experiment by Lynne McTaggart

From www.newworldlibrary.com

Lover's Alchemy Fideler & Fideler

The Yoga of Sound Russill Paul

The Language of Miracles Amelia Kinkade

From www.davidashworth.com

Ocean of Emotion by David Ashworth

Dancing with the Devil as you Channel in the Light
by David Ashworth

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

PSYCHIC FAIRS Calendar

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1st Sunday in Melbourne 6:30 - 9:00pm
Monthly Psychic Fair at 1924
Melody Lane behind the Melbourne
Auditorium. 321-537-3843 \$10/15 minute
readings

2nd Sunday in Melbourne Noon-2pm
Medium's Day \$15 for 15 minute read-
ing. Visit www.spirit-chapel.org. 1924
Melody Lane behind Melbourne Aud.

Saturday, July 19 in Bunnell Mediums
Day. Several mediums from Cassadaga



& surrounding area
will join us for mini
readings 10:30 AM - 4
PM \$25. Location: The
Source 4601 E. Hwy 100,
Unit F-3, Bunnell, Fl.
32110 386-437-3230.

Sat. July 26 Vero Beach 11am-5pm
Psychic Fair \$25 mini-readings at The
Vero Body Mind Center 772-882-9097
2424 US 1 Vero Bch Also Biofeedback,
Aura Photography. At 7pm, Table
Tipping Seance with Dennis Hollin

Saturday nights each month
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Dennis Hollin 407-721-3396
www.orlandopsychic.com



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HOROSCOPES FOR

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

Aries: March 21 to April 19 "I AM".

You are creating new foundations for the rest of your life, especially the next fourteen years. It is a time to come to terms with issues of your family heritage and what you were taught as a child. The old structures no longer work and you are being asked to be loving and forgiving.

Taurus: April 20 to May 20 "I Have".

Patience will be your biggest virtue now, use this sensitivity with yourself and the children in your life. You never know what its like to walk in someone else's shoes and what they have been through. Unconditional love will be the gift you give to the world.

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

When you figure out where your anger is coming from, you will be able to free yourself from depression. In your effort to blow the dark clouds away, you will gain control over your emotional ups and downs. You have the ability to make others feel good, use this power to brighten your day as well as theirs.

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

At this time you feel like a master of your emotions. The lesson here is not to be consumed by what you see and how you feel. Be objective in your reflection time and have the willingness to take a deeper look at yourself in the mirror. You are the captain of your ship, when the sea gets rough, ride the waves and don't allow yourself to sink.

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

You are really feeling your oats lately. This energy you encompass needs an avenue of expression. You are on fire with desire. Roar like the lion you are. Activate the courage to live your passions, and don't be afraid to do something new with this surge of emotional intensity.

Virgo: August 23 to September 22 "I Analyze".

Your deep inner faith in yourself and others has helped you through many an ordeal. Believe in your dreams and you will be victorious. Creativity has emerged from your blocks and restrictions, which you have released. Your detail oriented, hard working habits will be a solid foundation for your future.

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

You are determined to turn your life around in a more positive abundant direction. Opportunities will present themselves which you will need to act on. Be objective about the choices you will need to make regarding your career. Be open to what the Universe has to offer you, and remember, what you put out comes back to you much more intense.



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JULY 2008

Scorpio: October 23 to Nov 21/22 "I Transform".

You are where you are because of all your hard work and step by step procedures. Wealth and prosperity is the outcome when you use your creative talents. At this time you are able to communicate deeply and thoroughly with sincerity. Your ability to penetrate and focus to the inner core of any subject is one of your stronger attributes.

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

You are feeling trapped by the chains and demands of another who would like to dance in your sensual energy. Do not permit any ultimatums towards or from you at this time. There is a desire to break free from self imposed restrictions. You are seeing the affects of old cords that needed to be pulled a long time ago.

Capricorn: December 22 to January 19 "I Use".

Attend to the details of your life in an orderly fashion. Major changes are easier to integrate when you do not overlook the importance of a structured outcome. Stay in tune with the center of your being, so any action will be accomplished with balance. Proceed compassionately and cautiously.

Aquarius: January 20 to February 19 "I Know".

You have worked through jealousy and attachments. Now is a time for emotional sustenance and renewal. Loving in a deep spiritual way will bring longevity to your relationship. The desire is for a higher love to manifest, a love so clear that you can see yourself in such a way that you and your relationships experience unconditional love and acceptance.

Pisces: February 19 to March 22 "I Believe".

After all you have been through, you are ready to send down some roots to feel grounded. Health and eating habits are up for you now. You are filled with new ideas. How will you sustain these newly planted seeds? Allow yourself to be nurtured in different ways.

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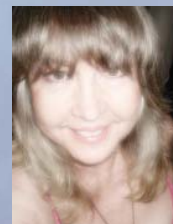
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Avoiding repetitive personal mistakes.
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Knowing that a tough time in your life is happening for a good reason and has a beginning and an end.
Removing prejudice about others who are made up of the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

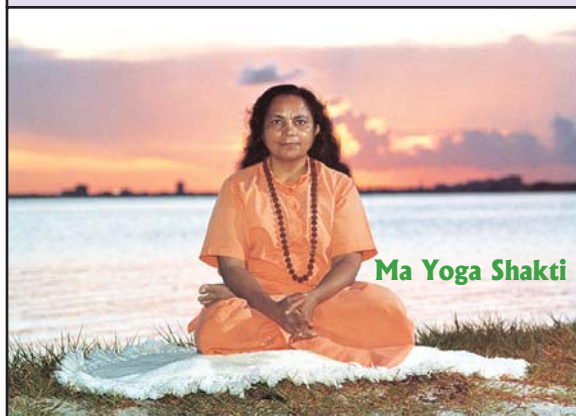
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