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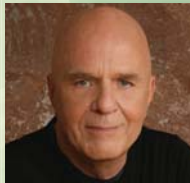
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Saturdays

August 9, August 23

7:00pm Table Tipping Seance at our new office \$20. Call to get on the list or just show up on time.

**3rd Sundays each month
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A group with Vickie based on the work of Abraham-Hicks and the Law of Attraction. \$3 donation. Call for info.

**Saturday Aug 30 Psychic Fair
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INTEGRAL LEADERSHIP and CHURCH GROWTH STRATEGIES Led by Rev. Dr. Gary Simmons Friday, Sept 12th 7:00 pm Saturday, Sept 13th 9:00 am
Make our Unity community stronger! This is open to everyone who considers themselves a church leader. This event will be open to other churches. For more information and cost, contact Rev. Beth Head at 321-254-0313 or email unitymelbourne@cfl.rr.com.



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

Bring a pillow, Invite your angels,
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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.

FAMILY FUN NIGHT SATURDAY,
AUGUST 30TH 4:00 – 8:00 PM
Say goodbye to summer as we gather together for Family Fun Night. This evening is open to everyone – those with children and those without. We will have food, fun, fellowship and a family movie. And yes, there will be tie-dying for those who missed it last year (requires a pre-washed cotton tee-shirt). Plus we will have new activities. Please RSVP 321-254-0313 X104 by Aug. 21st.

NEW CLASS • THE 'I' OF THE STORM Wednesdays 7:00 PM August 6th - 27th. 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.

Course In Miracles Tuesday nights 7:30 PM Facilitator: Darlene Capinha. This is an ongoing study of The Course I 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 & 3rd Friday Nights – August 1st and 15th 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.



HOW PREPARED ARE YOU?
Wednesday, Sept 3rd and 10th at 7PM Rev. Beth Head
If something happened to you tomorrow, do you have any loose ends that need to be tied up? We will discuss the things that you can have in place to make your own transition easier for those who love you most. One night will be devoted to the paperwork and information that your family will need. You will be given forms for power of attorney and appointing a medical surrogate and we will witness and have a notary available. One night will be devoted to end of life care and funeral arrangements.

HEALING SERVICES

Reiki Healing Service 1st Sunday Aug 3rd at 4:30pm
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Noon Prayer on Tuesdays and Thursdays

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THE GREATEST OPTICAL ILLUSION IS SEPARATION

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Andrea de Michaelis

Thanks for help this month

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Horizons

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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 **August 2008** edition of **Horizons Magazine**. I'm loving how mild the weather has been so far this summer. It's reassuring to know that when it stays relatively cool thru June and July, that means a mild hurricane season for us, too. Remember that when the weatherman starts pointing out every tropical storm brewing offshore, and don't let yourself get caught up in the media hype. Your calm, sure knowledge that "all is well" adds to the mass consciousness, and it is this mass consciousness that co-creates with you and attracts into your world: your country, your state, your neighborhood. That is, mass consciousness co-creates with you to the extent you believe mass consciousness co-creates with you... In either event, staying focused on what's going right with the world will go a long way in prepaving your happy tomorrows.

I have **Willis Harman's "Three Dreams"** in this issue. **Michelle White dove** also talks about dreams on page 38. I do a lot of dream work and altered-consciousness type of work, such as meditation, visualization, OOB practice. The past month, I've been re-reading a 1966 **Seth** book by **Jane Roberts** and recording my dreams in a dream journal. Before I go to bed, and often during the day, I ask that I will remember my dreams. Then, as soon as I wake up, I quickly run the dreams back thru my mind, to lock them into my short term memory long enough to let me get it written down. Even if I am just jumping up quickly to powder my nose at 4am, I run the dream over and over in my mind. I've noticed recurring themes in the past month.

Dream excerpt: *I end up walking the halls in a large hotel and have a sheet wrapped around me and think "this is just like the dream the other night, walking the halls of a large hotel, holding a sheet around me" and then the sheet turns into like a big, patchwork, old-timey dress. I check it out and see I don't have to hold it together to keep it closed, so I just start walking around. It also has nice big pockets, which I like.*

During my 20's and 30's I had recurring dreams of being under-dressed in public. I spent a lot of time back then in dreams (and I'm sure metaphorically in life) searching for something to wrap around me, and finding ways to hold it up and keep it in place so I could free my hands. I always needed my hands free, because so often I'd be walking somewhere and would have to reach out to, say, the trees and bushes alongside the walkway, and pull myself along to move faster.

...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.

MAKE PEACE WITH WHERE YOU ARE

We always begin by asking: Those manifestations that have not yet come about are still pleasing to you, yes? And some lie and say yes, others say no, but we want you to come to the place where you say yes and really mean it. "Yes, there are things that I want that have not come into manifestation yet. There are things I want that I can't even see any way of them happening—but they are still refreshing and delightful to me. I still feel anticipation. I still feel encouraged. They still feel fresh and good to me." And we want that for you.



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We want your unfulfilled desires to feel good to you, because, well, there are two reasons: If you cannot make peace with where you are, then the unfulfilled desires are very slow in becoming fulfilled because that angst you feel about things not yet happening, is an indication of a vibration that's literally holding it apart, from you.

So, when you're sick and you want to be well, and you've been sick for a long time and it doesn't seem like you're getting better, or when you have one of those diagnoses that says you're probably not going to get better, and so, instead of feeling hopeful, you feel fearful—improvement is very hard to come. In fact, it cannot come under those conditions.

The vibrational difference between feeling hopeful and feeling fearful is the difference between getting well and not getting well. It's the difference between holding this condition on and on and on, or letting it go.

So, in the same way, we say, your current financial affairs could be not good. You could have more bills than you have income. You could have people hounding you on the telephone or beating on your door every day... And we say, so that's what-is; that's the action journey that you are upon. But you could have that financial condition percolating along and you could feel hopeful, or, you could have that condition percolating along and you could feel fearful. And the difference between fearful and hopeful is the difference between things improving for you.

This is a Vibrational Universe and you are Vibrational Beings. You don't set your radio dial on 630 AM and expect to hear what's being broadcast on 98.6 FM. You understand you've got to line those frequencies up, and so you do. You don't stubbornly set it on the station that you don't want to hear and then demand that the laws of physics change so that you can hear it anyway, without you doing anything about it... You can't be beating the drum of things gone wrong—and offering a vibration about things going wrong—and be in the vibrational place of receiving what you want.

Make peace with wherever you stand. And here's the most important part: When you feel despair, or anything that doesn't feel good, and you reach for a thought that feels better, what comes right along with that is a conscious awareness that you do have some control of your experience. And friends, we cannot emphasize enough the importance of that conscious awareness that you can do something about the way you feel.

When you choose a thought that feels better than the thought that you were choosing before, and you consciously acknowledge that you had the power to choose it, and that you did choose it, and that it did change your vibrational frequency—now, there's no place you cannot go. Now, that cloud of despair, that cloud of not being able to control your own experience goes away.

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TIMELESS GUIDELINES TO SPIRITUAL GROWTH

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.**

Because the problem of clouded awareness common to the human condition is universal, the way to spiritual awakening and growth remains the same through the ages. There are no new ways to realize the enlightened state; there are only direct and indirect ways. In this book I am explaining the direct way which has been taught by sages and seers for thousands of years.

1. Renounce Violence, Live Harmlessly - The ideal is not only to refrain from harmful acts of any kind, but also to be devoid of thoughts, feelings, tendencies and inclinations to injure oneself, others, creatures, or nature. When acts which might cause pain, discomfort, or inconvenience are necessary, they can be performed efficiently and dispassionately. The main thing is for us to avoid doing anything which in any way diminishes life's inclination to fulfill its purposes, while doing those things which enhance our lives, the lives of others, and of all aspects of nature. When we are consistent in harmlessness, we are on friendly, cooperative terms with a friendly world. We are nurtured and supported by others and the very processes of life, as we are nurturing and supportive of them.

2. Be Established in Truthfulness - To confront the facts of life, and of ourselves, is to be truthful. To endeavor to suppress or evade the facts is to be untruthful. Two obvious examples of untruthfulness are habitual lying and deceitful behaviors, both of which are characteristic of emotional immaturity. As untruthfulness produces and maintains mental and emotional conflict, its opposite contributes to peace of mind, emotional balance, and an open rapport with life on all levels. Where there is untruth, there is darkness and despair because knowledge is hidden and creative life processes are restricted. Where there is truth, there is the light of understanding, and happiness because no barriers to apprehension of knowledge exist and creative forces and actions can flow without interference.



