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Andrea de Michaelis presents

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# HORIZONS

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<b>Our Advertising Rates</b> ... Low because we're in it for the outcome, not the income .....	<b>6</b>
<b>12 Steps of Spiritual Freedom by Rev. Tom Sannar</b> .....	<b>6</b>
<b>This Month's Thoughts About Things by Andrea de Michaelis</b> .....	<b>7</b>
<b>The Teachings of Abraham by Esther and Jerry Hicks</b> .....	<b>8</b>
<b>The Field of the Heart by Melissa Joy</b> .....	<b>9</b>
<b>Notes From The Universe by Mike Dooley</b> .....	<b>10</b>
<b>Herb Corner with Cecelia Avitable</b> .....	<b>11</b>
<b>Abraham Fun: Soulsongs with Karen Williams</b> .....	<b>12</b>
<b>Open Mind Zen by Zen Master Al Rapaport</b> .....	<b>13</b>
<b>Ask Whitedove with Michelle Whitedove</b> .....	<b>15</b>
<b>From The Heart by Alan Cohen</b> .....	<b>16</b>
<b>Our Classified Ads</b> .....	<b>17</b>
<b>Our Calendar of Events</b> .....	<b>18</b>
<b>Our Phone Directory</b> *Horizons may be picked up at most of these locations* .....	<b>22</b>
<b>About the Cover Art</b> .....	<b>26</b>
<b>Suggested Reading, Watching, Listening</b> .....	<b>26</b>
<b>Monthly Horoscopes by Barbara Lee</b> .....	<b>30</b>
<b>Our Mission Statement</b> .....	<b>31</b>

**"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 200+ 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

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.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.



**YOU ARE LOVED AND  
 GUIDED MORE THAN  
 YOU CAN IMAGINE**





**Andrea de Michaelis**  
Publisher

## This month's thoughts about things...

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

Hello and welcome to the January 2014 Horizons Magazine. A new year and another chance to start doing things differently, if that's been on your mind. That's always on my mind, and not just because in my job I get asked how to do that on a regular basis. I don't just advise friends how to do things differently, I continually remind myself. Abraham-Hicks says "The only way unhappy people can stay in your life is if you focus on their unhappiness." An eyeopener. We all have friends that go through rough times now and again and then there are those that have one string of problems after another. Despite being adults, they just can't seem to get their sh\*t together, and they want to tell you all about it on a regular basis. You know, of course, that listening to them tell their story over and over again is not doing either of you any good. But they don't know that. All they know is they think they feel better when they drag someone else into their chain of pain to commiserate with. "But I'm just letting you know," they will say, or "I'm just telling you the facts." They really don't get it that whether their story is true or not, telling it over and over is not helping them.

Is your story that you are out of a job and the economy is bad and everyone is worried about money? Or is your story that you are between jobs, eager for a new one and that miracles happen every day?

Is your story that your husband of 40 years ran off with some bimette, divorced you, emptied the bank account and left you to fend for yourself? Or is your story that you're starting over, testing untried waters, and excited about the possibilities?

The story you tell yourself - your internal dialogue, your self talk - is what determines your future outcome. If there is no one around you cheering you on, encouraging you toward a goal, you have to be your own cheerleader and do it via your own self talk. Your self talk is that voice you hear rattling around every day. You are the one in charge of this voice and you are the one that can program it to talk in ways that encourage you and inspire you. When you are encouraged and inspired, you become more than you were before. You can become more than you've ever been, when someone sees the potential in you. You have to become someone who sees the potential in you, if there is no one else around to do it.

As an astrologer, the part of astrology I most enjoy are doing the future prediction reports called the transits. As the planets in the sky move through time and space, they impact or aspect your natal or birth planets in particular ways. What is going on in the sky is invariably mirroring what is playing out on some level in your life and in your astrology chart.

When my friend Domino is having a run of what she calls "bad luck" and feels there is no end in sight, I like to check her planets and see what is happening in her chart. Typically it is obvious what is happening by the configuration of her planets. The good news is that I can know the approximate date it began and, since it is all cyclical, I can surmise the approximate date it will end. Knowing there is an end in sight, helps keep Domino focused on that end and allows her to plan beyond it. As soon as she can see beyond it, and plan beyond it, she more quickly moves beyond it. It's as simple as that.

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

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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, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and the NY Times Best Seller, Money and the Law of Attraction.

Visit [www.abraham-hicks.com](http://www.abraham-hicks.com). (Excerpt from the newest Abraham-Hicks book "Money and the Law of Attraction: Learning to Attract Wealth, Health and Happiness")

## IS THERE ONE PERFECT PERSON FOR ME?

**Most people who want a relationship believe that a mediocre relationship is better than no relationship at all, but we do not agree with that. In other words, since the potential for a glorious relationship always exists—we never encourage settling for less.**

Remember that you feel the way you do because of the mix of vibrations within you, and that no two people feel exactly the same way about anything. It is possible for two people to be sharing what appears to be an identical experience, but one person is enjoying it while the other is not because their individual mixture of vibrations varies.

Rather than trying to figure out what another person wants and then putting your efforts toward satisfying his or her desires, it is much more productive and satisfying for you to be directing your thoughts toward the things that you desire.

Whatever you are living is causing you to make regular deposits into your Vibrational Escrow account, so anytime something happens that you do not want, you send out a request for what you prefer instead. So, for example, now that your lover has left your experience, your request for someone who wants to be with you has been submitted in a strong, clearer way than ever before.

Many of your experiences throughout this lifetime have caused you to make requests, and so you have created a magnificent relationship that waits for you in Vibrational Escrow and calls you toward the fulfillment of it. And as you find more downstream thoughts, you get closer to the realization of these desires. But today, while your heart is breaking, you are going against the Current, and you are not allowing yourself to get closer to the relationship that waits for you.

People are often amazed when we tell them that every bad thing that has ever happened to them in a relationship is part of the reason why such a magnificent relationship now waits for them. However, if they continue to beat the drum of those bad things that have happened, they will continue to deprive themselves of the discovery of that wonderful creation.

