

FREE
OCTOBER 2008

Andrea de Michaelis presents

HORIZONS

Spiritual Solutions for Florida Since 1992 • Applying The Law of Attraction



OCTOBER 2008
FREE



The Gathering is not just a place but rather the coming together of a group of people who are determined to see Love instead of fear in every situation. Grounded in the teachings of A Course In Miracles and open to the exploration of all spiritual paths, we gather to join in Spirit, examine our beliefs, and take joyful responsibility for our choices and experiences.

The Village Gathering

A Course in Miracles Every Wednesday Night

6:00 - 7:00 pm

Reading from
A Course in Miracles

7:00 - 8:30 pm

Lecture and
Discussion with
*Rosalie Bianco and
Sig Acosta-Perez*

Happiness comes
from a Well of Love
so deep that it is

inexhaustible. Accessing that Well is easy once you discover the secrets to life buried in your own soul. The willingness to know your True Self will lead You to the treasures found in your own reflection.

Join us on Wednesday nights and together we will bring the teachings of A Course in Miracles to life – to your life and ours.

See you there, *Rosalie and Sig*

FIRST Sunday Evening Events

6:00 to 7:30 pm

Oct. 5: *Sybil Gage Goes Gospel
Sunday Night Concert*

Nov. 2: *Sunday Night Alive! This Is Your*

Life, a humorous spiritual sketch which compels us to examine our world, our lives and our hearts. Energized with The Gathering Band and guest singers

Check our website for short segments of
past SNA events!

“Teach only love, for that is what you are.”

— A Course in Miracles

A Course in Miracles Lessons

6:00 to 7:30 pm

Lesson and Discussion with

Paula Langguth Ryan

Imagine awakening daily to a world where you see everything and everyone (including yourself!) in a different Light, through new eyes of Love and Peace and Forgiveness. All that is required is your Willingness to seek the truth about yourself and the world. Happiness awaits you! Join me on Sunday nights and together we'll put the ACIM Lessons into practice through music, lecture, meditation and discussion.



Oct. 12: CLOSED for Pozipalooza at Unity of Melbourne

Oct. 19: Lessons 31-40 A New World Vision

Oct. 26: Lessons 41-50 What Is God? (ACIM-style)

Nov. 9: Lessons 61-70 Functioning as the Light of the World

Nov. 23: Mark Your Calendar! Thanksgiving Potluck

Visit our website for a full schedule of events.

www.TheVillageGathering.com

The Village Gathering

6 Rosa L. Jones Blvd. ❖ Cocoa Village, FL ❖ 321-617-9005

(Enter on the East side of the building, under the portico.)



Rev. Albert J. Bowes

386-228-3209 • Cassadaga



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

PSYCHIC READINGS

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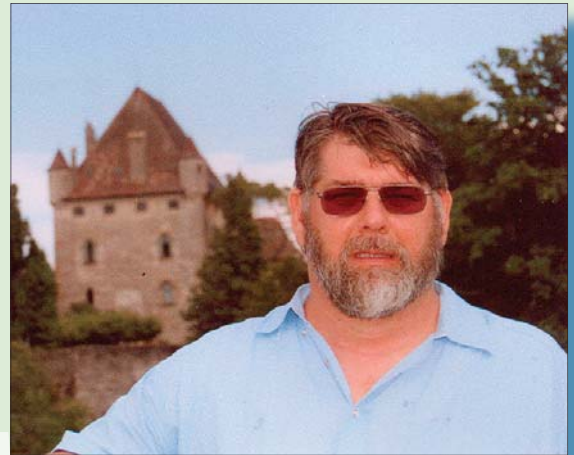
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Accuracy scientifically
proven

Readings have the potential to:

- Improve marital communications.
- Resolve negative patterns.
- Enhance your career development.
- Provide insight into the lives and behavior of friends, family, co-workers, employees.
- Provide guidance for self-analysis, discovery and growth.
- Improve your understanding of people and events in your past including why they happened.

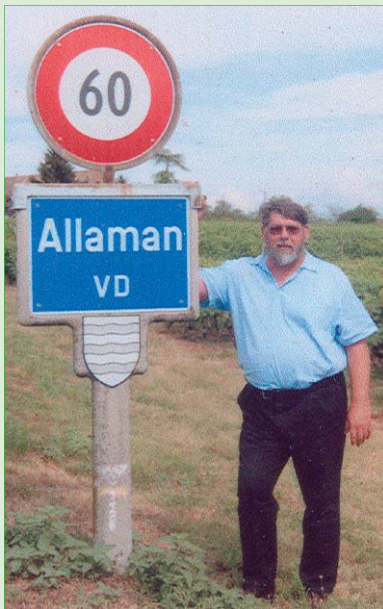


CREDENTIALS:

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

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

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



Albert Bowes is a REAL psychic detective who has worked with local and national law enforcement agencies. Visit him online at www.psychicconsultant.org

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**OUR SUNDAY
MUSICIANS ROCK!!**

REVEREND BETH HEAD THE FOUR AGREEMENTS

Oct 5 Be Impeccable With Your Word
Oct 12 Don't Take Anything Personally
Don't Make Assumptions
October 26th – Always Do Your Best

OCTOBER IS TEDDY BEAR MONTH

We collect stuffed animals in October. to be used by local law enforcement to comfort children who are involved in accidents or violence. They stay all month so that we may surround them with love. We will put a ribbon and tag on each animal "hugged by Unity. Please bring and hug a teddy !

October 1st 2008 from 7pm – 8:30pm How to Change Your LIFE Forever in 90 Minutes! With Andy Dooley

Andy will give you 4 universal principles that when applied into your life, will change your life forever! Tickets \$20 online at www.andydooley.com or call tollfree at 1-877-270-3494.

SPECIAL SUNDAY OCT 19TH

Guest speaker with special music
Rev. Jamie Sanders from Unity of Pensacola. Come listen to why his services pack the house.
See www.jamiesanders.com

New Class: PROSPERITY IN ACTION The Intersection of Joy and Money Wednesdays beginning October 8th, 7:00PM Facilitated by Rev. Beth Materials \$45

Is this class for you? In a gridlock with money? Prosperity passing you by? Afraid of running out of money? Feeling lost in the financial maze? We will be using techniques to bring personal power to your relationship with money. Experience yourself with greater prosperity. Gain more confidence in your financial decision making. Develop your own personal Daily Prosperity Practice. Explore the manifestations of your Enneagram type. Find your personal intersection of Joy and Money

New Class: THE THIRD JESUS begins Friday October 17th Facilitated by Maggie Rosche. To participate call 255-4652.

"THE THIRD JESUS" – UNITY WEBCAST WITH DEEPAK CHOPRA TAKES A NEW LOOK AT WHAT JESUS REALLY TAUGHT. This series explores "Jesus and the Awakening to God-Consciousness: Transcending Traditional Dogma and Religious Institutions" The series is set to begin Oct. 15 at www.unity.fm. Each weekly half-hour segment will be available free for one week, until the next segment is offered. A study guide will be available for groups and individuals.

Sunday, October 19TH 2:00 – 4:00 pm EXCAVATING YOUR SPIRITUAL GIFTS Facilitated by Deborah Abram

We all have been given gifts to share in our lives. Sometimes we aren't aware of what they are or how to express them. In this workshop we will begin looking at our gifts-what they are and consider ways to use them. We will be using discussion, creativity, meditation and prayer. Deborah is a Kaizen-Muse Creativity Coach and Spiritual Director.

ONGOING CLASSES

Qi Gong – Mondays 7:00pm
Course In Miracles – Tues 7:30pm
A New Earth – Thurs 7:00-8:30pm
Qi Gong – Fridays 6:00pm

HEALING SERVICES

Reiki Healing Service Sunday
October 5th at 4:30pm
Pranic Healing Service Sunday
October 26th at 4:30pm
Healing Prayer Service every
Tuesday and Thursday at noon

Other Events Held at Unity:

Fridays 7-8:30pm DISCOVERING BUDDHISM Melbourne BCBF

Join us as we celebrate the dharma (teachings of Buddha) and enjoy fellowship with one another. We will discuss Peace and Peaceful Living. We will also be doing prayer, meditation and chanting, as well as discussion. \$5 Donation

New Class THE SEVEN LAWS OF SUCCESS Facilitated by Fred Goodnight. Wednesday, October 1st. The course will run for 7 weeks from 7:00 PM to 8:30PM Based on Deepak

Chopra's book, this course contains 7 simple, yet powerful principles that can easily be applied to create success and happiness in all areas of your life. Come and enjoy success in the continued expansion of happiness and the ability to fulfill your desires with ease. The fee is \$10 per class.

PosiPalooza!

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

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

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

**THE GREATEST
OPTICAL ILLUSION
IS SEPARATION**

Horizons

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Andrea de Michaelis

Thanks for help this month

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Rev. Beth Head
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Sally Carmany
Gerald Head
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Julie Mallis
Betty Gray

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Our Advertising Rates ... Low because we are in it for the outcome, not the income	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
The Teachings of Abraham by Esther and Jerry Hicks	8
Powering Up - The Intention Experiment by Lynne McTaggart	9
Animal Spiritual Guidance by June K. Brown.	10
Herb Corner with Cecelia Aitable	13
Our Classified Ads	14
Ask Whitedove with Michelle Whitedove	15
Secrets of Spiritual Happiness by Sharon Janis	16
From The Heart by Alan Cohen	17
Notes From The Universe by Mike Dooley	18
Your Daily Walk by Richard A. Singer, Jr.....	20
Spiritual Cinema Circle DVD Review by Steve Simon	21
Our Phone Directory *Horizons may be picked up at most of these locations*	23
Welcome Naples, Florida!	30
SoulSongs by Karen Williams	33
Cover Artist	34
Our Calendar of Events	35
Our Mission Statement	40
How to Use Horizons Magazine	40
Solar & Lunar Celebrations of the Ancients by Roger Coleman	41
Suggested Reading, Watching, Listening	42
Psychic Fair Calendar	43
Monthly Horoscopes by Barbara Lee	44



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

Anais Nin

**Horizons thanks
everyone willing
to take the risk**

HORIZONS MAGAZINE is distributed FREE each month to 300+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life. Please write us with your comments.