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To be able and willing to confront the facts of life (the truth) is essential to successful living and spiritual growth. Denial of the reality of God is the most self-damaging evasion of the truth because it results in denial of ourselves and others as spiritual beings and in misperceptions of the underlying characteristics and purposes of the universe. When we are established in truthfulness, nothing is hidden from us. Because wholeness is perceived and experienced, nothing is lacking; restrictions and limitations cease to be experienced.

3. Be Self-Reliant - The foundation principle of self-reliance is to be soul and God-reliant. Because we are immortal spirits forever to express God's characteristics, we do not have to want for anything. With this realization we will not think in terms of competition or unfulfilled needs, or be inclined to desire to take from another what is theirs by right of their own fate or endeavor. Knowledgeable and competent, decisive and courageous, we will experience our own relationship with life, creating or attracting what is ours by right of our states of unclouded awareness, constructive mental states, and skillful actions. When we are established in self-knowledge, our reliance is upon That of which we are but expressions which made provision for us when the worlds were patterned in Universal Mind before their material manifestation.

4. Wisely Use Vital Forces and Resources for Higher Purposes - The vital forces of the soul enliven mind and body and make possible our creative actions and expressions. When conserved and directed to purposeful ends they make possible the accomplishment of endeavors, contribute to overall health and vitality, empower mental faculties, enliven the nervous system, and support our aspirations to further soul awakening and actualization of innate abilities. Balanced lifestyle routines of scheduled activity and deep rest; nutritious diet; wholesome habits; mental peace and emotional calm; ethical behaviors; purposefulness and accomplishment; and meditative contemplation of higher realities, are actions and behaviors which are supportive of us. Erratic lifestyle routines; insufficient rest; accumulation

...continued on page 31...

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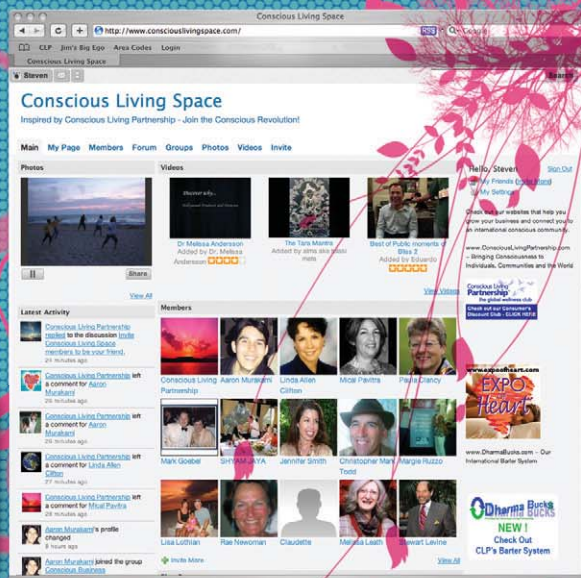
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FROM THE HEART

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.



WHY WAIT FOR HEAVEN?

As Dee and I took our bulkhead seats on our flight home to **Hawaii**, we noticed a young newlywed couple seeking their seats in the row across the aisle from us. They were on their honeymoon, obviously very much in love and excited about their adventure. When they realized that they were assigned seats apart from each other, both in middle seats one behind another, their countenance dropped like a five-year-old whose ice cream cone fell on the sidewalk.

The passenger sitting next to the husband, a woman well beyond newlywed age, sensed their upset and very kindly offered to switch seats with the bride so she could sit next to her husband. The young lady was delighted, and the women changed seats. As the older woman took her seat, I complimented her, "That was very generous of you to trade your bulkhead aisle seat for a middle seat farther back."

The lady smiled and answered, "I was a newlywed once, and I know how they feel. Besides, I'm going to Hawaii! I'd sit in the cargo compartment if I had to!"

Her comment caught me by surprise. Dee and I are generally fussy about our seats. We travel a great deal, we are both tall, and we make extensive efforts to get roomy seats on airplanes. This woman, however, was in such a state of joy and appreciation that she was just happy to be on the plane, wherever she sat. Her exhilaration was so great that she created a miracle for the newlyweds. The contrast between my fussiness and her willingness was humbling. She reminded me that happiness has little to do with conditions, and a lot to do with attitude.

Counselor **Steve Sobel** notes, "From speaking to many cancer survivor groups, I have learned that the watch on your hand no longer says, 'tick, tick, tick.' It now says, 'precious, precious, precious.' When you understand that, every chapter you write in your life becomes fascinating."

In my book **I Had it All the Time**, I recounted a life-changing experience I had at the **East Maui Animal Refuge**, a private non-profit foundation where director **Sylvan Schwab** and his wife **Suzie** oversee caring for about 600 injured or unwanted animals.

...continued on page 30 ...



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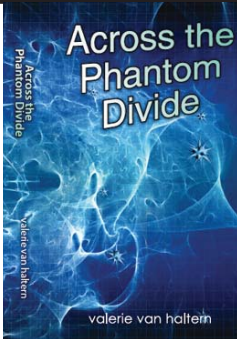
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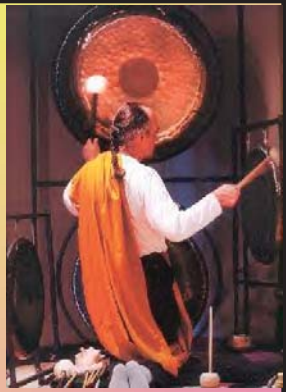


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NATURAL SUMMER SKIN PROTECTION

It's summertime and we're spending more time out in the sun working on our tans; after all, a nice tan has always been equated with health and beauty. Unfortunately, free radical damage from over exposure to the sun's strong rays can cause premature aging, skin damage or skin cancer.

If we follow the belief that applying sunscreen will save you from these - buyer-beware. Studies have shown that skin cancer has increased instead of declined since the introduction of sunscreens. This could be because sunscreens give us a false sense of security, leading us to spend more time in the sun when we use them. There have also been questions about some of the ingredients in sunscreen.

So what do we do? We want to spend time out in the sun without the harmful effects of the sun or the sunscreens.

Prevention is the key to protecting your skin from damage. You can help prevent sun damage by wearing protective clothing and by limiting exposure, especially between 10am and 2pm. Herbally, **Aloe** can be applied before during or after exposure, it contains **Vitamin E, C** and **zinc** which helps to promote healthy skin, preventing sun damage by blocking the sun's rays up to 20%.

Green tea contains **catechins**; a strong class of **antioxidants** that protect the skin from sun damage it can be applied topically or you can drink it as a tea. The **olive oil, sesame, coconut** or **peanut oil** you may have in your cupboard can be used as a mild form of sun-block; blocking the sun's rays up to 30% which equals a SPF of 7-10.

I don't use suntan products very often but when I do, I make a lotion using $\frac{1}{2}$ cup of an infused oil using either **coconut** or **peanut oil** with **Green tea** and **Horse Chestnut**, $\frac{1}{2}$ **Aloe Juice**, $\frac{1}{2}$ tsp. of the essential oil of **lavender** and 15 drops of **Vitamin E oil**. When planning a day in the sun, prepare a tea of **Calendula, Rose Petals, Lavender** and **Green Tea** in advance; store it in the refrigerator and use it as a spray or compress; better yet why not bathe in it when you get home.

If you must use a commercial sunscreen, choose one with **zinc oxide** which is effective against burning, or **titanium dioxide** which scatters UVA rays, plus both are non-toxic and non-irritating.

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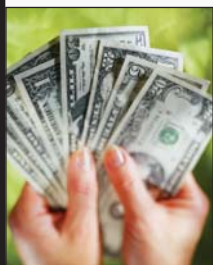
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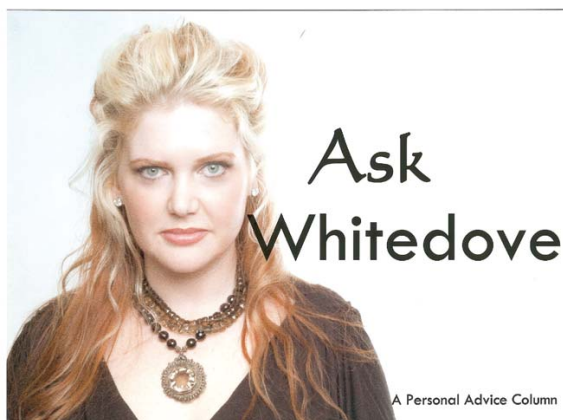
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Dear White dove, The term KARMA is used often, but I am confused. Is there only bad Karma? Or is there good karma too? **Cosmic Questioner, Miami**

Dear Cosmic,

"Karma" is relatively a new word for western civilization. You may understand the biblical term "reaping what you sow" or the new age phrase "the law of attraction". Science understands it as "the law of Cause and Effect". Simply put: For every action there is a reaction or similarly, for every cause there is an effect. This is a Universal truth in both positive and negative aspects.