*...continued on page 20...*



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# THE FIELD OF THE HEART: Gateway To All That Is And All That Is Yet To Be Experienced



Melissa Joy, president and co-teacher of Matrix Energetics, on finding your inner voice through the field of the heart. visit <http://matrixenergetics.com/>

**The field of the heart provides us with direct access to our inner voice, our inner wisdom, and our inner chamber of limitless potential.** The field of the heart creates a coherent connection with universal consciousness. There are no limitations when accessing the field of the heart, and similarly, there are no limitations to the infinite methods or strategies for noticing, listening, and speaking from the field of the heart.

When attention takes us to a particular space or place within an individual's field, we are not just interacting with that space or place. We are interacting with information. Consider that everything in the universe is comprised of light, information, and resonance. When we observe a particular space or place, we create resonance with the information embedded within what we notice. It is the very act of observing info that provides a vehicle for transformation to occur.

That is why things appear to change when we observe a particular space or place. We aren't really doing anything other than observing fields of information. However, the act of observing entangles the observer with the observed, and this facilitates a different resonance with, or expression of, the information. The information nestles within torsion fields. Torsion fields are considered to exist everywhere in universal consciousness.

The field of the heart is a torsion field. It presents as a doughnut comprised of two counter-rotating fields, with the inner torsion spinning in one direction and the outer torsion spinning in the opposite direction. Within these torsion fields, there is a vortex. Within the vortex, information as potential couples with the torsion fields. This creates a certain amount of inertia and momentum simultaneously, which helps the information pop through the vacuum as form, action and experience. In-form-ation as possibility creates experience directly from the field of the heart.

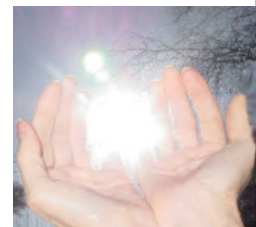
The torsion field of the heart is the very first thing that appears to form, even before the physical heart comes into manifestation, and everything emanates from that state of pure torsion. When you access the field of the heart, you are accessing pure potentiality before that potentiality separates out from itself as experience.

*...continued on page 21*

## Rev. Dr. James W.R. Thomas Certified Medium & Healer

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An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book *The Secret*, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit [www.tut.com](http://www.tut.com)

## NOTES from the Universe

**Would it make any difference if you knew that we understand all you've ever been through and risen above?**

**That we root and cheer for you? That you have your own fan club here? That on the weekends we watch movie clips of your life? That every single morning we celebrate your birthday? That what you've learned, you've taught us all?**

**Would it make any difference if you knew that sometimes when no one's watching, we each, in our own way, pretend to be like you, walk like you, talk like you? Well, whether or not it makes a difference, you have.**

**The Universe**

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**JANUARY 11, 2014 -- Saturday (1pm - 2pm) -- HEALTHY EATING IN AND OUT with AUTHOR SPRING RAYNE PAONE** -- Learn key components of a healthy diet for making healthier meals at home and better choices when eating out. Reservations required by calling the store. (\$25)

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Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild. Visit [www.herbcorner.net](http://www.herbcorner.net) and Call 321-757-7522

## IT'S RESOLUTION TIME

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To prevent stress and anxiety **Ashwaganda, Oat Straw, Passion Flower, Blue Vervain** and **Gota kola** help reduce cortisol the stress hormone and they increase your levels of **dopamine**. If your dopamine levels are low you may crave cigarettes more.

This is also a good time to cleanse your lungs and your liver of toxins that have accumulated from smoking. **Milk Thistle, Burdock, Dandelion** and **Yellow Dock** help clear your lungs. **Osha, Mullein, Grindelia** and **Horehound** help clear your lungs.

The herb **Gymnema** helps balance your blood sugar levels; when you smoke your blood sugar levels increase producing more adrenaline, causing problems with your immune system, your heart and lungs, leaving you feeling tired, depressed and craving another cigarette.

If your smoking seems to be a hand to mouth thing you can try sucking on toothpicks, a straw, **Cinnamon** sticks or **Licorice** root sticks.

To stop your cigarette cravings try **Mullein, Plantain, Sassafras, Skullcap** or **Lobelia**; which contains lobeline a substance very much like nicotine without the addictive effects are effective.

Here are a few herbal ideas to get you through the withdrawal process:

### SRECIPE: Stop Cravings Formula:

**½ part Calamus, 1 part Gota Kola, ½ part Ginseng, ½ part Kudzu, ¼ part Skullcap, and ½ part Licorice.**

RECIPE: To help clear the lungs and liver, to balance blood sugar levels and to support the nervous system and adrenal glands: **1 part Burdock, ¼ part Licorice, 1 part fennel, 1 part Gota Kola, ½ part Peppermint and 1 part Dandelion root.**

If you must smoke why not try making your own herbal cigarettes there are quite a few blends you can put together using some of the herbs mentioned earlier.



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# ABRAHAM \*FUN\*



Karen Money Williams is a longtime student of the Abraham-Hicks perspective, and she and Mark hold Abraham discussion meetings in their home in Winter Springs, FL. You can join Karen's "Abraham Fun" group on Facebook and like her Facebook page, "Soulsongs." [karen@karenmoneywilliams.com](mailto:karen@karenmoneywilliams.com).

## How to Live Your Dreams and Goals

**Sometimes my dreams and goals seem to elude me, and I adjust my desires downward. I become more "realistic" and allow my aspirations to shrivel.**

At those times, I can remind myself that any desire I hold - whether to help the manatees or aid humanity, to create a stunning career or a smaller rear - is being sent to me by a benevolent Universe that orchestrates circumstances in response to my wishes.

If I'm living a life short of my ideal, it's not because I'm reaching too high or dreaming too big. It's because I'm not a mental match to that which I seek. I cannot receive my lofty desires if my mind is often in the gutter of:

"I don't like\_\_\_\_,"  
 "I don't want\_\_\_\_,"  
 "That ticks me off,"  
 "I'm fat/old/stupid,"  
 "Why'd they do it that way?"  
 or "Everyone's pickin' on me!"

Today I notice how I'm thinking and feeling. I practice moving out of frustration, criticism, complaints, and bad moods. I turn my attention to what's right with myself and the world. I allow the fire of desire to rekindle within me, for now I know my dreams truly are possible, and this is exactly how they'll find me.

