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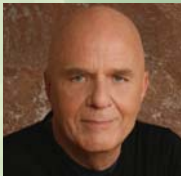
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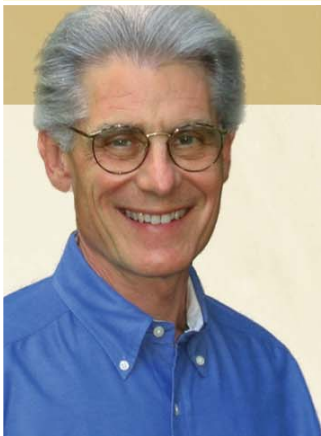
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# Rev. Albert J. Bowes

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

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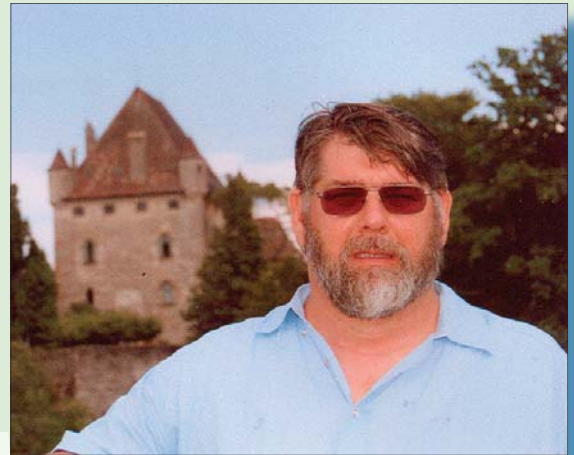
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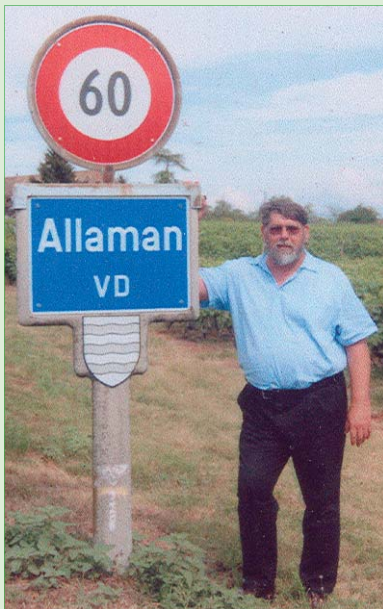


## CREDENTIALS:

Albert was the subject of the internationally published book **"VISIONS OF TIME"**, to make the world aware of the scientific possibilities for using psychic gifts. Albert's gifts have been validated by double-blind testing by a University Professor in a four-year research project. Albert's work has included successful projects with **NASA** & the **FBI**, to working on academic projects, to finding missing persons and sunken ships.

He has worked with a wide variety of professionals, including Archeologists, Research Scientists, Detectives, Doctors, Surgeons, Oil Companies, and many other individuals, both professional and private. He is the founder of **The Society for Holistic Living**, which advocates the incorporation of Body, Mind and Spirit, working toward completeness in life. He has taught University level Parapsychology 1 & 2 for the **University of Florida**, and his Anthropology work is still being taught in Universities.

He was also a Project Manager and Lecturer for the **Edgar Cayce Foundation** and their **Association for Research and Enlightenment**. Albert also hosted a year-long TV show, "Society of Holistic Healing" on **TV Channel 3**, and has made appearances by invitation on "The Carol Nelson Show", on **WFTV Channel 9** in Orlando, and "**PM MAGAZINE**" **WCPX Channel 6**. Albert was invited to **Russia** to study the paranormal, where he worked with a team of Psychics, Researchers and Scientists.



**Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies. Visit him online at [www.psychicconsultant.org](http://www.psychicconsultant.org)**

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## Sunday Services 9:00am & 11am

**OUR SUNDAY  
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### HOW PREPARED ARE YOU? Wednesday, September 3rd and 10th 7:00PM with 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.

### PRAYER TIES Sunday, Sept 7th 9:00 and 11:00AM

During the service we will have a brief explanation of how to make prayer ties and the materials will be set up in our hospitality lobby that day and for the rest of the week so that we can make them for World Day of Prayer and the 11 Days of Global Unity

### 11 Days of Global Unity September 11-21 Unity of Melbourne is participating in the UN Initiative:

**Thursday 9/11 - World Day of Prayer 7:00am-9:00pm**

**Friday 9/12 7:00-9:30pm and Saturday 9/13 9:00am-5:00pm**  
Thriving Churches and Integral Leadership with Rev. Dr. Gary Simmons \$125 per person or \$500 per church. Call for details

**Sunday 9/14 6:30-8:30pm - An evening of Native American Spirituality** will include teachings, ceremony, music, drumming with Bonnie Eaglewind, Mike Edwards, Jann Rossbach, and MC Elizabeth Stamper, Janine Chimera and Ronnie Ahern; and the Ancient Spirit Drummers.

**Monday night 9/15 Qi Gong in our sanctuary at 7pm. \$5.00**

**Tuesday 9/16 at noon Dr. Wayne Dyer's Manifestation Prayer.**

**Wednesday 9/17 7PM Chakra Alignment Meditation** with Crystal Singing Bowls w/Rev. Janet and Rev. Robert Buck. \$11.

**Friday 19th 7:00pm Brevard County Buddhist Fellowship** for evening of prayer, meditation, gongs, chanting. Love offering.

**Sunday night Sept 21st** we will end the 11 days with an evening dedicated to African spirituality including teachings, ceremonies and rituals, stories, music (drumming) and dance. We will have an altar, decorations, and traditional foods. Love Offering.

### New! QI GONG Mondays 7pm

Low impact, energy flow movements to improve energy level and increase awareness. Wear loose fitting clothes and shoes



suitable for standing. You may sit if needed. \$5.00 Donation.

### HEALING SERVICES

Reiki Sunday Sept 7th at 4:30pm  
Pranic Healing Sept 28th at 4:30pm  
Manifestation Prayer Tuesdays noon  
Healing Prayer Service Thursdays noon

### Wednesdays beginning October 8th, 7:00PM Prosperity In Action

The Intersection of Joy and Money with Rev. Beth. Materials \$45.00  
Using the techniques in this book, you will be able to bring personal power to your relationship with money. Experience yourself with greater prosperity. Gain more confidence in your financial decision making. Develop your own personal Daily Prosperity Practice. Explore the manifestations of your Enneagram type. Find your personal intersection of Joy and Money

## Unity's World Day of Prayer

Thursday, Sept 11th 7 am - 9 pm

**7 am - Opening Ceremony.** Elizabeth Stamper will lead a meditation on world peace and a sacred prayer walk in the Labyrinth in the Park. Throughout the Day, there will be silent prayer (except for half hour of chanting) in the Sanctuary. Please enter the sanctuary only on the hour or half-hour.

**12 Noon -12:30 pm** - Teaching on Prayer ties in lobby

**12:30- 1 pm** - Chanting in the Sanctuary

**7 pm** - Closing Ceremony

**PosiPalooza!**

**Sunday  
Oct 12th  
7:00PM**

Featuring Artists: LEROY WHITE, FAITH RIVERA, RICHARD MEKDECI and SUE KROUPA-RILEY. Tickets are \$20 in advance, \$25 at the door. These musicians create and gather and find the New Thought music that we love. Richard Mekdeci is the founder of our monthly Sound Connections newsletter. To see a clip type this web address: <http://www.youtube.com/watch?v=fzFU2xeXJV8>

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

**THE GREATEST  
OPTICAL ILLUSION  
IS SEPARATION**

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

**Thanks for help this month**

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Cha Cha La Belle  
Rev. Beth Head  
Melanie M'dian  
Sally Carmany  
Gerald Head  
Denise Marr

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by Sharon George

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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](mailto:HorizonsMagazine@aol.com), along with a 50 word bio telling who you are and how to contact you. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for as an ad.

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

[www.new-thought.org/](http://www.new-thought.org/) Email [oneheart@roadrunner.com](mailto:oneheart@roadrunner.com)

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





**Andrea de Michaelis**  
Publisher

## THIS MONTH'S THOUGHTS ABOUT THINGS...

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

**H**ello and welcome to the **September 2008** edition of **Horizons Magazine**. I can't believe it's already September, the weather has been so mild this year. We needed the rains and the rains came! The afternoon storms keep the heat and humidity at bay. I love sitting inside the office here, looking out my big picture window as I work, watching the storms pass through. It's been such an easy summer that I bought a lawnmower and have been mowing my own yard. Ok, granted I don't have much lawn. The front yard is an oak and palm hammock with exactly 6 square feet of grass growing; everything else is under the deep shade of the high oaks. The back yard, however, has a nice little expanse of grass that takes me about 20 minutes to mow. And those 20 minutes quickly became a moving meditation for me.