I consider "Good Karma" much like heavenly brownie points. Good deeds that flow in an unconditional manner will always be felt and recognized. You may not see the immediate effects. But during your life review you will have the opportunity and pleasure to see all of the lives that you touched. We are like pebbles that are cast into a pond... the ripples radiate out and touch everything! One small kind gesture can change a person's life, and thus change the world. Even a smile can generate change.

Negative Karma is something that we will need to revisit for our soul's growth. Please understand, there is no need for punishment in the Heavens we will choose to experience negativity so that we understand it, overcome it, and evolve spiritually.

Right now there is a great need to dwell in the positive, everyday strive to be of service. Look for opportunities to help another. Let's all work to create more JOY in this world! Your actions make a huge difference.

...continued on page 38 ...

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SECRETS

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

BE OPTIMISTIC

I intend to live forever—so far, so good.
 — Stephen Wright

Possibly the number one secret of spiritual happiness is to be an optimist. Once you've attained true optimism, you will be spiritually happy, because you'll have absolute trust and faith. Optimism ultimately boils down to an absolute trust that everything is always, ultimately fine.

One way to create optimism is by interpreting events and circumstances through a positive worldview. This doesn't mean that we'll always be able to come up with every possible positive explanation for each event in our lives. After all, every point of energy in this massive universe is a universe in and of itself. Life is big, big, big — as the ancient scriptures say, bigger than the biggest.

Nevertheless, we can start by asking questions such as, "Why might this event have happened to me, and what shift did it create in my world?" "Why might I have lost this thing or gained another?" Just as we may have contemplated certain symbolic interpretations of our sleeptime dreams, in the same way, we can also learn to interpret the rich symbolism and brilliance that is inherent in our daily life. And, just as each object in our dreams may have several symbolic interpretations, in the same way, in our "waking life dream," many symbolic interpretations are also possible for the events and objects in our lives.

Optimism means to choose interpretations that lead to positive thoughts. For example, I've found the idea of detoxing to come in handy when I get a cold. Even while acknowledging the outer circumstances or habits that may have contributed to the cold, I'll usually visualize the cold helping my body to clear out some old, unhelpful residue of one thing or another from my body. I may assume that the fever, sneezing, coughing, and other symptoms are doing just that. This way, I am sending my own good energy intentions into the situation, along with a positive image of detoxing and healing.

Even while watching the leaders of my country sometimes pursue certain actions that I've disagreed with, I've also continued to visualize a positive result from those actions. I believe that a world filled with optimistic well-wishers can heal even large mistakes and create positive results from even questionable actions.

In life, certain outer events may feel terrible and traumatic, and we may experience anxiety about all that is going on during those times. However, if we can possibly rise into the spiritual realm, and also see those painful events from

...continued on page 29...

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3 DREAMS

By Willis Harman


IN THE FIRST DREAM I am walking along a very rough terrain, on the way to climb a high and rather forbidding mountain, the top of which is concealed by mist and clouds. It is clear that the ascent of this mountain symbolizes my whole life. Clambering over the rubble in front of me is not too daunting, but as I look ahead I see that my way is blocked by several cliffs that appear to be around ten feet high. Beyond those are some still higher cliffs, the farthest being perhaps hundreds of feet high. I have no idea how I will deal with those when I get to them, but meanwhile there seems nothing to do but forge ahead. However, although I didn't know notice it at first, I am growing in stature as I go along, so that by the time I finally reach the ten foot cliffs I am tall enough that I can simply step up over them. The same with the hundred foot cliffs.

IN THE SECOND DREAM I am in a cafeteria. I take a tray, place it on the rails, and proceed to move down the food line. At the end of the line is a door. Somehow I realize that this also symbolizes my life, and the door at the end is what we call death. Behind the food line is a gigantic figure who is ladling out the food; I can't see his head, he towers so far above me. I notice that the persons in the line on either side of me have trays with large round holes in the middle, so that the food simply falls through the holes onto the floor. This seems to me a strange way to run a cafeteria, and I ask the food handler about it. He replies that the food is available to everyone, and the choice of tray is optional; some people just choose the trays with holes.




IN THE THIRD DREAM I am in a solo spaceship which has somehow become a derelict, destined to travel around the Earth for centuries. There is no way to deflect its orbit and manage a return to Earth. It is clear that

I have only two choices. I can stay alive as long as possible, eventually run out of air, food, and water, and die a slow death. Or I can open the hatch and let the remaining air rush out, the cold come in, and have it all over within seconds. It is an agonizing decision, but I finally decide on the latter. I open the hatch and feel the air rushing past, and immediately find myself in a space which is not cold and black, but wonderfully illuminated and somehow "loving." I seem to be everywhere in this space, and nowhere in particular. I had never given the idea of heaven much thought, but this seems to fit. I feel intensely alive, supported in every sense, and totally content to stay here forever.



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An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book **The Secret**, Mike Dooley has found his calling. Mike lives in Or-

lando, 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!

IF you just whistle every now and then; skip every thousandth step or so; skim the odd stone across the odd pond; go dancing on the occasional blue moon, if only alone in the dark; dress up sometimes, even with nowhere to go...

for simply stirring up some little bit of hope, no matter how silly or disconnected your actions seem to be with the rest of the world, magic flashes in the unseen, friends are summoned, connections are timed, stars are aligned, opportunities are crystallized and serendipities are calculated,

creating possibilities for new realities that cannot now even be imagined from where you presently stand.

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KEEPING IT SIMPLE: IT IS WHAT IT IS

One of the best ways to properly evaluate and adapt to the many environmental stresses of life is to simply view them as normal.

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Instead of tackling the most important priorities that would make us successful and effective in life, we prefer the path of least resistance and do things simply that will relieve our tension, such as shuffling papers and majoring in minors.

DENIS WAITLEY

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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.

"If at first you do succeed try something harder."
Ann Landers

MEDITATION

Do not permit yourself to get comfortable with your knowledge and skills. Push yourself to move forward and evolve in your life. Life is interesting and adventurous if you continue to challenge yourself and take risks. To sit and stagnate in comfort is the way of monotony and boredom. Ultimately, challenging yourself and those around you is the secret to universal growth and evolution.

PERSONAL JOURNALING

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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



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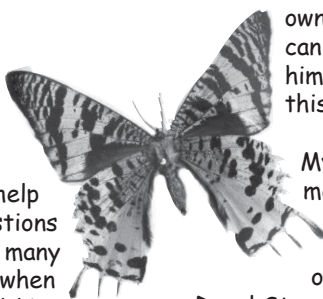
Where do you want to be 10 years from now? 20 years? What about today, are you where you want to be?

These are the questions often asked by self-help gurus, teachers and mentors. I find these questions to be a little frustrating because I have so many ideas and thoughts about who I want to be when I grow up. Yes, even at the age of 42, I feel like a little kid pondering this essay question given to me by my third grade teacher.

I used to live my life one day at a time, rolling with the punches. Now that I have been studying books like *The Success Principles* by Jack Canfield and *The Secret*, I found that I really needed to step up to the plate and get on with my life. It was time for me to come out of the safety of my cocoon. I did this by taking some control of a new business and giving back some control of a business that needed repair.

Adults aren't the only people that go through this. My 13 year old son seems to be in a place of emerging from his cocoon. Chase has a reading disability and for the past 4 years he has been able to rely on a few good teachers at his school to guide him. These teachers taught him everything he needed to know to read better and comprehend what he read. He was given unlimited time on testing and was allowed to present verbal book reports, rather than written.

Over the course of those years my son went from the 'egg stage' (Help! I can't do this alone!) to the 'larva stage' (Wow!



Can I really do this?) to the 'cocoon stage' (Look at what I can accomplish on my own!) to this year's big emergence from the cocoon to the Butterfly. My son will be practically on his own this coming school year. He has proven that he can handle life on his own and it's up to him to keep himself straight. I have seen his cocoon splitting open this summer, his butterfly-self ready to emerge.

My awakening to my son's transformation came to me last month when my family and I took a vacation to Key West. After walking around the streets of that amazing old town, we decided to get out of the heat and visit the Butterfly Garden on Duval Street. A large blue and black butterfly came straight for my son and landed on his shoulder. She stayed there the entire time he walked around. I stood back and watched my son explore this world and interact with the butterflies and birds that were fortunate enough take residence there. Every once in awhile he would look over at his shoulder where the butterfly had perched and speak softly to her, wanting to touch her soft wings but knowing that he can't. I watched him show an immense amount of respect for these small creatures, while taking in their beauty and fragile nature.

I thought to myself, 'Wow, look at him. He seems so grown up. He's definitely changed... transformed.'