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See page 31

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### TESTIMONIALS:

*I wanted you to know that you were on target more than probably either one of us could have guessed, and I'm sure that if I hadn't had your reading I wouldn't have had the push & the courage to risk a deeper level of contact. Thank you. DHJ*

*I had a reading with Andrea a while back and she told me to be patient... Today I saw evidence/confirmation of what she was telling me to believe and trust in... If you've ever wondered about having a reading with her, it was great! Melissa D.*

*I posted earlier that Andrea had indicated would come to pass and had made manifest. Recently, the next step happened, just as she said. If you're contemplating a session with her, run...don't walk...and sign up! Looking forward to seeing more things come to fruition! Melissa D.*

*Awakening to a new reality, a new perception of all your old beliefs can be a very lonely road. Until you awaken to the fact that others have been there too. Others that can point you inward toward the answers. They can help you to realize the scope of the incredible spiritual transformation you are undergoing. Call it a mid-life crisis, unhappiness, longing or discontent, whatever it is, it's calling you to make a change. Face the fear, make the change, live harmoniously, love life and move forward. Andrea de Michaelis was that light for me when I thought I was the only one. You ignite my mind with possibility, showing me errors in perceptions and helping me reshape things for a more fruitful outcome. If I was to write a "rags to riches" tale of success, it would begin here. Jeremy James Bonner*

*I want to thank you because ever since I decided to be the weirdo to you and talk about my Jerry Springer psychic life, I have not had anymore nightmares. Thank you for the reading... TSR*

*That was a fairly good reading considering you have never met me. How can you read someone's energy without them being present? Fascinating. Thanks! OJL*

*"Just a quick update from the reading you did a month or two back - You mentioned my brother needing surgery for something and there may be some complications, but all will bring the family together - got the call today artery blockage to his heart. Just another confirmation under your belt!" TPC*

*How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe in myself. Thank you. JJB*

Andrea online at <http://horizonsmagazine.com/blog/>



# OPEN MIND ZEN



Al Rapaport is Director of Open Mind Zen Center in Melbourne, FL. He is an authorized Zen Teacher who continues to experiment with melding ancient eastern and modern western techniques for awakening. Email [openmindzen@aol.com](mailto:openmindzen@aol.com) and visit [www.OpenMindZen.com](http://www.OpenMindZen.com). The following is excerpted with permission from Open Mind Zen A Guide to Meditation by Al Rapaport .

## My Karma Ran Over My Dogma

**In a way, we could say that every single action we take in this life goes on infinitely in some form or another.** To realize the full potential of being human, we must examine the concept of karma, the process of cause and effect, especially the relationship between our actions and their results. We need to recognize fully the unfailing connection between what we do now and what we experience later. -The Dharma, Kalu Rinpoche, p.44

In simple terms, what does karma mean? It means that whatever we do, with our body, speech or mind, will have a corresponding result. Each action, even the smallest, is pregnant with its consequences. It is said by the masters that even a little poison can cause death, and even a tiny seed can become a huge tree. -The Tibetan Book of Living and Dying, Sogyal Rinpoche, p.92

The word karma is common in our culture these days, largely because the idea of reaping what one sows is taught in many religions and philosophies. Our karma could be described as the result of the totality of our thoughts and actions from the past. In other words, karma is another way of describing the cause and effect relationship that exists throughout the entire universe. Not understanding how karma functions is the cause of tremendous suffering for ourselves and everyone around us. This idea, while being extremely simple, is somehow difficult to embrace, as we fear taking responsibility for the entire universe we have created.

Of course, no matter how much we meditate, we will always have some specific kind of conditioning, or karma, and will act in accordance with it. So, whatever our past conditioning is determines how we evaluate and react to an experience.

What makes a tremendous difference in our lives is whether we are aware of this process. Usually we don't feel that we have choice, that we are in our present state because of circumstances beyond our control. What an experienced meditator learns is that we always create our situation and that by virtue of our past karma we are where we are because of decisions we have made. These may not have been conscious decisions, but because some decisions were unconscious

*...continued on page 14*



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Find this inspiring novella on Amazon.com. Visit the author's website [www.erwarner.com](http://www.erwarner.com) to read the beginning and learn more about the writer. Contact the author at [author@erwarner.com](mailto:author@erwarner.com)



## OPEN MIND ZEN

*...continued from page 13*

does not free us from responsibility for them. Obviously, being aware of what karma we are creating and how we are creating it is of supreme importance if we are to take full responsibility in our life.

Zen does not teach that we can choose everything that happens to us in life, but what we can choose is how we react to what comes up for us. In fact, whether we realize it or not, we are constantly choosing a path, constantly making our way through picking and choosing one thing over another. Much of this picking and choosing activity is unconscious, and happens in such a way that we are unaware that a choice is being made at all. Therefore, a crucial key to discovering our personal freedom is to learn to fully bring choice into the realm of the conscious mind.


Again, this is a simple idea which is easily said, but how do we actually go about doing it? Well, Zen teaching is that

the medicine for lack of awareness is meditation. Turning our attention inward through meditation can make us aware of our unconscious patterns that keep us from our innate freedom of mind. Of course, with freedom comes responsibility, the dreaded word that strikes fear into the heart of many a spiritual seeker! If we are to make our choices in a fully conscious and free manner it only stands to reason that we cannot blame others when we suffer the consequences. Thus, we create our future karma through the actions which we have chosen in any given moment.

Our karma can manifest in three ways: instantly; later in our life; or in future lives. All of us have experienced instant karma at one time or another. Perhaps you have gotten angry, and kicked something, only to hurt your foot, or maybe yelled at someone and created a conflict - both are examples of very rapidly experiencing the fruit of negative action. However, many times the seeds of negative karma remain buried until a later date - and at times those who have created evil suffer the consequences while going through the dying process itself. But in a way it is even more important to see how evil deeds from a previous existence can manifest in future lives.

This explains why certain seemingly blameless people, or those living exemplary lives, can have terrible things befall them. Rather than simply being caused by the arbitrary actions of a wrathful god, in Buddhism these events are seen as the playing out of karma created throughout many lifetimes.

*...continued on page 27...*



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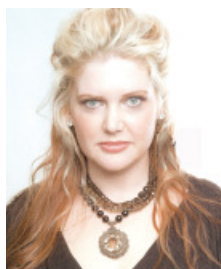


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**Dear Whitedove,** Everyone spoke of 2012 being a special year for soul growth. Now, that we are coming into a new year what should we be aware of in 2014?  
- Your Student in Lighthouse point

**Dear Student,** We are in the years of change. In the years of 2014 through 2016 there will be more upheaval to make room for the betterment of humanity. There will be major opportunities for ascension in 2014 and in 2016 so now is the time to focus on your inner spiritual life. The veil between this world and the next is thinning and it is much easier to access the higher realms. Have you noticed that the word "meditation" is now mainstream? Why? Because the world is waking! It doesn't have to be a bumpy ride.