I'd make sure to have gas before each run. I'd mow around the perimeter first, then up and back, up and back. As in walking meditation, I'd keep my eyes immediately in front of where I was mowing, this time on the watch for pinecones or large sticks. It's a mulching mower, so I'm pretty fearless, but cautious. I'd make sure to cut right alongside the next row: not so close as to overlap, but not so far away that I miss a strip and have to redo it. I'd curve around the gardens, becoming more aware of their shapes and forms. I'd bend low to go under the sprawling mulberry and that giant yellow flowering bush I never can recall the name of. While I was bent almost waist level, I'd peer deep into the undergrowth and see the whole little world inside there.

Sometimes I'd hear my neighbor behind me starting up his mower, and I'd smile to think I might have been an inspiration. It was, in fact, the neighbor in front of me who initially inspired me. I'd see him mowing several times a week, and he just seemed so happy and peaceful doing it. I wanted to feel happy and peaceful like that, and I wanted to walk behind a mower like that. So it's the ripple effect! One inspires another, inspires another, inspires another, and everyone wins.

Speaking of inspiration, **Abraham-Hicks** talks about using visualization to achieve a vibrational match with what you want to attract. They note that mere 'observers thrive in good times but suffer in bad times, because whatever you're observing is reflected in your vibration. But if you are a visionary, you thrive in all times because, as a visionary, you have learned to hold your vibration in the place that matches

*...continued on page 32...*

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

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

## MAKING CONTRAST YOUR FRIEND

**Y**ou are Creators who have come forth into this physical dimension as extensions of that Nonphysical Energy. And you were very exhilarated about coming forth into this contrasting experience because you knew that out of the contrast you would be able to come to clear decision.

Can you feel the power in the word "decision?" Can you feel the difference between saying, "I want that" or "I would like to have that" and "I have decided?" Can you feel that a decision is a more focusing of the Energy? That is what a Creator is.

Very often, what happens in your physical realm is that as you look around at the contrast and you see what you do not want — it helps you in knowing what you do want. But very often you spend more of your time focused upon what you are not wanting than upon what you are wanting. You seem to believe that if you could somehow push hard enough against what you do not want that it would go away, when, in reality, every moment of attention that you give to it means you are actually, for that moment, choosing it and, therefore, it is a part of your vibration. Your attention to it means you are including it.

Whatever it is you are giving your attention to causes you to offer a vibrational output that the Universe is matching. So what happens to most of you is that you are not offering the pure signal that you mean to offer. In other words, you would like to tell the Universe what you are wanting, but most of you are not only telling the Universe what you want but what you don't want. So what your signal is offering or outputting is contradicted. It's not pure.

### THE FORMULA SAYS

The formula for creating anything says, "Identify the desire." That's easy. Contrast helps you do that. And once you've identified the desire, achieve a vibrational match with the desire. And when you do that, as Esther said, "It's a done deal." When you are in vibrational harmony with your own desire so that your

output is singular and pure, the Universe must deliver to you that which is your desire. We hear you sometimes say, "Abraham, I want more money. I'm so tired of the struggle." And we say, "That is not a pure vibration." When you say, "I want a new red car," the Universe responds to the vibration of your desire. But then when you say, "But a new red car is too expensive," the Universe responds to that vibration, too. So when the Universe is responding to two contradictory vibrations, you stand right where you are.

Most of our physical human friends are not doing much visualizing. Most of you are observing what-is. Now that can be a good thing. It often isn't, however. It sort of depends on what you are observing.

### VISIONARIES THRIVE

If you are mostly an observer (and most of you are) you are thriving in good times but suffering in bad times. Because whatever you're observing is reflected in your vibration. So as you observe it, you radiate a vibration that matches it. The Universe accepts that as your point of attraction and gives you more like it which then you observe. So the better it gets the better it gets — or the worse it gets the worse it gets. But if you are a visionary, you thrive in all times. Because as a visionary, you have learned to hold your vibration in the place that matches your desire. Basically you have one function that breaks down into two activities. The two activities are: Line up your Energy. And re-align it if it gets out of alignment. That's really all there is to it.

**IF YOU ARE  
A VISIONARY,  
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HAVE LEARNED  
TO HOLD YOUR  
VIBRATION**

**LINE UP YOUR  
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IT GETS OUT  
OF ALIGNMENT.  
THAT'S REALLY  
ALL THERE IS  
TO IT.**

You have this magnificent Guidance System within you that lets you know whether — in any moment — you are a vibrational match to your own desire or not. You can literally feel it. You can tell by the way you feel what the vibration of your being is. When you are feeling elation, when you are feeling joy, when you are feeling appreciation, when you are feeling love... those feelings are indicators that you are in vibrational harmony with your desires and with your Core Energy. But when you feel anger or frustration or blame or guilt or any of those negative emotions, like fear... that means that, in that moment, you have your attention upon something that is not a vibrational match to your Core Energy or to your desire.

Your emotions are your barometer to let you know about vibration. So as you begin to pay attention to the way you feel, you are then, and only then, able to align your energies with your Core, and with your own, desire.



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

# COURAGEOUS DREAMING

Alberto Villoldo, PhD, is a medical anthropologist and psychologist who has studied the spiritual practices of the Amazon and Andes for 25+ years. He instructs individuals worldwide in the practice of energy medicine and has written numerous best-selling books, including Shaman, Healer, Sage; Yoga, Power and Spirit; Patanjali the Shaman, and Courageous Dreaming. [www.thefourwinds.com](http://www.thefourwinds.com)

The below is excerpted from the Book Courageous Dreaming: How Shamans Dream the World into Being



©Christine Paul

We are what we think.  
Everything we are arises from our thoughts.  
With our thinking we create the world.  
--Buddha

**W**hether you realize it or not, we are all dreaming the world into being. What we're engaging in is not the sleeping dream we're familiar with, but the waking dream we craft with our eyes open. When we're unaware that we all share the power to co-create reality with the help of the Universe itself, that power slips away from us and our dream turns into a nightmare. We begin to feel we're the victims of an unknown and frightening creation that we're unable to influence or change. Events seem to control us and trap us. The only way to end this dreadful reality is to awaken to the fact that it, too, is a dream, and recognize our ability to write a better story, one that the Universe will work with us to manifest. The nature of the cosmos is such that whatever dream you have about yourself and the world will become reality.

As soon as you awaken to your power to dream, you begin to flex the muscles of your courage. Then you can dream bravely: letting go of your limiting beliefs and pushing past your fears. You can begin to create truly original dreams that germinate in your soul and bear fruit in your life.

Courageous dreaming allows you to create from the source, the quantum soup of the Universe where everything exists in a latent or potential state. Physicists understand that in the quantum world nothing is "real" until it is observed. The distinct packets of energy known as "quanta" (which consist of particles of matter as well as light) are neither "here" nor "there"; in a sense, they are everywhere in space-time until you or I decide to observe them. When we take note of them, we tease them out of the web of infinite possibilities and collapse them into an event that exists while we witness it. These energy "quanta" like to link up with each other once they've selected a particular form of manifestation. As soon as they manifest, reality becomes fixed: A particle is "here" instead of possibly everywhere.

But quantum events do not occur in the laboratory only. They also happen inside our brain, on this page, and everywhere around us. Even if they are separated by millions of miles, or by days or weeks, these quanta of energy remain



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intimately linked, so that if you interact with one, you affect the entire system that this energy is part of. When you access any part of the dream, the great matrix of energy, you can change reality and alter the entire dream.

Modern physics is describing what the ancient wisdom-keepers of the Americas have long known. These shamans, known as the **Earthkeepers**, say that we are dreaming the world into being through the very act of witnessing it. Scientists believe that we are only able to do this in the very small, subatomic world. Shamans understand that we also dream the larger world that we experience with our senses. Like the **Aborigines**, the Earthkeepers live in a world where the dreamtime has not been pushed into the domain of sleep like it has for us. They know that all of creation arises from, and returns to, this dreamtime.

The dreamtime, the creative matrix, does not exist in a place outside of us. Rather, it infuses all matter and energy, connecting every creature, every rock, every star, and every ray of light or bit of cosmic dust. The power to dream is the power to participate in creation itself. For the Earthkeepers, dreaming reality is not only an ability but a duty, one we must perform with grace and love so that our grandchildren will inherit a world where they can live in peace and abundance.

We went into extraordinary detail to dream our universe into being. Immediately after the Big Bang, 99.99 percent of all matter and antimatter in the cosmos went on to annihilate each other. The stars and galaxies that we see around us are that minute portion of matter that remained.