ARTICLE SUBMISSION: You may submit articles of 200-900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com, along with a 50 word bio telling who you are and how to contact you. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and is paid for as an ad.

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 Phone Directory \$5 per line. page 23
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Ad size	1 month	3 months*	6 months*
Small Strip Ad	\$ 50	\$ 40	\$ 30
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1/4 page	\$180	\$150	\$125
1/3 page	\$200	\$175	\$150
1/2 page	\$300	\$250	\$220
1/2 on pgs 44, 45	\$350	\$300	\$250*horoscopes
Full page	\$400	\$350	\$300
Back page incl. color	\$625	\$565	\$475
Inside back	\$525	\$465	\$400 color
Inside front	\$550	\$485	\$425 color
Page 3	\$550	\$485	\$425 color
Page 4	\$450	400	\$350
Front cover	\$900 (Restrictions apply)		

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 Example: Business card for 6 months is \$390 prepaid
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of any spiritual growth magazine in Florida.
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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email oneheart@roadrunner.com

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





Andrea de Michaelis
Publisher

THIS MONTH'S THOUGHTS ABOUT THINGS...

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

Hello and welcome to the **October 2008** edition of **Horizons Magazine**. First of all, if you're freaking out about the economy, don't. Remember it's a cycle and that our hopeful thoughts make a difference. But more on that later...

What a wonderfully mild storm season we've had, although if you're a news watcher, you may disagree. Beginning September 2nd, we began getting warned about **Tropical Storm Ike**, which within 2 days was a Category 4 hurricane waaaaaaay out in the ocean. I've learned to keep track of the storms NOT by watching the local news or the weather station, but by going every 12 hours to **The National Hurricane Center** website at www.nhc.noaa.gov. It gives the location and all statistics and advisories, MINUS all the media hype.

By avoiding the media hype, I don't get anxious every 10 minutes when the anchor person keeps describing the "dangerous" storm, when people in **Texas** and **New Orleans** were being told to "evacuate or risk sure death in the impending killer storm". Yes, it's good to know in advance to stay prepared, but there is no need for the reckless sensationalism. There's no need to get everyone in an uproar. I have several elderly friends who think they need to stay glued to the tv and listen to every word, so they can "stay informed." They were all out of their minds with anxiety and worry, 3 went to the hospital with heart attack symptoms, and who knows how many more were home alone, worrying themselves literally sick? And there's no reason for it. Would you want your mother worried like that? Your grandfather scared to death like that?

If you've lived in **Florida** and know the weather trends, you know that a mild summer here means a mild storm season for us. Despite what the weather and news tell you. They love to use phrases like "no one knows where it will go next, it can change paths anytime and head straight for us." That is just their theory. Who wants to know their theory? The **National Hurricane Center** website at www.nhc.noaa.gov will give you all the facts, show you the projected paths, give you all the advisories.

In 2004, both **Hurricanes Frances** and **Jeanne** made landfall just 50 miles south of me. I succumbed to the media hype and evacuated for Frances, which was only a Category 2, and stayed home 3 weeks later to ride it out for **Hurricane Jeanne**, which was a Category 3. The winds were 115mph

...continued on page 19...

GET THE SPIRIT!

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

Page 7

ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of *Ask & It Is Given*, *The Amazing Power of Deliberate Intent* and the NY Times Best Seller, *Money and the Law of Attraction* and their dvd, *The Secret Behind "The Secret"!* www.abraham-hicks.com.

An Emotional Journey From Fear to Hope

Abraham: It is good to come together for the purpose of co-creating, do you agree? Are you enjoying the expansion and clarification of your own desire?

It's the most important question that you want to be able to sincerely answer yes to, because expansion is what we are all about... We cannot cease expansion. The variety will always inspire within you the new idea, and that new idea will always generate a vibration in you—it always will.

And so, as that new idea is vibrating within you, you could call it preference, or a desire, or a thought, but as it begins its own expansion, its vibration causes within you something that belongs to you; it's something that you must align with because if you don't, there will be discord in your vibration.

And so, you just can't run around in your physical world and look here, there and everywhere—taking no deliberate care to vibrate purposefully—and be assured that it will cause you perfect alignment with your **Source Energy**, because your Source Energy has specific characteristics: Your Source Energy is non-resistant in nature. Your Source Energy doesn't push against anything. Your Source Energy is a high frequency, non-resisted, Pure Positive Energy vibration. So, when you get crossways of your Source Energy, you feel it, and that is what negative emotion is. Negative emotion is your indicator that somehow you got crossways of your Source Energy vibration.

We want you to understand the vibrational content of the thoughts that cause different feelings within you. And we want to show you how, with far less effort than it takes you to learn **Quick Books** on your computer, you can remember your alignment with who-you-are, and utilize it on a day-to-day, moment-to-moment, basis, and bring yourself consistently into alignment with that steady stream of Well-Being that is offering itself to you and through you in every moment of your life. We want you to let that be not only something that you are aware of, but the most important thing that you are aware of. Because when you begin to feel your way through your thoughts, when you begin to realize that you have options about the thoughts that you activate and entertain—then you will be the **Deliberate Creator** of your own experience.

As long as you think you don't have a choice about what you think because you don't have a choice about the circumstances that surround you, then you are like a cork bobbing on a raging sea, going wherever it bounces you. But when you understand that you have options, choices in every moment, on every subject, then you begin to make those choices because of the way those choices feel as you make them. And now, you are using the Guidance that comes forth from within you to guide you to the Well-Being; to the prosperity; to the love of self and others; to the experience that you knew you would have—the experience that is possible for all—to the experience that really is only experienced by those who come to understand the **Art of Allowing**.

So, it is good for you to reach for some thoughts that give you some relief from the discord or resistance that you have presently going on, for with each attempt at reaching for a thought that feels better, you release more resistance. And as you release more resistance, you fill back up with who-you-are, and your thriving resumes. And we want to really emphasize the word "resumes," because thriving is always the dominant part of your experience. But, we will acknowledge that some of you have pinched it off pretty good. Some of you have developed some powerful habits of thought. Some of you have developed some strong enemies that you take great delight in every day pushing very hard against. And some of you thrive on some subjects and suffer on others. You have different vibrational frequencies, depending upon the subject at hand that is activated. But we want you to know that you have access to **Guidance** that will lead you always in the direction of your thriving on all subjects. But you've got to figure out which direction is going toward your objective, and which direction is going away from your objective. And before you can do that, you've got to figure out what your objective is.

So many of you have come to the place where you think if it feels good, there might be something wrong with it. And if there's a lot of struggle and suffering in it, then it's virtuous. And we say, you must have been allowing yourself to be guided by someone else who would benefit by your doing whatever they ask you to do in your struggle. Because it is our promise to you that you cannot have a happy ending to an unhappy journey; it cannot be. It is illogical. It defies the Laws of the Universe.

Law of Attraction says, that which is like unto itself is drawn. Which means, you cannot achieve a vibrational frequency with

...continued on page 28...



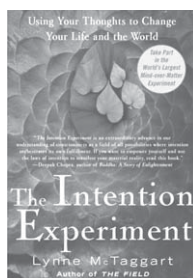
Rev. Dr. Janet Claire Moore
Spiritual Reader, Channel and Counselor
ADL Minister, Licensed Mental Health Counselor
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"TO INSPIRE, ENCOURAGE AND HEAL"
Life path, future possibilities, Past lives, Grief
issues, and Messages from Loved Ones in Spirit

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JCMoore1@gmail.com
www.SeraphimCenter.org/reverend_drjanet.htm

POWERING UP - YOUR 8 STEPS



Excerpted from *The Intention Experiment* by Lynne McTaggart
<http://www.livingthefield.com/>

Research suggests that intention has variable effects that depend on certain conditions, particularly your mental and emotional state. Here are some of the techniques most frequently used by intention 'masters', such as Qigong masters and master healers. For the full program and special exercises to improve your ability to send intention, please consult chapter 13 of *The Intention Experiment*.

POWERINGUP - YOUR8STEPS

1. CHOOSE YOUR INTENTION SPACE.

Conditioning your space appears to magnify the effectiveness of your intentions. Choose a place to carry out your intentions that feels comfortable and use it every time.

2. PRACTICE MEDITATING.

In order to 'power up' to peak intensity, you must first slow your brain waves down to a meditative, or 'alpha', state of light meditation or dreaming - when the brain emits frequencies (measured on an EEG machine) of 8-13 hertz (cycles per second).

Sit in a comfortable position. Many people like to sit upright in a hard-backed chair, with their hands placed on their knees, or sit on the floor cross-legged.

Begin breathing slowly and rhythmically in through the nose and out through the mouth (slowly blow all the air out), so that your in-breath is the same length as your out-breath. Breathe through your diaphragm.

Repeat this every 15 seconds, but ensure that you are not overexerting or straining. Carry on for 3 minutes and then keep observing it. Work up to 5 or 10 minutes. Begin to focus your attention just on the breath. Practice this repeatedly.

See our new website!
 Lots of neat, new links!
www.horizonsmagazine.com



A Company of Angels

277 N. Marion Avenue October 10th & 11th Aura Photos!
 Downtown Lake City Oct. 25 Come to the River/White Spgs
386-752-5200 Oct 31 - November 2. DRUM CIRCLE!
 10 to 6 Mon-Sat

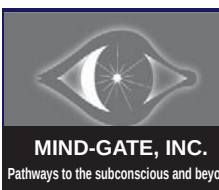


Charles Lightwalker

*Channeler, Shaman,
Medical Intuitive, Healer*

509-389-7290

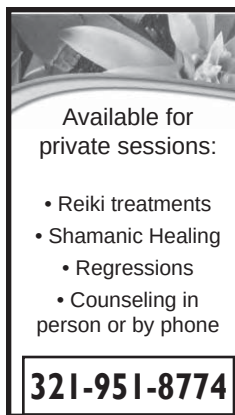
www.thefamilyoflight.net charleslightwalker@yahoo.com



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www.spiritualpathfound.org
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3. PRACTICE MINDFULNESS.

