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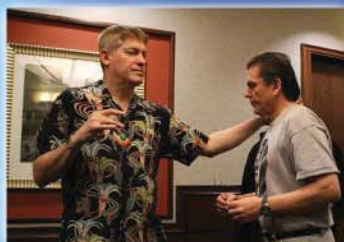


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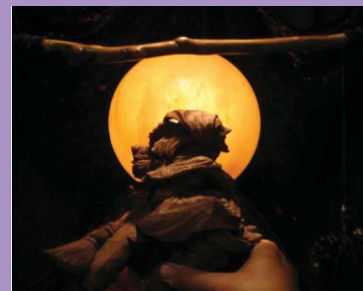
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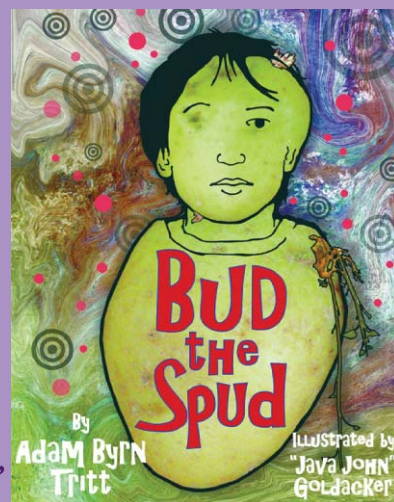
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Unity offers practical, spiritual teachings that  
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### Saturday, October 6th, 12 Noon

**FAMILY DAY** Friends and families are invited to join us. We will create Origami peace cranes for the November 4th Peace in the Park celebrating Unity's 50th birthday. Our goal is to complete 1000 cranes and assemble strands of them to be displayed in Unity's Peace Park. Bring a brown bag lunch, drinks will be provided.

### Sunday, October 14, 2012, 6:30pm to 7:30pm

Sound Journey facilitated by Janine Chimera, CMP  
What is a sound Journey? Some say it's like a sound mediation. (Suggested Love Offering \$12.)

Clean Out Your Closets!  
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Upcoming Event 50th Anniversary  
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drum circle finish.

### DURING THE WEEK

- o Sunday, 11:15 to noon. Adult Sunday school – Join us as we have a metaphysical discussion. Childcare available.
- o Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.
- o Tuesdays 7:30pm A Course In Miracles
- o 1st Sunday of the month (Oct. 7) 4:00pm Reiki Healing Service with Lloyd Reiser
- o 3rd Sunday of the month (Oct 21) at 2:30pm Mini Sunday Service at Carnegie Gardens

Always check [www.unityofmelbourne.com](http://www.unityofmelbourne.com) for possible event date or time changes

**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.

UNITY - Two choices on Sunday mornings 10am



# Unity of Merritt Island

Practical, Positive, Progressive Christianity



MINISTER Rev. Rose M. Whitham

### A MESSAGE from Rev. Rose M. Whitham :

We have a new book in our bookstore that I'm in love with. It's called How to Speak Unity. Sometimes we become so used to hearing certain phrases in Unity churches, we forget they could seem just a little foreign to our relatives and friends. A few years ago, a friend was visiting from out of state. We walked out of the house to my car for a day at the beach... and discovered the front tire on the driver's side was flat. When, instead of becoming upset, I calmly said, "There's divine order here somewhere," she looked at me a little strangely. At the garage, when I told my mechanic just to plug the leak and I would be back for a new tire after my friend left, he said, "You're not going anywhere; your other front tire has the radials sticking out so badly that if I touch it with my finger it could blow." My flat tire in the driveway prevented me from having a blowout while driving on the road. I have experienced situations like this often in my life, and know you have as well. As I am able to see Divine Order more and more quickly when a situation occurs, I am able to walk this life's journey more peacefully and easily. Divine Order is always present and we can learn from it... if we choose.