**Dear Michelle,** The other night I had a nightmare in which I was being attacked. I'll spare you the details, but inside the dream I sort of woke up and became consciously aware. I kept saying "I must remember this, I must remember this!" Then I awoke with the full memory of the attack. The perpetrator was not anyone that I know, so I'm trying to fully understand this message to myself?  
In Angst from Houston

**Dear Angst,** Dream interpretation is a tricky thing since these journeys are being filtered by the subconscious mind and then your intellect upon waking. You actively participated in warning your conscious self so this is pretty straight forward. Dreams can be warnings and everyone should always try to intuitively interpret them. This was not a premonition, so an attack will not play out exactly as you saw it. Although this was a strong warning which means that it can be prevented. You can still be happy go lucky, but I want you to pay attention to your surroundings and rethink your safety as you go about your day. Importantly, I'd ask you to do your daily prayers and call in your Guardian Angels for added protection. They were assigned to guard you, body, mind and soul. So call on them - daily!




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**Dear Michelle,** Not long ago my horse died. I spent time with her every day and I'm grieving as if my best friend has passed. I just can't help it. I need to know, do you believe that our animals go to heaven? Weeping in WY

**Dear Weeping,** There is religious controversy on this topic and many different belief systems. As a spiritual medium I have the ability to see the departed and so many times I've seen beloved pets. So contrary to what other may say and believe; I attest that it is true animals do go to Heaven! They reside in the first level of Heaven called Paradise; every species that you can imagine. They are not sitting in the choir next to the angels, animals have their own process and that is different from a human soul. They have a collective soul, a communal consciousness and a specific purpose to support the Universe. Animals have souls so rest assured that you will see your horse on the other side!



# From the Heart

Alan Cohen is the author of *Enough Already: The Power of Radical Contentment*. If you would like to become a professional life coach or incorporate life coaching skills in your career or personal life, join Alan's celebrated Life Coach Training Program beginning March 4. For more information about this program, Alan's books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com), or email [info@alancohen.com](mailto:info@alancohen.com).



## Twigs and Shout

**When Christopher Columbus and his crew were sailing their long and arduous voyage to a world they had heard about but never seen, the sailors grew discouraged.** Eventually the faith-tested entourage began to wonder if they would ever find land. Then one day the scout in the crow's nest excitedly shouted, "Twigs!" The crew ran to the rail and observed scattered debris of small twigs and leaves floating past the bow. An impassioned howl rose from the deck—land was not far away.

As you and I enter the new year, we, too, find ourselves on a journey over a vast uncharted sea. Will we ever reach the prosperity, rewarding relationships, health, clarity, and inner peace we have been promised? Can I have a job that fulfills my soul and provides me with a substantial income? Can I meet someone who truly matches me? Can I find harmony with my current partner? Is there a place on the planet that feels like home? Will my body work as well as I would like it to? Can I be happy?

While you may have not yet planted your flag on terra firma, signs will show up that let you know you are getting close. You may make a business deal that is not your ultimate goal, but offers a taste of how you would like it to be. You may feel physically well for a period of time, and although the sensation is not permanent—for now—you realize you can feel good. You visit a place that resonates with your spirit, and you find comfort knowing that such a locale exists and you may one day claim it or one like it as your home.

Or you meet someone who could be a great partner, but that person turns out to not be available or has a deal-breaking flaw. Disappointed again, you may be tempted to complain that you were teased or let down by the universe. But it's the other way around: the universe is letting you know that what you want is possible, and you can feel the way you want to feel with someone right for you. That person was not the person, but he or she was a representation of the energy and experience you value and intend to manifest. If one such person exists, there must be others. Don't curse the experience because it did not become permanent. Bless it as a sign that the real thing is not far behind.

In the early 1900's a shoe company dispatched a salesman to Africa to open up that market. A month later he sent a telegram to the home office: "Disaster! Disaster! These people do not wear shoes. Bring me home immediately!"

The following month a salesman from another shoe company was sent to Africa with the same assignment. He, too, soon sent a telegram home: "Opportunity! Opportunity! These people do not wear shoes. Triple production immediately!"

Disasters and opportunities are not necessarily logistical facts. They are interpretations. Psychologists have determined that your subconscious mind, the matrix of beliefs that creates your experience, cannot distinguish between imagination and reality. When you imagine something to be so, your body, mind, and emotions kick into gear and create the experience of it being so. Imaginations of failure lead to the experience of failure. Imaginations of success lead to the experience of success.

That's why it's important to notice twigs and celebrate them. The ratio of big ocean to small twigs is gargantuan, but it's what the twigs represent that makes them more powerful than the expanse that outweighs them in size but not meaning. "Faith," said Rabindranath Tagore, "is the bird that sings when the dawn is still dark." When you hear the bird singing, no matter what the environment currently indicates, you can be sure the sun is not far behind.

If something can be done, it will be done. This is why "Kitty Hawk moments" are so significant. When the Wright Brothers flew their first flight in a heavier-than-air craft at Kitty Hawk, North Carolina, the flight's duration was only twelve seconds. But what those twelve seconds meant was far more important than the flight itself. They meant that air flight was real and possible. Those twelve seconds were the portal to a new era in human history, leading only 66 years later to a man walking on the moon. That twig was a sign of a vast new territory not very far down the road.

You can hasten your arrival in the new world, symbolized by this new year, by being keen to observe the twigs that float past your bow. Celebrate and magnify them. Seize every sign that your good is on its way—actually already here—and let success be the theme of your exploration and expression. Columbus and his crew were powered by stories and visions of a life they had never known, and they found it. You, too, have heard about dimensions that transcend the ones you have known, and you, too, will step into them. That's what makes the new year.

