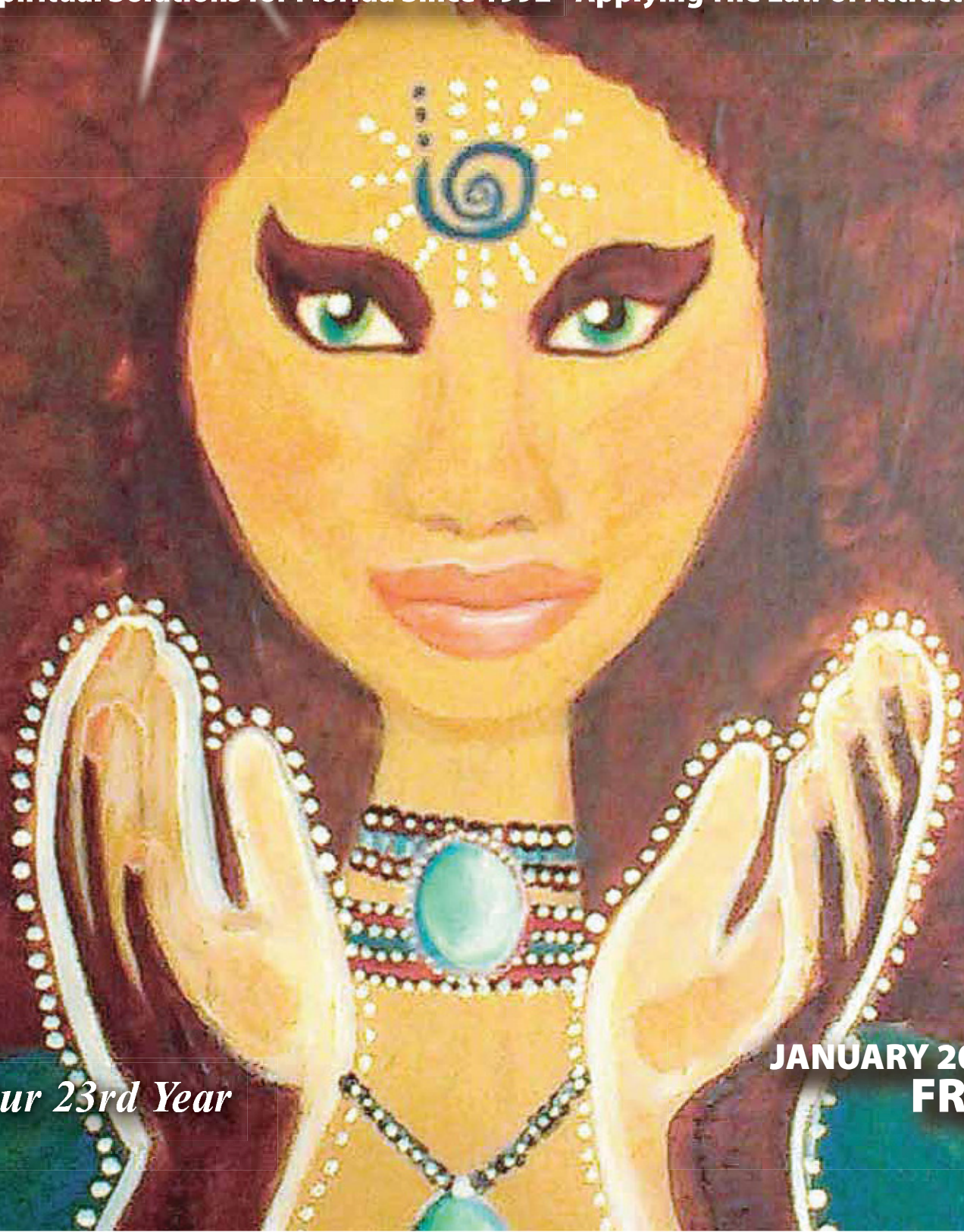


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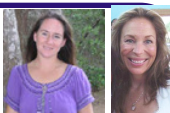
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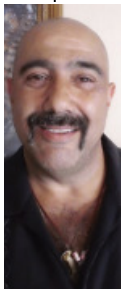
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optical illusion
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On the Cover (page 26)
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HORIZONS

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



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everyone willing
to take the risk**

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email 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.



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 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 2015 edition of Horizons Magazine. We're loving the cooler weather in Florida! 50 degree nights are perfect for sitting out at the firepit. I love having woods on three sides of me. I can feel completely isolated away from civilization yet the neighborhood is right on the other side of a few lots of oaks and pines. It becomes enchanted here at nightfall, so I enjoy the outdoors when the air turns cool. I began cutting the trails through the woods last month and spent time watching the woodland creatures that I share the property with. Their nightly parade up and down the trails is a never ending source of entertainment and contemplation.

Being such a workaholic, it's crucial that I have the wooded compound here to reboot myself in. All I have to do after a long day is take a walk around the property, check out the new growth on all the plants, maybe pick up tree branch deadfall as kindling for the nightly fire, see what creatures have been walking the trails. I live in a magical, enchanted wonderland for sure, and I love that I know it. Too often, as William Blake said, "Paradise does not make itself known to us until we've been kicked out of it." Thank you, Universe, for the eyes to see what I have right in front of me while I have it.

I have a habit of feeling guilty when I choose to spend time alone rather than with a friend. It's not just that I have a lot of things around here waiting to be done, it's also that I enjoy my own company and look forward to time alone to garden, to paint, to do home projects and repairs. I like doing things alone because only when my attention is focused within can I access the inner voice of my internal guidance system. If someone or some sound is present, my attention goes to them rather than within. In the silence is when I get to spend quality time, pleasurable time, with Spirit and inner guidance. And it's not just an empty mind space, although there are times it is that as well. I found that once you tap into inner guidance, if you've got an inquisitive nature you can enter into constant conversation with the voice in the head, asking questions, discussing answers, working out issues past and present.

Like Googling every query, seeing the answer, asking the deeper question, seeing the answer, asking the even deeper question. That's often what is going on within me when you see me watering the garden or mowing the lawn, painting or cleaning out my garage. Learn to get in touch with the silence within yourself and come to understand the deeper meaning of everything around you, everything you only half see and think of as mundane, ordinary and frankly rather boring. When we get bored, we're merely missing the deeper message. I used to pride myself on all the things I got easily bored with, thinking well, I've been there, done that, let's quickly get on with the next round of stimuli. Then as I began to truly awaken, I realized that although I'd had many experiences, I'd not yet begun to drink deeply of Life. I'd gotten bored with things because I'd only skimmed their surface and, in my self-absorption, I'd not reflected deeply on anything. There was a whole world waiting for me to discover it, as soon as I got over myself. That, too has become a lifelong process.