Just four years ago my son was afraid to speak his mind or read in front of his class. For him life seemed to be an impossible maze that he was sure he'd never be able to navigate. Now here he is, in all his glory, with a butterfly on his shoulder, trying to get a finch to perch on his finger, stepping carefully around the butterflies on the ground.

What stage of life are you in? Are you the Butterfly yet?

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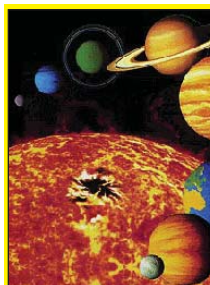


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ABRAHAM-HICKS

...continued from page 8...

There is not anything that any of you want—whether it's a material object, a state of being, a relationship, a circumstance or event... there's nothing that you have ever wanted or anybody you've ever known has ever wanted—that is for any other reason than you think you will feel better in the having of it... And when you show yourself that you can feel better just because you've decided that you want to feel better, and that you have the power to choose a thought that feels better, now, you're on your way. And there's nowhere that you cannot go along this Emotional Scale. And when you make it up there into the consistent range of feeling pretty darn wonderful, then wonderful things become the basis of your experience.

It doesn't
matter where
you are; you
can move
gradually into
increasingly
better places

Sometimes well-meaning people will encourage you to get happy faster than you can. And the reason that we say that is because, as we said earlier, you cannot put your radio dial on 630 AM and hear what's being broadcast on 98.6 FM; the frequencies have to match up. And if you are in despair, or fear, or anger, you can't jump all the way into bliss; you can't even get a whiff of bliss. It's a different vibrational frequency.

So, what we have noticed as we've been watching you, we notice that when you try to jump from anger or despair all the way to bliss, you don't make the jump; you can't possibly do it. And it's not because you're not good; it's because Law of Attraction is not going to give you access to thoughts or memories or experiences, or other people, that's very far from where you are offering your vibration.

It is so important that you decide today that you're not going to try to jump frequencies... It doesn't matter where you are; you can move gradually into increasingly better places.

The thing that is so important is that you, now, once and for all, make a decision that the relativity you're going to be aware of is only going to be the relationship between how I am feeling, and how I want to feel. In other words, My dominant intent is to find the best-feeling thoughts that I can find from where I am. Not the best-feeling thought I've ever thought, or not the best-feeling thought that anybody has ever thought, but just the best-feeling thought that I have access to, right now.

Decide, really soon, that you are not going to compare your emotional state with anybody else's, because their emo-

tional state is only about their emotional state; it doesn't have anything to do with you. Your friend that says, "Cheer up; be happy; come with me," say to your friend, "I was depressed yesterday, and today I'm really, really angry. And it's the best I can do. So, don't ask me to jump up there in your bright, fluffy, sunshine, lollipop and roses vibration; it's not possible. It's a quantum leap I cannot make. Go away, unless you like to be around an angry person."

Decide that you're going to be aware of how you feel, and that how you feel really matters, and feel exhilaration when your vibration shifts. When you move from despair or fear into anger, we want you to have a triumphant feeling of celebration because that was enormous, important movement, vibrationally, and because once you get angry, you can move rather quickly into frustration, and when you find that fresh breath of air that frustration gives you, we want you to stop and celebrate your achievement—but you're not going to be able to do that if you are trying to compare yourself with where others are....

Your creativity, has only to do with your relationship with the Source Energy that creates worlds. And your emotions tell you everything you need to know about that relationship. So, it doesn't matter how happy somebody else is; it only matters how happy you are.

Do you know how, in the classroom, they'll give you an A for this behavior, and a B for this behavior, or an E, or an F for that behavior. And so, you begin to think that somebody up there in joy and appreciation should get the A, and somebody down here in depression should get the E or the F. And what we want to say to you is, when you move from depression or fear into anger, give yourself an A, because that movement means everything.

What it means is, you've shifted enough vibrationally that you now have access to a whole other range of thoughts and experiences. And, of course, you do not want to get stuck there in anger, but from anger you have a prayer of reaching frustration, where you can't usually find yourself in the fresh breath of air that frustration is from despair or from fear; it's too much of a vibrational jump.

If you'll look back into your experience, you will begin to notice that emotions are always coming in response to what you are giving your attention to. And with far less effort than it takes to learn QuickBooks on your computer, you're going to discover that you can be in control of the way you feel, which means, you now have mastered the Art of Allowing. That means, no matter what's going on around you, you have discovered a way to feel good and remain in Connection, and when you've discovered that—then Well-Being must follow you everywhere you go.

SECRETS

Excerpts from
Secrets of Spiritual Happiness



...continued from page 16...

the realm of optimistic faith, then, along with the trauma and the grief of what we've experienced, we may also find a peaceful resting place amidst the storms of worldly tragedy. We'll enter the great and loving shelter of spiritual happiness that exists within and beyond the world of events and appearances.

Poke holes of optimism and faith through the veils of fear and illusion. Shift into a different way of viewing the world. Even though you may not have some of the worldly security nets that you might like, there's nevertheless a higher security — a whole, bigger security that is beyond the worries of this material world. With this kind of faith and optimism, no matter what happens on the worldly level, your soul can remain resplendent and fulfilled in meaningful and powerful ways.

We all have challenging circumstances to go through in life, and we all have unrealized potentials and dreams to realize and achieve. Use the power of optimism to remain anchored in spiritual happiness no matter what. Find something positive in anything and in everything. Seek and realize the goodness in life. Allow your deepest aspirations to blossom forth, regardless of whether they are growing in a clear, pristine lake or in a muddy swamp. Trust that your challenges are coming to you for a blessed reason, and see if you can figure out some of what that reason may be.

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.
- Sir Winston Churchill

Always remember that everything is good, and let everything always be good. Remember, there will always be more. And when there is no more, there will be something else.

Even if you're complaining about something, know in your heart that it is ultimately good. Maybe you're just enjoying having a chance to learn the lessons that come from that particular scenario. Maybe you needed to have a good complaint session to relieve some stress or some tension, or who knows? Maybe your complaints are even meant to help someone else feel better about their life.

How amazing is the grand orchestration of this dance of life that moves through and as every one of us, individually, and as a whole. What a sport! What a play! What a grand and magnificent dance this life is.

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Maybe you've had to experience the insensitivity of acquaintances to teach you to be more considerate of other people. Maybe your challenging experiences ultimately increased your awareness of your own actions, and have also increased your appreciation for all the good things you already have. Maybe your disappointments in this world are intended to bring your awareness to something even greater than this world.

Look for positive interpretations of things, and let everything be good. Just announce to yourself that every single thing is automatically and unfailingly good. Train your mind to think and accept that everything is good. Listen to your heart, which knows that everything is good. Then, part of the game is to figure out why everything may be good, and to come up with possible interpretations for how it is all good.

Nevertheless, even if you can't quite figure out how something can be good, you can still trust that - from an unknowable bigger picture - it must be good. This is the practice of intentional and unconditional optimism.

Drink in the joy of every moment.
- Ram Tirth

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FROM THE HEART

...continued from page 11 ...



The **Schwabs** and their staff work selflessly, tirelessly every day from before dawn until after dusk, feeding the animals and attending to their medical needs. When a magazine reported recently interviewed Sylvan at the refuge, she came up with the same conclusion as me — he is like a modern-day **St. Francis**. At the conclusion of her interview, the reporter noted to **Sylvan**, "I guess that when you leave this world your chances of getting into heaven are pretty good." Sylvan smiled and replied, "I don't have to leave this world to get into heaven — I'm already there."

Not many people would think that taking care of injured and unloved animals practically 24/7 is their idea of heaven, but Sylvan is there — which teaches me that fulfillment has less to do with conditions, and more to do with following the path that makes your heart sing.

A Course in Miracles asks us, "Why wait for heaven?" What a powerful question to consider! Many religions have told us that heaven is a place you earn by suffering on earth. The worse it is here, they teach, the better it will be there. But what if heaven is an experience you could attain even while walking the earth? Indeed we have all had moments of it. What would it take to make that experience more constant?

In the film **Groundhog Day**, **Bill Murray** portrays Phil, a cynical fellow who wakes up one morning to find himself in a bizarre time warp in which he just keeps reliving the same day over and over again. No matter what he does, including killing himself, he wakes up to live the same day once more. When Phil realizes he has become practically immortal, he starts to indulge himself to the sensory max — hey, he can't die, so why not? He scarfs down massive portions of junk food, he hits on women, and on and on. Yet in spite of these indulgences he still ends each day depressed, maybe more so. Finally Phil tries something new — helping people where he can. When he shifts his theme from "How much can I get?" to "How much can I give?" two amazing things happen: one, he feels happy for the first time in a long time, and two, he finally wakes up from his recurring nightmare.