Once you have achieved your 'alpha state', maintain clear moment-to-moment awareness of what is happening internally and externally, rather than coloring your interpretation with your emotions or being engaged 'elsewhere', deep in thought. Be present and attentive to what is, with all of your senses. One good means of harnessing your mind to the present is to 'come into your body' and feel your body posture. Be aware of all the smells, textures, colours, and sensual feelings you are experiencing.

...continued on page 31...

ANIMAL SPIRIT GUIDANCE



By June K. Brown
Animal Spirit Guidance is my passion. My Church is my backyard, the beach, or the grocery store parking lot. Everywhere I look, I see the omens sent to me from The Great Spirit, guiding me daily on my quest to spiritual enlightenment. Thank you Grandmother Spider! Email June at JBr340@aol.com

THE CRANE • CREATION THROUGH FOCUS

I hit the brakes hard, coming to a screeching halt. The sight of the baby **Sandhill Crane** in the middle of the road startled me. Her parents had already crossed the street and were waiting patiently on the side of the road for her to get to them.

Talk about an omen hitting you upside the head! I was definitely being told to stop and focus.

My mind had been lost in thought while I drove on autopilot through my rural neighborhood. I had been thinking about my list of things to do, mentally ticking off completed tasks and devising a list of follow up calls that needed to be made.



I had 3 projects to consider and quite frankly I was really stressed out about it. I wanted to do everything, but my focus was scattered which meant that all of my projects were suffering.

With my stress level reaching a new height, I decided that something had to give. I spent two days focusing on the needs of my projects, what I could do to make everything run smoothly and, if I had to, what would I give up?

I took 3 pages of notes, one page for each project, and made a vision board for each. My vision boards included the amount of money I needed to make each month, the percentage of money that needed to go toward each project and the steps I needed to take in order to get to where I want to be.

Focus, focus, focus.

After much deliberation, I decided that the plant nursery would have to go. It makes the least amount of money and takes up 25% of my time. I can use that 25% to work on the main project that makes me the most money and move it to a new height.

So... the next time you see a **Sandhill Crane**, or any crane for that matter, you may want to come to a screeching halt and focus on the task at hand. You might be surprised at what you can accomplish.

THE CURRENT ELECTION Since our thoughts and words **DO** matter, let's begin calling him **MR. PRESIDENT** right now whenever we see his picture or on tv.



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(TO REMEMBER WHO YOU ARE)

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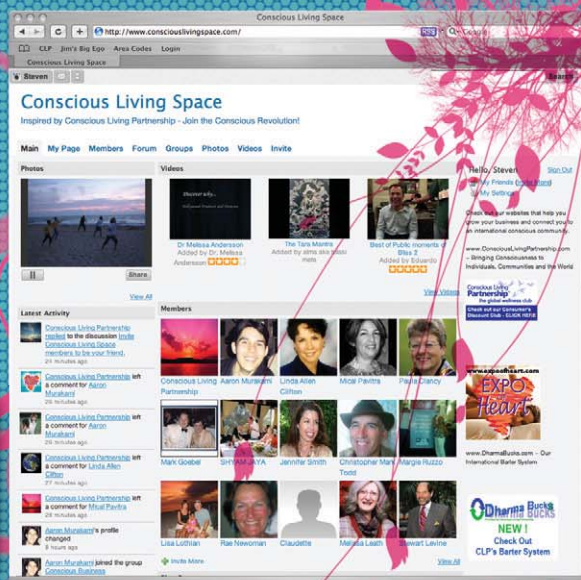
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HELPING SHINGLES WITH HERBS

Shingles is a viral infection affecting the sensory nerve cells caused by the same virus (varicella zoster) that caused chicken pox when you were a child. That virus lays dormant on the nerve cell along the spinal cords and later on in life stress or a weakened immune system causes it to re-surfaces as shingles (herpes zoster) affecting your **Central Nervous System**.

At first you may feel a tingling pain that develops into a rash usually on the trunk of the body. As shingles develops pain and itching begin to intensify usually along one side of the body along a nerve path branching out like branches on a tree. The hardest part is trying not to itch because shingles can be spread by direct contact with the rash and the more you itch the greater the chance of infection. Shingles typically lasts about 6 weeks but for some people it can last for months or years; then it's called postherpetic neuralgia. If you should get shingles in your eyes tell your doctor to prevent damage to your eyes.

If you have had shingles before **St. Johns Wort**, **Flax seed Spirulina** and **Comfrey** strengthen the fatty coating surrounding the nerves (myelin sheath) keeping it healthy so the virus won't affect them.

Adaptogenic or Adrenal supporting herbs can also be beneficial, if your adrenal glands are over stressed you tend to have a weakened immune system. **Ginseng**, **Schizandra**, **Ashwaganda** and **Astragalus** help you to better deal with lifes' stressors. **Lemon Balm**, **Peppermint**, **St Johns Wort** and **Licorice** are herbs that specifically at helping to fight off the virus. You can drink these as a tea or apply the tea as a compress on the sores. I prefer to do both this way you are getting the virus internally and externally.

These herbs work on the inflammation and soothe the nerves, reduce the pain and they help to fight off the virus. Look in your spice rack if you have **Cayenne**, **Ginger** or **Turmeric** you can add a bit of these into a white cream or lotion and apply it to the sores to reduce pain. Just be sure to wash your hands after doing this because it will burn if you get it near your eyes. Another blend I have gotten good results with is equal parts of **St. Johns Wort**, **Lemon Balm** and **Licorice**; this blend helps reduce pain plus it has antiviral, anti-inflammatory and nerve soothing properties.

During an outbreak, avoiding Arginine found in chocolate, red wine, peanuts, colas, sugars and soybeans helps to inhibit the replication of the virus; and increasing foods, herbs or supplements high in **Vitamins A, C, E, B12, Folic acid, Selenium, Magnesium and Zinc** help to reduce the healing time.

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OCT 14TH UFO ENCOUNTER - ARE THEY COMING?

For everyone who's written asking if I know about this, Yes, it's a bookseller's press release/marketing story for their latest product. However, I do know that the ufo coverup is coming to an end, and it's happening already as documents have been recently unclassified. The Oct 14 date in the press release is to get mass consciousness asking for it on that date, to invite an event to fulfill the prophecy. The story, while a good one, is part of the latest clever marketing formula in the world of booksellers. But it's also a great Intention Experiment for the author and publicist.

LIVE RADIO WEBCASTS ON EXPLORATIONS RADIO WITH CHRISTOPHER TIMS www.explorationsradio.com covering Mystery School Teachings, the Spiritual Journey, Sound Healing, paranormal and extraterrestrial phenomena, alternative health topics, live guest interviews and open call - in lines! Every Wednesday 7:30 pm! Also visit www.christophertims.com and www.soundhealing.org.

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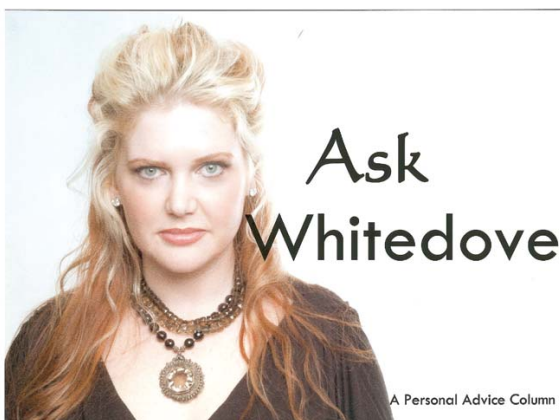
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Dear White dove, I've always felt that I have a strong sense of intuitive guidance, although I sometimes doubt the information. How I can tell if the voice is my intuition or just my intellect? **Doubting Thomas, Calgary**

Dear Thomas, Intuition is like a muscle that needs to be exercised. The more that you use it, the stronger that it becomes. We are all born with an inner guidance system. It's a small voice inside or a knowing, it's always the first thing that pops into your mind. You don't have to think about it. The answer is just there. Some men call it a gut feeling. Whereas the intellect is the voice of reasoning, it weighs the information and then makes a decision based on your body of wisdom.

I would encourage you to practice listening to your intuition. Be in the NOW; be mindful of the intuitive information that you are receiving. Did you arrive at a decision, or was the answer given? Meditation is a tool that will help you to empty your thoughts and mind chatter to open yourself to hear solutions more clearly. God talks with all of us. We just have to listen.

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SECRETS

Excerpts from
Secrets of Spiritual Happiness



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

CULTIVATE DUAL AWARENESS

A seeker once asked the spiritual teacher Poonjaji, "Does enlightenment mean that you are always happy? When you get angry, are you peaceful, happy and blissful inside?"

Poonjaji's response was: "Happiness is permanent. It is always there. What comes and goes is unhappiness. If you identify with what comes and goes, you will be unhappy. If you identify with what is permanent and always there, you are happiness itself. Anger is one of my good friends. He is always there when I need him to transact some business. He

is very useful. He does his work without disturbing me and then stays away till I need him again."

Part of this journey of spirituality and spiritual happiness is to train ourselves to look at events more through the uplifting eyes of our clear and powerful spiritual mind, and less through the eyes of those aspects of mind that create turmoil inside ourselves and in the world.

Instead of living mostly in the world of limited appearances, with just a few rare breakthroughs into deeper understanding, we can learn to live in the expanded awareness, viewing the world of appearances from that elevated perception.

This shift into greater awareness is generally a gradual process. It's not so easy to completely turn off one part of your mind and turn on another, except in the rarest stories of beings who underwent massive spiritual enlightenment breakthroughs all at once.

One helpful technique for moving into the elevated perspective is to cultivate a dual awareness. If some event causes your "lower mind" to freak out and respond in ways that are not conducive to spiritual happiness, you don't have to be stuck there alone, without your higher wisdom. You don't have to accept that experience of lower awareness as the reality du jour, simply because you are experiencing it in a particular moment. You don't have to wallow in turmoil until you've attained some sort of ultimate enlightenment and become free from all possible negativities. With dual awareness, you can include the blessed vision of your wise soul in your perception and experience of any events, including troubling ones.