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HEALING MESSAGES FROM THE ANGELS

Doreen Virtue is a spiritual doctor of psychology and a 4th-generation metaphysician who works with the angelic, elemental, and ascended-master realms in her writings and workshops. Doreen is the author of more than 50 books about angels and other mind-body-spirit issues, including *Healing with the Angels* and *Messages from Your Angels* books & cards. www.angeltherapy.com

The angels are here on earth now more than ever, as we strive for peace, compassion, and tolerance in today's world. They bring us guidance and reassurance, but mostly they bring us reminders of the love that exists within each of us. Here are some recent healing messages that the angels have given to me:

ABOUT BETRAYAL

What is at the heart of betrayal? A feeling of being compromised or unloved? Truly, the person who hurts you is betraying himself alone. This person unwittingly cast a pebble into a pool with ripples which stung you with deep pain. Will you now betray yourself further by leaving your true self behind in consciousness? Your focus upon hurt will only serve to further hurt you, precious one. You can do more harm to yourself than any other person by your continually focusing upon this hurt. Leave the hurt behind! Do not betray yourself further by walking upon this path of painful contemplation. You do no one justice by holding the hurtful situation in the palm of your hands. And yet you need to heal. So cleansing yourself of hurt will both free your consciousness and rid you of the deep and stinging wound of having a dear one disappoint you. See now we angels circling around your middle, and notice we are getting closer and gaining in numbers. Our wings are outstretched like one giant circle of a tray around you, and we ask you to place your hands face down upon this tray of wings. Let us warm you from the palms upward with our love. Feel us gliding your energy imbalances to a place of peace and safety with our continuous motion.

ABOUT LONELINESS

You are so mightily loved that your awareness is just a glimmer upon the smile that is within your heart. You do not understand your greatness, and so you turn away from beholding it, for fear of having awe of the light that is shining there within you. Behold your greatness, precious one! Do not turn from the light that will dazzle away your emptiness and fill it with a love that is so real and eternal that nothing can compare in any place or in any time! Hold its substance in your arms in warm embrace for that which can only fill your emptiness with love, eternal love, pure and rushing through you, through and through.

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No Need To Be Organized

The Universe doesn't say, "A clean desk is required before you get the good stuff."

Q: My question is: I've been really struggling with being very disorganized. I have a business and on my desk I've got a stack of business cards that should be entered into my database....

Abe: Why?

Q: So that I can keep track of these people and market them.

Abe: Why do you need to do something different with them than you are doing?

Q: Because I'm not reaching out to this group of people to stay in front of them, to keep myself marketed to them...

Abe: Do you have plenty to do already?

Q: Yes.

Abe: Then why do you need more? (Laughter from audience.)

Q: Well, I want to continue growing my business. And it's not just that, I mean, you know, I've got papers piled up here and there, and I feel like the fact that I'm disorganized is holding me back.

Abe: We agree with that, but when you hate organizing, then organizing will hold you back, too.

Q: Uh-huh. Yes, I hate it. (Laughter.)

Abe: And the Universe has a way of yielding to you irrespective of your organizational skills. In other words, the Universe doesn't say, "When you get organized, we'll yield to you." (Laughter.)

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BILBERRY FOR EYE HEALTH AND MORE

As long ago as the 16th century Bilberry has been used medicinally; a close relative to Blueberries, Cranberries and Huckleberries, Bilberry is best known for its benefits to the eyes.

The dark berries of Bilberry like Blueberries are high in **anthocyanidin**. This strong antioxidant helps improve vision problems protecting the retina and the layer of the nerves that line the back of the eyes. It also boosts the production of **rhodopsin**, a pigment that helps the eyes adjust to light changes helping to improve night vision.

In an Italian study, 50 people with early stages of **cataracts** were given Bilberry along with vitamin E; the results showed a 97% reduction in cataract progression. In another clinical study Bilberry was given internally it was found to improve visual accuracy by improving microcirculation. Along with Bilberry's ability to improve night blindness, it also improves many other visual problems such as **glaucoma, myopia, macular degeneration and cataracts**. It can do this because of **quercetin** another of its constituents; for the eyes quercetin inhibits an enzyme that causes **retinopathy** and because it is high in vitamin C it helps form **collagen**, which is needed for the repair of the cells and tissue of the eyes.

In the circulatory system, the constituent **anthocyanidin** strengthens the circulatory system by preventing platelets from sticking together this helps reduce the risk of blood clots which leads to heart attacks, it improves circulation by dilating blood vessels, it helps **lower blood pressure, prevents angina, reduces blood lipids and strengthens the cell structure of the veins**. Just be careful when taking blood thinners with this herb.

Bilberry is also high in tannins; this constituent acts as an **anti-inflammatory** and as an **astringent**, which helps heal internal wounds by tightening and toning mucosal membranes making Bilberry good for **reducing ulcers** and other **intestinal inflammations, indigestion and nausea**. If diarrhea is a problem try eating some dried Bilberries (or Blueberries) and if constipation is a problem, then try eating the fresh berries.

Most people are aware of Bilberry's benefits to the eyes, but it is also good for the above conditions as well as **gout, type II diabetes, arthritic conditions and dermatitis** because of many of its constituents. Give it a try you might be surprised how well it works



THE PURPOSE OF HURTFUL EXPERIENCE

JP Sears is an emotional healing coach, international teacher, world traveler, and curious student of life. His work empowers people to live more meaningful lives. JP presents classes, workshops, online seminars, and leads retreats at numerous locations around the world on inner healing and growth. He is also very active on his YouTube channel, AwakenWithJP, where he encourages healing and growth through his entertainingly informative and inspiring videos. You can learn more at www.InnerAwakeningsOnline.com and www.YouTube.com/AwakenWithJP

With everything in life supposedly being purposeful, divine and in our highest good, what in the world is the purpose of my emotional pain? How could my experiences in life be helping me when, at times, they hurt so much? It can certainly be a frustrating experience to work through the painful issues in life, but it can be doubly so to wonder what their purpose might be.

It is my belief that painful experiences in my life may be serving as part of a lesson for me - specific lessons that my soul desires to learn. With this in mind, the intention of this article is to invite you to discover a more insightful understanding of painful occurrences in your life.

THE SHADOW AND THE LIGHT

To understand the purpose of painful experiences, it may be helpful to first entertain the fact that we live in a field of relativity (also known as polarity) as Einstein proved with his equation $E=mc^2$. Being in the relative means that before we can know or experience something, we must also encounter its polar opposite. For example, to know hot you must experience cold, to know up there must be an experience of down.