As the charitable woman on our flight sat back in her cramped middle seat with a big smile on her face, I leaned back and reconsidered my need to get my choice seat. That lady, I decided, was an angel sent to be my teacher. (Sometimes the best teachers show up in odd or unexpected situations and packages.) When we finally landed and began to deplane, everyone was happy. The newlyweds got their seats together; the other lady made it to **Hawaii**; and I received one of the best spiritual lessons ever.

Go figure.



TIMELESS GUIDELINES

...continued from page 9...

of stress; ingestion of nutrient-deficient foods; unwholesome habits which deplete vital forces (including self-indulgence in worry and other obsessive behaviors); dishonest or confused behaviors; purposelessness; and choosing to conform to attitudes, relationships, and behaviors common to self-conscious or egocentric awareness, are self-defeating actions to be avoided. A commonsense guide to personal behavior is: if what is thought, felt, or done is life-enhancing and clears and expands awareness, allow it; if what is thought, felt, or done is life-suppressing and clouds awareness, avoid it.

5. Be Expansive and Compassionate - When our awareness opens to cosmic perceptions, we can more clearly see ourselves in ideal relationships to our world and others. Small-minded, self-centered, grasping or possessive attitudes and behaviors are unworthy of us as spiritual beings; they are nurtured by egoism, insecurity, self-righteousness, and inclinations to demonstrate personal power and control over others and circumstances. Life is whole; there is a right place in the universe for us, and for everyone and everything that contributes to the overall good. By discovering where and how we are best suited to function in the universe, we are enabled to fulfill our mundane purposes and our spiritual destiny without conflict or discord. As we are appreciative of our opportunities to learn, grow, and serve the cause of evolution, so we should bless others with our thoughts and actions that they might be enabled to be open to their opportunities to learn, grow, and participate. While fulfilling our known purposes, we can assist others to know and fulfill theirs. Compassionate behaviors are spontaneous when we clearly acknowledge that the true nature of others is identical to our own; that we share a common foundation-source in God and a common destined awakening in God.

6. In All Circumstances, Let Purity Prevail - The practical value of a pollution-free environment, personal hygiene, wholesome habits, and regulated lifestyle routines is obvious. Of equal value is mental purity because of insightful self-understanding, intentional cultivation of optimism, constructive rational thinking, spiritual practices which allow superconscious influences to beneficially act upon and transform mental states, and the spontaneous actions of enlivening soul forces impelled by inner grace because of the soul's urge to have awareness returned to wholeness. The end result of purity of mind is the removal of inertia and cloudiness which obscures the soul's perception of its

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true nature and tends to confine awareness to the unregulated actions of the mind caused by restlessness and confusion.

7. Learn to Always Be Soul-Content - We are established in soul contentment when calmly anchored in awareness of ourselves as spiritual beings in the field of God's consciousness. We are then inwardly happy regardless of outer conditions or circumstances—which we intuitively know to be but temporary. Our capacity to be soul-content is not dependent upon externals; it is experienced by personal choice and gentle intention. After deep meditation, the aftereffects of meditative calm can be maintained for a duration. At other times, whenever we become aware that we are too outwardly involved, challenged, stressed, or distracted, we can return awareness to our center of being and be peaceful. Soul contentment is not the same as being apathetic, bored, disinterested, or choosing to avoid circumstances by clinging to illusions; it is the natural result of right understanding and Self-identity. Established in soul contentment we can solve all problems which challenge, while maintaining mental clarity and emotional poise.

8. Be Analytical and Self-Disciplined, to Experience Psychological Transformation and Unfold and Actualize Spiritual Capacities - The enlightenment path is not for people who are careless or lazy, or who prefer delusions and illusions to truth. Honest self-analysis is necessary if soul consciousness is to be discerned as being other than ordinary, conflicted states of awareness. We need to know the contents of the mind; the drives and tendencies which contribute to purposeless behaviors; the hurts and traumas to be healed; and what is essential to our wellness, spiritual growth, and success in life. We need to know why and how to live our lives effectively. Self- (soul)-directed behaviors are to be cultivated in order to weaken and eliminate suppressive or restrictive psychological characteristics. When these obstacles to Self-knowledge and creative expression are removed, life is easily and spontaneously experienced as it is meant to be demonstrated. The direct approach to self-disciplined behaviors is to avoid all habits of thinking,

...continued on page 42...

THIS MONTH'S THOUGHTS ABOUT THINGS...

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



...continued from page 7 ...

So these days I seem to have mastered (in the dreamtime) keeping myself clothed, and even acquired magic pockets in some dreams, but I am still pulling myself along by trees and bushes and cars I pass in the road, in order to get somewhere.

A variation on the theme is walking around the hallways of a large hotel or resort searching for a particular room. Somehow in following the "group" I'm with, I find I've lost my bearings and can't get back to my room.

Dream Excerpt: *Once again wandering the halls of a big hotel, and Bill Gates is there with another group and he begins talking to me. I notice I am wearing mismatched pajamas and look sloppy while everyone else is dressed up. He acts like we know each other and he acts like I am not dressed oddly. I am wandering thru the hallways looking for the right door to the entrance to our corridor, or for something that looks familiar to let me know where I am in the building, as a reference point.*

I have the thought that "here I am once again in a dream trying to get "home". I keep going in and out of the wrong entrance. I look kind of bummy how I am dressed, and it's an upscale hotel. I try not to be noticed but feel very tall. I just want to blend in and get where I'm going before I am missed.

I remember it's a dream and decide to have some fun with it. I will myself up to the top of the building, maybe 20 stories up, because I want a view from up high like when I go to Google maps with the satellite view of the address I need to go to. I go to the edge and then jump off and begin "diving" - like sailing - toward a swimming pool below. I am going to make myself lightly touch down in it. I fly, sailing on the wind and using my arms to slow me down for landing, and also to direct my flight. Then I see the correct entrance to the hotel from above, so I sail or fly toward it. A small fountain like a jacuzzi is there, so I sail down into it, thinking the water will wake me up. It doesn't.

I find myself at the base of a very large Norfolk pine next to the fountain. I decide I can fly up as well as down, so I lift off and begin going up, but it's slow going and I am using tree branches to help pull me along and get up past them so I can soar. I finally fly free upwards.

Then I am back in the hotel room and everyone else is down at breakfast. I get the impression M and I have a separate kind of suite off to the side of the main bedroom area where everyone else is, but all the luggage for everyone is in our space. I look for my bag which is smaller than what everyone else brought, and it is underneath several others. Their bags (I get the impression one bag each, although they are pretty big bags) are all opened

up so I can see everything stuffed inside. Although they are on top of mine, they are not piled on top, but rather atop folding stands so I can easily reach down underneath to access my smaller bag. There are several of us apparently sharing the same room and there is a lot of luggage around and it's all in "my" space. I don't really mind though, I don't feel inconvenienced or invaded. I want to dress appropriately and get back before they notice I have sneaked out and am not with the group.

Recurring themes in the past month's dreams have included:

Walking the halls in a large hotel searching for a room
Noticing I'm under-dressed in upscale venues
Reaching for support to pull myself along faster
Maneuvering around other people's baggage in my space
Becoming lucid in the dream and flying free once I realize I'm in control of the dream

I can see the correlation between the dreams and my life. I am always moving from one thing to another, so wandering the halls looking for the next thing seems pretty natural.

I have a tendency around town to dress very casually and have occasionally found myself running into people and thinking I wished I'd been better dressed; so I relate to that part of the dreams.

Reaching to grab hold of things alongside me to pull me along the Path faster: I do that all the time. I recognize that everything around me is an opportunity to help me get where I'm going, and if I just reach out and grab hold, I can move along faster with a little help. Oh, I'm so smart...

Other people's baggage in my space, I know why that might be a recurring theme. I do visualization sessions on behalf of friends and clients, helping hold a vision for an outcome they would like. So that means they tell me all their "stuff", all their baggage so to speak. I recognize, though, that because of the counseling work I do, that not all the thoughts in my head are about my own stuff. In the dreams, I don't feel invaded by their luggage, I don't resent it being there, I just notice it and accept it and move around it as best I can. I think I do that in real life to some extent, I try to.

The best part is always when I recognize I'm in a dream and become lucid and take control and go flying all over. Flying dreams and dancing dreams are my favorites. . I've been doing lots of dream interpretations in my readings lately as well, vibrational match, right?

I always enjoy working out someone's dreams with them, but to be truthful, the dreamer is the one who must ultimately interpret for themselves. They must use their intuition to determine what the dream really means to them, or is really showing them. Seth suggests that all the characters in the dream are simply facets of ourselves. I find that fascinating. It makes me look at everyone around me with new eyes. I love being prompted to see the ordinary daily things around me with new eyes. It expands my world every time it happens.