**Divine Order:** Everything is happening right here and right now as it is supposed to happen.

*Sunday Services 10:00 am...*

## Unity of Merritt Island

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**The greatest  
optical illusion  
is separation**

# HORIZONS

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Thanks for help this month  
Morgana Starr

On the Cover (see page 26)  
Grandmother Wisdom  
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**"And the day came when  
the risk to remain tight in  
a bud was more painful...  
than the risk it took to  
blossom." Anais Nin**



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

**HORIZONS MAGAZINE** is distributed **FREE** each month to 200+ bookstores and health food stores throughout Florida, as well as by subscription. HORIZONS is designed to inspire, educate and entertain those who are exploring the body/mind connection and seeking spiritual solutions to everyday life. Please write us with your comments.

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

**1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.

**2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.

**3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.

**4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

**5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.

**6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

**7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

**8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

**9. Persistence.** I persist through faith. I maintain focus and discipline.

**10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

**11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.

**12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



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



**Andrea de Michaelis**  
Publisher

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

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

Hello and welcome to the October 2012 edition of **Horizons Magazine**. The weather is already cooling down a little and every few days the humidity drops a little. I love the weather when it gets cooler, that's also a favorite time to go to the beach. Sometimes the summer sun can just be too blinding. **Labor Day** weekend, I got eye strain and got to look like a movie star for a few days in my giant sunglasses and big brimmed hat. One day, I awoke to find myself blinded by sunshine, the monitors of my computer, the iPad and my phone. It was that way for 5 days. Wearing two pairs of sunglasses to see the monitor, I Googled my symptoms enough to make an ophthalmologist appointment. In the meantime, I rested my eyes as much as I could. A friend wrote on **Facebook** "I had Uveitis last year. It took 3 weeks to go away. I had to put foil on all the windows. I had cat vision in the dark. But it went away. My lesson was not wanting to see what was right in my face. Not saying that about you. That was what I had to learn." I took some serious time that weekend to ponder if maybe there was an issue I should immediately address, an issue "right in my face" that was blinding me to other possibilities. There did happen to be a situation that I'd been avoiding. A friend and I had decided to become roommates and it was turning out to not be as easy as we anticipated. We wanted to do something about

it before it affected the friendship, but hadn't taken steps yet since we get along so well. In retrospect, as soon as we came to the realization that it was indeed time to make a change and we made it, my eye strain was gone, along with his cat allergy. The problem resolved itself happily for both of us.

My friend Sassy isn't as lucky. She doesn't always get the signals the Universe is sending her. Not as quickly anyway. The past few years she'd been seeing **Domino**, who recently broke up with her to become engaged to another woman. Domino has a reputation for being a ladies man who presents himself to fragile women as a guru of sorts. His typical m.o. is to approach women in a church setting and tell them he can heal them of their childhood trauma with energy work. He won't disclose who he's formerly trained with nor what technique he uses. He's a handsome guy, he's single, he can be charming and witty. His students end up being pitted against each other from behind the scenes with favoritism and outcasting due to sexual relationships he has them promise to keep secret. I know because through the last dozen years I've done readings for people who have been involved with him and his classes (including 2 he was engaged to) and heard their experiences first hand. Each thought they were working toward a future together. When I mentioned to him once that he's getting the reputation of a sexual predator, he laughed it off as being "their problem and maybe that's what he's here to fix." It's not my job to police what anyone else is doing nor determine what their karma with anyone might be. I know how tempting it can be to have a handsome, engaging man in front of you spouting spiritual truths and telling you they can heal you, encouraging you to be open in a loving relationship with them. The chemistry you feel means there's a lesson to learn. The lesson might be: *if you knew he was doing this with 8 other women at the same time, all behind the scenes, saying the same words, making the same plans as soulmates, would that impact his value to you as a teacher? If all the rest was a lie to keep you as a paying student he could have sex with, is the lesson worth the weekly tuition?*

...continued on page 21..

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# ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of *Ask & It Is Given*, *The Amazing Power of Deliberate Intent*, *The Vortex*, *Where Law of Attraction Assembles All Cooperative Relationships* and the NY Times

Best Seller, *Money and the Law of Attraction* and their dvd, *The Secret Behind "The Secret."* Visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

## *Recognize The Essence Of Your Thoughts*

### **Even if something that you really want has not yet manifested, do you feel joyful anyway?**

From your broader, Non-physical perspective, you understand that there is no question about you being able to receive anything that you desire, because, from that vantage point, you understand the Laws of the **Universe**—you understand that when you ask, it is always given. And so, there is not a particle of discouragement or worry about things not yet manifested, because it is so clearly understood that all you have to do is focus and relax, and allow it to be.