And just as our physical bodies reside in a field of relativity, so do our emotions. In other words, to experience happiness you must experience sadness. You must experience rejection in order to know acceptance. You need confusion to know clarity.

With this concept in mind, is it possible that the treasure of true happiness that many of us seek is not possible without the vital ingredient of our negative experiences? Much as Buddha says, our purpose is to experience the extremes so we can find the balance in between. After reading this you might ask, "Well, what if you are born into true happiness? What if you were born into a loving family with all of your needs taken care of? In that case you don't need the painful or negative experiences, do you?"

...continued on page 21

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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 FB and like her FB page, "Soulsongs." karen@karenmoneywilliams.com.

TAKING OUT THE TRASH

It can take presence-of-mind and practice to let go of habitual ways of reacting to life. But every time that I release one annoyance, worry, tinge of self-pity, regret, self-doubt, resentment, etc., I do myself a significant favor.

These kinds of thoughts feel bad for a reason - they're bad for me. They diminish the joy that is my essence. And when my joy is lessened, the well-being that comes with it is reduced. Over time, bad-feeling thoughts compromise my health, finances, and overall quality of life.

I clean my home, my car, maybe even my garage. But no endeavor will reward me as much as cleaning up unhappy thoughts.

Today I envision a trash can, perhaps akin to the domicile of Oscar the Grouch of Sesame Street fame. When I notice myself thinking negative, no matter how much circumstances seem to warrant it, I drop that thought in Oscar's can and turn my attention elsewhere.

I'll soon start to feel free, lighter, and my "luck" will distinctly improve, while Oscar munches merrily away.

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THE COST OF FREEDOM

Elizabeth Stamper, LMHC, is a body-centered psychotherapist, writer, and interfaith minister. In her wholistic healing practice, she is deeply committed to helping others actualize their gifts and dreams, and create fulfilling relationships and happier lives. www.ElizabethStamper.com.

**How can I return mercy
for lack of mercy
and kindness for what
appears to be unkind—
I must see this differently.**

**How can I think I am good
and you are guilty—as if
only I would know
what's right and wrong—
I must see us differently.**

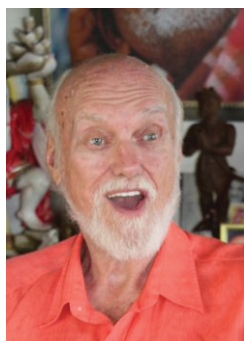
**How can I feel so unholy
and undeserving, yet reach for
a god of perfect love
hoping we are one?
I must see me differently.**

**How can I not forgive
and not give thanks
when your heart is always here
and holding out its hand?
I must see you differently.**

**I would return to peace—now—
this very minute—
giving up my point of view,
my practiced pain,
my innocent face—
for none of that is worth
the cost of freedom
and the sacrifice of grace.**

**I would release this ancient blindness
and return to you, return to me,
return to peace . . .
right now.**

BE LOVE NOW



Ram Dass's books include *Be Here Now*, *The Only Dance There Is*; *Grist For The Mill*; *Miracle of Love: Stories of Neem Karoli Baba*; *How Can I Help?*; *Compassion in Action: Setting Out on the Path of Service*, *Still Here: Embracing Aging, Changing and Dying*; *One-Liners: A Mini-Manual for a Spiritual Life*; *Paths to God: Living the Bhagavad Gita*. His most recent book, "*Be Love Now*" follows the track of his own heart awakening and his quest to embody the unconditional love that he experienced with guru Neem Karoli Baba. www.ramdass.org

ON JUDGING

Love it the way it is. - Thaddeus Golas

Our deep conditioning from school exams, grades, and the like gives us the habit of looking at every achievement competitively, in terms of where we stand. How are we doing: are we better, equal, or worse than others on the same journey? Such evaluation of our position becomes a real obstacle in spiritual life, for it constantly leads us to look at spiritual evolution in comparative terms. Someone tells you they have visions of lights when they meditate. You never have had such a vision. This fills you with feelings of inadequacy and jealousy. On the other hand, you may sometimes feel yourself leaving the body when you meditate. Your friends don't experience this. This fills you with a subtle spiritual pride that feeds your ego.

In 1970 I traveled around the world on a lecture tour with **Swami Muktananda**. In his teaching he transmits shakti, or energy, to his students. I recall vividly a living room and **Melbourne, Australia**, where twenty people were gathered in meditation before him. It was late in the afternoon and he sat cross-legged on the love seat at the end of the room, with his eyes closed behind sunglasses, a knit hat on his head, idly strumming a one stringed instrument. The room was quiet.

Slowly, one by one, the people in the room started to behave bizarrely. One portly gentleman and a dark blue suit with a watch fob suddenly began to do mudras, traditional Indian hand positions. I recall the look on his face of consternation and perplexity - it was apparent that he knew nothing of these mudras, and was certainly not doing them intentionally. Next to him a gentleman dressed in a tweed jacket and gray flannels with the pipe in his pocket, obviously the perfect professor, suddenly got up and started to do formal Indian dance. Again the look of perplexity, for in no way was he responsible for what he did. Near me was a girl who had come not to see Swami Muktananda, but to be with her boyfriend, who was interested. Suddenly she began to do intense, automatic breathing. Her rapid breathing got to such a height that she literally bounced across the floor of the room with the breaths. Again I saw the look of perplexity.

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CASSADAGA

I watched more and more people experience the touch of **Swami Muktananda's** shakti, but never felt it myself. None of these things happened to me. I was concerned. After all, if I was "evolved enough" to lecture with **Swami Muktananda**, why shouldn't I have these dramatic signs of spiritual awakening? The seed of jealousy sprouted in me. Though I didn't admit it, I did my best to induce these symptoms of awakening.

Later I learned that these sometimes bizarre manifestations of shakti were the result of various blockages in people and were in no way necessary on the spiritual path. As time has gone on, I have learned that there is no experience, no symptom, no sign of spiritual growth that is absolutely necessary. Each of us has a unique predicament that stretches back over many lifetimes. Each person is drawn to a different set of practices and responds in his or her own way.

Individual differences are not better or worse, merely different. If we forgo judging, we come to understand that each of us has a unique predicament that requires a unique journey. While we share the overall journey, everyone's particular experiences are his or her own. No set of experiences is a prerequisite for enlightenment. People have become enlightened in all ways. Just be what you are.

The experiences along the way are not enlightenment. So if you don't see lights or meet remarkable beings on other planes, or if your body doesn't shake, or if you don't feel the greatest peace, or even if nothing seems to happen in meditation, don't compare or judge. Just keep going. To compare yourself with others is to forget the uniqueness of your own journey.