...continued on page 29...



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FROM THE HEART

Alan Cohen is the author of many popular inspirational books, including *I Had it All the Time*. Join Alan for a life-transforming seminar, *How Good Can it Get?* co-presented by Mary Manin Morrissey and musician Karen Drucker in Sedona, November 2-7. For information on this program or others, or to receive Alan's free daily inspirational quote and monthly newsletter, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



How Lucky Can You Get?

I met an artist who creates crafts with four-leaf clovers, which she uses to adorn gift boxes, bookmarks, and other inventive items. When I asked her how she finds all of these prizes, she explained, "I just have a knack for it. On my last expedition, I found 150 four-leaf clovers." "That's amazing!" I replied. "How long did it take you to find them?" "About fifteen minutes," she answered.

I was astounded. If you have every searched for four-leaf clovers, you have likely found perhaps one or two in a fifteen-minute stint. She found 150! How lucky can you get?

The answer has nothing to do with luck, and everything to do with belief, expectation, motivation, intention, and focus. The universe is abundant with all things, and it will happily deliver whatever you seek — if your mind is open to receive and you are sufficiently attuned to the object of your desire.

While many people ascribe the results of their efforts to luck, fate, karma, astrological influences, and a gamut of external sources, experience is determined more by consciousness than any other factor. The artist I described is so immersed in four-leaf clover consciousness that the clovers show up practically everywhere she looks.

You, too, are finding plenty of what you are looking for. You can tell what you are looking for by what you are finding. If you are finding love, joy, connection, creativity, and celebration, that is what you are looking for. If you are finding separation, upset, fear, pain, and conflict, that is what you are looking for. **The Law of Attraction** is drawing unto you that which is a match to the vision you are using.

You can change what you are getting by shifting your attention to objects you truly value. Your attention is the strongest currency at your disposal. Whatever you point it at grows. So quit thinking, feeling, and talking about what you have gotten that you don't want, and think, feel, and talk about what you do want. You will be amazed at how quickly the universe rearranges itself to accommodate your picture of reality!

...continued on page 30 ...



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Thank you." See Page 46*

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FEEL ICKY FOR NO REASON?

SEE PAGE 46

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



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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, and happiness. Visit www.tut.com to sign up for free daily Notes from the Universe!

A question to ask yourself each morning, that really lights fires, gongs bells, and summons resources is:

What little, mortal, baby steps can I take today that will demonstrate expectancy, prepare for my dream's manifestation, and above all, place me within reach of life's magic?

Please, ask this question, and then answer it with those little, baby steps, even when they're sometimes the same steps you took yesterday. I promise you, you'll go down in history as a giant among your kind.

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THIS MONTH'S THOUGHTS ABOUT THINGS...



...continued from page 7 ...

and it was moving at 12mph. The storm roared all night. A big oak in the backyard came down and I lost power about midnight, but I felt perfectly safe in my home. My windows have burglar bars, which are great deflectors from the oak and pine branches always dropping from my trees, and also allow me to have bird feeding ledges right at my windows. I have a frame house, so I boarded up by simply screwing plywood into the walls over my windows, and under the bars.

So when I hear the media hype about the killer storm out there, I remind myself that I felt safe and comfortable riding out a Category 3 hurricane with 115 mph winds at home alone.

Our own local weather forecast for the week of Sept 7-13 was heavy rain and thunderstorms all week, of which we got none. Zero. Zip. Yet during that time, even people in my neighborhood began boarding up, although **Hurricane Ike** did not come near us and was not forecasted to come near us. Earlier, yes, on August 19, **Tropical Storm Fay** moved slowly through and rained on **Brevard County/Melbourne** for 24 hours, and by August 25, we were still getting some daily rains and some areas got flooded.

What a great display of cause and effect. We allow developers to build on our flood plains, we remove trees like **Melaleuca**, **Brazilian Pepper** and **Australian Pines**, all labeled invasive since they soak up a lot of water. Hello? Karma, anyone?

I am not one to write the news media, but last month I sent out this email to several local stations:

What we can do about the storms and hurricanes - How we can help.

It's not just a new age fantasy anymore, science has discovered that indeed:

1. We each have a hand in creating our own reality.
2. Our point of power is in the Now moment.
3. Our place of power is where we stand right now today.
4. One person, connected to Source/God with focused intent, is more powerful than many who are not. Two or three or a group like this has much power.

...continued on page 32...

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Richard A. Singer Jr. is a therapist living in the Cayman Islands. The following is from his new book, **"Your Daily Walk with the Great Minds of the Past and Present"**. To learn more, visit www.yourdailywalk.org/ or E-Mail him at RAS9999@aol.com.

"I have a dream..."

Dr. Martin Luther King, Jr.

MEDITATION

There is no difference between you and this remarkable man. He courageously took a risk to express his beliefs. This one man had a dream, was able to articulate it, and began making it happen. This proves how much one person can do in life if they are strong, courageous, and persistent. This man acknowledged his true purpose in life and lived it.

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[illegible]

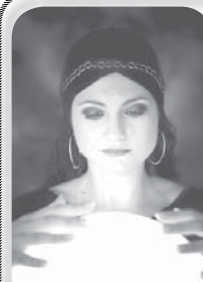
Today, I will live according to my heart and be the human being that I know I can be.



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

SEE PAGE 46

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



Metaphysicians' Circle

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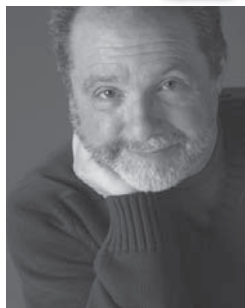
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AFTER LIFE



A Film Review by Stephen Simon

Stephen Simon is Co-founder of The Spiritual Cinema Circle; he has also produced such films as *Somewhere In Time* and *What Dreams May Come* and both produced and directed *Indigo* and the film version of *Conversations With God*.

Every once in a while, a film comes along with such an intriguing premise that we sit bolt upright in our chairs when we first see a preview for it or read about it. In Hollywood parlance, a "home-run" premise is worth its weight in celluloid. Of course, we are sometimes elated and sometimes disappointed when we see the actual film. As *Forrest Gump* so eloquently said, "Life is like a box of chocolates. You never know what you're going to get."

Opening this coming December, a film called **THE CURIOUS CASE OF BENJAMIN BUTTON** is about a man who is born old and then gets younger and younger as time goes by, thereby reversing the entire "aging" process. I have no idea about the quality of the film itself but I sure am hooked on the premise and can't wait to see it.

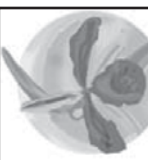


I also remember having that feeling when I first heard about **ETERNAL SUNSHINE OF THE SPOTLESS MIND** (one of my favorite films of the last decade) and its question of "what would it be like if we could erase a painful memory?"

AFTER LIFE, the film I am recommending this month, takes the **SUNSHINE** premise and ups the ante: When we die, we go to a way station where we choose one memory in which we will spend eternity. ONE memory and only one.

AFTER LIFE is a Japanese film that was shot about ten years ago. The film made a quick appearance (with very little publicity) on the U.S art house circuit and then quickly disappeared. To reveal too much about the plot and the various choices that people make about their one special memory would ruin the surprises of the film; moreover, it's the premise itself that begs further discussion.

...continued on page 42...



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ABRAHAM-HICKS

...continued from page 8...

something unwanted (which is evidenced by the negative emotion that you feel as you embrace the thought) and be on your way to something that you want—it's not possible—it defies all logic and all Law.

So, as you begin to pay attention to your emotions—as you begin to acquaint yourself consciously with your own **Guidance System**—what begins to happen to you is, you not only consistently reconnect with the **Source Energy** that is You, but you begin to take what we call the **Emotional Journey**. You begin to discover the art of shifting vibration, and therefore shifting the way you feel, which is delicious because you feel good all the time. And then, the big bonus is, manifestation acquiesces around the vibration that you've discovered.

So, let us clarify the difference between the **Action Journey** that so many of you seem to be embarking upon, and the **Emotional Journey**, which is guidance from within: If someone is sick, really sick, (they've got one of those big labels "incurable" attached to them, maybe more than one) and of course they want to be well. The Action Journey goes something like this... "I have to find out what's wrong with me. I have to find a specialist who has done the most leading edge research, because the research that exists says that this is not curable. So, I need a specialist who's willing to take some risks and be out there on the leading edge, and that's going to take a lot of money. So, I need to get together with large groups that can gather resources. But I need to get involved in the political format so that I can get the laws passed that will allow the research and attract the funding that I need in order to discover the cure to this thing that I've got.

"And then, I have to find a doctor who has learned the skill and is capable of administering it. And then, I need the resources so that I can apply this specific medical procedure to me, and I need the resources so that I can stop doing whatever I've been doing that makes the money I've been making, that makes my life go 'round." In other words, there is so much that needs to be done, and so many obstacles and so many reasons to feel defeated, and so many reasons to realize that it's not going to happen fast enough... Oh, and then, by the way, you've only got six months to live, anyway.

That's the Action Journey. Now, granted, we did tilt it so that you wouldn't want to take that journey because we have a much better plan for you, and that is the Emotional Journey.

An Emotional Journey says: I want to travel from fear to hope. That's it!

The Emotional Journey you can achieve in ten minutes with the right application of thought. The Emotional Journey is the journey where you just try to find a thought that feels better, and when you feel a little better, you have traveled a distance toward where you want to go. The Emotional Journey quantifies your journey. The Emotional Journey lets you know whether you're headed toward or away from your objective.

Many people who are on their way to wellness get half-way there, and get discouraged because there is not manifestation, and turn around and head back toward illness. Many people on their way from financial disaster get nearly to where they want to be, where the manifestation is nearly about to show up, but because they take score about the manifestation, they get disoriented and discouraged and turn around and go back to not enough money.