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

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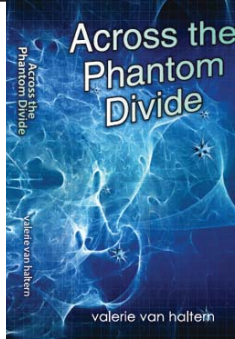
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*His majesty the Scarecrow  
was dressed in a suit of  
faded blue clothes, and his  
head was merely a small  
sack stuffed with straw...*  
~Frank Baum

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*"I can't give you a brain,"  
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~The Wizard of Oz

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### HERBS THAT CAN BENEFIT HEPATITIS C

Since 1989, over 4 million people have been diagnosed with Hepatitis C. It can be gotten from blood to blood contact, body piercing, tattoos, intravenous drug use, blood transfusions; it can be passed from mother to child or to sexual partners' partners. Because Hepatitis C can be symptom free for many years it can be passed on to many others inadvertently. Some of its symptoms are lack of energy, elevated blood pressure, muscle pains, loss of memory, confusion, skin problems, rashes, anxiety, irritability, gas, insomnia, abdominal pain, eye problems, sensitivity to heat or cold or dizziness. Unfortunately many of these symptoms mimic other conditions leaving sufferers undiagnosed for some time and if left untreated, Hepatitis C could eventually cause chronic liver disease, scarring of the liver, cirrhosis or liver cancer.

### WHAT CAN YOU DO FOR YOURSELF ONCE YOU HAVE BEEN DIAGNOSED WITH HEP C?

In my research I found many herbal options that aid in the healing of hepatitis by boosting the immune system and triggering the body's natural production of Interferon, T-cells, antiviral cells and antibacterial cells. *Ashwaganda, Echinacea, Astragalus, Bupleurum, Dandelion, Reishi, Turmeric, Licorice, Schizandra, and Siberian Ginseng* have these properties.

*Ashwaganda, Astragalus, Bupleurum, Burdock, Dandelion, Licorice, Milk Thistle, Reishi, Skullcap and Yellow dock* help protect, nourish and restore the liver. There are herbs like *Ashwaganda, Ginseng* and *Schizandra* that help alleviate specific symptoms of hepatitis like depression. *Schizandra* helps pain; *Milk Thistle, Reishi, Bupleurum* and *Skullcap* help inflammation.

Diet and proper nutrition also play an important role in the health of your liver. A diet low in saturated fat, sugar, white flour, and salt will help to reduce stress to the liver. Eating better quality foods such as fresh fruits and vegetables and foods that are not processed (i.e. fast foods and frozen prepared meals) will aid the body's healing in many ways. Finding a market that has organically grown foods would be my suggestion and a great benefit to your diet. It is also important at this time to avoid drugs, alcohol and cigarettes; these can speed up the illness and cause more damage to the liver. I have seen Hepatitis respond to alternative therapies. As we learn more about what we put into our bodies and how it affects us, the better we will be at healing ourselves.

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# SECRETS

*Excerpts from*  
**Secrets of Spiritual Happiness**



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

## IF YOU'RE GOING TO DO SOMETHING, DO IT CHEERFULLY

My grandfather once told me that there were two kinds of people: those who do the work and those who take the credit. He told me to try to be in the first group; there was much less competition.  
 -Indira Gandhi

**R**ecently, a friend and I took a walk on "Dog Beach" in San Diego with his dog. As we walked, **Kevin** stopped to pick up some droppings that had been left by another owner's dog, and mentioned how it has always seemed to be his lot to pick up dog doo - not only from his own

dogs, but from others as well. Some residents in the place where he lived apparently would let their dogs go anywhere on the grounds, without picking up the droppings. Kevin, on the other hand, has a very neat and responsible nature, and carries a special pouch of plastic bags with him during doggie walks, specifically for that purpose.

As **Jerry Seinfeld** once said, any alien watching from above would have to assume that dogs were the intelligent ones, with human beings acting as doting servants, picking up after them whenever they happen to want to relieve themselves.

As we walked, Kevin was kind of complaining about always having to pick up after others. I could clearly see how this attitude made no sense. Of course, it is much easier for us to see such things in others than in ourselves. My response was, "If you're going to do it, then you might as well do it cheerfully."

This idea is something I've contemplated quite a bit in my own life. There is a time for making a decision

**GIVE  
YOUR  
FULL  
BLESSINGS  
TO WHAT  
EVER  
YOU DO**

of whether or not to do something. During that time, you can weigh all your thoughts and feelings about that particular action. However, once you've decided to do something and are doing it, then the best approach is to do it with the most positive interpretation and feeling that you can create. Act with wholeheartedness. Give your full blessings to whatever you do.

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

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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 info, or to receive Alan's free daily inspirational quote and monthly newsletter, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone 1-800-568-3079.



## THE BIG GAME

I met a man who grew up as the child of missionaries in Africa. This fellow lived and played with the natives and went to school with them. He recounted that each morning as soon as the sun was up, all the children in the village would run out to the makeshift soccer field and immerse themselves in their game. When it was time to go to school, they would take turns going into the classroom to study their lessons. As soon as school was out for lunch or the afternoon, they would dash back onto the field and play until they couldn't see the ball anymore. In that village soccer was the real deal and everything else fit around it. Those kids had their priority, and they were true to it.


The eternal soccer game reminds me of one of my favorite aphorisms:

The main thing is to keep  
the main thing the main thing.

You have something that is most important to you. Perhaps it is creating a business success, or maintaining a loving relationship, or experiencing physical vitality and well being, or simply living in a state of joy. But you do what is important to you in proportion to how much you value it? Or do you let it recede to a back burner until you finish less important things first? It seems that there is always something you have to do before you can do what you want to do. This is "the tyranny of the urgent." That is why Stephen Covey brilliantly suggests, "Do what is important, not what is urgent." Such advice may fly in the face of the fearful mind, but it makes perfect sense to everyone who has walked the way of greatness and contribution.

You will not conquer the tyranny of the urgent by engaging in meanwhile menial tasks in hope of one day clearing your plate. You will overthrow the tyrant only by doing what is important now. Instead of just wishing or waiting for the opportunity to do the main thing, you need to do the main thing. Let's say, for example, that you decide your main thing is inner peace. Author **Hugh Prather** likens the process of maintaining inner peace to holding an infant throughout a

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




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## NIGHT SNACKERS LOSE THE URGE!

*"I'm down 15 pounds and I no longer have the urge to snack in front of the tv. Who knew it could be this easy? I don't know how it works, but it works. Thank you." See Page 46*



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### FEEL ICKY FOR NO REASON? SEE PAGE 46

*"I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you."*



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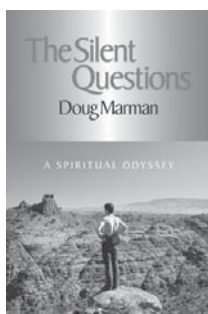
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# THE SILENT QUESTIONS

Excerpted from *The Silent Questions: A Spiritual Odyssey* by Doug Marman. Available for sale at [www.spiritualdialogues.com](http://www.spiritualdialogues.com), Amazon or your local bookseller. Doug Marman has been writing, lecturing and leading classes on spirituality and the exploration of consciousness for 30+ years. He also authored *The*

*Whole Truth*, *The Spiritual Legacy of Paul Twitchell*, which investigates the life of a spiritual teacher and the challenges of finding truth in our modern age.

**Y**ears ago I set out on a voyage that changed the direction of my life. It was not a journey I began idly or out of curiosity. I felt pressed into it by a force I could not understand. Most people are not so haunted by the mystery of life. They don't leave their family and friends to set out on a search for truth. However, after a profoundly moving dream, followed by a number of unexplainable events, I needed to find answers. I could no longer ignore the questions that were springing up within me.

The world teaches us to smother such sparks or drown them in a thousand different ways—through work, family, entertainment, science or religion—but there was nothing I could do to put out this fire. I found only suffering when I tried to run away from the silent questions. My troubles grew until I stopped resisting. Then, my whole life became a part of this quest.

Originally, I thought I needed answers. I was lost without them. I felt compelled to search for some kind of map that could explain everything. Then, changes entered my life like new ocean currents that took me far from where I expected to go.

No sooner would I declare victory and stake my flag upon some new mountain top, than life would come along and pull apart everything I thought I knew. Confronted by new doubts, I was once again lured on by the desire to know. I soon learned I was not chasing something fixed and easy to nail down. I was hunting something alive: A reality that unfolded its depth the further I pursued it.

Today, no answers satisfy me. It is only a sense of awe that leads me on. That's why I'm not much interested in the raging debate over religion these days. Long ago I would have told you that I had left religion behind. I even used to claim such a thing; until the day I realized that my beliefs were so deeply embedded that they were invisible.

So, I must confess right up front that I have been converted. I have fallen in love with a reality so subtle I can't put it into words. It has coaxed me on in stages. It is the force behind the silent questions that compelled me to peel away the veils one by one to see where it was leading. It slowly persuaded me to drop my illusions, showing me something greater than anything I could have believed.

*...continued on page 34...*

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# YOUR DAILY WALK



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/](http://www.yourdailywalk.org/)** or E-Mail him at **[RAS9999@aol.com](mailto:RAS9999@aol.com)**.

*"Diligence is the mother of good luck."  
Benjamin Franklin*

# MEDITATION

**G**ood Luck is often prayed for, searched for, and consistently desired throughout our lives. The concept of "luck" is external to us and beyond our immediate control, however, through conscientiousness and perseverance we can create our own form of "good luck" based on our inner selves, which is in our control. You may continue to depend on that "luck" finding you or, perhaps, make a decision to practice determination in everything you do and manifest your self-created destiny. The choice is up to you.