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From the Heart

Alan Cohen is author of many books, including *Relax into Wealth*. Join Alan's upcoming Life Coach Training Program to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com.



Keeping Your New Year's Evolutions

Many of us make New Year's resolutions which, according to many surveys, don't last very long. Many are gone by the end of January, and most are gone by July. Most resolutions have to do with losing weight, saving money, and taking self-improvement courses. All worthy goals, to be sure. But why do most resolutions tank?

I was coaching a woman who was burdened by a terrible sense of overwhelm. She could not keep up with all the "should's" banging at her from inside her head, voices of her parents and other dead authority figures. After listening to her painful litany, I told her, "There is no way you are ever going to succeed at keeping up with all of your self-imposed obligations."

"Why is that?"

"There is no joy, intention, or true choice in any of them. Your life is one big 'I have to.'"

"Then how do I change?"

"Shift from 'discipline' to 'blissipline,'" I suggested. "You will always succeed at things you choose because they make you happy. You will never succeed at things you do just because you owe."

There are, of course, things we have to do whether we like to or not. But there are other things we would love to do, but don't. When we take the time and self-honoring to do the things that fill our soul, the other stuff becomes easier, lighter, and in many cases the volume of distasteful activity miraculously diminishes. You can create a tipping point in favor of joyful activities by engaging from the heart rather than the head.

This year forget about your New Year's resolutions and pay more attention to your New Year's evolutions. Resolutions imply an imposition of will over joy; of forcing over allowing; of demanding over flowing. You are on a trajectory of awakening, healing, and self-expression, achieved by cultivating your true self and letting life live through you rather than marching into the black hole of endless obligation.

...continued on page 26...

ASK WHITEDOVE



Got a burning question? Celebrity Psychic and Spiritual Teacher Michelle White Dove is here to help give clarity on topics from Archangels to Zodiac, just ASK WHITEDOVE! Lifetime TV named her "America's #1 Psychic" after showcasing her gifts on "America's Psychic Challenge." Ask your specific questions at www.MichelleWhitedove.com.

Dear Michelle,

I am a mixed race woman who lived through the race riots of the 1960's and with the difficulties that are resurging today I'd like to know: why did God create so many different races?

-Multiethnic in Memphis

Dear Multiethnic,

In the beginning, God created one race; it was beautiful race of loving and enlightened souls with gorgeous bronzed skin much like yours. These beings were born into a state of grace. As man grew dissatisfied, greed emerged and in time this group eventually fell from God's grace.

After man's fall from Grace, then God created other races for diversity so that we could learn from each other and grow. There were four races. Each race had unique aspects to share with the world. The indigenous group that led in spirituality with intuitive gifts was the Red Man. They lived closest to God's truth. Yellow Man was one of superior intelligence. Black Man was the most physically skilled and such a hard worker that eventually enslavement ensued. White Man was an adventurer and became a conqueror driven by ego and pure greed. Through the ages these original four groups have intermingled and became many races or tribes.

God's plan is still the same, we are to learn from one another, feel empathy towards our brothers and love one another as God loves us. Yet it seems that humans can only find peace on the other side of war. In large we are still very primitive, fortunately there is a growing movement to evolve. Eventually all of God's children will return to enlightenment.

Dear Whitedove,

I went to a psychic reader who gave me information about a potential illness that could be fatal for my father-in-law. About a month later he was indeed hospitalized. Within ninety days my Mother was diagnosed with stage four Cancer and passed soon after. My question is: *why are psychics secretive about what information that they share?* I wish that I could have helped my Mom; maybe her life could have been spared.

-A Bit Bitter in Bellingham

...continued on page 27...

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NOTES from the Universe

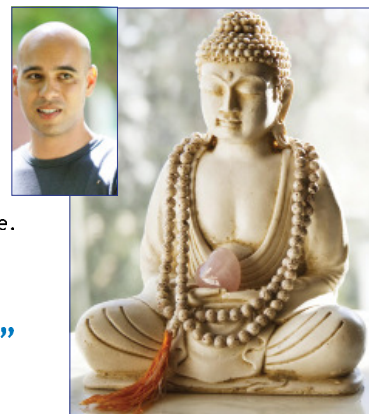
An international tax accountant turned entrepreneur turned writer for "the Universe," and one of the teachers for the bestselling book *The Secret*, Mike Dooley has found his calling. Mike runs TUT's Adventurers Club and travels internationally, speaking to thousands on life, dreams, happiness. Visit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

Some things don't sound like they look. Others don't look like they sound. There are friends who don't act like friends. And enemies who'd never dream of hurting anyone. But do you know what the strangest thing about time and space is? Your thoughts will never betray you. They will strive to become things. You can change your circumstances on a dime. And where you've been, has no bearing on where you can still go.

Zoom, clink, hugs -
The Universe

ZEN HABITS

Leo Babauta is a simplicity blogger & author. Zen Habits is about finding simplicity in the daily chaos of our lives. It's about clearing the clutter so we can focus on what's important, create something amazing, find happiness. www.zenhabits.net/ is ad-free. Leo's e-books and courses at www.zenhabits.net/books/



"Make It Happen" Actions

1. FIND A PURPOSE. You might already know what your purpose is, but it's good to review it and keep it at the forefront of your thoughts. If you don't have a purpose, start here: what will you want to look back on at the end of your life? What will make your life feel significant? What will give your life some meaning? If you don't have an answer to these questions, it's worth spending a little time here. Go for a walk and think about it.

2. EMBRACE YOUR DESIRE. You're reading this article because you have a desire to do something positive in your life. Embrace that. Isn't it wonderful that you have this desire? See this as the first positive step, one you've already taken. Now use it and take action.

3. CREATE THE SPACE. You won't make any changes if you don't create a small space for the change. When will you start making the change? In the morning, in the evening, during your lunch break? Don't wait for the change to happen — make it happen. Block off some time on your calendar each day, even if it's just 10 or 15 minutes. If you don't have the time, think about how long you spend each day on Facebook, TV, games, or doing smaller tasks that aren't as important. Push those back for just a bit, and do what's most important to you first.

4. SURROUND YOURSELF. The best way to make change happen is to surround yourself with others making a similar change themselves, others who will support your change. Find a few people online or off, and create a support team that will check in with each other regularly. Yes, this might take some work. Yes, you can do it.

5. MAKE THE ACCOUNTABILITY. Find at least one person who will hold you accountable for making this change. It might be the support team mentioned above, or a coach, or an accountability partner. Tell them not to let you off the hook.