In your physical format, you get caught up in a feeling of competition. You worry that someone else might get your prize, when, in reality, there is prize enough for everyone. You are the creator of your prize and the Universe will deliver it to you. It is not possible that you could be deprived of something that you want because someone else achieves it—that could not possibly be. In fact, the Universe expands in direct proportion to the desires that you conjure here. **The Source Energy Stream** exists in its powerful, focused force because of your focusing of your desires.

**There are three steps**, simple steps, (really, laws are like that, aren't they? Simple in theory and a little trickier in application) **Step One is ask**, and you can't stop doing that; preference is born constantly out of your observing and remembering and focusing, and imagining. So, your asking is the byproduct of your living in this focused environment.

**Step Two is not your work**; Source answers what you ask for. It answers the cells in your body. It answers spoken requests; Source answers unspoken requests: your vibrational signal, your preference, your desire... **Step Three** is what this essay is all about. **Step Three is about you bringing yourself into vibrational alignment with your desire.**

The reason that, often, physical friends are not in vibrational alignment with their desire is because they're focused on something other than their desire. Now, think about it. **Law of Attraction** says, *that which is like unto itself is drawn*. So, if you want something and you're focused on that something that you want, then you are offering a vibration about that something that you want, and you are fulfilling all three steps: You're fulfilling the two that are your responsibility—and Source is fulfilling the other.

So, then you say, "Well, there must be something I'm missing, because I believe that there are things that I desire that have not come to me... I've got stuff in my life I don't want, and there's stuff missing that I do want. And I'm pretty sure that I'm thinking about what I want." And we say: *not possible*. If you were thinking about what you want, in time you would develop such a vibrational habit around that, that it would have to be yours. In fact, you can be sure that whatever you are getting is what you've been thinking about.

But then you say, "*Can't be true. I have a disease I never thought about. Never even heard about it 'til they assigned it to me. How could I have been thinking about this thing if I didn't even know it exists?*" You develop patterns of thought which cause you to offer patterns of vibration, which equal what you are living. What manifests is always an accurate reflection of the thoughts that you've been thinking. And so, it is helpful if you think in terms of the vibrational essence of the thought that you are thinking.

You might not have assigned it a name, but if you are focused upon the absence of Well-Being in some area of your life, and you have held your attention upon that, enough that you've, sort of, beat the drum of it, meaning, you develop a vibrational cadence; it's where your thoughts easily go; it's where your conversations easily turn; it's just the way you feel about this or about this, or about this... those practiced, conscious or unconscious, vibrations, then become your point of attraction. And what you're getting matches that perfectly, every single time.

So, it's really a wonderful thing when you realize that, because then you can start watching for evidence of your vibration. Now, there are two ways to watch for that evidence. You can wait 'til something manifests, and then say, "*Oh yeah, I recognize that.*" Or, you can pay attention to the way you feel and say, "*Oh yes, I can feel what's coming.*"

Your emotions are these fabulous indicators that let you know what your vibrational content is. And your emotions feel the way they do because of two important vibrational factors: The factor of desire, which is the summoning power. And the factor of allowing—which is the letting, or the not letting what you've summoned flow. If you really, really want something, you're summoning Energy in a stronger way. If you've wanted it for

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

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**I believe that when we set foot on the Path, people, thoughts and things drop away from us as they no longer fit who we are becoming.** Like losing a great deal of weight, you have to release your old wardrobe, some of which you may still love but it just doesn't fit any longer.

I also believe that allowing oneself to be guided is part of the process and this is where it gets tricky. We've never really allowed this fully before. When I don't know what to do, I say this prayer from Neale Donald Walsch: *"Dear God, something beyond my current understanding is before me, the understanding of which would change EVERYTHING. Please Show me the Way."* Then I go about my days....until I am shown my next step. The Buddah says: "when in doubt, do nothing." Allow the next step to reveal itself to you.