**CAN'T MEDITATE?  
BET YOU CAN.**

**SEE PAGE 46**

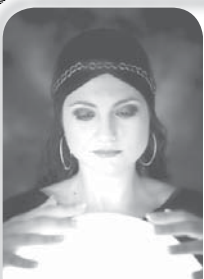
*"I never felt very successful at meditating until now... things don't worry me as much now. Thanks for the kickstart."*

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[illegible]

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# KING OF CALIFORNIA

A Review by Stephen Simon

King of California is a featured selection of the Spiritual Cinema Circle DVD club. New subscribers to the Spiritual Cinema Circle can receive a free trial membership (for a nominal shipping fee) by visiting: [www.joinsc.com](http://www.joinsc.com) or by calling: (800) 556-0129. Stephen Simon co-founded [www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com). He also produced such films as *Somewhere In Time* and *What Dreams May Come*, and both directed and produced *Indigo* and *Conversations With God*.

It is a rare moment indeed when a Hollywood megastar like **Michael Douglas** appears for a fraction of his normal salary in a small, low budget film with a first-time writer/director. Often, that kind of commitment is a flashing beacon for those of us seeking new and different films. Such is abundantly the case with *KING OF CALIFORNIA*, a quirky, fascinating, and original movie.

Douglas plays **Charlie**, whom we meet as he is released from a well-earned-term stay in a mental institution. We don't know whether Charlie is considered "cured" or if the facility has just run out of beds and kicks him out. In fact, that particular question lingers over the whole film: just what is the state of Charlie's sanity?

Waiting for Charlie at home is his teenage daughter **Miranda**, played with graceful dignity by the gifted young actress **Evan Rachel Wood**. Any hopes Miranda has for a return to normalcy, however, are immediately dashed as Charlie enlists her in a hunt for Spanish treasure. Charlie is convinced that he knows how to find the lost fortune and, slowly but surely, he lures Miranda to join him in his own *Don Quixote*-like quest that culminates in a dig beneath (where else?) the local **Costco**.

If eccentric is grade school, *KING OF CALIFORNIA* is a graduate program. Almost nothing in the film conforms to any standard of normalcy and almost everything that happens does so in an entirely different zip code from our expectations. The father/daughter relationship between **Charlie** and **Miranda** is loving, confrontational, and, as with all such connections, extremely complex. Miranda's mother left Charlie before the chilling incident that put Charlie in the institution. Miranda has gallantly tried, with a certain

degree of pride and success, to handle adult life on her own. Father and daughter obviously have a deep love for each other but Charlie's drummer is in such a completely different band from everyone around him that Miranda always seems to be about two or three songs behind him. Watching **Wood** and **Douglas** try to bridge that gap is one



of the most satisfying and compelling aspects of the film.



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As to Charlie himself, Douglas gives us a rich, complicated, tormented, wacky, and heartfelt look into the soul of a man who lives on an emotional tight wire. It has been said that only fools accomplish the impossible, because they're the only ones who try. One of the ad lines for the film says that we have "to believe in treasure to find it." If belief truly creates that kind of reality, as I feel it does, then Charlie delineates that knowing for all of us. He takes us right to that line between genius and insanity. Between inspiration and delusion. Between hope and despair.

So, is Charlie really insane or is he infused with a unique vision? Ask the Chinese swimmers. They know.

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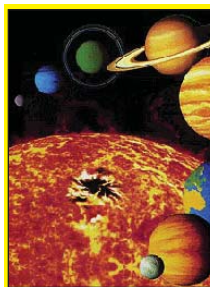
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## ABRAHAM-HICKS

*...continued from page 8...*

### PICKINESS & THOUGHTS

Imagine that you are going on a road trip and you're going to drive eight or nine hours, and a friend of yours, a teenager, has lovingly loaned you a bag of his cassettes tapes, music tapes, and he has a very wide, diverse interest in music. And so, the first tape you pop into your player in your car is hard metal rock music, and as you hear it twanging, it sets you on edge. You can feel right away that it's not a match to your mood or your taste in music, can't you? Well, would you feel obliged to hear it out? Or would you pop that bugger out of there and reach for something else? You can tell by the way you feel when you've found your musical match, can't you? And all thoughts are that way.

We want you to be as discriminating about your thoughts as you are about your music or about the food you eat or about the car you drive. We see you picky in many areas, and we want you to extend that pickiness to thought. Make a decision that nothing is more important than that you feel good, so that you are more selectively sifting through the data of your memory or the data of your observation.

We encourage you to play with spending 17 seconds on any topic. If you hold any thought, positive or negative, wanted or not wanted, if you hold a thought purely for 17 seconds, that at the 17 second point, another thought just like it joins it. And as these two thoughts coalesce, there is a combustion. And as these two thoughts combust, they are parlayed into one more evolved, faster vibrating thought. And when it happens, you feel it. It feels like heightened interest or enthusiasm. If you hold that, now more evolved, thought for another 17 seconds, then when you cross that 34 second mark, the same thing happens. Another thought like the more evolved thought now joins it, and there's another combustion point. Only this time, it moves much further than it did the first time, because the two thoughts that combined were bigger to begin with. Purely hold a thought for 17 seconds until it combusts and another thought joins it, and the Energy in that combustion is equivalent to 2,000 action hours. If you work a normal 40 hour a week job, that's about what you work in a year. 17 seconds of pure thought, allowing the combustion, gives you that much Energy. Your action is not very important by comparison. Cross

the 34 second mark, and you can multiply your action by ten. That's 20,000 action hours. Cross the 51 second mark, and you can multiply by ten again. That's 200,000 action hours. If you can hold a thought, purely, without contradicting it, until you cross the 68 second mark — that's just four times 17 — you can multiply by ten again. That's over 2,000,000 action hour equivalent. We're talking about accessing the Energy that Creates worlds. And the reason that it is not fathomable to most of you is that most of you don't make it past the eight second mark without contradicting your desire.

### CONTRASTING STICK ENDS

You have been so trained to weigh the pluses and the minuses, the pros and the cons, that in your learned objectivity, you rarely, if ever, cross the 17 second mark holding any thought that matters. In every particle of the Universe there is that which is wanted and lack of it. And so, when you pick up the stick that has wellness on one end — it has illness on the other end. Do you know it's a really rare one of you that we hear saying the word "wellness" or "health" or "Well-being" that we don't feel in your vibration exactly the opposite? In other words, you're using the word to try to compensate. You don't mean to, but the reason that you do it is because when you were very little and you learned these words, you not only learned the way the word sounded or how to use the word in the sentence or how to make the word with your mouth — you learned the way the word felt from the people around you who were using the word.

### VIBRATIONAL VOCABULARY

When your mother was talking about money, because you wanted some and she was explaining to you that there wasn't enough money...when you overheard them talking about money, you learned the word — and you subliminally learned the vibration of the word.

So now, when you offer the word, money, you often offer a vibration that is not in harmony with your desire but in vibrational harmony with what you once learned.

So then, when you introduce a desire... When you say, "I really want something that costs more money," and your belief about money is not up to speed with your desire, you feel the contradiction. You feel the disappointment. You feel the worry. You feel those negative emotions that are your clear-cut Guidance saying to you, "Hey, you're not, in this moment, in vibrational harmony with your own desire." And that's when your work begins.

When you identify and hold your thought, purely, on any topic for 17 seconds, it is enough to set the Universe into motion. And the Universe — which has infinite ability and resources to match the vibration of your being — will do so. Now, it's happening all of the time, anyway, but most of you are not making the correlation. It isn't until you deliberately hold a thought and then see the Universal response to it that you really begin to understand what's going on. Play these games of visualization for a few days. It will be such fun for you, and if you will do it, it will give you two very important things. First, it will show you that you can hold a thought for 17 seconds. That's a "biggie", bigger than you know. And the other is, it will show you that the Universe will absolutely, every time, respond to the purity of your thought.

## DID YOU KNOW??

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# SECRETS

*Excerpts from*  
Secrets of Spiritual Happiness

...continued from page 16...



*Approach the present with your heart's consent.  
Make it a blessed event.  
-Gurumayi Chidvilasananda*

I mean, you're already doing it. Once the decision is made that you're going to do something, then you have two choices: do it bitterly and with a series of complaints, or do it joyfully and with a happy spirit.

I suggested that Kevin could even consider this task as a symbolic blessing — for example, he may be paying back some "karmic dues" for times when others may have had to clean up his messes in the past.

Or maybe each good act of helping to keep our earth clean will add one more good merit feather to his cap, or to the overall good of humanity. With metaphors like this, each pile of doo becomes one more opportunity to pay our "dues," to invoke grace, and to serve the world.

Once we discussed these ideas, Kevin realized that he didn't even really mind picking up the doggie messes, and that it had really been comments by others that had made him feel that he'd been taken advantage of by these negligent dog owners.

This is another important element for all of us to look at in how we approach what we are doing. Are we allowing the opinions of others to cause us to act with negativity or resentment?