6. TAKE A SMALL ACTION. If you're overwhelmed by a large change, or a bunch of large change, just focus on one small step. What small action can you take today that will move you forward? It might be something as simple as "do an Internet search about selling my quilts online", or "call Freddie to ask him to hold me accountable". Take a small step, and get moving. Movement begets movement. Now take another small step. This is how change is created.

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

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CHANGE THE SCRIPT



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Former criminal lawyer and psychotherapist, Jeff Brown is author of Soulshaping: A Journey of Self-Creation, Ascending with Both Feet on the Ground, Apologies to the Divine Feminine and producer of the spiritual documentary - Karmageddon - which stars Ram Dass, Seane Corn, David Life, Deva Premal and Miten. Visit www.soulshaping.com

Sometimes people walk away from love because it is so beautiful that it terrifies them. Sometimes they leave because the connection shines a bright light on their dark places and they are not ready to work them through. Sometimes they run away because they are not developmentally prepared to merge with another- they have more individuation work to do first. Sometimes they take off because love is not a priority in their lives- they have another path and purpose to walk first. Sometimes they end it because they prefer a relationship that is more practical than conscious, one that does not threaten the ways that they organize reality. Because so many of us carry shame, we have a tendency to personalize love's leavings, triggered by the rejection and feelings of abandonment. But this is not always true. Sometimes it has nothing to do with us. Sometimes the one who leaves is just not ready to hold it safe. Sometimes they know something we don't- they know their limits at that moment in time. Real love is no easy path- readiness is everything. May we grieve loss without personalizing it. May we learn to love ourselves in the absence of the lover.



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ABRAHAM-HICKS

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The Universe doesn't say, "A clean desk is required before you get the good stuff." The Universe says to you, "When you want it, we yield it to you, and if you're in this place of allowing it then you're gonna let it in." And so there are different styles -- there are those who need to be organized in order to stand it. In other words, clutter just makes them crazy. Well, we would encourage them to get organized because they need it for alignment.

But if organizing is as frustrating as you say it is and if you're making that stack work, it is our suspicion that you could get your hands pretty quickly on anything on your desk if it really mattered to you. If it really mattered, you could find it reasonably quickly. In other words, we think it is more of a time saver to just find it when you need it -- the Universe will help you -- than for you to spend all that time trying to get organized and maintain a lifestyle that you have not produced or that has never been important to you.

Q: Mmm. Wow, that's awesome. That's powerful. (Laughter.)

Abe: The only thing that is sticking for you is that you are beating up on yourself for not being organized, which is what is causing the resistance. But if you will say, "Ah, I'm like a mad scientist," or, "I'm like a creative genius where the energy just flows through me," because you are that. You don't have to be like someone else in order to have your success. You're having your success. And more is coming.

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Q: Okay. I was wondering if that might be tied in, 'cause I was also dealing with some financial issues, and my bank accounts are disorganized -- my personal account, my business account, money's going back and forth between those two; my personal and business credit cards, you know, it's like wherever I need the money from it's being pulled here to go there and being pulled here to go there. Is that related to this -- I mean, is disorganization in this area causing me financial distress or are those just still not...

Abe: Well, we think the disorganization that you have been practicing is sort of evident there, but we do not think one is the cause of the other. We think that the way you feel about organizing is the cause of all of them. But here is the thing that we really want you to hear: are you making it work? In other words, do you have a sense of where the money is?

Q: I... not in a way that I could explain to the IRS. (Laughter.) But, yeah, I know where money is and which bank account has some in it at that moment and which one might need it later.

Abe: Well, if you ever needed to explain it, all of the records are there. In other words, money in and money out is not a difficult thing to explain. Even when you spend something on your credit card, there is a record of it. And so at any point that any reconciliation is necessary, it is there for you. The reason that we're playing with you here a little bit is because we want to soothe you into this place where you are no longer beating up on yourself for your organizational style. And we would call it a style because it's sort of the way that you are moving, and the reason that we are not wanting you to all of a sudden begin to try to tighten up on yourself and shape up and do things in a more regimented way, in the way that would please someone else, is because creative juices very often are inhibited. In other words, sometimes there is a greater sacrifice to creative flow when you get all organized than when you just allow things to flow.

So the question that we are putting to you is: do your organizational skills, particularly the ones that are relating to money, cause you trauma? In other words, are you bouncing checks? Are you getting late notices? Are you financially behind things as a result of what some would call "irresponsibility"? Or are you managing in your style?

Q: Yes to both. I mean, it has caused me to end up bouncing a check or getting a late fee and things like that. And yeah, I think I've gotten to the point where that doesn't bother me. **Abe:** Well, you see, this is hard for many to hear but when you get into this creative flow where you're asking and the Universe is yielding, you reach this place where you don't sweat the small stuff. And keeping track of what you did is a little bit of sweating the small stuff.

Now, we know your government requires it of you to a certain degree, we know that there are records and reconciliations that are required, but we have to say to you: far, far, far more importance is put upon that than we would if we were standing in your physical shoes because you spend your time

...continued on page 29



CONSCIOUS CREATION

...continued from page 11

Is it possible that living through the challenging experiences that you and I have seen might allow us to experience the joys a kingdom has to offer, while the person who hasn't encountered any of life's shadows might not be able to experience genuine happiness?

Hermann Hesse actually considers this possibility in the story of **Siddhartha**. In this novel, the character **Siddhartha** is born into a kingdom without pain. He has parents who care for him very much. He has all of the resources, power, and luxuries one could dream of. But one thing he doesn't have is an ability to experience what somebody standing in my shoes would consider the light of his circumstances. In order to have the ability to appreciate his life, **Siddhartha** chooses to abandon his family's kingdom and seek out what you and I might call the shadow side of life. In the end, it is only after experiencing the full spectrum of life's possibilities, including pain and hardship, that **Siddhartha** is able to become a wise and happy person.

NECESSITY OF SHAME

Many wise people, such as **Paramahansa Yogananda** and the **Dalai Lama**, say the ultimate goal we are journeying for is to know the unconditional divine love found within ourselves. If this is the case, then do we not first have to become very conditional with ourselves so that we may move toward and know unconditional love?

In other words, don't we need to place or discover the conditions or boundaries on our own self love before we can know love without conditions or bounds? My experiences, both with my self and in observing clients, say that one of the most common ways we become conditional with ourselves is by feeling shame.

The essence of shame is that we judge ourselves as not being good enough. There are infinite numbers of reasons why we might shame ourselves. Some of them include feeling that we are not enough to please our parents, not making enough money, not smart enough, not good looking enough, or not enough to help other people. Because it can manifest in so many ways, shame plays a very significant role in most of our lives. Fortunately, it has a purpose.