Enjoy our offering this month.

Hari Om.

Andrøa

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.

MY HAPPY BOOK

I take journaling to a new level by deliberately thinking happy thoughts and then writing them down. I can select a regular notebook for this purpose or perhaps a fancy hardback journal that reminds me of how special this process will be.

I choose a time each day to sit quietly, reflect, and begin to briefly list happy moments from the past and happy moments that I want to experience in the future.

I can be as general ("success at work") or as specific ("a big bowl of chunky monkey ice cream") as I want. I list as much as flows forth with the sole criterion: this thought feels emotionally good when I think/write it.

As I make this a part of each day, I'll begin to recall pleasant events that I'd all-but-forgotten, and I'll become increasingly clear about what I want from life.

But most important: I'll be spending present moments feeling very good. And courtesy of the ever-on-duty Law of Attraction, I'll set the stage for very good things to find me with ease.

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Shamanic Workshops w/ John Moore: Divination with Nature Aug 23rd & 24th and Making Natural Flower Water Aug 31st Call for info/registration

Moon Ceremonies New Moon Friday Aug. 1st., Full Moon Saturday Aug. 16th, and New Moon Saturday Aug 30th. Starts 7:30pm. Bring a stick & dish to share.

Qigong 1st and/or 2nd level with Qigong stretching: Mondays, 6:00 - 7:00pm. \$40 or \$12 per class.

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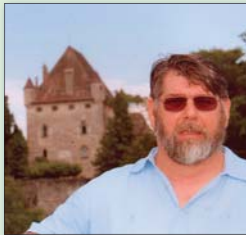
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Albert has been a professional psychic for 35 years. He was the subject of the internationally published book "VISIONS OF TIME", to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by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



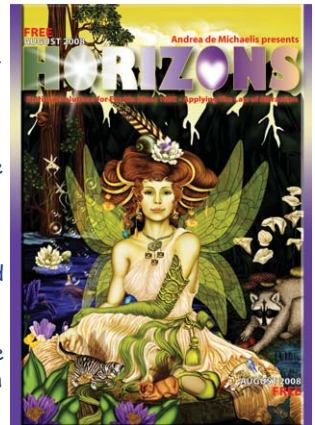
He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward 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**

COVER ART

Pond Fay and Her Kittens

BY SHARON GEORGE

This nature faery is resting upon her favorite stone at the edge of a hidden pond. She is with her adopted children, three fay kittens. They are visited by their friend, Racoon, who has picked a giant strawberry and is washing it in the miniature falls. The talking carp makes bubbles while one of the kittens watches an inchworm make his way across the stone. The pond fay, decorated with her favorite found objects, is quite contented in the late afternoon shadows. She exudes a gentle air that has drawn a pod of hummers to rest with her in her calm. It's a peaceable kingdom.



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.



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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, 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

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 MELBOURNE 7:00 - 8:00 PM Body Types and the Enneagram Learn why some types are incompatible, while others are drawn together; why some want to be more intensely what they are, while others yearn to be their opposites. Various Melbourne area locations. FREE www.consciousregeneration.org or (877) 285-7142

Every Wednesday - KISSIMMEE - Meditation Circle 7:30 p.m. - \$5.00 donation. Spiritual Awakening 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

Thursday - KISSIMMEE - Tai Chi Chih - 6:00 p.m. \$5.00 donation. All Welcome. Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

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 Thomas M. Various Metaphysical topics. 10PM - 11PM Eastern. Starchild Message Board. 941-743-0800. www.starchildbooks.Com

Thursdays, BREVARD COUNTY, Joyful Movement And Sounds, A New Approach to Exercise & Meditation. This class provides it all: exercise through breathing and movement, uplifted spirits through laughter and sounds, meditation through movement and music. It's fun, it's easy, it's good for you! Multiple dates, times and locations. World Peace Thru Laughter, Sep 6. Contact Pegatha, 321-951-2528/615-4678, pegatha@joyfullyyoursonline.com.

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. References. For info, call 407-721-3396. Please visit my website www.orlandopsychic.com

2nd Saturday - KISSIMMEE - "An Evening of Mediumship" - 7:00 p.m., \$10.00 donation. Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation appreciated. Hield Road is off Minton Road, just north of Palm Bay Road, go west a mile or so, it's on the right, look for name on mailbox.

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

Sunday Church Services - KISSIMMEE - Healing & Meditation 10:00 a.m., Worship & Messages 11:00 a.m. Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

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 1:00 PM - 3:30 PM The Work - Have you come to the end of your rope in life? Do you wish to understand yourself and your relationships better? Overcome negative emotions? Make your everyday life more meaningful, more real? Learn about self transformation in the tradition of Gurdjieff and Ouspensky's teachings. www.consciousregeneration.org or (877) 285-7142

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

3rd Sunday - KISSIMMEE - Mini-Reading Sunday after service at 12:00 noon - 12 min. reading \$15.00 donation, lunch available - Spiritual Awakening, 1045 N. John Young Pkwy. call 407-343-9062 or visit us at www.churchofspiritualawakening.com

Friday/Sat AUG 1 and 2 CASSADAGA August 1st Noon to 5 p.m. and Saturday - August 2nd 10 a.m. to 4 p.m. Join us at Southern Cassadaga Spiritualist Camp Bookstore ~ 1112 Stevens Street for an Open House with demos and treatments using the Shambhala Meditation Healing tools. Western Buddhist Monks and Nuns of the Shambhala Meditation Center in Sedona, AZ will be demonstrating "Hands On" with the Healing Tools of His Holiness Buddha Maitreya. The tools apply Sacred Geometry ~ the Universal scientific principle of Divine Order. These tools are used for meditation and self-healing, along with helping others experience spontaneous healings and blessings. Saturday evening from 5-9 p.m. there will be a workshop with Group Meditation, Demonstration and Application of tools. \$30 includes a FREE "Soul Therapy Meditation" CD. Contact Cassadaga Camp Bookstore @ (386) 228-2880 (www.ThePathStartsHere.com) or 1-877-444-SOUL (www.shambhalahealingtools.com)

Tuesday, August 5th WINTER PARK Guided Meditation / Visualization as an aid to healing - 7:00-8:30 PM - Learn how to use meditation/ visualization to help you become well. Marilyn Jenquin, Director, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park. 32792. Donations welcome. 407-673-9776.

Thursdays, August 7, 14, 21, 28 BUNNELL "A Course In Miracles" facilitated by Doris Scarborough 10 AM - Noon N/C donation requested. Location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL. 32110 386-437-3230.

Thursdays, August 7, 14, 21, 28 BUNNELL Psychic & Mediumship Development Instructor Rev. Maeda Jones 7 PM \$15.00. Location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL. 32110 386-437-3230.

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

August 8th NEW SMYRNA BEACH "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 at 7 PM. Speaker Dennis Hollin will demonstrate and talk on Table Tipping, which is a form of seance Call Judson for more information 386-847-2367

Saturday, August 9 BUNNELL "Young Adult Yoga" Ages 11 - 14. Instructor is Wendy Michael .11 AM - Noon \$10.00 per child. Location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL. 32110 386-437-3230.

Tuesday, August 12th 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, August 13 BUNNELL "Laughter Club" facilitated by Cheryl Laubner 4 - 5 PM \$10.00. Location: 4601 E. Hwy 100, Unit F-3, Bunnell, FL. 32110 386-437-3230.

Saturday, August 16 BUNNELL "Life Enrichment" Instructor Diane Ackerman, author of "The Gathering" and "Shut The Duck Up" 1-3 PM. Location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL. 32110 386-437-3230

Sat., Aug. 16 CASSADAGA 10 am - 3 pm Body Mind Spirit Festival. Andrew Jackson Davis Bldg. & Colby Memorial Temple. Cassadaga celebrates the Body-Mind-Spirit connection with an all-day indoor Festival featuring complimentary and alternative health products and services, mini-readings by Certified Mediums and informational talks and demonstrations. Admission is free, mini-readings \$20.

Friday, August 22nd DELRAY BEACH Free Public Program Meditation: Mastering the Mind 7:00-9:00 P.M. South County Civic Center, 16700 Jog Road, Delray Beach, FL 33446 Call to reserve your seat: 561-637-9905

August 22nd DAYTONA BEACH 6th Sensory Lightworkers - "Share Our Gift" gathering at 7PM - at 710 N. Oleander Ave. More information call Judson 386-847-2367

Saturday, August 23 BUNNELL Mini Workshop Day A festival of workshops different subjects such as Rev Maeda Jones, Physic Development; Rev. Diane Davis, Natural Law; Shannon Andersen, Past Life Regression; and more all \$10.00 each. Location: The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL. 32110 386-437-3230.