Since we don't fully know how everything in this universe works, why not find positive interpretations for whatever we do and whatever we experience?

If we decide to offer help to someone - whether a homeless person on the street, or a friend or relative in need - then let's give whatever we choose to give with love and cheerfulness.

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*When the Holy One loves a man, He sends him a present in the shape of a poor man, so that he should perform some good deed to him, through the merit of which he may draw to himself a cord of grace. - Zohar*

If there are concerns about whether your assistance is ultimately helping or weakening a person, the time to contemplate that is before you give. Once you've decided to give, give with a clean and enthusiastic heart.

This approach of doing whatever we do wholeheartedly is applicable to everything we do, and is likely to bring great spiritual happiness into our lives.

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# Hello, Naples, Florida!

We are pleased to announce that **Horizons Magazine** is expanding their **Naples** presence.



To do this, we have enlisted the services of **Richard and Vickie Martin** who will be in charge of advertising and distribution for Naples.

Richard is originally from New England; he moved to the Naples area 3 years ago because he was drawn to its amazing spiritual energy.

Vickie is a 30 year resident of Naples and her attraction to that same wonderful spiritual energy has kept her firmly there the whole time.

Both Richard and Vickie have extensive metaphysical backgrounds having studied multiple energy healing modalities, auras, dowsing and hypnotherapy.

## A NAPLES SECTION IN HORIZONS

It is the goal of Richard and Vicki to help Horizons become one of the most powerful metaphysical magazines in Naples.

In doing this, they know they will be enhancing the knowledge of readers who are new to metaphysics, or readers who simply want to enhance their metaphysical learning skills.

## DISCOUNT FOR 1ST TIME CUSTOMERS

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## FROM THE HEART

*...continued from page 17 ...*



day. If you had an infant or were entrusted with one, you would give that child your first priority as you moved through your day. If you went into the city and you heard a loud horn honk, you would not drop the child. If someone insulted you, you would not put the baby aside to punch that person. If you saw a fantastically attractive man or woman, you would not abandon the infant to pursue the hottie. The child would come first, and everything else second. When achieving and enjoying your main thing is more important to you than all the other stuff attractions or distractions, your main thing is the prize you shall own.

I saw a man wearing a t-shirt that declared, "Baseball is life. All else is details." Like this fellow, each of us chooses something that brings us life, and all else becomes details. I encourage you to stay with what brings you life, and let the details be just that. Great artists, inventors, and world change agents do not bear greater gifts than anyone else; they just live truer to the gifts they have. You, too, have powerful gifts and contributions to offer; you just have to let them be more important than trivial tasks or obligations that do not add to your joy, but diminish it.

I belong to **Netflix**, a service that mails me DVDs upon request. When I log onto my Netflix account, I see a list of movies I have ordered but have not yet been shipped. If I learn of a movie that I want to see before waiting for it to work its way up through the queue, I can click on a box entitled, "Move to top of queue." Then it becomes number one on the list, and all the other selections move down the list. So it is with your main thing. At any moment you can click on "Move to top of queue," and the universe will deliver that experience to you before the other ones you would like to do or believe you have to do.

As we move into the fall season, many of us are setting out on new projects and adventures. We go back to school, begin jobs or projects, and may change residence. The outset of a journey is the time to set your intention. If you are going on a thousand mile trip, one degree of direction change at the outset can make a difference of a hundred miles where you end up. Now would be the perfect time to decide to play in the big game rather than the little one. Is life a grand soccer game that you interrupt briefly for work, or is it a terrible onerous task that you interrupt occasionally for play? It will be whatever you make it.

You could ask the kids in the village their opinion, but you may have to wait for your response. They are busy playing the big game.



©Christine Paul

## COURAGEOUS DREAMING

*...continued from page 9...*

Had the ratio of matter to space in the Universe changed by even one-billionth of a percent, the laws of physics that permit life to emerge would not have been possible. The Big Bang had to be so finely tuned, so perfectly orchestrated and calculated, as to produce only 1 part of matter in 10 to the 50th power of stardust. This is 10 followed by 50 zeroes, no more and no less. That this occurred purely by chance is possible only if we contemplate the existence of a very large number of universes in the cosmos, where an improbable event such as the creation of our own universe would have been plausible!

What's even more baffling is the fine tuning of the parameters of the universe that occurred, particularly here on the surface of the earth, which has maintained a perfect temperature balance between the freezing and boiling point of water for more than a billion years. The unlikeliness of these ratios that permit life to appear suggest the presence of an intelligent force. The Earthkeepers call this the **Infinite Source**, or **Infinity**.

The shamans I have studied with in the **Andes** and the **Amazon** believe that we can only access the power of this force by raising our level of consciousness. When we do so, we become aware that we're like a drop of water in a vast, divine ocean, distinct yet immersed in something much larger than ourselves. It's only when we experience our connection to Infinity that we're able to dream powerfully. In fact, it's our sense of separation from Infinity that makes us become trapped in a nightmare in the first place. If this sounds like circular thinking, you are right. Which came first, the nightmare or the sense of separation from Infinity? The answer is that they occur simultaneously.

To end the nightmare, to reclaim our power of dreaming reality and craft a better reality, we need more than an intellectual understanding of how this process works. We need to have a visceral understanding of our dreaming power and experience it in every cell of our body. In fact, the intellectual understanding of our ability to create reality mimics but forestalls the kind of dreaming we're capable of. If we don't get beyond mere intellectual understanding of this concept, we'll end up lowering the bar and creating a far less glorious and beautiful experience of the world than we're capable of crafting. With a visceral understanding of our power to dream, we recognize that we can share this experience of Infinity right here, right now, and stop feeling disassociated and disconnected.

It takes courage to taste Infinity. According to Greek mythology, the gods swiftly punished any mortal who dared to ascend Olympus and taste divine power. Yet they ultimately



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**ARCHWAY COUNSELING CENTER**

rewarded those who had the courage to step into their realm, such as **Hercules** and **Psyche**. Similarly, in **Judeo-Christian** lore, when **Adam** and **Eve** had disobeyed **God** and eaten of the fruit of the tree of knowledge of good and evil, making us become like **God**, the Lord threw them out of the **Garden of Eden** "lest he [mankind] put forth his hand and take also of the tree of life, and eat, and live forever, and become as one of us." Despite this original sin of humanity, we are promised a chance to dwell in **Heaven** at the end of time, where we can be reunited with our Creator.

Once you experience dreaming, you realize that everything in your life is unfolding with perfect synchronicity. Events may not be working out the way you would like, but within the scheme of your life, things happen in superlative harmony. You miss your train on your way to work the day that terrorists strike the **World Trade Center** and survive, as happened to a student of mine. Or, your child tells you he has been accepted to the college of his choice the same week you get the promotion you've wanted.

Moreover, when you experience dreaming, you discover that your problems are no longer overwhelming you or defining your life. While the difficulties in your life feel very real, you always have the choice to create a heroic story about your relationship to them instead of a disempowering tale of suffering. You'll recognize that you can stop being a victim, or trying to fix the world all on your own, or feeling vindictive toward those who harmed you. You'll see that your life is exactly as it should be right now, and you'll be able to let go of all the stories that keep you feeling trapped and unhappy, and venting in your therapist's office. You'll begin to practice dreaming the world into being, and everything will change.

The **Earthkeepers** believe that the world is real, but only because you are dreaming it into being. But dreaming the world requires an act of courage. When we lack courage, we have to settle for the world that is being dreamed by our culture or by our genes. We feel we have to settle for the nightmare. To dream courageously, you must be willing to use your heart. Otherwise, your dream will stall at the level of emotions, and of thinking too much, planning too much, and worrying endlessly. Then your dream will turn into a nightmare or a mere daydream, trapping you or drifting away while you wonder, "What happened?"

*...continued on page 42...*



A Lightworker asked: "I'm in a place I don't want to be in... Why am I being punished every day by having to work with these people that are so dark?... They think I'm crazy and don't honor me or my life... What should I think about this? It's hard!"

"And my answer is: So you think it's all about an accident? Or that you're being punished? Then you have missed the grandeur of a standard Lighthouse. Lighthouses aren't built in safe places. They choose to be where the storms are! You're not being punished.. You're being taken to a difficult place to shine your light -

Physically, what should you be doing (with the people around you)? Can you love them? Listen to them! Listen to what's really happening in their lives. Consider every day one where you have an opportunity to create light in a dark place. Watch attitudes change.. You may be "weird" to them, but they know you represent integrity -

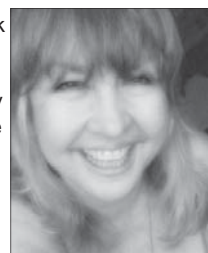
Spiritually... you're a light in a dark place and you wonder why you're there? It isn't always about you. Think about them! You're not being punished, you're being given an opportunity. This is the work you came to do, and it's not forever. In a place you don't want to be, working with people you don't want to be with, is the work of a Lighthouse...

What if you're the only light they ever see?"