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## NOTES from the Universe

**Be at peace, rest easy, relax, coast and luxuriate to any degree that you can allow yourself, for the day will inevitably arrive when you'll understand all the "reasons" that now elude you, bless the darkness that now seems to separate you, and celebrate the ancient choices that once made you. Just as we do.**

**Trust me, The Universe**

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## CHOLESTEROL

**Cholesterol is the waxy substance found in every cell of your body.** It is used to create hormones and vitamins and is necessary for memory, preventing psychological disorders including anxiety and depression. Your liver makes 75-80% of your cholesterol and uses it to create the bile acids needed for digestion and for the absorption of vitamins A, E, D, and K. If your cholesterol levels become too low it can also cause "brain fog", anxiety and depression low testosterone levels.

**Cholesterol** is measured by HDL's, LDL's and triglycerides. **HDL's** bring cholesterol to the liver for removal through the digestive system. The higher this number is, the lower your cardiac risk is. **LDL's** become a problem when there are too many in the blood and they oxidize causing inflammation (measured by CRP, C-reactive protein test). Over time this inflammation causes a build-up of plaque restricting blood flow, leading to a stroke or heart disease. **Triglycerides** become high when there are too many sugars from carbohydrates or high fructose corn syrup in the diet. Keeping these numbers in check is important to the health of your cardiovascular system.

Diets high in animal products (plants don't have cholesterol) and foods high in sugars especially from high fructose corn syrup can cause cholesterol to rise. So can genetics, medications, even having your gallbladder removed can cause a rise in cholesterol. When your diet is rich in fruits and vegetables, the vitamins and minerals that support the liver and digestion in the metabolism and removal of fats will be provided.

Herbs also provide vitamins and minerals as well as other compounds that aid in the removal and metabolism of cholesterol. **1-2 cloves of Garlic** per-day helps to lower cholesterol by interfering with cholesterol production by the liver. It can raise HDL's, lower LDL's and triglycerides. **Fenugreek** contains pectin and phenolic compounds that naturally reduce cholesterol and saponins that block absorption boosting the elimination of cholesterol through the digestive tract keeping it from ending up in the blood. **Hawthorn** contains B-vitamins, pectin, bioflavonoids and beta-sitosterol. Together these compounds help remove fatty deposits from the circulatory system reducing cholesterol. **Flax seeds** are rich in Omega-3 fatty acid, which helps emulsify fats for quicker removal lowering total cholesterol levels. **Artichoke leaf** aids the digestive process, it contains cynarin which helps to clean up a sluggish liver lowering LDL's and triglycerides. The fungus **Red Yeast Rice** just like statin drugs inhibits the enzyme the liver uses to make cholesterol. Just be careful with this because it can have the same side effects as this class of drugs.

**RECIPE:** A formula you might try for High Cholesterol might be 1 part Hawthorn Berry, 1 part Fenugreek and 1/2 part Artichoke leaf. This blend can be made into a tea by adding 1 tsp. of the herb mixture into 8 ounces of water. After it simmers for 10-15 minutes you can strain it off and add honey for flavor. This along with dietary modifications can be of great help.

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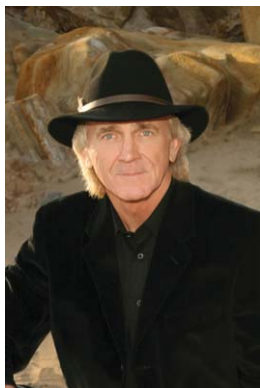
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# CHILDREN, ANIMALS, AND SPIRIT GUIDES



In addition to the Children's Spirit Animal Cards, Dr. Steven Farmer is the author of numerous best-selling books *Earth Magic*, *Earth Magic Oracle Cards* and *Animal Spirit Guides*. He hosts his own radio show on [ContactTalkRadio.com](http://ContactTalkRadio.com). He is a shamanic practitioner, ordained minister, and licensed psychotherapist. For more info Children's Spirit Animal Cards or the Children's Spirit Animal Stories Audio CD visit [www.Satiama.com](http://www.Satiama.com) or call (719) 487 0424. Also available through [www.bn.com](http://www.bn.com) and through [www.Amazon.com](http://www.Amazon.com).