A very wise teacher of mine, **John McMullin**, says that shame moves us toward discovering unconditional love for ourselves because it gives us the opportunity to forgive ourselves. Forgiveness is synonymous with unconditional love, which resides on the opposite end of the spectrum than shame.

Therefore, forgiving ourselves for our perceived shame means that we accept ourselves with unconditional love.

With no forgiveness we stay stuck in a place of conditional acceptance of ourselves. Without shame in the first place, we do not have a need to forgive ourselves, which is to say we do not have a mechanism of discovering unconditional love. Could it be possible that learning how to be more unconditional with ourselves means that we are getting closer to God, the pinnacle of unconditional love?

INNER STRUGGLES CULTIVATE STRENGTH

At some level many of us know that without our struggles we wouldn't be able to grow stronger. As a metaphor for our challenges and hurtful experiences leading us to personal strength, I invite you to consider the story of the monarch butterfly as taught to me by my beautiful teacher. The monarch can fly further than any other butterfly, often going from one continent to another. However, its strength to fly great distances does not come without a struggle.

The transition from caterpillar to butterfly is exhausting. The monarch has to break free of its cocoon by constantly pushing its wings into the walls of its shelter. Eventually, after prolonged effort, the butterfly frees itself from the cocoon. But what if, seeing the creature struggling so and feeling pity, someone decides to open the cocoon for it? Do you know what happens? That butterfly will never fly! It is the tremendous

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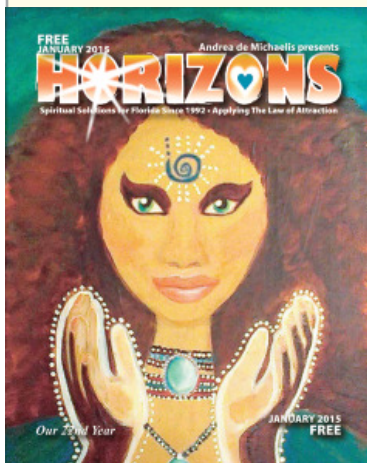
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COVER ART

Janell of the Healing Hands

By Andrea de Michaelis



I've published **Horizons Magazine** since 1992. I use painting as a medium for my spiritual path work. **When I paint a person, I take them as a guide** who's come to give me a message, then I wait for the message to unfold itself to me. They tend to have wild hair since hair is a natural extension of the nervous system,

like fine antennae enhancing intuition and guidance. They tend to have large eyes for seeing the broader picture than I do.

Inspired by a friend's cat eye, I call this one **Janelle** and as I began painting, her story unfolded for me. I did a series of paintings over the summer as a shamanic soul retrieval project, and the faces come to me before the symbolism comes. In common they have hands open in offering and a moon or moonstone.

Moonstone is an expression of the yin, the soothing energy of the moon. A stone for "new beginnings," moonstone is a stone of inner growth and strength, soothing emotional instability and stress. When she revealed herself as a remover of pain, I painted her reaching her hands out to receive. On her forehead is an ancient symbol of healing: the spiral depicts the natural rhythm of life, and the healing power that is constantly radiated from the cosmos around us. I've painted shakti sparks outside the aura encircling her hands, showing they are energized and powerful.

I've been making the eyes blue and green on each face in the shamanic series. In **Edgar Cayce's** color meanings of auras, blue is considered the color of the spirit, prayer and contemplation. It signifies having found one's work and being heavily immersed in it. Green is the color of health, vitality and healing. A green with blue in it signifies truthfulness and trustworthiness. I use the blue and green to raise the level of healing vibration.

Prints are available. Email Horizonsmagazine@aol.com.

Read Horizons online at <http://horizonsmagazine.com>.
Andrea's blog -- <http://horizonsmagazine.com/blog/>



Alan Cohen

...continued from page 14...

Following bliss requires a leap of faith. You must trust your inner voice and act on it rather than falling prey to outer demands, internalized until you think they are your choices. But they are not. Your true choices proceed from love, not fear.

A fellow told me that he did not know what he should do with his life. "My ex-wife wants me to do one thing, my girlfriend another, my kids another, and my boss is pushing me in another direction. What do you think I should do?"

"What would you like to do?"

The man was confused. "I don't know, I never thought about it."

"Take some time to answer that question. It will save your life."

A few weeks later I received an email from the fellow, telling me that the question was the most important one anyone had ever asked him. When he got in touch with his true choices rather than the choices others were attempting to make for him, he discovered a path that would really work for him. He was grateful beyond words.

Your evolution is proceeding without flaw. All the experiences you have ever had have led you to where you now stand. Now all you have to do is honor what makes you happy more than your need to please or prove. You don't have to wrestle your destiny to the ground like a big growling bear. Simply cooperate with what wants to happen. "May the Force be with you" is a twisted wish. A more accurate blessing would be, "May you be with the Force." The Force is already with you. You just have to let it work on your behalf. Quit telling the universe how to run. It already knows.

At this point relaxation will yield you more effective results than more pressure. If adding more pressure to your life worked, you would be happier. If something you are doing isn't working, doing more of it won't work better. I'm not suggesting you be lazy or irresponsible. Ironically, acting from fear is the laziest and most irresponsible attitude, because actions that proceed from fear are non-productive. Actions that proceed from choice and joy bear results that will serve you and everyone you touch.

This year resolve to evolve. **Goethe** said, "When you trust yourself, you will know how to live." He was echoing the advice of **Buddha**: "Now all that is left is for you to become yourself." Let evolution take you where you want to go. The will of **God** is your own will. At a delicious point it all comes together. This year would a very good one to be what you already are.



ASK WHITEDOVE

...continued from page 15

Dear Abit,

Please know that I cannot speak for other readers and their methods or beliefs. However, I can give you insights as to how I was trained to work as a spiritual medium. I refer to myself as a humble messenger and I do my best to relay messages from **Heaven** unedited. Who am I to edit or candy coat the information that comes through? With that said I am not an all-knowing oracle, no one is. During a spiritual reading "**Great Spirit**" gives many direct insights so that the person can take action and move forward on their life path. But then there are those future situations that cannot be changed such a grave illness, an accident or a death - many times **God** will not burden our hearts with these issues that are destined. We are not to know in advance, so the information was not relayed from Spirit. Only God knows what is in our best interest and the info is imparted for our highest good. Sometimes death or an illness can be prevented, other times the soul's journey has already been determined. It's important to understand there are valuable spiritual lessons to be learned by all who go through the process of illness and/or the death of a loved one. This includes loving life lessons for the caregivers and family members, too. Life is so very precious and sometimes we only learn this through the death of a beloved.