In every moment of your experience, as you have been banging around in this contrast, you have been launching preferences, and as these preferences are radiating from you, they are prepping your future experience; they are going out like a heavenly rocket into your future experience, and Law of Attraction is lining up around them. And your future experience is being made for you before you approach it—that's why 99% of all creation is complete before you begin to see the physical evidence of it.

So, most of what you're doing is an Emotional Journey. And if you're taking the Emotional Journey that feels lovely as you're taking it, not only do you enjoy the desert, and enjoy the journey, and see the vistas, and have a wonderful conversation and a very good time; but when you get there, you recognize it as that which you have been in alignment with all along. (That was good!)

It is our desire to show you how to take your Emotional Journey. We want to show you that if you are in depression, and you find anger, that you are on the right path because there is less resistance in anger than there was in depression. If you're in fear and you find anger, that relief—that your anger gives you—means you're headed in the right direction because there is less resistance in anger than there is in fear.

And even though much of the world would tell you that your anger is misplaced, (they would tell you that you should not be angry) you want to say to them, "You should be in here where I am! And if you were, you would know that this anger is better than where I was." And then they might say to you, "Yes, but you should have love in your heart." And then we want you to say to them, "I would like to have love in my heart, but right now, this anger is serving me fine, thank you. Because there's a big vibrational difference between anger and love, and I can't make that jump right now just because you tell me I should. I made the jump from despair or fear to anger, so I am on the right path. So, if you'll just excuse me, I wouldn't get around me too much for a few days because this anger is feeling pretty good. I'm going to move as quickly as I can into frustration and overwhelm. And from there, there's a possibility I could jump into humor and hope, and maybe even love... But for now, I'm doing the best I can."

You can't tell someone else the direction of their journey, because you don't know the details of the pre-paving that is calling them forth.

You can't understand the vibrational mix of anyone but you. And when you try to guide someone from your vantage point, you are disallowing them their vantage point.

You do not have to control conditions, nor can you—but you can feel better. And when you do feel better, you've shifted your vibrational point of attraction. And when you've shifted your vibrational point of attraction—you've shifted your life.

SECRETS

Excerpts from
Secrets of Spiritual Happiness

...continued from page 16...



With dual awareness, you can watch the same circumstances from two different angles. One eye may be on the nitty-gritty details of a situation, while the other eye sees the supreme consciousness that creates, guides, and exists as the spirit of everything. For example, you can experience and express your opinions about worldly events without being torn apart by gnawing anger or stifling frustrations.

With dual awareness, we can learn to live in this world, while still seeing beyond the illusions of this world. We are in the world, but not of it. With dual awareness, we can have the best of both worlds - spiritual and material - rather than always feeling unbalanced on one side or the other.

The practice of dual awareness allows us to respond to events in our lives on the level of those events, even while our awareness is not limited to those levels. Each of us has an individual mixture of personal and karmic ingredients, therefore these various levels and combinations of lower awareness and higher awareness will be unique for each person.

With dual awareness, if someone does something to offend you, you may feel some anger or upset, and may express what you are feeling on an ego-based level of "I can't believe YOU did this to ME!" But then, after - or even while - making your point, you can retreat into the higher spaces of spiritual awareness - whether through meditation or just your own remembrance and intention - and, from there, use the pure energy from that ego-based emotion of anger, fear, or love, to propel you even further into the realm of faith, acceptance, wisdom, and spiritual happiness. With an approach of spiritual awareness, everything becomes grist for the mill of even greater spiritual awareness and spiritual happiness.

This practice of gaining access to our higher vision during challenging times helps us to become more patient, less reactive, and more spiritually happy. Instead of living an aggressive life and getting into brawls with each challenge, we can enter a level of spiritual maturity that keeps us strong and clear, regardless of what does or doesn't come our way.

Ultimately, we may reach a point where there is simply no more room for anger or blame, regardless of what others may have said or done. From an elevated perspective, everything is a great gift of life - whether it appears to be pleasant or unpleasant, fair or unfair. The delineations of "good" and "bad" exist only on levels of awareness that are prone to judging, desiring, and fearing, and not on the levels of expanded spiritual awareness.

Of course, a certain amount of judgment is necessary to exist and act in this world. This is where the idea of dual awareness comes in handy. With dual awareness, you can remember your supremely contented inner Self, even while acting in accordance with the outer circumstances of your life. You can use your mind to judge each situation that comes before you, while still maintaining a higher, spiritual flow of awareness.

Deep within yourself, you discover an ever-present flow of blissful, universal divinity expressing perfectly as you, as me, and as everyone else - all together, and all at once. ~~This experience is the foundation of spiritual happiness.~~

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



To do this, we have enlisted the services of **Richard and Vickie Martin** who will be in charge of advertising and distribution for Naples. Richard is originally from New England; he moved to the Naples area 3 years ago because he was drawn to its amazing spiritual energy. Vickie is a 30 year resident of Naples and her attraction to that same wonder-

ful spiritual energy has kept her firmly there the whole time. Both Richard and Vickie have extensive metaphysical backgrounds having studied multiple energy healing modalities, auras, dowsing and hypnotherapy.

A NAPLES SECTION IN HORIZONS

It is the goal of Richard and Vicki to help Horizons become one of the most powerful metaphysical magazines in Naples. In doing this, they know they will be enhancing the knowledge of readers who are new to metaphysics, or readers who simply want to enhance their metaphysical learning skills.

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FROM THE HEART



...continued from page 17 ...

I met a woman who had been told by a doctor that she had six months to live. She went home and decided that if she wanted to live, she would have to entirely change the way she was thinking about her life. So she switched from resistance to flow; from disdain to appreciation; and from fear to trust. That was many years ago. Her disease disappeared and health found its rightful place in her world. All positive change begins with attitudinal upgrade.

Thomas Jefferson declared, "I find that the harder I work, the more luck I have." I would replace the "hard work" phrase with, "the more I focus my consciousness on success." Have you noticed that people who have bad luck seem to keep having it? And people who have good luck seem to keep having it? That's because those with bad luck keep focusing on the bad, and those who have good luck keep focusing on the good. If people with bad luck started to focus on the good, their "luck" would change.

In an episode of the **Northern Exposure** television series, **Shelly** received a chain letter promising that if she sent a copy of the letter to five friends within the next day, her entire life would change for the better. So she mailed the letters, and immediately good things started to happen to her. Unexpected money showed up, she met a nice man, and she felt great. The letter worked!

A few days later Shelly returned to the post office, where the postmaster handed her the letters and informed her that he could not dispatch them because they had insufficient postage. Stunned, Shelly declared, "Maybe I'm in charge of my own life after all."

In the **Bible** we are told that we are created in the image and likeness of **God**. This means that we have the power to create what we choose. That power lives in your thoughts, intentions, and imagination. When **Olympic superstar Michael Phelps** was interviewed after winning his umpteenth gold medal, the interviewer asked him to what he attributed his success. Phelps answered, "Partly to my imagination. I think constantly about winning the gold." Of course he trained a great deal, as well. But his mind training is as important as the laps he swims.

How many four leaf clovers are out there? As many as you look for and you are open to receive. This principle applies as well to wonderful mates, jobs, and buyers for your house. "Seek, and you will find. Ask, and it is given. Knock, and it shall be opened to you." The laws of manifestation are solid, reliable, and unbiased. They will gladly work in your favor if you understand how to use them and you apply them consistently. Then you won't need "the Luck of the Irish." You will have the consciousness of a creator.

POWERING UP - YOUR 8 STEPS



...continued from page 9...

4. ESTABLISH A CONNECTION.

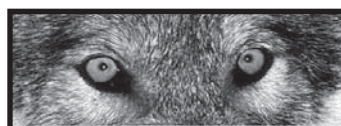
Practice establishing an empathetic connection with the object of your intention. Attempt to 'merge' it. Enter into a zone where you relax your sense of 'I' and you feel a merging with your object and The Field.

5. BE COMPASSIONATE

Encourage a sense of universal compassion during your intention session by focusing your attention to your heart, as though you are sending light to it most want to be healed. Then direct your loving thoughts to the object of your intention.

6. STATE YOUR INTENTION

In your meditative state, state the intention and hold it for 10 minutes. Keep returning to the intention. Imagine it already occurring. See the desired outcome in your mind's eye - with your five senses.



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Some of us think in images, others through words, still others through sounds, touch or the spatial relationship between objects. If you aren't especially visual, it's enough just think about an intention, without a mental picture, and simply to create an impression, a feeling or a thought.

7. BELIEVE

Belief in the power of intention is crucial. Keep firmly fixed in your mind the desired outcome and do not allow yourself to think of failure.

8. MOVE ASIDE

After stating your intention, let go of the outcome. At this point, you may sense that the intention is taken over by some greater force. Think of it as a request you are sending to the universe.

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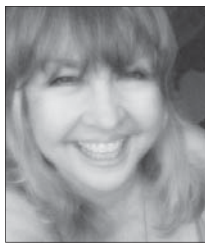
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THIS MONTH'S THOUGHTS ABOUT THINGS...

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



...continued from page 19 ...

5. Our thoughts (and prayers, our holding of a vision for ourselves and others) profoundly contributes to the outcome. Mainstream science tells us that when an observer looks at something, it causes the observed object to react to the observer. That means we can use our observation time to produce a preferred outcome. That means viewers can help calm these storms even while tracking them on tv.

6. It works whether you believe it or not. A fish doesn't have to believe in the ocean.

This is the process I use with a group and we historically have success:

I say a prayer for the latest storms and hurricanes to pass by, giving rain to whoever needs it, and clearing out the dead branches from the oaks, pines and palms, and leaving us all happy and safe with power in the house and cable to the computer and streets we can safely drive on.

I do a visualization every few hours to see and feel how much I appreciate having come thru the last storm as well as I did, how lucky some were with no problems whatsoever, knowing that could happen to me, to us, and we can create it into being.

Remember, the feeling of **appreciation** includes the feeling of gratitude, so it's the more powerful attractor. I invite you to join me. Together we can make it happen, and we can be on the other side of the storm before we know it.