**Children are the ones who hold our future in their hands, as they will someday be the ones to lead the way.** Though they will be taught about the workings of life by others and by their own experiences, it's up to spiritually awake adults to help them come to know their spiritual Self. Parents, grandparents, and other significant adults can provide conscious guidance and teaching, not through dogmatic or coercive methods, but through their own example and gentle, welcoming invitation.

One dimension of spirituality that has been neglected in our western culture is that of the spirits of the natural world. We've tended to view the Earth as here mainly for our benefit rather than understanding that we're simply a part of the web of life, intimately connected to all beings, both physically and spiritually.

This view has been gradually changing as new paradigms emerge across many fronts. We're drawing from the wisdom of indigenous and ancient peoples, those who had a deep reverence and understanding of the natural world and our profound relationship to it. We are coming to deeply appreciate how Spirit moves in all things and learning to receive Spirit's messages from any number of sources. It's inherent in the emerging paradigm that we must reconcile our relationship with Spirit—and with our Earth Mother.

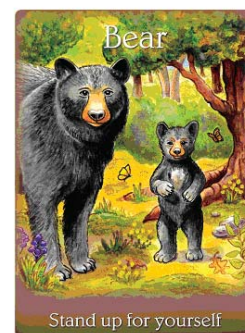
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## SPIRIT IN THE NATURAL WORLD

So how do we encourage our children's spirituality and in particular, how to receive guidance from the many voices of Spirit? How do we influence our children's familiarity and appreciation of the natural world and come to know the Life force that expresses not only through but also as everything? It starts with overcoming the addiction to technological devices and getting outside as much as possible. From there we can teach our children by our own fascination with the magic that's inherent in the Earth.

The degree of estrangement from the world around us has increased in direct proportion to our reliance on technology. With this explosion of electronic tools available to us, it's easy for parents and children to succumb to the allure of the multitude of devices, from smartphones to computers to television. The downside is that it keeps children inside, at the cost of the direct experience with 3D world. There is increasing evidence of the detrimental effects of this obsession. On the flip side, there's also a growing awareness of the benefits of regular contact with the natural environment.

Researchers have found that children with disabilities gain enhanced body image and positive behavior changes through direct interaction with nature. Studies of outdoor- education programs geared toward troubled youth — especially those diagnosed with mental-health problems — show a clear therapeutic value. Researchers have discovered that children as young as five showed a significant reduction in the symptoms of Attention-Deficit Disorder when they engaged with nature. Could nature therapy could be a new option for ADD treatment?"



## ANIMALS AND ANIMAL SPIRIT GUIDES

There's ample evidence of how animals are intertwined in our lives, from the shoes we wear to the food we eat (if you're an omnivore). Our pets give us comfort and solace, while animals in the wild give us a glimpse into our own instinctual nature. With rare exceptions, children readily relate to animals, sometimes starting with their attachment to that stuffed animal figure that they fall to sleep with every night.

It's a short step from their love of animals to eventually understanding that animals can also be teachers and guides. Children's Spirit Animal Cards not only provide an easily accessible way to promote values that most parents would agree with, but also provide an ideal opportunity to receive clear and simple messages from Spirit in a fun and enjoyable way. With parental support and the use of these cards as a vehicle, children can learn to appreciate how spirit animals can teach and guide them throughout our entire lives.



# ABRAHAM \*FUN\*



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

## RIGHT HERE IS FINE

**Wherever I am is OK.** I may currently feel bogged down by unpleasant circumstances, long-standing problems, and relationships filled with tension. I may wrestle with conflicts and confusion within myself. I may feel unable to rise above painful, debilitating habits and emotions.

It doesn't matter where I've been. It doesn't even matter where I am. All that matters right now is where I'm headed, and in this moment, I can insure that tomorrow will be a little better than today, and the next day will be a little better than tomorrow. And onward and upward.

I reached this precise place in my life as a result of my thinking patterns, and I can reach a new and different place the same way - through my thoughts.

I pause and take one minute right now to deliberately think grateful, hopeful, pleasure-filled thoughts. Tomorrow I repeat this drill, except for two minutes. The next day: three minutes. The next day: four minutes....