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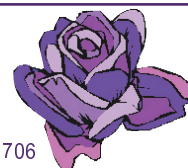
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Sundays MELBOURNE 10am Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (pg 4)

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1970 Melody Lane behind Melbourne Auditorium (321) 961-5390

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 [openmindzen.com](http://openmindzen.com)

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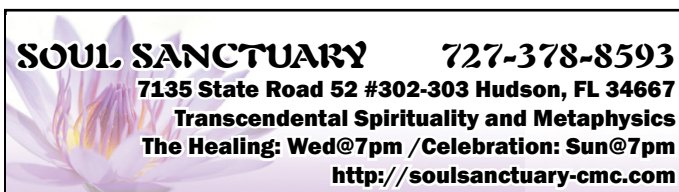
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## ABRAHAM-HICKS

*...continued from page 8*

**Jerry: Is there the “one perfect person” for us to be in a relationship with? And if there is, do you have any recommendations of how to find that person? Also, what is your opinion about what we call a “Soul Mate”? In other words, is there an ideal Spiritual mate for each of us?**

**Abraham:** Throughout your lifetime, and because of your interaction with others, you have been identifying the characteristics in others that are most appealing to you; and you have, incrementally, been sending out rockets of desires about those desirable traits.

In other words, bit by bit, you have created (in your own Vibrational Reality) your version of the perfect mate for you. But before you can find your perfect mate, you must be a Vibrational Match to that desire, which means, you must consistently be a Vibrational Match to what you want.

If you are feeling lonely or frustrated about not yet meeting your mate, you are not a match to your Vibrational Reality, and so your rendezvous is postponed. When you are envious of others who have wonderful relationships, you are not a match to your Vibrational Reality, and so your rendezvous is postponed. If you are remembering past unpleasing relationships and using those as your justification for wanting or needing a better one, you are a match to what you do not want, and what you do want is postponed. But if you can bring yourself to a place of consistently feeling good, even in the absence of the relationship that you desire, the rendezvous is certain. In fact, it is Law.

The “perfection” of that partner means that your partner matches the things that your life has caused you to ask for, but the finding of that partner hinges upon you becoming a match to those desires first.

You cannot find your perfect mate from your awareness that your mate is missing from your life. You have to find a way to no longer offer the Vibration of a “missing partner.”

In the same way that from the sifting through your now physical experience, you are continually launching new desires — you also launched desires about your physical experience from your Non-Physical vantage point before your birth. And sometimes those desires, or intentions, did include such specific things as creative traits or talents, specific things you wanted to do, or specific people you intended to co-create with.

A “Soul Mate” would be such a person. But we usually downplay the idea of “Soul Mates” in the way that so many people want to address them because, really, every person with whom you share your planet is a sort of soul mate. And the feeling of Connection that people are looking for, the exhilaration of being with someone with their hearts soaring, really is not a function of the person you are with, but instead it is a function of your own Connection with You.

We would prefer to think of Soul Mate as you mating, or consciously Connecting, with your own Soul or Source or Inner Being or Self. When you, in your physical moment and time, are offering a similar Vibration to that of your Inner Being, you have indeed found your Soul Mate. And if you consistently do that, the people who will gravitate to you will be enormously satisfying in nature.

Think about what you want in a relationship and why you want it. Look for those around you who are experiencing good relationships, and feel appreciation for them. Make lists of the positive aspects of those you have spent time with.

... In fact, one of the fastest ways to make your way to a wonderful relationship is to find any subject that consistently feels good, and focus on that even if it has nothing to do with relationships.

When you remember that you have already Vibrationally created your perfect relationship, and that it is all queued up for you in your Vibrational Reality, and that your work now is to just not offer an opposing Vibration about it — and that it has to come to you — then it must come quickly. The number one thing that prevents people from rendezvousing immediately with their perfect mate is simply their awareness and discomfort about not yet finding one.

Remind yourself, often, that you have done the work, you have clarified your desire, you have shot off the rockets of desire, Source is tending to those combined wishes, the Law of Attraction has organized the circumstances and events through which the rendezvous will occur, and now your work (your only work) is to stop doing that thing you do that prevents your meeting. When you are “doing that thing you do,” you always, without exception, feel negative emotion.

So when you are lonely, or ornery, or impatient, or discouraged, or jealous — you are delaying the meeting. If we were standing in your physical shoes, we would remind ourselves that we have already done the work of specifying and asking. We would accept that the creation is already accomplished. It is done! And then we would think about it only for the sake of the pleasure of the thought.

When the moment of thought is blissful and satisfying — without the contradictory energy of trying to make something that has not yet happened, happen — your Vibration is pure and powerful, and your creation can easily flow without hindrance.



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## FIELD OF THE HEART

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

The reason we drop down into the field of the heart is that it allows us to access that state of pure potentiality or neutrality (new-to-our-reality). From the field of the heart we can access pure, undifferentiated states of information and energy potential before the information separates out as form, action or experience. The heart field is the gateway to All that is, and All that is yet to be experienced.

When we drop down into the field of the heart, we don't really initially feel, notice, or think anything related to the experience because it's not experience yet. Rather, it is an experience of no experience, that which is pure potentiality. Everything that we do in **Matrix Energetics**, we do from this pure potentiality and neutrality that is found in the field of the heart. From the field of the heart we easily access transformation because we are actually going back to before the collapse of the wave function.

We create resonance with a pattern before that pattern has been separated, identified and named as a particular experience. So when we work with a shoulder, it's not a shoulder, because a shoulder is something that has been separated out from the whole, identified, and named as a 'shoulder.' In the naming of this pattern there are corresponding references that limit what is possible for that shoulder because of all the thoughts and beliefs that accompany the world of shoulders as 'shoulder-dom'. There is too much should in shoulders. We are seeking options.

We don't label it. We don't name it. It is just a pattern. The pattern becomes pure potentiality, and in that state there exist equally weighted possibilities. This facilitates the probability of transformation into actuality.

### Some suggestions from Melissa Joy for dropping into the heart:

1. Breathe in. On exhale, simply relax your physiology: Drop your shoulders and allow your awareness to relax into the center of your being or physical body. Notice the calmness and stillness and absence of thought. From this space, notice what you notice. What information begins to well up from your inner being?

2. Ask an open-ended question, like "What would I notice if I were to allow my awareness to move back into the heart-field?" or "Where am I in relation to the field of my heart?" Follow that awareness and connect to it. From this space, notice what you notice.