September 6th ~ Spiritual Healing, Reflexology, and Essential Oils ~ 10:00 AM-4:00 PM ~Workshop. Hands-on opportunity to learn how to use each of these to help people in need. Sponsored by the International Foundation for Spiritual Knowledge. 407-673-9776 ~ www.ifsk.org ~ Pre-registration required.

Saturday, October 18th -- TALLAHASSEE -- Dreams: A Door To Wisdom And Spiritual Connection with Dr. Harold McKinney, A.R.E. Presenter -- 10:00a.m. - 4:30p.m. at Unity of Tallahassee. Adults preregistered by October 11, 2008 -- \$35 & \$40 at door and Students preregistered by October 18, 2008 -- \$30 & \$35 at door. For more information call Patti Friedman, 850-878-5050.

February 22nd, 2009, FORT LAUDERDALE The 9th Annual Expo of Heart Expo 10am - 7pm Broward County Convention Center. EXHIBITOR SPACE STILL AVAILABLE. Plan your booth now - the newest and best products, services and info about Personal Growth, Metaphysics, Holistic Wellness Centers, Zen, Reiki, Angels, Animal Communication, Visionary Art and Handcrafts, Feng Shui, Crystal and Jewelry, Intuitive Counselors, Health Products, Acupuncture, Yoga, Raw Food, Skin Care, Energy Treatments, Massage, Environmental Resources, and Creating Abundance in your life. email info@expoofheart.com Offer to volunteer. www.expoofheart.com 888-292-1116



Cassadaga Camp Bookstore invites you to experience an "Awakening of the Heart"

**Friday – August 1st, 2008
Noon to 5 p.m.**

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Saturday evening from 5-9 p.m. there will be a workshop with Group Meditation, Demonstration and Application of tools.

\$30 Price includes a FREE "Soul Therapy Meditation" CD

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Ask
White dove

... from page 15 ...

Dear White dove, How do you feel about prophetic dreams? Sometimes I dream of events still to come. Other times they are about people that I know, but are more symbolic rather than factual. It's all very confusing information. How am I supposed to interpret these wild dreams?

The Dreamer, Montreal

Dear Dreamer, The dreamtime is the doorway to the spirit world. As the body rests and rejuvenates, the soul is released. We do many things during the dreamtime. Sometimes we work out solutions to Earthly problems and our fears. This is also the time when we meet up with departed loved ones and continue our relationships. Dreams are also a way of self communication on a soul level.

In the spirit world there is no linear time as on Earth; the past, present, and future are all one. There are probable futures too. Upon waking we can remember witnessing events, but in Earth time these events have not played out as of yet. Premonitions or Prophetic dreams are valid, but you have to learn to interpret them for yourself.

I suggest keeping a dream journal. Train yourself to remember your dreams. At bedtime, start a little ritual. Place a glass carafe full of spring water on your nightstand near your head. This is not for drinking; this water is a super-conductor to help bring clarity to your dreams. When you lay down, ask your subconscious mind to move over. It helps to make the request because your mind acts as a filter. Say to yourself, "I want to remember my dreams, and I will remember my dreams." This positive reinforcement will impress your true desires upon your subconscious mind. Upon waking, don't jump right up. Think about where you were. Ask yourself; what was just happening? Then jot down all the details of your dreams before getting out of bed. The more that you practice, the clearer your dreams will become. You will enjoy rereading your dream journal and come to a better understanding of your soul's dreamtime escapades.

Many inventors receive information in the dream state. **Thomas Edison** would take cat naps in his office while holding marbles. He would focus on a solution to an invention as he would drift off to sleep. When he reached a level of deep sleep his hands would relax, the marbles would drop on the wood floor and wake him. By using this method to startle himself awake he would be able to remember more information from the dream state. Mr. Edison holds the world record for 1900 patented inventions. He was able to perfect a method to help him remember his dreams.

Throughout biblical scriptures there are many instances of God and the Angels relaying special knowledge about events to come through dreams. This is an easy method for spirit communication. When God wants to give us an urgent warning or encourage us to take action a prophetic dream is an inspiring tool.

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This is a time to come together
as a group to develop our lives
in a positive, uplifting direction.

We will begin practicing the
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that will improve

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which are in the book

**"Ask And It Is Given,
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This is an ongoing group for
developing your own ability to
implement the Law of
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**This group will meet on the 3rd
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Dennis Hollin 407-721-3396

LISA WILLIAMS

TV's Top Medium

Sept. 23, 2008



7:30 pm

www.lisawilliamsmedium.com

TV's top medium and clairvoyant Lisa Williams as she helps you understand the transition into the spirit world. Sharing her gift of communication with spirits who have come through from the Other Side, Lisa will share her knowledge of the Spirit World and the ways we connect with Spirit and understand the messages that our loved ones are trying to convey to us. She will also demonstrate her astonishing mediumship abilities by performing live readings with the audience.

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**Let us know when your group meets so we can
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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

AUGUST 2008

It's all about him isn't it? Gets himself named **Caesar** and what does he do? He names a month after himself! I could do that if I were Caesar. The month of **Roger**? Hmmm, never mind. It probably would never last two thousand years like **August** did.

August is laughing across the sky,
Laughing while paddle, canoe and I,
Drift, drift,
Where the hills uplift
On either side of the current swift.
The Song My Paddle Sings, Emily Pauline Johnson
(Tekahionwake; 1861-1913)

He did some good, though. Through his leadership and negotiation, Rome had a very peaceful existence for almost two centuries. On top of that, the Roman Senate gave him so many powers that he became more powerful than the Senate through his control of the armies that they gave him little opposition. Then, when he died, they declared him to be a god and to be worshipped by the Roman people. See what happens when there is no wall of separation between church and state?

OK, maybe that was not the conclusion I was working toward, but here is a tidbit: In 2001, I wrote about **John Barleycorn**, a traditional ballad that represented the spirit of the growing grain.

There was three men come out o' the west
their fortunes for to try,
And these three men made a solemn vow,
John Barleycorn must die,
They plowed, they sowed, they harrowed him in,
threwed clods upon his head,
And these three men made a solemn vow,
John Barleycorn was dead.
Early English Ballad

There are several musical groups that have recorded this piece, **Jack London** wrote a novel by that name and **Robert Burns**, a poem! As you listen or read the lyrics, you may think the story is about some group of assassins who

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The Educational Division of New Awareness Ministries, Int'l

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The College of Metaphysical Studies (CMS) has been a leader in metaphysical and spiritual education since 1986. Our primary purpose is to train prospective leaders for metaphysical, New Age, New Thought, Spiritualist and Neo-Pagan communities through Distant-Learning or On-campus Training. Those persons not planning to become practitioners, but who only wish to pursue a solid self-improvement program and acquire an excellent education in metaphysics and the spiritual sciences, are also encouraged to attend in a degree or non-degree status.

We are authorized to operate as a private, non-secular college and to issue Associate, Bachelor, Master and Doctorate Degrees in metaphysics, religion, spiritual awareness, spiritual and holistic healing, esoteric studies, parapsychology, and the entire allied metaphysical field. We also train and certify ministers, spiritual and holistic healers, teachers, pastoral counselors, mediums, intuitive practitioners, past-life regression facilitators and administrators.

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Dr's. Barbara and Paul Daniele

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are trying to off poor John. Then you find in the remaining lines that poor John was actually the harvest and the 'assassins' are just the farmers who harvest the grain. I wrote that you could surf the net with your browser using the phrase: "**John Barleycorn**" using quotes to keep the phrase intact. I then stated that I got almost 4000 hits! Well, I just did it again and got 456,000 hits, a factor of more than 100 times in 7 years! Not bad for an ancient English agriculture god, is it? Just goes to show how powerful the number 7 is...

AUGUST 2008

Aug 1st - New Moon at 6:13AM EDT
Aug 1st - Wicca/Neopagan: Sabbat of Lammass or Lughnasadh
Aug 3rd - Hindu: Ganesh Chaturthi, Festival of Lord Ganesh, God of Learning and Remover of Obstacles
Aug 8th - Roman: Eve of the Festival of Venus
Aug 16th - Full "Lightning" Moon at 5:18 PM EDT
Aug 16th - Hindu: Raksha Bandhan, girls and women tie amulets on wrists of brothers for protection
Aug 27th - Jainism: Start of Paryushana (Samvatsari) Staying of the Monks
Aug 30th - New Moon at 3:59 PM EDT



TIMELESS GUIDELINES

...continued from page 31...

feeling, relating, and doing, that are not useful to higher ends—while cultivating and perfecting mental-emotional states, relationships, and behaviors which are entirely supportive of our aspirations for growth and illumination of consciousness.