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

## 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 ...*

your desire." Basically we have two jobs: Line up our Energy. And realign it if it gets out of alignment. "That's really all there is to it."

I find that mowing my own lawn is an effective re-aligner for me. If it's been a long and hectic day, it's the perfect unwind workout that helps bring me back to center. And when I've brought myself back to center, that's when I am relaxed enough and in the state of mind needed for successful creative visualization. That is when I bring out my list of projects I am actively doing creative viz work on, and go down the list, giving every item a few moments of prepping thought power.

**Alberto Villoldo** says "We are all dreaming the world into being. What we're engaging in is the waking dream we craft with our eyes open." He talks about ending our personal nightmares, and reclaiming our power of crafting a better reality. "Recognize your ability to write a better story. The nature of the cosmos is such that whatever dream you have about yourself and the world will become reality. Let go of all the stories that keep you feeling trapped and unhappy, and venting in your therapist's office. Begin to practice dreaming the world into being, and everything will change. Make a conscious decision to dream a sacred dream."

This month, in honor of the **Autumn Equinox**, is a good time to script out your own visualization scripts, and schedule time every day to spend a few minutes going over the list, after you've brought yourself to a good state of mind. One script might be about how well the holidays with the family will go this year. Another might be about how quick and easy it will be to go thru the closets and get rid of the clutter before Thanksgiving. Another script might be about how you are getting appreciated at work and how your job has take an interesting turn that gives you more satisfaction. Another script might be how well you and your partner are getting along, finding fun things to do together, feeling renewed in your love for each other. Another might be about how you are becoming attracted to healthier foods and more physical activity.

Isn't it reassuring to know we are as powerful as we choose to be?

Enjoy our offering this month. Hari Om.

*Andrea*



# SoulSongs



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

## NITTY GRITTY

**F**eeling emotionally good is good for me and feeling emotionally bad is bad for me - in all areas of life.

Since emotions come forth from thoughts, I now have the formula for thriving - little-by-little, step-by-step, I focus more attention on those things that feel good when I think of them.

But what about days when I wake up in a bad mood and can't seem to shake it? What if I fall into old habits of losing my temper, worrying excessively, or flagellating myself for mistakes? Since I now know the significance of feeling bad, how can I not feel even worse when I catch myself doing it?

I gently remind myself that this is a long-term process, and I have lots of time to work on it. Just the fact that I have uncovered the secret to the way the Universe works gives me a huge leg-up from where I used to be.

I can be deeply grateful for my negative emotions, for they act as a warning device, a smoke detector. They loudly prompt me to go to a better-feeling place in my thoughts.

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I accept where I am emotionally, for I'm ever headed, through what I now know, to a better-feeling place. Countless people have been in the same place as I am, and they've used this systematic process to reach consistent peace and joy.

I can do it, too. And it's happening even now.



**Debra Kruljac LMT**  
Shamanic Practitioner

**Center for Healing Arts**

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- **Myofascial Release & Massage**
- **Growth Gallery/Shamanic Plants**
- **Gallery of Art, local Artisans-NEW!**

## Ancient Power for Today's Healing Center for Healing Arts

### SCHEDULE OF EVENTS

**Community Drum Circle.** All drummers & dancers invited. Bring a dish to share. Open to everyone. Community Drum Circle will now be held on the 1st Friday of each month. Ask about our classes. Call (321) 733-7633. Love donation.

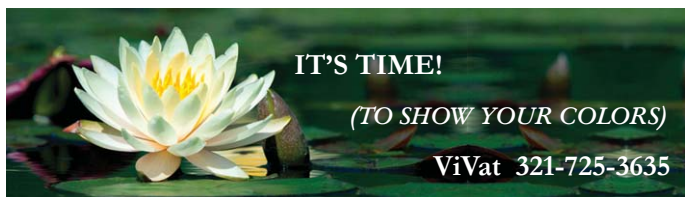
**Sacred Bead Making By John Moore:** inspire your creativity, set your intentions through meditation, then make your own talismanic remembrance beads or prayer beads. 10:00—3:00pm. Saturday, Sept 13, 2008. \$60.00 Call 733-7633.

**Moon Ceremonies** Full Moon Monday Sept. 15th., New Moon Monday 29th. begins at 7:30pm. *Bring a small stick and a dish to share. Love donation appreciated to defray operational cost.*

**Qigong 1st and/or 2nd level - Bring Healing Energy into the Body** Mondays, 6:00 - 7:00pm. \$40 for 4 weeks or \$12 per class.

**Circle of Intentions:** Free introduction to using intentions for Global Awareness and personal Goals. Friday Sept. 25th, 7:00pm. Led by **Vivat**, A Visionary Counselor.

**Bodywork /Massage Instruction for Individuals or Couples.** Learn one on one with a professional massage therapist, to nurture the one you love or compassionate touch (for the ill or dying). Taught at your level of experience. 90 minutes. \$90.



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## THE SILENT QUESTIONS

...continued from page 19...

We live in an age where everything seems to be up for sale. Every new idea gathers an audience and turns into another cult or ism. Wherever I look, I see hawkers promoting "The Answer." They claim to have cracked open the mysteries of the universe.

The Answers may promise to solve life's great problems, but I think our appetite for Answers only draws us away from our wondering and our asking. It only pulls us away from the desire of Soul to know firsthand through its own discovery.

Therefore, the knowledge we receive from others no longer seems like a good substitute for personal experience to me. The strength of our life story depends on finding an individual path no matter how many teachers and guides we might have. Otherwise, the way never really becomes our own.

That is why I no longer see the spiritual path as a single system of faith or as one viewpoint about life, but rather as a process of adopting beliefs, experiencing them and then moving on to deeper realities.

The popular adage that all religions worship the same God and lead to the same place sounds incomplete to me. Rather, it seems to me that each teaching brings to the student different experiences and lessons, because they originate from different sources of wisdom. Every level of understanding is a state of consciousness with a reality all its own. However, it is the silent questions that are woven through them all. It is the questions that come back to us again and again that lead us on to something more. And there is always something more.

## COVER ART

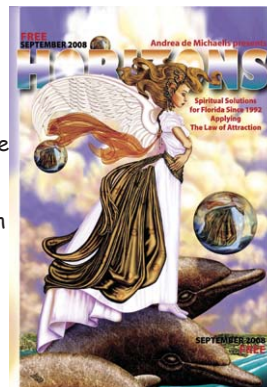
Dolphin Rock

BY SHARON GEORGE

This angel illustration was originally created for Dr. Doreen Virtue, for an oracle deck.

Dolphin is the creature that controls its breath; thereby entering the Divine Manna for a swim. Dolphin is a master of rhythm, streaming effortlessly through the waves of life, tingling with ecstatic joy.

When Dolphin appears before you, perhaps it's telling you to take stock of your physical and mental being, breathe as a master, and enjoy that next leap ahead.



As you control your breathing, you easily commune with the Great Spirit that permeates every atom of your existence. Such communion enables all good fortune to flow to you. Dolphin lives this, and shares this teaching with love.

**Sharon George:** Award Winning Digital Painter of fantasy and goddess art. Her online portfolio is at [www.fantasy-goddess-art.com](http://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.



# 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](mailto: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.

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

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](http://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](http://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](http://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](http://www.churchofspiritualawakening.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](mailto: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 Meditation, healing at Christ Church Unity 771 Holden Ave. Call 407 852-3940

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](http://www.churchofspiritualawakening.com)

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. Inspirational, uplifting music with professional keyboardist, composer and vocalist J D Daniel with the UCSL band and choir

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](http://www.churchofspiritualawakening.com)

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

**CALENDAR CONTINUED ON NEXT PAGE...**

# OUR CALENDAR OF EVENTS

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Sunday MERRIT ISLAND 11am Sunday Service, Christ Church of Positive Living, 1353 N. Courtenay Pkwy, 321-454-4109

Sundays MELBOURNE 1:00-2:30 PM The Work. Various Melbourne locations. Do you want to see and feel something beyond everyday life? Do you wish to understand yourself and your relationships better? Overcome negative emotions? Make your life more meaningful, more real? Learn about self transformation in the tradition of Gurdjieff and Ouspensky's teachings. FREE. [www.consciousregeneration.org](http://www.consciousregeneration.org) or call (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](http://www.spirit-chapel.org)

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm at Unity Church of Melbourne, 1745 Trimble Road 321-254-0313

3rd Sunday DELAND Pranic Healing Circle at Blue Sky Yoga Center [pranichealingcircles@gmail.com](mailto: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](http://www.churchofspiritualawakening.com)

Sep 1, BREVARD COUNTY, Joyful Movement And Sounds, A New Approach to Exercise & Meditation. This class provides it all: exercise through breathing and movement, stress release 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](mailto:pegatha@joyfullyyoursonline.com).

Tuesday, September 2nd 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.

September 6th WINTER PARK 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](http://www.ifsk.org) ~ Pre-registration required.