Continuing conscientiously, in 59 days from now, I will do this drill for 60 minutes. And my life will be dramatically better.

It is absolute universal law.

**I pause and take one minute right now to deliberately think grateful, hopeful, pleasure-filled thoughts. Tomorrow I repeat this drill, except for 2 minutes. The next day: 3...**



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# Basics of Meditation for the Tai Chi Lifestyle



By Paul Gallagher. Tai Chi is much more than the practice of a set of esoteric movements for relaxation. The deeper practice of Tai Chi is the adoption of a lifestyle, which incorporates the Principles of Tai Chi into numerous areas of your life. This does not mean taking on any special belief system, religion, etc. The practice of the "Tai Chi Lifestyle" is simply applying common sense principles—which have an effective history of over 2000 years—to enhance your health, vitality, and mental clarity for a lifetime.

<http://totaltaichi.com/>

**Your body is simply a dense configuration of energy at various frequencies of vibration.** Each organ vibrates at its own set of frequencies, in health and in disease. And your body as a whole, has its overall Core Frequency. Maintaining harmony and coherence in this Core Frequency is the main purpose of Meditation, and as such is your most important daily practice for health and energy.

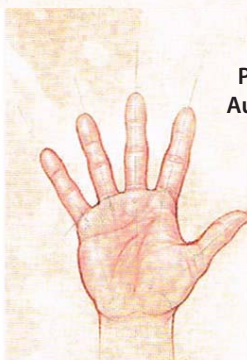
Many books and teachers nowadays teach meditation as a kind of "feel good" relaxation practice, a way to "zone out" for a while and get away from the stresses of life. The Taoist (Tai Chi) approach is a bit different; it is a way to focus the mind, quiet the Spirit, and build Qi at the same time. That way, the Yin function of Meditation quiets the mind and relaxes the Spirit; while the mental focus and breath (Yang function) cultivate a strong Qi field and build your Core Frequency. Here are the basics of Meditation:

**1) BODY.** You need a stable posture. Zoning out on a couch won't do. You require a stable and aligned body "frame" for effective Meditation. That means the crown of your head should line up with the base of your spine; your shoulders should be in line with your hips, and your ears with your

shoulders. You don't need to sit on the floor "yogi style" unless you are flexible enough and enjoy sitting that way. A stable posture on a chair with your feet flat on the floor is OK. If you do sit on the floor, make sure you sit on a firm meditation cushion, so your hips can be slightly higher than your knees. Just remember—you need to feel stable and comfortable.

**2) BREATH.** The second critical requirement for effective, Qi-(chi) building Meditation is breath. Your breath should be altogether natural and relaxed-- absolutely NO straining of the breath. Just feel and experience your natural breathing patterns. Often your breath may feel a bit tense and uneven at first, but will soon become deeper and smoother. The old meditation texts say your breath should be "slow, long, deep, and fine," like a baby sleeping in complete tranquility. Obviously, this is a natural process and you should NEVER strain to become "relaxed." That's pretty obvious :)

**3) MIND** The third essential to Meditation is a focus for your mind. There are hundreds of ways to focus the mind, but the simplest is just to count your breaths—from one to ten, and then repeat. If you miss a count, simply start again at one. The best way is to start meditating for 10 minutes or so, and increase the minutes over time. There is no need to spend hours meditating, unless you are a Zen monk (nun) or a mountain Taoist. For most people a consistent meditation schedule of 30 minutes a day will bring amazing results for your energy level and peace of mind.



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## Dear Whitedove,

I'm keen on watching so many of the Ghosts Shows on television. I've had a ghost encounter myself so I am a firm believer. But I'm not sure about E.V.P Electric Voice Projection. Do you think it's possible to tape record the voice of a Ghost? -Paranormal in Kansas

## Dear Paranormal,

Yes ghosts are real. At the moment of death, the soul can turn towards the light of Heaven or turn away and stay earthbound. These souls can learn how to manipulate energy: flicker lights, turn on and off the TV, and even move objects. I have heard ghostly cries and voices and so have my non-psychic crew that traveled with me to haunted locations. With that said, I know that voices can be captured and recorded but that is a rare occurrence. Anyone claiming that they frequently capture EVP's, I'd bet it's being faked and I'd be wary of their findings.