The **Global Coherence Project** (which I am not affiliated with) encourages us to practices meditation collectively in order to generate coherence in the world. See www.globalcoherenceproject.org. A paraphrase of their meditation technique is to center yourself and bring to mind someone or something you truly love and appreciate. Hold that in your mind a few moments, bringing up all the feelings of love and appreciation associated with the scene. Then gently move the focus of that love and appreciation to your community, your state, to the storms out there. Radiate your love and appreciation upon it all for a few moments. 30-60 seconds is fine, 3 minutes is great, longer if you can do it.

As I see the storms spin on the tv, I envision them gently spinning in the opposite direction to slow down, to dissipate. I personally keep the sound off.

Sound crazy? Sure, if this is the first you're hearing of it. Does it work? There's no evidence it doesn't. Besides, it can't hurt. And it will give your viewers a new way to watch your show.

###

end of email to news stations

DRUMMING TO CALM THE STORM

My musician pal **Janine Chimera** and I organized several drummings on the beach. The last time we did that was to drum for rain in **Brevard County**, and it rained 2 days later, after a record dry spell. So we figured we'd drum to calm the storms. On Sept 6th Ike was a Category 3 with 115mph winds. That evening we had a drumming circle on the beach at **Millennium Park** in **Indialantic** and set the intention that we would focus ourselves on calming the storm. A group of us say daily prayers during storm season, and do dissipation chants and songs. Three days later, Ike was down to a Category 1 with 80mph winds, and Ike hit as only a Category 2, with minimum damage.

SO IS IT REAL OR NOT? DID WE HELP OR NOT?

Did our group intention and daily thoughts and prayers add to a collective 'whatever' and make something happen? I believe so. That has been my experience in the past and it is my expectation and belief today. It has been my experience that we each have a hand in creating our own reality. It has been my experience that my point of power is in the Now. It has been my experience that my place of power is where I stand right now, today. It has been my experience that me staying connected to Source with focused intent, is more powerful than anyone around me who is not, and that I can help orchestrate what our collective experience will be.

And you can do the same. Whoever you are, right now where you stand.

A small group has just begun doing active prayer and visualization work relative to the economy and the stock market. If you're in a good feeling place about the future of the economy, please email me and join us. If you feel hopeful that you will be financially secure, no matter what the media is telling you about "the state of the economy", let me know. If you've made an informed decision whether to stay in or get out, and can keep yourself resonating in a hopeful place, you're adding to the solution and you could be part of our group mind. If you watch the daily market reports and believe every freakout minute by minute account of what's dropping, well that's no different than the weathermen scaring everyone to death with their overacted hysterics about hurricanes that may not even affect you. It's a cycle, and our hopeful thoughts make a difference.

So can we help or not? There's no evidence that we cannot. Can our group intention and daily thoughts and prayers add to a collective 'whatever' and make something happen? I believe so. I'm excited and hopeful about the future. I see evidence of good things happening all around me. I'm thrilled to be a part of that, even way behind the scenes.

And hey, since our thoughts and words DO make a difference, let's start calling him **MR. PRESIDENT** right now, every time we see him on tv or in the news *grin*

Enjoy our offering this month. Hari Om.

Andrea

SoulSongs



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

MISSION: POSSIBLE

I do my best to go about my day in a slightly more positive, relaxed, and leisurely manner than yesterday.

For I now know a truth of paramount importance - one that much of the world has yet to discover: good things flow to me readily when I'm calm and happy.

This is the way the Universe is designed.

I am far more than flesh, blood, DNA, and a little cellulite. My basic identity is that of the Source from which I came. And the essence of my Source translates, in terms of human emotion, into joy and ecstasy.

When I dwell on what I don't like and don't want, I generate negative emotion, such as fear, guilt, blame, anger, regret, even despondency. These emotions are foreign to and in-

congruent with my Source identity, and when I hang out in those places, I hamper my connection to divine and infinite supply.

This habit is a very big deal and is behind all misery and frustration that people experience.

As I get a grip on the price I pay for negative emotion, I begin to choose better feeling thoughts. Deliberately. On purpose. Little by little. Starting, well, how about now?

HELP IS HERE

There is so much help available from the unseen realms of non-physical with regards to what I'm trying to accomplish. Omigoodness - so much help that it is mind-boggling. Astounding.

This help knows exactly what I want, and it loves to line up every resource that I need to reach my goal. It yearns - picture an eager puppy - to begin assisting me right now.

All I need to do is allow it to work its magic. How do I do that?

I systematically dismantle the only barrier that could ever stand between me and the wonderful experiences for which I yearn: my negative thinking. (Guess I saw that coming!)

With every disgruntled, resentful, guilty, anxious, burdened-down thought that I START to think and then (whammo!) kick out of my cranium, I create a portal for help to flow to me.

This is exciting stuff. And that is the understatement of the year.



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COVER ART

Aphrodite

BY SHARON GEORGE



Aphrodite is her Greek name; Venus is how the Roman's knew her. She is the daughter of Uranus and the Ocean Foam is her mother. She is also known as "foam born" and "she who rises from the waves". When she shakes the seawater from her hair, the drops turn to pearls at her feet. Lovely, indeed is Aphrodite, great goddess of love and lust. She married the crippled smithy Hephaestus, but found him boring and entertained many lovers, with whom she had many children. The Romans considered her the goddess of charm and beauty and believed that a large stone resting near a tall tree was a place wherein she could be called for help in affairs of the heart. They offered her wild strawberries, herbs, pine cones, and cypress branches. She is also thought to be a descendant of a prehistoric water bird goddess, and a goddess of spiritual as well as passionate love. The white dove symbolizes platonic love and the honeysuckle vines are symbolic of happy marriages. **12 x 18" Print Available - Signed by Artist \$25.**

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I am the embodiment of Earth Mother. I am Empath; my spirit forever dragging my body behind. I live in a world of dreams. I am Nature. My mind an ancient tree, a primordial fern, a pool of silver water beneath

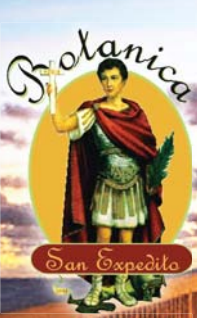


the moon. I am part Raven, part Owl, part Lizard, part Rabbit and mother to many cats. I speak to my animal friends because I respect them. I have often felt my images are channeled. The best work leaves me waking from a trance with no idea how I just created whatever I did. Once I was taken on a journey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

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



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Sarah Spiritual is a Medium, Empath, Clairvoyant, Clairaudient, and Herbalist. She channels the spirits around you and specializes in love, relationships, money, career, health, healing and communicating with loved ones who have passed on. Sarah has an uncanny ability to convey the true thoughts and emotions of those around you. Botanica San Expedito is her passion and is dedicated to her belief that life is a spiritual journey and each situation has a spiritual solution. As God's vessel, she will lead you into a world of enlightenment, personal empowerment and tranquility.

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OUR CALENDAR OF EVENTS

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

30c per word, due with payment the 10th of the month at 575 Escarole St SE Palm Bay FL 32909-4802.
Email to HorizonsMagazine@aol.com and call 321-722-2100 with credit card info. If payment is not received with listing, your listing will not be placed and you will not be called for payment.

No calendar listings taken by telephone. All listings must include a physical location.

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

2nd Tues, MELBOURNE, Laughter Yoga, 7pm, \$10 fee, Heaven Sent, 321-615-4678

4th Tuesday JACKSONVILLE Astrological Association of North Florida. We meet at The Cosmic Church of Truth, 1637 Hamilton Street at 7:00pm. www.astroassnorthflorida.com

Wednesday MERRITT ISLAND Meditation & Healing Service 12pm Christ Church of Positive Living 1353 N. Courtenay Pkwy 321-454-4109

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

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

2nd Wed, PALM BAY, Laughter Yoga, 2:30p, \$10 fee, Izzy's Diner, 321-615-4678

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

2nd, 4th Thurs, COCOA VILLAGE, Joyful Movement and Sound, 7p, \$10 fee, What You Love To Do, 321-615-4678

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

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

Saturdays ORLANDO Pranic Healing Circle 2-4pm Meditation, healing at Christ Church Unity 771 Holden Ave. Call 407 852-3940

Saturdays MELBOURNE The Work 1:00-2:30pm - Various locations. Do you want to see and feel something beyond everyday life? Do you wish to understand yourself and your relationships better? Overcome negative emotions? Make your life more meaningful, more real? Learn about self transformation in the tradition of Gurdjieff and Ouspensky's teachings. FREE. www.consciousregeneration.org or call (877) 285-7142.

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

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

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 4725 N. Courtenay Pkwy 321-452-2625. Inspirational, uplifting music with professional keyboardist, composer and vocalist J D Daniel with the UCSL band and choir

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

Sundays COCOA Sunday Services 10:30am Center for Spiritual Awareness 5 Rosa L. Jones Dr. 321-634-5188 www.gardenchapelcsa.org

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church of Melbourne 1745 Trimble Rd (off Wickham) 321-254-0313 (see ad pg 4)

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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Sundays MELBOURNE 10am-11:30am The Spiritualist Chapel of Melbourne with Rev. John Rogers, 1924 Melody Lane, behind the Melbourne Auditorium. Everyone Welcome! 321-733-1555 Visit www.spirit-chapel.org

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

Sundays MELBOURNE Metaphysicians' Circle meets at 1924 Melody Lane behind the Melbourne Auditorium. 7-8:30pm \$2.00 fee. Info 321-537-3843 Interesting and compelling presentations on metaphysical topics

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair. They meet at 1924 Melody Lane behind the Melbourne Auditorium. 6:30 - 9:00pm \$2.00 fee. \$10 for 15 minute readings 321-537-3843

2nd Sunday of month MELBOURNE Noon-2pm Medium's Day Open to the public \$15 for 15 minute reading. Also available Snacks • Massage Therapy • Healing by donations. The Spiritualist Chapel of Melbourne 321-733-1555 Visit www.spirit-chapel.org

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

3rd Sunday DELAND Pranic Healing Circle at Blue Sky Yoga Center pranichealingcircles@gmail.com