Sunday Sept 7 HOLLYWOOD Angel Fair in conjunction with International Angel Day™. Presented by Crystal Vision and Ellen Valladares, Angel Therapy Practitioner<sup>(R)</sup> certified by Doreen Virtue. Angel readings, aura readings, raffle prizes and more. Benefits 3 local children's charities. 10 a.m.-5 p.m. at Crystal Vision, 3160 Stirling Road, Hollywood. Call 954-981-4992.

Tuesday, September 9th WINTER PARK Psychic-Medium / Spiritual 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](http://www.ifsk.org) 407-673-9776

September 12th NEW SMYRNA BEACH "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL. 32168 7 PM. Speaker Keith Depan is a physic in New Smyrna will speak on connecting to the other side. Call Judson for more information 386-847-2367

September 19th EDGEWATER LANDING 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self- transformation. 7PM, 758 navigators Way, FL. (Edgewater Landing). For more information call Barbara 386-663-4878

Sept 19-21 DAYTONA BEACH World renown author and hypnotist Dolores Cannon will offer her Past Life Regression Technique class in Daytona Beach on September 19 - 21 from 9 to 5 each day. Dolores has been able to assist thousands of people over the years with healing and closure. Upon completion of the class you will have the skills to use Dolores' method, practice will fine tune those abilities. Please call 800-935-0045 or 479-738-2348 or e-mail [info@ozarkmt.com](mailto:info@ozarkmt.com) for more information and to register. Visit [www.OzarkMt.com](http://www.OzarkMt.com) to learn more about Dolores Cannon and her work.

**CALENDAR CONTINUED ON NEXT PAGE...**

# OUR CALENDAR OF EVENTS

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

Saturday, Sept 20 ORLANDO 9AM - 5PM. Spirit Fun Fest for all ages. Messages, Native American Demonstrations, Food and Activities. Spiritualist Church of Awareness, 3210 N Chickasaw Trail [www.spiritfunfest.org](http://www.spiritfunfest.org) 407-415-0277 See display ad page 15.

September 26th DAYTONA BEACH 6th Sensory Lightworkers - Mediation and discussion group at 7PM - at 710 N. Oleander Ave. . More information call Judson 386-847-2367

September 26-27-28 - COCOA VILLAGE, SomaEnergetics Level One Vibrational Sound Therapy Workshop (NCBTMB#450637) at WHAT YOU LOVE TO DO - [www.whatyoulovetodo.com](http://www.whatyoulovetodo.com) - [www.somaenergetics.com](http://www.somaenergetics.com)

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.

Friday, Oct. 31 FRUITLAND PARK A Women's Spiritual Retreat with Vickie Haren & Pat Jocelyn 12:00 pm Oct. 31, - 4pm Nov. 2 Day Retreat \$225; 3 Day /2 Night (Double Room) \$295; 3 Day/ 2 Night (Single Room) \$325 (Meals included) Call for brochure. Life Enrichment Center, Fruitland Park, FL. 352-502-3898 or [writerscramp@embarqmail.com](mailto:writerscramp@embarqmail.com)

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@expoofofheart.com](mailto:info@expoofofheart.com) Offer to volunteer. [www.expoofofheart.com](http://www.expoofofheart.com) 888-292-1116



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Rev. Suzan Bailey

## SUNDAY MORNINGS 10:30AM

**Held at The Gathering**  
**6 Rosa L. Jones Blvd Cocoa Village**  
6 blocks so. of 520, one block west of Brevard Ave  
(the main street in Cocoa Village)

**TheNewWay@bellsouth.net    321-751-7584**

**Sunday Sept 7 1:00PM MIAMI VOCAL GROUP**  
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**CONCERT FOLLOWING Call for time**  
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# Initiated Shaman Now In DeLand

Tom Arcuti, a Yachaq Shaman of Imbabura, now resides in DeLand, Florida. *A shaman is a person who perceives, interacts and engages in the Luminous World, the World of Spirit. An authentic shaman works within a particular tradition. Access to a particular tradition is through invitation to enter the initiation process.*

Tom's innate abilities as shaman and healer were recognized by four Ecuadorian yachaq at a shamanic conference in New York. **Don Esteban Tamayo**, and his sons, **Don Jorge** and **Don Jose**, keepers of the **Shamanic Tradition of the Caras**, an indigenous people of the **Andes**, acknowledged him as a member of their family. They invited him to **Ecuador** to learn their Shamanic Heritage. He lived and trained with them at their home in the village of **Carabuella**, and was initiated into the **Lineage of the Yachakkuna Imbaburaq [Shamans of Imbabura]**.

*Tom's insight into the obstacles inhibiting a client's growth, and his capacity to communicate this insight, provide the client with an understanding of the energetic dynamics that occur within the Shamanic Ceremony.*

Tom works in the US, Europe and South America, and is now offering workshops and private consultations in DeLand.

For more information: [www.allipacha.com](http://www.allipacha.com)



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## Tom Arcuti

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## **CREATE YOUR OWN HORIZONS MAGAZINE COMMUNITY GROUP**

**Let us know when your group meets so we can  
list it in the calendar for others to join you**

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

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

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



## **OUR MISSION STATEMENT**

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

### **OUR PURPOSE IS:**

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*



# SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

## SEPTEMBER 2008

**September** (Celtic names: **Alban Elfed** and **Meán Fómhair**) OK. Put down this magazine and get to work. The harvest is out there waiting for you, but it won't wait much longer. Not only are there are all kinds of beasts ready to eat the grain, but it's also rainy season and a nasty flood can ruin the harvest. So get out there and get the food for winter. Besides, soon we will have the harvest festival of the **Hindu Onam**, or the **Wiccan Mabon**, or the **West African Yam Festival**. Then, it's time to party and thank the gods we got the harvest in and in a safe place!

There is no time to dance about,  
No time to sing and shout;  
There is no time, the farmer frowned,  
When the grain is in the ground.  
**Paraselsu**

Well, I'm already tired just thinking about it. Early to bed, early to rise, half awake, out to the fields, get that grain in before it rains or the locusts come... Boy, we have it easy! It's not like it was in the old country where life was hard. I get up, drive to work, sit at a computer, and then go home and relax after a mere piddling nine hours of work. How did we get to this point? Technology! Letting machines do our work for us. Not so before, though...

The haulm is the straw of the wheat or the rye  
which once being reaped, they mow bye and bye  
For fear of destroying, with cattle or rain,  
the sooner ye load it, more profit ye gain.  
**Medieval Celtic poem on harvesting straw**

But not for our ancestors! Oh, no. For them it was work, work, work. So, in honor of their labors, we give this small rendering of the harvest festivals. Celebrations of the time when the work was done and people came together to celebrate and relax after a whole lot of hot work under the sun.

### A FACTOID WITH WHICH TO END THE MONTH:

Before the 16<sup>th</sup> century, the term Harvest specifically referred to the Fall. The word comes from haerfest, which simply means autumn. The Autumn Moon refers to the full moon that occurs within two weeks of the autumn equinox.

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The Educational Division of New Awareness Ministries, Int'l

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## SEPTEMBER 2008

Sept 6<sup>th</sup> - Nepal Hinduism: Indra's Festival, celebration of the King of the Gods

Sept 6<sup>th</sup> - Hinduism: Ganesh Chaturathi celebration of day of appearance of Lord Ganesha

Sept 12<sup>th</sup> - Hinduism: Onam Harvest Festival and day when Lord Vishnu took his 5<sup>th</sup> avatar

Sept 15<sup>th</sup> - Full "Harvest" Moon at 5:15 AM EDT

Sept 16<sup>th</sup> - Hinduism: Saradhas begin, offerings to ancestors

Sept 19<sup>th</sup> - Babylonia: Festival of Gula, the Goddess of healing and birth

Sept 22<sup>nd</sup> - Autumnal Equinox at 11:44 AM EDT

Sept 22<sup>nd</sup> - Wicca: Mabon ap Modron, the second harvest

Sept 29<sup>th</sup> - New Moon at 4:13 AM EDT



## COURAGEOUS DREAMING

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

I remember one of my early trips to the **Amazon**. I was then a young anthropologist investigating the healing practices of the shamans of the rainforest. I had decided to use myself as a subject. I explained to the jungle medicine man that, as a child, I had fled my country of birth because of a communist revolution. I had seen bloodshed in the streets, and been terrified by gunfire in the night. Since then, I had suffered from recurring nightmares in which armed men would force their way into my home and take away my loved ones. I was in my late twenties, and had been unable to enter into a lasting relationship for fear I would lose the person I loved, just like in my nightmare. During one healing ceremony, the shaman explained to me that like everyone, I can either have what I want, or the reasons why I can't.

"You are too enamored of your story," the old man said to me. "Until you dare to dream a different dream, all you will have will be the nightmare." That evening, he showed me how I could craft a different story for myself, one in which I had been tempered by adversity, and in which my experiences had taught me to have compassion for others who were suffering.

"The first step to dream a new dream is to create a new story, in which you are not playing the part of the victim," he explained. Then he helped me to realize that I was not only dreaming my life, but I was also dreaming the entire cosmos into being, just as it was dreaming me.