CONSCIOUS CREATION

...continued from page 21

struggles in breaking open its cocoon that strengthen the monarch's wings so much that it can fly from one continent to another. During the time in its cocoon, the monarch butterfly may have no awareness of the purpose of its pain and struggles, yet it clearly benefits from the fruits of its increased strength that is the result of those struggles.

CONCLUSION

Perhaps you can now entertain the possibility that happiness is a state of awareness not due to external circumstances in our lives but due to our subjective experience of the spectrum of polarity, including pain. This would mean that the most painful emotions that we inflict on ourselves, such as shame, give us the divine opportunity to discover unconditional love. And it may now also be conceivable to you that the strength and growth we desire necessitate inner struggles and challenges. In my life having these insights allows me to diffuse the sting of my hurtful experiences simply by having the awareness of their purpose and function and I happily invite you to do the same.



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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."*

Speaking of deeper meanings, a couple of weeks ago, my **WordPress** blog got hacked. It was time for a reboot there anyway. It happens. I contacted my server to restore it and was told the backup file was also hacked. I had no backup of my own. As it turns out, I didn't need one. I had my magic wizard of a brother to the rescue! I wasn't worried about losing the info because I had the entire blog in a Word file. I could pay someone to re-enter the data if I had to. I'd lose my place in the search engines for awhile, but that was ok, too. I don't depend on my website for income. I did have complex cross-linking of my meditation and creative visualization posts, so I'd have to relink them all, which would take some time. But I didn't feel like I'd need to. I didn't feel like the entries were gone. I just figured it was some little glitch that would be fixed soon enough and all would be fine. I like living in the mystery. In the mystery is where the magic happens.

Some computer techie friends told me the site was gone. But **Brothermine** seemed to think he could get the pages back on and that was enough for me. For years a mechanical engineer for **Honeywell Aerospace**, Jerry is really good at sussing out problems and fixing them. He warned me he might not be successful, that he'd have to re-familiarize himself with the software. History tells me he's good at that and that he understands his skills and knowledge. I asked a few times how it was going and he told me all the techie things he was doing. It was complex and over my head, but I wasn't concerned. I felt he had it under control.

Other techie friends said don't count on it. I understood their concern based on their own past experience. But my past experience is that things always work out for me. My past experience is that my brother has always been able to magically fix anything I goof up on the websites. **My experience is that I don't need to know the details of how something is going to work out. I just need to have faith that it will. And it somehow always miraculously does.**

A few years ago, that would have freaked me out. Change used to freak me out. I'd choose to stay stuck somewhere familiar rather than change anything. Then I realized that any time change had been forced upon me, it was always for the better. It always ended up being an upgrade.

Sometimes we're pleasantly surprised. My friend **Domino** lamented there's no passion in her relationship. She loves her husband of five years, but they don't share the same interests and seem to be roommates more than anything. They don't fight and, while they do laugh together, each does their own thing, has their own job and keeps to themselves after work,

he in his workshop and she in the den. Neither is particularly interested in what the other is involved with. There is no physical or emotional intimacy, they don't even share meals. She doesn't want a divorce and she doesn't want to date or seek a new man, but she misses having an intense interest in — anything. Oh, she has her hobbies, she crafts and paints, but she hasn't even felt like creating art the past year. She feels if he showed an interest in her work, she'd be more encouraged and feel he was a part of it. But she shows little interest in his work and when she does, he's not into discussing it. She doesn't feel she has any friends. She's not a computer person, so she doesn't do **Facebook** or belong to any forums that might help her feel supported.

They already live separate lives, interacting only occasionally. I see no need for her to leave the home unless the fact of living with him brings her down. She can choose to look at it in another way. He does pay most of the bills and they are comfortable with each other. But be where you are happy. If that means displacing a partner, so be it, but have the talk as soon as possible and free them up to find someone they deserve to be happy with.

One problem in a relationship is when one person wants it to be defined and the other doesn't want to fit into a job description. I completely understand that. I'm not one for commitment because I know intentions change. Relationships, having to answer to anyone, used to be an effort to me. My intention now is to be happy in every moment, so I've learned to make decisions with that goal in mind. My mind is subject to change upon evolution of consciousness. This doesn't mean I don't figure my partner into any equation, it means I keep him posted if and when intentions change. That way, even if we're not on the same page, we each know what is in the other's mind. I'm lucky in that my partner and I share many interests, while each doing what we want to do. Our lives mesh well, without compromise or sacrifice. Not everyone is that lucky.

It's clear that what Domino needs to do is discover and choose a pleasing and compelling point of focus. When she does that, all else will fall into place. She'll be focused on exactly what she wants to do, without having to figure anyone else into the equation. If her husband, or anyone, wants to be involved in what she's doing, she can make new decisions at any time. She can choose to seek what it is that creates that feeling of passion within her. She can choose to make it a new goal, a quest if you will, a mission to find what pleases her and what stirs her heart to passion.

Don't know where you'll be happy? Find it, seek it, discover and choose a pleasing and compelling point of focus. Find your path and you will bring meaning to your life. In fact, even following the "wrong" path will bring meaning to your life. And it's a meaningful life, it just takes practice.

Accept all things. It's the only way to wake up... anything else perpetuates the dream.
Enjoy our offering this month.
Hari Om.



Andrea



ABRAHAM-HICKS

...continued from page 20

doing things you do not want to do, get yourself out of sync with the flow -- when you get in the flow, so much avalanches in that it becomes unimportant how it is managed. It's sort of like saying, "I have more money than I have any sensible use for, so now I don't have to keep such a close eye on my bank account."

So -- oh, there is so much disagreement in this room. It is great fun. (Laughter.) Esther balances her checkbook to the penny. She cannot bear it if it does not balance. She will stay up all night to find it if it is out of balance. And she feels uncomfortable while she is doing it because she knows with every fibre of her being that it is a waste of her precious life experience. And yet she has this thing that says, "I must be able to account for all of this." And what we would say to her is if you will relax and allow, everything falls into place. And so what we are really saying to you is: find the place of ease and let your creative juices flow, and let everything else take care of itself.

Q: I don't even balance my, I don't even keep track of my check book. I just have some sort of a guesstimate of what I think is available.

Abe: The bank is keeping track and you can call them any time you want and ask them how you're doing. (Laughter.) And you have an awareness of approximately what's outstanding since you last called. We think you can figure it out close enough.