9. Be Diligent in Spiritual Practices - Our lives will be in tune with the Infinite and all endeavors will be more successful when regular meditation practice is included as a priority in our schedule of daily self-care routines. Intentional, meditative spiritual practices can include prayer, the use of helpful techniques for the purpose of eliciting physical relaxation and mental calm, contemplation of transcendental realities, surrender to spontaneous unfoldments of superconscious states, and any other supportive, awareness-clearing processes. At other times, we can be steadfastly resolved to live our lives with alert, conscious intention and be relaxed and cheerful while doing this. Living should be enjoyable and purposeful. (Meditation practices will be described in more detail later in this text.)

10. Have Faith in God - From an egocentric perception of everyday circumstances it may seem that our lives are our own to live and that people, things, and circumstances are to be used for our personal purposes. It is a mistake to believe this.

The truth is, our lives are not our own and we possess nothing. At the level of clear soul knowing, God is apprehended as the reality of us and of everything—wholeness is; separation or otherness is not. We can take this information on faith—because enlightened men and women of the ages have shared it as their understanding and we intuitively know it to be so—until we have examined, tested, and proved it by our personal experience. And this is precisely what we are compelled by our innate urge in the direction of fulfillment to do.

When we have a sincere desire to experience the reality of God, it is easier for us to live a natural life directed by our intelligence. For steadfastness on the soul awakening path, three disciplines need to be observed: physical, moral, and spiritual. Wholesome lifestyle routines should be cultivated to nurture physical health and maintain the body in a functional state. Healthy, long life has value because it enables us to accomplish our secular and spiritual purposes. Appropriate, ethical behavior is essential to supportive relationships and to psychological health. Attention given to these two disciplines will enable a person to live an honorable, comfortable, and successful human life and will allow moderate spiritual growth to naturally occur.



SUGGESTED READING WATCHING 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
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;

From www.agnepublishing.com
The Magic Box by Egan Sanders

From www.theintentionexperiment.com
The Field by Lynne McTaggart
The Intention Experiment by Lynne McTaggart

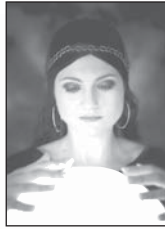
From www.newworldlibrary.com
Lover's Alchemy Fideler & Fideler
The Yoga of Sound Russill Paul
The Language of Miracles Amelia Kinkade

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



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 reading.
Visit www.spirit-chapel.org.
1924 Melody Lane behind Melbourne Auditorium

Sat., Aug. 16 CASSADAGA 10 am – 3 pm Body Mind Spirit Festival Andrew Jackson Davis Bldg. & Colby Memorial Temple. Free • mini-readings \$20.

Sat. Aug 30 Vero Beach 11am-5pm

Psychic Fair \$25 mini-readings at The Vero Body Mind Center 772-299-4486 and 772-501-5011, 2424 US 1 Vero Bch Also Biofeedback, Aura Photography. At 7pm, Table Tipping Seance with Dennis Hollin

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

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

August 19th and 20th are good days for you to finalize projects that have been on the back burner. Your lesson this month gravitates towards stabilizing your creative ideas into manifestation. If you can keep from getting too distracted this month, you will be miles ahead of your peers.

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

This month work and more work is the name of the game, especially if you want to eat and keep warm this Winter. You also will come face to face with any health issues that may be of concern. August 21 and 22 are good days to reevaluate your career path.

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

Relationships are your biggest lesson and who you are in them. You have a tendency to blame others for your short comings, beware that intimacy has hidden mirrors. As you merge your life with another, boundaries become one as well as buried secrets get uprooted.

Cancer: June 21 to July 22 I Feel.

Just remember who you are and what you are made of this month as the temperatures heat up. August 25th is an especially powerful day for you to resolve any past issues you may have with women. You are at a crossroads of a new beginning, where heart and emotion have everything to do with a positive future.

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

A Solar Eclipse New Moon in Leo on August 1st will be a powerful new start for you. You need to ask yourself three questions, 1) are you happy doing what you are doing? 2) Do you listen to yourself? 3) If you answered no to any of these questions, then why? Whose life is it anyway?

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

August 2nd and 3rd are very good days for you to formulate new ideas regarding the breakthrough that is needed in your career. The reality of the situation is that you are ready for a change but too scared to make the first move. Your lesson has to do with divine timing and learning to trust yourself.

Libra: Sept 22/23 to October 23 I Balance.

The Full Moon Lunar Eclipse in Aquarius on August 16th will bring a steady flow of positive vibrations into your life. Change is a constant vibration that resonates with every fiber of your inner being. The spiritual connection that you have with your creator is the constant in your life, so nurture it, so it can nurture you.



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AUGUST 2008

Scorpio: October 23 to November 22 I Create.

August 7th and 8th are good days for you to take time out for a spiritual retreat. Feelings are coming to the surface to be cleared. You need time to integrate the inner changes happening within you. It is okay not to have words to explain your feelings, your guides are telling you, as you feel them you release them.

Sagittarius: Nov 22 to December 21 I Perceive.

You are put on notice that the rumblings going on within you have to do with a rebirth of vital energy, willpower and raw potential. You feel an intense desire to make use of your latent abilities, especially those which have previously remained dormant.

Capricorn: December 21 to January 19/20 I Use.

By the 13th of August, you will have a renewed sense of abundance and worthiness. This is a time where you feel that you are getting tangible results. Your life is up to you, so give it your all. Imagine a blank canvas before you, what do you want to put on it? Whatever you do, enjoy it.

Aquarius: January 19/20 to February 18 I Know.

The Full Moon Lunar Eclipse in Aquarius on August 15 is a very powerful soul awakening. Your mind becomes extremely sensitive, more subtle, ethereal and transcendental. Altered states of awareness hook you up to downloads of higher wisdom beyond this earthly realm. Pay attention to the information that is coming through, you need it.

Pisces: February 18 to March 20 I Feel.

Your mind is on overload, please take the time to nurture your physical body, exercise will help you integrate all the new frequencies that are coming into the planet. Yoga, prayer, and laughter are vital keys to your health as well. Be thankful for all that you have and God will keep blessing you.

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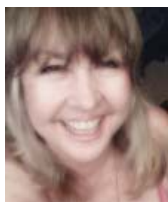
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Just behind the visible world is a whole other world in which it all works differently. ~ Ram Das



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Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more vivid psychic impressions from your angels, guides and teachers.

While relaxing, does your body begin to hum or vibrate, sometimes so intensely you think the room itself is shaking? Learn how to manage this energy and use it for more expansive and experiences with your invisible helpers.

Go into each session with questions you would like answered by your angels, guides and teachers.

Healthy Eating Habits

By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding interesting and fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen to this recording, you can experience a new and healthy vital energy flowing through body and mind



Sleepytime Recharge

Play this recording as you are falling asleep for a refreshing segment of restful sleep and rejuvenation. Even when asleep, your subconscious mind is listening, so you can still expect change to occur.

We've learned that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear others speak. The cells of our body process information and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. Our beliefs, true or false, positive or negative, affect our genetic activity and alter our genetic code.

We can retrain our consciousness to create healthy beliefs, and thus create a profoundly positive effect on our bodies and in our lives. We can not only regulate our own brain chemistry to overcome ailments and bad habits, we can reprogram ourselves and reformat our lives for more personal joy.

Our body is a community of 50 trillion living cells, all cooperating as a collective amoebic consciousness, and we speak to it and direct it every time we have a thought or reaction. The body is a biochemical machine and the driver is the mind. So dis-ease is merely a result of how we're driving our physiology.

Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health. Each time you listen to this recording, you will awaken refreshed, rejuvenated and motivated to get into your day.



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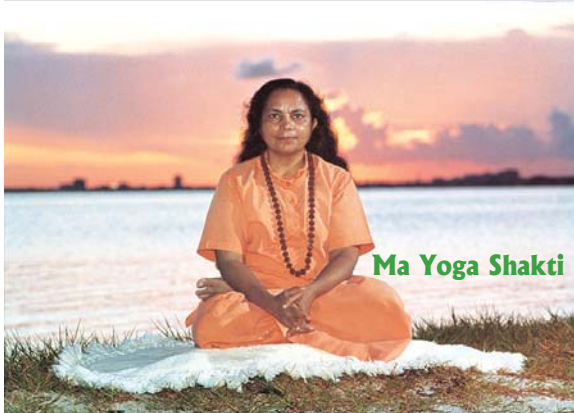
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Chip & Shyama Iacona
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Yoga Syzygy Guide to Hatha Yoga \$15

Techniques of Meditation to Enhance Mind Power \$10

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