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

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

October 10th NEW SMYRNA BEACH "6th Sensory Lightworkers" Dapper Dan's Hair Cuts, 633 US 1 NSB, FL 32168 7 PM. Speaker James Tucker "The Spiritual Guide" will speak on the other 5 senses Call Judson for more information 386-847-2367

Wednesdays, October 1, 8, 15, 22 BUNNELL "Transitions" A series of growth seminars for women. Four special women - Four unique perspectives. 7 - 8:30 pm \$25.00 per session. The Source, 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230

Saturday, October 4 BUNNELL Playing with crystals Rev. Christopher Tims and Yolanda Tims Learn about crystals, handle crystals, hear what crystals work for you. All day workshop 10 am - Noon and 2 - 4 pm \$25 The Source, 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230

Saturday, October 11 BUNNELL Blue Star Mystery School. Second in a 12 month series 10 am to 5 pm \$100 per month. The Source, 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230

Tuesday, October 14th WINTER PARK Psychic-Medium / Spiritual Development Class ~ 1 Tuesday / month - 7:00-9:30 PM. Each class includes meditation, lesson, actual hands-on practice to develop your personal skills. \$25 per class or prepay 3 classes for \$75. Marilyn Jenquin, International Foundation for Spiritual Knowledge. Held at Winter Park Church of Religious Science, 3425 Forsyth Road, Winter Park. 32792. www.ifsk.org 407-673-9776

October 17th EDGEWATER LANDING 6th Sensory Lightworkers - Will study and discuss the Pathwork a spiritual path of self-purification and self- transformation. 7PM, 758 navigators Way. For more information call Barbara 386-663-4878

Oct. 17-19 KISSIMMEE Holy Relic Tour at Wat Florida Dhammaram, 2421 Old Vine Road, Kissimmee, FL 34736 www.maitreyaproject.org

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

Thursday, October 23rd COCOA VILLAGE DNA Activation Workshop with Sound Therapy Pioneer David Hulse, D.D. 6-9pm Cost \$69.00 - 800/808-7473 - www.SomaEnergetics.com Location: What You Love To Do 602 Brevard Ave - 321/504-0304

Friday, October 24th COCOA VILLAGE Aligning Yourself with Planetary Energy Workshop with Sound Therapy Pioneer David Hulse, D.D. 6-10pm Cost \$99 (includes a Planetary Tuner) 800/808-7473 www.SomaEnergetics.com at What You Love To Do 602 Brevard Ave 321-504-0304

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

October 24th DAYTONA BEACH 6th Sensory Lightworkers - "Share Our Gift" gathering at 7PM - at 710 N. Oleander Ave. Daytona Beach. More information call Judson 386-847-2367

Friday, Saturday & Sunday, October 24, 25, 26 BUNNELL "Tapping" workshop Thought Field Therapy based on the Callahan Techniques and taught by Instructor Jenny Edwards, PhD, TFTdx, VT. Light Lunch included call for details. The Source, 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230.

Oct. 24-26 ORLANDO Holy Relic Tour at Phap Vu Buddhist Cultural Center, 716 N. Dean Rd., Orlando, FL 32825 www.maitreyaproject.org

Saturday, October 25th - KISSIMMEE - Fall Festival - Spirit/Intuitive, Angel, Tarot Card and Astrology Readings - Chair Massage - Mini Seminars - 11:00 a.m.- 4:00 p.m. Spiritual Awakening, 1045 N. John Young Pkwy., call 407-343-9062 or visit us at www.churchofspiritualawakening.com

Sunday October 26, 2008 VERO BEACH "Intro to Feng Shui" Learn the key three elements of a space and how to create a harmonious environment. Bring your floor plan to discuss the key elements of your space. Each participant will receive a BaGua. 12:00pm - 3:00pm \$35 Preregister www.AwakenYourSpace.com or 772-299-0705

Mondays, October 27 BUNNELL Reiki I begins. Taught by The Reiki Sisters, a 4 week class of Reiki I 7-8:30 pm \$85. The Source, 4601 E. Hwy 100, Unit F-3, Bunnell, FL 386-437-3230

October 27 - December 22, 2008 Each Monday VERO BEACH & Online Workshop "Live Your Intention Workshops" Learn how to put your space to work for you through intention with Feng Shui. These will be fun interactive workshops in a group setting. Each participant receives items to use and take home with them. Visit website for information www.AwakenYourSpace.com or call 772-299-0705

Oct 25, Nov 8, Nov 22 CASSADAGA 10am-4pm Nellie" SCSCMA Certified Teacher, Psychic Development -- --Information, call 386-228-2880 or 386-228-0168. Beginning and intermediate students

Wednesday, October 29 BUNNELL Shannon L. Andersen Author of The Magdalene Awakening and Finding Elizabeth 7 - 8:30 PM \$15. The Source, 4601 E. Hwy 100, Unit F-3, Bunnell 386-437-3230

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

Saturday, November 1st - KISSIMMEE - Usui Reiki I Class, 9:30 a.m.- 5:30 p.m. Instructor Reiki Master Faith Bell, approved provider through NCBTMB for six CE hours. Spiritual Awakening, 1045 N. John Young Pkwy., call 407-948-4083 or 407-343-9062 to sign up - space is limited.

Nov 8, Nov 22 CASSADAGA 10am-4pm Nellie" SCSCMA Certified Teacher, Psychic Development -- Information, call 386-228-2880 or 386-228-0168. Beginning and intermediate students

Nov 22 CASSADAGA 10am-4pm Nellie" SCSCMA Certified Teacher, Psychic Development -- Information, call 386-228-2880 or 386-228-0168. Beginning and intermediate students

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



IT'S TIME!
I AM VIVAT
I WALK IN ALL DIMENSIONS
I TALK WITH ANGELS
LET'S GET TOGETHER
AND INTEND
A NEW WORLD!

ViVat 321-725-3635

Spirit Of Light Expo 2008

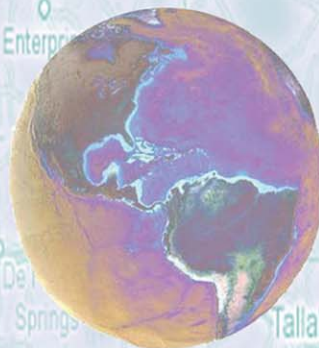
<http://solexpo.org>

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**Saturday & Sunday
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Sundays 2pm Psychic Development classes
\$10 per class includes all hand-outs and materials

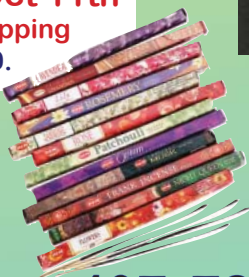
1st Sunday October 5th Spirit Walk with Lorena 6-7:30pm
Guided journeys based on Shamanic Traditions. Each session includes 2-3 journeys, discussion of techniques and your experiences. Not a class, but an experience based on ancient healing and spiritual practices. Heal past soul wounds. Donation.

2nd Saturday Oct 11th
7:00pm Table Tipping
Seance \$20.



2nd Sunday Oct 12th, Nov 9th with Raven 6pm
Mediation as Medicine
Activate the power of your natural healing force using Kundalini Yoga, Meditation, Breathing Techniques, Mantras, Symbolic Mudra, and mental focus. \$10.00

3rd Sunday of month Oct 18, Nov 15 at 5pm
A group led by Vickie based on the work of Abraham-Hicks and the Law of Attraction. \$3 donation



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CREATE YOUR OWN HORIZONS MAGAZINE COMMUNITY GROUP

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

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

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

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



OUR MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*



SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

OCTOBER 2008

October is here! It's one of my favorite 12 months! Well, at my age, they're all my favorite. I wouldn't want to lose a single one!

The summer of youth where once we were,
I used it up, and its autumn, too;
The winter of age which drowns everyone,
Its harvest-time has come to me.
From Cailleach Bbéarra

That's the nice thing about doing calendars. It is one of the few activities that honors time. This month is special in that it marks the inexorable march into the winter months. It is the playground merry-go-round that we get onto at birth and ride around watching the scenery as we pass it. In that direction was the summer. In this direction, we see the final harvests and watch the farmers toil to bring in food for the winter months.

Humans plow and reap and squirrels squirrel away their nuts for the winter months. But, what do other animals do? Take the bat, for instance. The bat is often associated with Halloween, but why? One story is that the bat reminds us of immortality. It hibernates and returns in the spring...unless you wake it up. Apparently, if you do, it uses up the little calories it saved for the winter and without those, it starves.

Bat, Bat, come under my hat
and I'll give you a slice of bacon,
and when I bake, I'll give you a cake...
if I'm not mistaken.

Anonymous

And of course, **October** is the beginning of the season when spirits walk the earth, so here is a tribute to them from one of our readers:

A factoid with which to end the month: The Colorado Bats/Inactive Mine Project is a multi-agency effort to both keep people from being lost within the mines and to provide a habitat for the dwindling numbers of bats. Long live the bats!



Mark Your Calendar!

February 22, 2009

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Sponsored by **HORIZONS** Magazine

I met a spirit in the hall, during a childhood game;
He stepped out from the darkened wall barely lit by flame.
"Who are you?" I asked unrattled, as he seemed rather tame;
He winked and jumped into the wall - and never gave his name.
Spirit Break by Brite Templeton

Happy Halloween!

OCTOBER 2008

Oct 4th - Rome: Jejunium Cereris - day of feasting in honor of the goddess of agriculture, Ceres.
Oct 6th - Greek: Feast of Hecate (Hekate), goddess of the underworld and magic
Oct 8th - China: Festival of High Places, a good luck festival
Oct 11th - Gnostic: The memorial of the Martyrdom of the Holy Templars
Oct 14th - Full Hunters Moon at 4:04 PM EDT
Oct 28th - Ancient Egypt: Ceremonies for Goddess Isis begins
Oct 28th - New Moon at 7:14 PM EDT
Oct 31st - Wicca/Pagan: Samhain ('summer's end') honoring of spirits of ancestors (earlier date)
Oct 31st - Secular: Halloween: Build a home for a bat in the trees (easy web search for directions)
Oct 31st - Christian: All Hallows Eve



AFTER LIFE

...continued from page 21...