*...continued on page 29*

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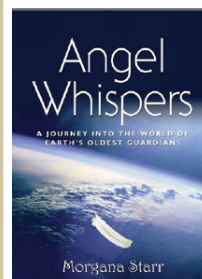
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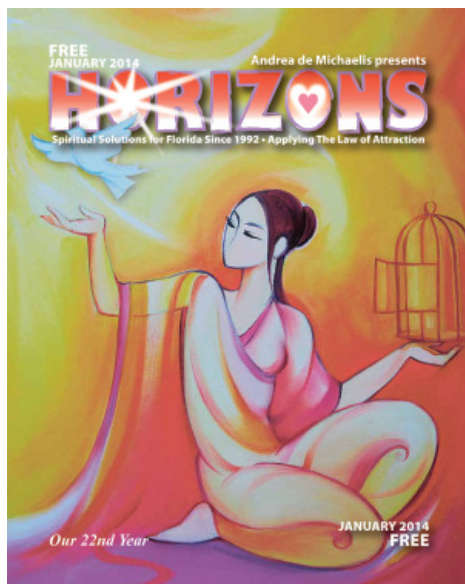
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# COVER ART

## FREEBIRD

BY JANE TAYLOR



I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years, but am now doing far more of the thing I love best - painting in oils on canvas. I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) Most of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.

For me painting is one of the necessities of life, - I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush!



What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website, which you may like to check out just for fun - you can

find my work online at <http://janetaylorart.weebly.com/>  
or email me at [chalicewell@hotmail.co.uk](mailto:chalicewell@hotmail.co.uk)

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# OPEN MIND ZEN

*...continued from page 14*

Buddhist teaching is that everything that exists now has a basis in, or is a result of, past karma. In other words, nothing happens independent of its causes, and everything happening now has a result. In a way, we could say that every single action we take in this life goes on infinitely in some form or another. Again, this view points us to the supreme importance of personal responsibility in our lives and actions. It's not simply that a patriarchal god up in the sky will judge us, it's that our negative actions reverberate on and on, as do our positive ones. It's our choice - that's the wonderful thing, but also the terrible thing. There isn't anyone else to blame.

## Chapter 12 Freedom & Perfection

To truly experience freedom, we have to be able to see things from both the relative and the absolute perspective and not get stuck in either one. What is freedom, and can human beings really experience it? How can we say that the world is perfect as it is when it often appears to be the opposite? To gain an understanding of Zen teaching on this point, we need to see that there are two ways of looking at this issue. One is the relative side, which is that the world is never going to

be perfect, that there will always be problems. But then there is also what we in Zen practice call the absolute side, which is that from the perspective of wholeness or oneness the entire universe is perfect the way it is, suffering and all. For someone who has achieved this perspective, the earth with all its imperfection is the enlightened Buddha-mindfield. So, whether this earth is a minefield or a Buddha-mindfield depends on how we experience it.

To truly experience freedom, we have to be able to see things from both the relative and the absolute perspective and not get stuck in either one. To be attached to the relative level means that we believe that just a little more money, a little larger SUV, a little larger house or a little better relationship will give us the freedom we need. The problem is, no matter how much we get, it just doesn't seem to do the trick. All those extra things require maintenance, and more and more of our time goes to creating and maintaining this kind of material wealth. Then we wonder why we aren't as happy as we're told by the advertising we should be!

On the other hand, if we have some kind of spiritual beyond body experience we can just as easily get so attached to it that we cannot drop it to see the relative world around us when necessary. Life is not always perfect and wonderful - there is suffering, pain and destruction all around us, and we need to be able to empathize with those that are suffering in order to do any good. Sometimes life is calm and clear, and other times it is terrible and chaotic, so to be able to freely move between functioning in the relative while seeing the absolute

*...continued on page 29*

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Science knows 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. 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. We can retrain our consciousness to create healthy beliefs, and create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely 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.

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## *This month's thoughts about things...*

*... from page 7 ...*

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

Domino used to think that if someone had bad luck once, they were cursed forever and would always have bad luck. She thought if she lost her job, she'd never have another. She worried that if her husband ditched her, she'd be alone the rest of her life. And likely starve. Well, her luck has apparently changed, since she finds a series of jobs that keeps her pantry stocked, and she's always juggling a couple of boyfriends.

And all that changed, really, was that she stopped telling herself that old story. The story about the sad person who could never catch a break and was going to die alone and tragic. She began telling herself the story of what she would do as soon as she was on firmer ground, she began setting goals and moving toward them. She began reading stories of encouragement from other people and she began asking her friends to encourage her in her goals. She had specific goals and so I created a special self-hypnosis cd for her to play as she fell asleep, to help reprogram her consciousness to stay focused on her goals and hopeful about them. She knew that as soon as she experienced even the slightest shift in consciousness, the momentum would be there to move her forward, closer to her dreams.

You can program yourself in the same way, by being mindful of your self talk. Script out a new set of phrases to repeat in your mind, anytime old thoughts come to mind. Keep the script in front of you. Soon enough you'll have memorized it and it will run like a ticker tape in the back of your mind throughout your day. And when that happens, your shift in perception is just around the corner, so expect it and anticipate it.

A friend told me that repeatedly listening to my **Sleepytime Recharge** cd helped her a lot and made a big difference in how she saw life. *"That's a breakthrough for me,"* she said. I love that a simple thing like listening to the repetition of focused, hopeful, uplifting statements can be used to change someone's attitude and expectation so much that they begin living a different kind of life. That listening to simple phrases over and over (even in our sleep!) can help it click within us that we have access to more life and more good than we ever thought possible. And once we realize that - really realize that - a new world opens up to us.

And we don't need to buy a cd to do it, we can reprogram ourselves by our own daily self talk. We've learned that the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear others speak. The cells of our body process 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. We can identify where our glitches are. We can regulate our own brain chemistry to overcome ailments and bad habits. We can reprogram ourselves for more 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. Some of the suggestions on her cd include: *"I no longer worry over events of the past. Every day begins my life anew and every day is a new beginning. I feel optimistic about my future possibilities. I find greater satisfaction in my everyday life. I find fun and interesting ways to spend my time and I have an increasing sense of mission and purpose."*

Simple words, huh? When you believe them, really believe them, your world will change. It's exciting, isn't it, to know we can program our own upgrade.