Q: And that should be okay. And that's not causing any problems, then, as far as money and things flowing to me? It's just two different things.

Abe: Your guilt about it causes problems. The situation itself doesn't matter.

Q: Okay.

Abe: In other words, as you say, "I'm a bad person because I don't make my bed," then you better make your bed or get over thinking that you're a bad person because you don't.

Q: (Laughing, amazed:) How did you know? (Laughter.)

Abe: In other words, either make it or say it's all right that you don't, but don't keep yourself in that tension place, you see. Yes. What we would do, if we were standing in your physical shoes, we would look for our own positive aspects. We would say, "I'm alive, I'm energetic, I'm enthusiastic about life. There is so much that I want to do. There are so many things that do attract me, there are so many things I'm interested

in. And I'm taking a big bite out of life, and the things that matter do get my attention. Everything's percolating along just right, and I'm becoming more and more expansive. And at any time that I want, if it's really important, I can hire someone to deal with all of that stuff." And just relax.

There are those who get out and live life, and there are those who stay home and clean their house. (Laughter.) And there are those that call one virtuous and one whimsical and irresponsible. And there are those like us that call it your choice in the way you live your life. You get to choose. Nobody else. The only thing that matters is your alignment between you and You. That's all, you see. So ease your own mind and bring yourself into alignment.

If you really, really, really want things to be tidy, if you really, really want things to be reconciled and organized, then you've been launching rockets of desire and the Universe has been hearing that. And as you chill out and stop beating up on yourself and noticing how 'irresponsible' and disorganized you are, which is holding you in a pattern that is not letting the Universe yield to you what you need to get organized -- in other words, as long as you're frustrated about not being organized, that means that frustration itself is the indicator that you're holding yourself in a place where even though the Universe is trying to yield the solution to you, you can't get it, you see. So that's why we're saying make it a non-issue. Say it doesn't matter. De-activate that and everything that you need or want, if you really want it, will flow easily to you.

So later on, after you've really chilled out about this, and you have someone keeping your house and you have someone keeping your books, then you can say to us, "Well, Abraham, I guess it did matter because when I relaxed all of that came to me." But if -- five years from now, after you've chilled out and you're happier than you've ever been, and you still don't have anyone keeping your house and keeping your books -- then you can say, "Well, I guess I really didn't want that because it didn't happen." Because if you want it and you relax, it will happen. That's big. No matter what it is -- if you really want it and if you get out of the way of it, it will happen. It must be. It is law. It can be no other way. It's the way this Universe is established, you see.

We did not find you confusing. We found you easy to read. We found the question within you clear. Do you feel the power of our answer? We're coming forth in response to the clarity of your desire. You're clear. (Laughter.) You're just confused because you think you're supposed to want what others want you to want. They say, "Cleanliness is next to godliness." (Laughter.) And we say, think of this random Universe where everything is possible, and understand that the organizational skills belong to Law of Attraction. And if you will relax and allow LOA to do the organization, the managing, then you can spend your time doing the things that please you and that make things happen for you. Yes.

So next time someone asks you how you're doing on your checkbook, say, "Law of Attraction is managing my financial affairs." (Laughter.) "I have a financial manager." "Oh, really! Is he good?" "The best. God-like." (Laughter.)



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, or email barbaraleellc@gmail.com

HOROSCOPES JANUARY 2015

Aries: May 20 to April 19 "I Am."

January 2015 brings a powerful time of magical manifestation; keep your thoughts positive because you want what you want, not what you don't want. Focus on your connections, and relationship harmony. You don't have to always be right, but you can always be in your power and speak your truth.

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

During the New Year you enjoy the freedom to be able to go off some where and be by yourself to reboot your clock. You need this time to go within to listen for answers because the road ahead will be a different journey than what you have been accustomed to.

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

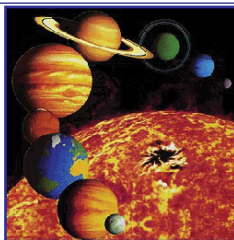
January 2015 finds you being the social butterfly, parties, meetings and traveling to far away places. Your inner outlook on life will brighten your life and bring smiles to so many near and far. The family secrets that you have hidden away for the last 20 years are ready to come to the surface for healing light.

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

The first Full Moon of 2015 will be January 4th in your sign. Lots of aspects that day, so what ever seeds you planted on the New Moon in Capricorn December 21, Winter Solstice, you will be reaping your rewards what ever they may be. January will be a great start to a new you in a new year.



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

This year will be your year of creativity. in order to keep the creative juices flowing, you must exercise like a crazy person and spend more time outside in nature than usual. You will also be counted upon to speak up for those less fortunate.

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

The beginning of this year finds you happy and busy with family and many creative endeavors. The doors you intend to walk through this next year will open wide as you learn to keep a smile and a positive attitude and an open and loving heart.

Libra: September 22 to October 23 "I Balance."

This New Year you will be faced with many options to change in ways that can improve your self esteem. Freedom has been a big issue, but now your energies will be better utilized towards your romantic inclinations, and your creations. You are very fertile and pregnant with ideas.

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

This New Year holds an adventure beyond your wildest dreams, but first you have to work for it. You are on a roll when it comes to buying workout equipment and promising to lose weight! This is the year that you come to terms with who you really are and become totally happy with yourself, no matter how much you weigh. Enjoy your new journey,

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

Welcome transiting Saturn in your sign for the next 2 1/2 year cycle. He will become your friend and your teacher, and help you be the best you can be. He will teach you how to stay grounded. You are on the right path so rest assured that you are ready to put your ideas in motion.

Capricorn: December 21 to January 19 "I Use."

This year you will learn from your brother the Sagittarius how to take flight and he will learn from you more how to be patient and surefooted. Clear your space of negative people and energies, get rid of all interference. Only allow positive and supportive people in your life.

Aquarius: January 19 to February 18 "I Know."

Energizing Mars will continue its friendly visit with you through January 11, 2015. This is a good time to finish projects that you have been procrastinating, as well as some major house cleaning and organizing, as well as many new creative endeavors and learning new tools to help people.

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

This New Year you become even more intuitive with transiting Neptune in your sign for at least 14 years. Spirituality will be your focus as well as humanitarian work. You might also find yourself in some art classes possibly some visionary art work, and poetry.

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REGISTRATION: \$130.00 per person or \$190.00 for families.

WHEN: 4 pm on the 2nd of January - 2 pm on the 4th of January.

MEALS: Delicious and wholesome home-cooked vegetarian meals will be served each day.

WHAT TO BRING: Sleeping pad or blankets and sheets, loose comfortable clothes, towel, yoga mat, pen and notebook.

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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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