Unlike Bill Murray's plight in **GROUNDHOG DAY** where he remembered what each previous day had been like, the memory in **AFTER LIFE** would be a new experience every time. The elation, love, joy or whatever the emotions might be, would be as though we had never encountered them before. A peak moment in our life relived throughout eternity.

A memory involves a certain group of people (or maybe just one person or a favorite pet or a favorite nature encounter) at a particular time and place. Choosing one memory might, and almost certainly probably would, exclude some other cherished loved ones. For many, there would be great excitement and comfort in picking that one moment, while for others it could be an excruciatingly difficult decision. (Both experiences are reflected in the film itself.)

For example, I know that my one memory would be the **New Year's Eve** on which I married my wife **Lauren**. We got married in our home and the whole day was utterly magical and perfect. Our six children (from previous marriages) were all present and they were all ecstatically happy. My kids were thrilled that I was marrying **Lauren**, her kids felt the same about me, and all six of them loved each completely. Our one granddaughter was there at her adorable best. The ceremony was exactly as we hoped it would be, the food was wonderful, we all danced and sang and cried and ate, and the world was a magical place. That would absolutely be the memory I would choose.

It was, however, a very small wedding. Just our immediate families. The eternal experience of it would then not include any of our close friends or other family members who couldn't make it. My sister, whom I adore, couldn't be in **Oregon** that night so my eternal memory would not include her and, as I said, I really love her.

That's what makes the film so fascinating. We sit there and watch the choices that people make on screen and, all the while, we're processing our own decision. Do I believe that such a choice awaits us after life? No, I don't, but the film led to amazing reflections and discussions for many, many weeks after I saw it. That is, to me, one the hallmarks of a very special and deeply spiritual film experience.

So....which memory would YOU choose?

AFTER LIFE is the feature film in the Vol. 11 collection of films from **Spiritual Cinema Circle** www.spiritualcinemacircle.com. New subscribers to the **Spiritual Cinema Circle** can receive a free trial membership (for a nominal shipping fee) by visiting: www.spiritualcinemacircle.com or by calling: (800) 556-0129.



SUGGESTED READING WATCHING LISTENING

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

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

Energy Medicine for Women
Foreword by Christiane Northrup, M.D.
by Donna Eden with David Feinstein, Ph.D.

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

From www.spiritualdialogues.com
The Silent Questions, A Spiritual Odyssey
By Doug Marman

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

From www.newworldlibrary.com
The Woman's Belly Book by Lisa Sarasohn
Mastering Life's Energies by Maria Nemeth
Passionate Hearts by Wendy Maltz

From www.thefourwinds.com
Courageous Dreaming: How Shamans Dream the World into Being
by Alberto Villoldo PhD

From www.beyondword.com
The Orb Project
by Miceal Ledwith and Klaus Heinemann

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

From **Spiritual Cinema Circle**
After Life

From www.lifeinbalancemusic.com
Crystal Bowl Meditation by Life In Balance
A Vibratory Journey into Deep Meditative States

ATTENTION

Psychics, mediums, spiritual counselors, astrologers, and stores that hold psychic fairs



There are **5** ways you can let our readers know where you are

★ **ONE:** We have a FREE directory of Psychics at www.horizonsmagazine.com Each (10 word maximum) line is \$120 per year prepaid or \$75 for six months prepaid.

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

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

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

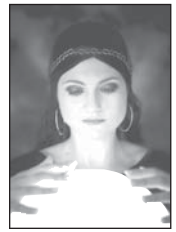
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PSYCHIC FAIRS Calendar



1st Sunday in Melbourne 6:30 - 9:00pm

Monthly Psychic Fair at 1924 Melody Lane behind the Melbourne Auditorium. 321-537-3843
\$10/15 minute readings

2nd Sunday in Melbourne Noon-2pm

Medium's Day \$15 for 15 minute reading.
www.spirit-chapel.org held behind Melbourne Aud.

Saturday, Oct 4th, 10am to 4:30pm

Gibsonton Near Tampa
813-677-6314, 813-843-8961

3rd Saturday nights each month

Table Tipping Seance In person Readings, Phone Readings Dennis Hollin 407-721-3396
www.orlandopsychic.com

Spirit Of Light Expo, Sat & Sun, Nov 1 & 2,

2008 PENSACOLA Bayview Community Center & Park 850-457-9800 Seeking vendors
<http://solexpo.org>

First Sat Every Month NEW PT RICHEY.

Great Readers, Spirit Art, Reiki Healings & Gift Shop, Sanctuary Of Light Chapel, 5112 Trouble Creek Road, 1/8 Mile East of US 19 727-430-6179



List your event here for only \$5 per line



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

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

You have been the shining star and "go to" kind of person for everybody but yourself lately. Especially by the 6th of October you must take a few steps backward to catch up and review your own life. Now is the time to recharge yourself for this coming Spring.

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

You are nesting this Fall, and by the 21st of October you must be ready for Old Man Winter. Many lessons you have endured these past 10 months. 2008 is your chance to make good on your word. So do it and do it now with your integrity in tack.

HOROSCOPES FOR

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

This month with a balanced Libra Sun you will be having more fun during this beautiful Indian Summer. Your creativity is on full throttle, it will come through at odd hours just flow with the surges and you will be amazed at the final outcome.

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

This October will be a time to reconnect with the essence of your heart's desire, once you rejuvenate yourself and get back on your feet. The relationships in your life will require some well needed mending once healing takes place. Please allow yourself to be nurtured.

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

Do you feel like you are walking on a tight rope lately? You have discovered that there is a fine balance between give and take, and "you" versus "them". Just remember to be yourself and do not over commit. In your desire to help others, know when to act and when to be silent.

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

At this time in your life, creative change is what will keep you alive. With Saturn in your sign, you are likely to feel that the structures are oppressive. Take a look around and review the most structured aspects of your life, such as your job and relationships, and breathe new life into these areas.

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

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OCTOBER 2008

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

Transiting Mars going through your sign has made you very capable of great mental efforts. Your mind is full of so much information, a relaxing massage would be in order to calm the crazy thoughts that torment your dreams. Be careful during this transit not to speed while driving.

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

Relationships are your key focus right now, you may be feeling much more lovable than usual. You are also likely to be in a dreamy and romantic mood and wanting to spend a quiet day with the one you love talking about common concerns, cuddling on the couch for a day is perfect.

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

You are still going through a significant period of very deep inward transformation that will be reflected in how you view yourself and everything else in your life. This is a time of great inner change and, as you change on the inside, the outside will follow suit.

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

Your search for meaning is your main concern right now. The spiritual dimension of your life is much greater now, the concrete and tangible aspects of the world are not enough. The deeper dimensions are much more appealing to you now, all else becomes meaningless without it.

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

The inner changes you are undergoing at this time may confuse you and certainly will confuse others. You also may have a tendency to be very idealistic, just be careful of over committing. Meditation should be a practice to help stabilize your energies that also leads to more compassion.

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

Your finances are undergoing great changes as well as your values. Don't waste time on unimportant things. If you feel limited by your material possessions, the Universe will take them away and bring you things that have greater meaning for you. Just know that the changes that do occur will be transformational.

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



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



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

While relaxing, does your body begin to hum or vibrate, sometimes so intensely you think the room itself is shaking? Learn how to manage this energy and use it for more expansive and experiences with your invisible helpers. Go into each session with questions you would like answered by your angels, guides and teachers.

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

HEALTHY EATING HABITS

By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding interesting and fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen to this recording, you can experience a new and healthy vital energy flowing through body and mind. *Thank you! I downloaded the mp3 file in June and have been listening every night as I go to sleep. I'm down 15 pounds and I no longer have the urge to snack in front of the tv. I also find myself wanting to walk and be more active. Who knew it could be this easy? I don't know how it works, but it works. Thank you. Dee Watson, Tampa*



SLEEPYTIME RECHARGE

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

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

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

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

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

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



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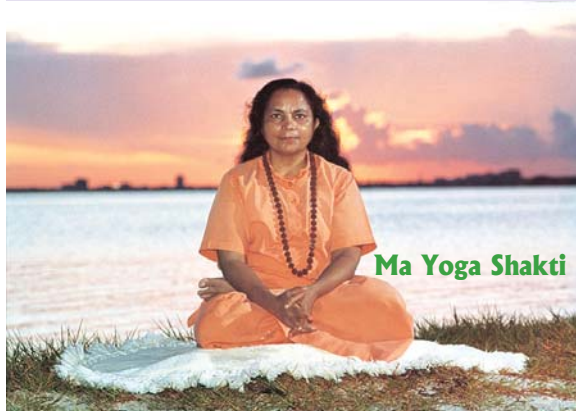
PAGE 46

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Go to "Andrea's CD Page"
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Email HorizonsMagazine@aol.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

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Val Anderson
9 -10 am

Thursday

Chip & Shyama Iacona
7-8 pm

New Year's Retreat with Mataji
early January 2009



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schedule



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Bhajans/Kirtans
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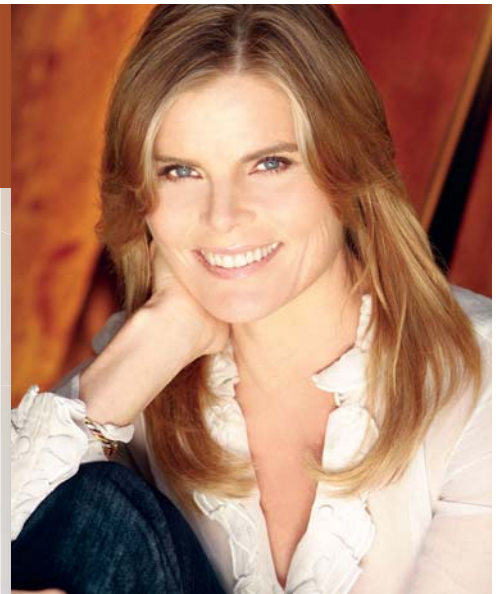


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