## ***BUT WHAT ABOUT WHEN SOMEONE COMES ALONG AND BURSTS MY HAPPY BUBBLE?***

If someone irks you, that just means you're letting your focus wander. Get your self talk back under control and your aggravation will drop in no time. You'll begin to see that pain is caused, not when a troublesome thought surfaces, but by your conscious choice to follow the troublesome thought. By your conscious choice to re-activate your pain by staying on the topic both in your mind and with your friends. This year, stop being ticked at the one you think stole your happiness. They didn't have that much power over you until you gave them power by your repeated thoughts and words. They were just a passing blip on the screen of your life, until you detained them. You would be on to happier times by now if you'd stop thinking of all the times they were mean to you. They were mean before and now they're gone so it's over, but you have carried that thought around, reactivating it daily for weeks, months, years. If you didn't have it repeating in the background of your thoughts over and over like a broken record, you would be long past it and on to your better life.

It's not what THEY did THEN that is causing you pain NOW. It is your own repeated thoughts and staying on the topic with friends. The pain is caused, not when the thought surfaces, but by your conscious choice to follow the thought and repeat the transgressions in your mind and chat about it. Thoughts arise, yes, that happens. Be aware when irksome thoughts arise and then make the choice to not follow them. *"I am done with this topic for now, I will think instead of some better feeling thought."* And then think some better feeling thought. Write up some good replacement thoughts on sticky notes and place them around your home and office.

When a grumpy thought arises, think *"I am done with this topic for now,"* and read the sticky note over a few times, just long enough to stop the automatic thought from spiraling downward. Have good replacement thoughts ready. I've got lots on my blog <http://horizonsmagazine.com/blog/> Sh\*t happens. If they aren't mature enough to handle an amicable parting, forgive them enough for both of you. Then turn your attention to more fun things. Once you begin distracting yourself with replacement thoughts, you get your emotions under control. That's the best gift you can give yourself for the new year. The best is yet to be, I promise. Expect it and believe it.

Accept all things. It's the only way to wake up... anything else perpetuates the dream.



Enjoy our offering this month.  
Hari Om.

Andrea

## OPEN MIND ZEN



*...from page 27*

state underlying all reality is very important to a spiritual understanding. Zen practice is about letting go of the relative self in order to realize oneness, but then after you have that experience of awakening, letting go of that so you can go on to the next stage. This is a very subtle point that many spiritual systems do not address, that it is necessary to avoid getting attached to both the relative aspect of life and the universal aspect. We have to be able to freely move between them. We need to be able to function in the relative world, to keep clean, to eat food, to relate well to others, but at the same time we need to be able to see the oneness of the entire universe. Nothing can be left out, or we are not truly free.

So, what is freedom? Well, if it was a fixed state of being of some type, it wouldn't be totally free. Zen teaching is that any fixed state is a trap sooner or later. Could it be that freedom is simply the realization that we can choose at any time, and in any situation? Doesn't this define freedom itself, that whatever happens we can choose - choose to go right or left, to do good or evil, to live or die? If we take any option off the table, whether it be ego, anger, lust, or selflessness, clarity and enlightenment, we limit our options and our freedom. We have an infinite range of tools to use in our tool chest - why not keep them all handy? In Zen training we use meditation as a way of learning how deeply our ability to choose goes.

Meditation is simply being aware of our own lives, of what we have created. We take our attention, which is normally focused outside, and turn it inward. What do we see when we turn our attention inward and start noticing our own body and mind? At first we see whatever we've created in our life, and that creation usually feels stuck in some way. We don't feel free because of conditioned patterns that keep us in certain narrow parameters of experience. The fact is that we are always free. We just need to free ourselves from the feeling that we aren't.

It's not the conditioning that makes us feel one way or the other, it's that we bind ourselves. There is a difference.



## FIELD OF THE HEART

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

3. Consider that the field of the heart is what you are. The electromagnetic field of the heart is the first thing that pops through the vacuum, even before the physical heart forms. Therefore, you are always in your heart. It is awareness and thoughts that move us out of resonance with being in the heart space.

4. Elevator (e-love-ator): Observe an elevator in your head. See a miniature version of yourself stepping into the elevator and allow for the doors to close. Press the down button. Follow your awareness as the elevator descends out of your head, down through your throat and even further down into your chest cavity. Allow for the elevator doors to open. Notice what you notice when you step into that space of no space and no place.

5. Take a moment to feel into someone or something that you love unconditionally. Feel that connection. Notice the feeling and allow for that feeling to move through your entire body. Invite that feeling to center in the torsion field of your heart and then ask it to speak to you.

6. Through the recognition that the field of the heart is connected to everything, notice in your awareness how you are not separate as a separate body or being. See yourself as an effervescent Vitamin C tablet. Drop yourself through awareness as a vitamin C tablet into a glass of water and feel within yourself as your sense of separation dissolves. Notice that you feel a sense of dropping in and expanding out simultaneously. There is no separation between you and everything else. You are present in the here and now and also present everywhere. Ask your heart what it would tell you if you were to begin to listen to it now.

7. Get silly! See a waterslide from your head to your heart with a pool in the field of the heart. Energetically pop your eyeballs out of your head, drop them onto the slide and let them drop into the pool with a big splash. As your eyeballs resurface, notice your attention from the field of the heart.

8. Notice the constant flow of thoughts in your brain or awareness without attachment. The more we have thoughts the less likely we are able to listen to our heart. See your thoughts as clouds floating by. Do not attach to them. Observe them neutrally with a sense of curiosity and no judgment. Observing thoughts and experiences without judgment keeps us in a state of heart-centered awareness.

9. Pay attention to genuine desires. Desires well up from the field of the heart and are cues or placeholders for our awareness to get our attention. Desires ARE the language of our heart speaking to us. When we listen, we move into a flow where desires become manifestations and experiences.

10. Trust yourself. One way to begin noticing, speaking and listening from the heart is to start by trusting in yourself. The more you develop a sense of trust in yourself, the more the heart becomes the leading navigator in consciousness. The intellect will follow the heart's intelligence the more you resonate in trust.

11. Let go of all sense of not being in your heart. The thought of a problem can become the problem. Ask yourself "If I knew what I might notice were I to listen to my heart, regardless of what anyone else might suggest, what methods of dropping into my heart might I discover?"



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. Call Barbara at 1-208-640-9524, visit on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or email [barbaraleellc@gmail.com](mailto:barbaraleellc@gmail.com)

## HOROSCOPES JANUARY 2014

**Aries: May 20 to April 19 "I Am"** The new beginning that you have been waiting for is just around the corner. Everything points to a balanced surge of focused and creative energy directed at working through any relationship drama. You will take a leap of faith as you find the courage to speak your truth. Honest communication changes the vibrations around you.