Although your mind resists it, the fact is that you have a choice between having the life you want or having the reasons you can't have that life. You can have joy and peace, or you can have that big black bag full of all the sorrowful incidents and accidents that happened to you in your childhood or in your last relationship. You can have your wounds or you can have your glory. You can live the life of a victim, burdened by the traumas of your past, or you can live the life of a hero, but you can't do both. If you want to feel empowered, you need to make a conscious decision to dream a sacred dream and practice courage.

Courageous dreaming happens at a state of perception that the Earthkeepers refer to as the level of hummingbird. The hummingbird is an archetype for the heroic journeyer whose purpose is to fly toward spiritual maturity. Like any traveler, you will inevitably take some wrong turns, but each time you return to the recognition that you are dreaming your reality, you will deepen your understanding of the journey and feel more committed to it. You'll be able to embrace the ever-shifting landscape around you with equanimity and a sense of humor, and even experience grace.



## SUGGESTED READING WATCHING LISTENING

The Law of Attraction: Teachings of Abraham  
by Esther and Jerry Hicks [www.abraham-hicks.com](http://www.abraham-hicks.com)

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

From [www.hayhouse.com](http://www.hayhouse.com) by Esther & Jerry Hicks  
Manifest Your Desires: 365 Ways to Make Your Dreams a Reality,  
Astonishing Power of Emotions  
Money and the Law of Attraction

From [www.spiritualdialogues.com](http://www.spiritualdialogues.com)  
The Silent Questions, A Spiritual Odyssey  
By Doug Marman

From [www.theintentionexperiment.com](http://www.theintentionexperiment.com)  
The Field by Lynne McTaggart  
The Intention Experiment. by Lynne McTaggart

From [www.newworldlibrary.com](http://www.newworldlibrary.com)  
The Woman's Belly Book by Lisa Sarasohn  
Mastering Life's Energies by Maria Nemeth  
Passionate Hearts by Wendy Maltz

From [www.thefourwinds.com](http://www.thefourwinds.com)  
Courageous Dreaming: How Shamans Dream the World into Being  
by Alberto Villoldo PhD

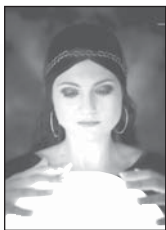
From [www.beyondword.com](http://www.beyondword.com)  
The Orb Project  
by Miceal Ledwith and Klaus Heinemann

**MUST SEE DVDs**  
The Secret Movie <http://thesecret.tv/>  
The Secret Behind The Secret [www.abraham-hicks.com](http://www.abraham-hicks.com)  
Orbs: The Veil is Lifting with Miceal Ledwith and Klaus Heinemann

From **Spiritual Cinema Circle**  
King of California  
A Reklative Thing  
Monsoon

From [www.mwp.com](http://www.mwp.com)  
The Sacred Sites of the Dalai Lamas

# 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.  
www.spirit-chapel.org. held behind Melbourne Aud.

**Saturday, Sept 20th, 9AM - 5PM ORLANDO**

Free Admission - mini readings \$15 and much more www.spiritfunfest.org 407-415-0277

**Sat. Sept 27 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 **7pm Table tipping Seance**

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**TWO:** Our Psychic Fair Calendar on page 43 is just \$5 per line



**THREE:** Our Classified Ads on page 14 are just \$1.50 per word



**FOUR:** Our Phone Directory on pages 23-26 is just \$5 per line



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

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

This September will be a very happy time for you because of all that you have to be thankful for. Gratitude will play an important part for you when it comes to how the people in your life treat you. Clarity is the awareness that God gives you when you know that everything is in divine order.

**Taurus: April 19 to May 20 "I Have".**

Being that your planetary ruler is Venus just as it is Libras', this is a good month, because of it being Libra's birthday to enjoy all the finer things in life. It is better to play when you feel like playing and work when you feel like working. No sense in looking out the window when you should be working. Be where you are and be happy about it.

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

Choices about relationships have you up all night, just hope for the best and release the rest to the highest and greatest good for all concerned. Be thankful for all that God has brought to your table, see life from the brighter side of Gold. Choice is the key this month, so choose wisely.



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# HOROSCOPES FOR

**Cancer: June 20 to July 22 "I Feel".**

September 21st and 22nd are very powerful days for you to reconnect with your inner self for grounding and some much needed recharging. Especially September 22nd with the moon in Cancer, you need to be out in Nature so you can hear what the animals are telling you.

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

September 24th and 25th are good days for you to reevaluate the last full moon that happened on the 15th of September. If you did not like the results, now you have another chance this new moon in Libra on the 29th of September, the key is to be realistic with your goals.

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

You may have recently felt a bit burned out, tired and dragging, but now with transiting Saturn on your Sun sign you are feeling much stronger like you can keep going and going like the Everready battery. Your fire will be sustained as well as your focus will be renewed.

*The personal growth, awesome clarity, and ability to give and receive love that you find during this weekend will amaze you.*

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# SEPTEMBER 2008

## **Libra: September 22 to October 22 "I Balance".**

September 1st and 2nd are perfect for that long awaited retreat that your tired body needs. This is quite the month for you with Mars, Mercury and Venus all lined up in your sign. Well, whatever must come up will be coming up to be cleared. By the end of your birthday, you will be well on your way to more balance in your life.

## **Scorpio: October 22 to November 21 "I Create".**

Choices, choices and more choices will be the theme for you this Autumn, especially in the area of friendships, values and creativity. September 3rd and 4th are perfect days for an attitude adjustment, do what ever it takes, go the the lake, stream, coffee shop or a spa. It is time to slow down so you can be open to what the Universe wants to show you.

## **Sagittarius: November 21 to December 21 "I Perceive".**

As Pluto makes its final journey through your Sun sign take heart to the depth of your feelings and how deep they truly go. Now is a time to let go of the past and prepare for the future. Empowerment is the key to sustaining your positive vibration, keep the vision strong.

## **Capricorn: December 21 to January 20 "I Use".**

Transiting Jupiter in Capricorn is in your sign to help lighten you up a bit. No need to be down on yourself, if life has felt heavy lately it is time to drop the burden and start having some fun. The next few months are all about you. Go on a spiritual retreat, do yoga and meditation, recharge yourself.

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

You will heal your issues with money this year. All that you want will be yours, so be careful what you ask for, you just might get it. The gates of heaven have opened up for you; as you do your work the Universe will reward your efforts beyond your wildest dreams. You will have all the healing energy that you need to help many, many people.

## **Pisces: February 18/19 to March 19/20 "I Believe".**

September 15th is a Harvest Full Moon in your sign, what a powerful time to be alive. You have worked hard, by golly you deserve some rewards, and rewards you will receive according to how hard you have worked. Enjoy the harvest as well as the benefits to having great family and friends.

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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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## Connecting with Your Angels, Guides & Teachers

This cd is designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance.



Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before.

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.

*Andrea, I listen to this mp3 file as I begin my meditation, then I go into the silence for 20 minutes. I never felt very successful at meditating until now. It's easier to feel peaceful and things don't worry me as much now. I have even done some automatic writing that has helped me focus myself careerwise, and my new ideas are creating more income. Thank you for the kickstart. Jennifer Hudson, Orlando*

## 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. *Thank you! I downloaded the mp3 file in June and have been listening every night as I go to sleep. I'm down 15 pounds and I no longer have the urge to snack in front of the tv. I also find myself wanting to walk and be more active. Who knew it could be this easy? I don't know how it works, but it works. Thank you. Dee Watson, Tampa*



## SLEEPYTIME RECHARGE

Play this recording as you are falling asleep for a refreshing segment of restful rejuvenation. Even when asleep, your subconscious mind is listening, so 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 around us. The cells of our body process info 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 our lives for more personal joy.

Our body is a community of 50 trillion living cells, all cooperating as a collective 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.

*I listen to Sleepytime Recharge every night as I fall asleep and sometimes let it repeat over and over. I used to think I had chronic fatigue or was depressed, but I think now it was all related to my habit of thinking. I have more energy now, more clarity and feel motivated to do things with my family. Thank you for this. K. Crane, Cocoa*



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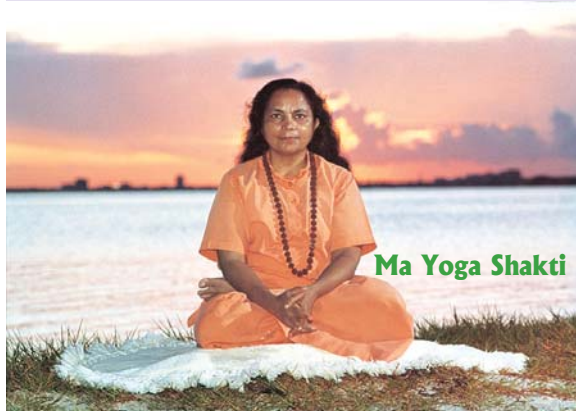
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Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) Andrea de Michaelis is a Certified Hypnotherapist, ABH

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### Thursday

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