**Taurus: April 19 to May 19 "I Have"** Going into the unknown of the void can cause you to reflect on your most hidden emotions. As you take a deeper breath, be gentle with yourself during this time of healing. After the next Full Moon you will be reunited with your authentic self and ready and eager to get things done.

**Gemini: May 20 to June 20 "I Think"** You will be happier and more will be accomplished when you can come from a place of love and forgiveness. You are being asked to use a gentler approach to people and current situations in your life. Your current situation will allow you to be of service to others that are close by.

**Cancer: June 20/21 to July 22 "I Feel"** Transiting Jupiter in Cancer is still in your sign for about a half a year longer. Your emotions may have a tendency to feel out of control with expansive Jupiter on your back, but the true prize will be your ability to really open your heart and connecting with others on a deeper level.

**Leo: July 22 to August 22 "I Will"** You are being put on notice to be aware of the signs all around you. The support and higher guidance that is available to you now is amazing, just trust it. Feel the love all around you, your angels and guides are there with you. Communicate with them, they are real.

**Virgo: August 22 to September 22 "I Analyze"** You are at a crossroads ready to move forward in life. Now is the time to create a strong foundation to draw to you loving people that you can help and that can help you. The past issues in your life will never be a problem, those are gone and forgotten, you now stand on a high mountain top with a renewed vision for your life.

**Libra: September 22 to October 22/23 "I Balance"** Be gentle with the Capricorn people in your life, or should I say have them be gentle with you. Lots of relationships issues will come to a head to be resolved. You will also be faced with decisions to make about how you use your creative energy in your romantic encounters as well as the work environment.

**Scorpio: October 22/23 to November 21/22 "I Transform"** Saturn still in your sign, only wants you to learn your lessons and have structure. Now is the time to take a look in the mirror and really find out what makes you tick! The current energies around you are more female in gender, time to soften up and learn how to receive as well as ask for what you need.

**Sagittarius: November 21/22 to December 21 "I Perceive"** This past year you have felt disjointed at times, but now the pieces of the puzzle seem to be fitting together. As you begin to let go of control, you will see that everything that you have ever been through has been for a reason and now your life has come full circle.

**Capricorn: December 22 to January 19/20 "I Use"** You have so many exciting things happening for you this year! Shoot for the stars and everything that you have been working towards will manifest at the appropriate time. Expect the best! The strength that you feel within you is grand, now you can move into a more deeper inner awareness.

**Aquarius: January 19/20 to February 19 "I Know"** Your power is in what you know, and this month is no exception, as usual you will be lining up your calendar for future classes and studies that you wish to complete, and you will!. Just so you know you are lovingly guided and protected all along the path. There are so many that you are here to help.

**Pisces: February 19 to March 20 "I Believe"** Extreme psychic awareness is what I see for the new year. Now is the time for you to embrace your gifts. Earn a living at what you know and what others need to hear. Balance is your greatest lesson this year, be sure and stay grounded as you increase your psychic awareness.



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# HORIZONS MAGAZINE 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. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience 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.

Our lives become increasingly fulfilling as we take responsibility for how we perceive life and how we react to it.

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*

# YOGA SHAKTI MISSION



Ma Yoga Shakti

**Sunshine  
Lectures  
Sundays  
9 - 10am**

*Talks on  
Spiritual Topics*

## RETREAT JANUARY 3 - 5, 2014

Retreat to another world. Spend a weekend in the wooded seclusion of Yogashakti Mission, Palm Bay, Florida. This Ashram was created by Ma Yogashakti and purified and energized by her. Study Yogic scriptures; Learn meditation; Be introduced to Patanjali's Yog Darshan; Take part in 3 Hatha Yoga classes; Learn Deep Relaxation. Six home-cooked vegetarian meal will be provided. Accommodation is shared or you may prefer to bring a tent.

REGISTRATION: In advance before December 1st - \$120 per person, families \$170. At the door \$130 per person or \$190.00 for families. WHEN: 4 pm on the 3rd of January 2014 - 2 pm on the 5th of January 2014. WHAT TO BRING: Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen, notebook.

**First Saturday  
at noon**

**VEGETARIAN  
LUNCHEON**

\$10 donation  
(children free)

**Ramayan  
Chanting  
Sundays  
10:15-11:15 am**

**Bhajans/Kirtans  
First Wednesday  
6.45- 7 45 PM**

**YOGA CLASSES  
\$7 Per Class  
or \$25/month unlimited**

**Monday 7-8pm  
Gajendra Giles**

**Tuesday 7-8pm  
Maryann & Jim Loafman**

**Thursday 7-8pm  
Chip & Shyama Iacona**

**YOGA SHAKTI MISSION  
3895 Hield Rd NW Palm Bay**

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Visit [www.yogashakti.org](http://www.yogashakti.org)

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Palm Bay, FL 32909-4802



As hopeless as any situation feels, it's really  
only your thoughts that you're dealing with.  
And you have the power to change those.  
Louise Hay

**WEST PALM BEACH** January 26    **CAPE CORAL** February 2

## **MEDITATION SEMINARS**

**Effective Meditation Techniques, Holistic Lifestyle Guidelines,  
and Helpful Spiritual Practices**

**PRESENTED BY ROY EUGENE DAVIS**

**A direct disciple of Paramahansa Yogananda**

*All Welcome*

*Donation Basis*

### **West Palm Beach**

**Sunday, January 26 10 a.m. – 4 p.m.**

**EMBASSY SUITES HOTEL**

1601 Belvedere Road

(near West Palm Beach airport)

Start 10 a.m. Lunch Break 11:30 p.m.

Second Class & Meditation 1 p.m.

Kriya Yoga Initiation 2:30 p.m.

### **Cape Coral**

**Sunday, February 2 2 p.m. – 5 p.m.**

**CENTER FOR SPIRITUAL LIVING**

406 SE 24 Avenue, Cape Coral

(near Fort Myers)

revgauvreau@gmail.com

Roy Eugene Davis has taught spiritual growth practices in North and South America, Europe, West Africa, Japan, and India. He was ordained by Paramahansa Yogananda in 1951.



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