## Dear Michelle,

I've had such a difficult life. I was adopted but always felt unloved. Suffered through an abusive marriage and even though I'm divorced I feel an emptiness that I cannot explain. It's been an emotional downward spiral. Any advice? -Seeking Solace in New Hampshire

## Dear Solace,

You are describing difficult life lessons that were important experiences for you to learn from and grow from. Consciously you are not aware that these were pre-planned events called Soul Contracts. Your most difficult experiences are not meant to be stumbling blocks. In fact these events are spiritual building blocks for your soul's growth. Both adoption and divorce teach the spiritual lessons of "the illusion of loss and abandonment".

These experiences were predestined to encourage a closer relationship with God, the creator and your personal Guardian Angels. The emptiness that you feel is from the lack of a spiritual connection. The truth is "you are never alone". And so I would encourage you to take classes on meditation and yoga to help you to reestablish your inner connection to the Divine. In this way you will experience unconditional love that will fill you up!

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# From the Heart

Alan Cohen is the author of many popular inspirational books, including the newly-released *Enough Already: The Power of Radical Contentment*. Join Alan this February 10-15 in Hawaii for the extraordinary program *Miracles, Metaphysics, and Maui*. For more information about this program, Alan's other books, and free daily inspirational quotes via email, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone (800) 568-3079 or (808) 572-0001.



## *The Guru in Your iPod*

While watching the documentary film *Stephen Jobs, Hippy Billionaire*, I was tickled to learn that as a young adult Jobs was significantly influenced by **Baba Ram Dass** and his book *Be Here Now*. I also credit Ram Dass as one of the most valued mentors in my life. He led millions of spiritual seekers to higher awareness and is considered by many to be the "Father of the New Age."

As destiny would have it, eight years ago Ram Dass moved to Maui, where he now lives a few miles from my home. I see Ram Dass often at local social and spiritual gatherings. A few nights ago I told him about his inspirational influence on *Steve Jobs*. He smiled. I told him, "Just think—there's a little bit of Ram Dass in every iPod."

While spiritual guides and teachings are not always known or acknowledged by the masses, higher-dimensional influences shape our world more than most people realize. When *Steve Jobs* showed up in the computer industry, it was terribly dry and left-brain heavy. He changed that by adding flair, art, beauty, and user friendliness. If not for him, we might all still be pecking at keys working DOS on mouseless devices beneath green-on-black monitors. Jobs' foray into eastern spirituality expanded his mind and lifted him into multi-dimensional vision, which he passed along to billions of people through his inventions that are as tasteful as they are useful.

**Abraham Lincoln**, considered by many to be our nation's greatest president, was a deeply spiritual man. He held séances in the White House, overseen by D.C. psychic *Nettie Meinhard*, and he had a psychic premonition of his death.

**Nikola Tesla**, the genius who gave the world alternating current electricity, wireless technology, x-rays, and neon lighting, received ideas and inspiration for his inventions in clairvoyant flashes. **Albert Einstein** declared, "Imagination is more important than knowledge," and "I have not arrived at my understanding of the universe by means of the rational mind."

I met **Dr. Jill Bolte Taylor**, the courageous neuroanatomist who completely overcame a stroke and went on to author the bestselling book, *My Stroke of Insight*. An expert on brain function, Dr. Taylor often speaks to audiences of contrasting proclivity, such as left-brain scientists and right-brain new agers. "The left-brainers want what the right-brainers have," she told me. "They know there is magic and wisdom in the intuitive self, but many of them don't quite know how to access it." For that reason, Jill is a great bridge builder.

That bridge is available to all of us if we are willing to cross it. The movie *Regarding Henry* depicts a hardball lawyer who is transformed after a head injury. ("Lest ye become as a little child, ye shall not enter the kingdom of heaven.") You don't have to have a head injury to be transformed. You just have to bring your intellect into harmony with your spirit, and let the mind serve Higher Power.

If you read between the lines of some of the most popular business books of our time, you will recognize a strong spiritual influence. **Stephen Covey** has translated lofty concepts into practical application, as has **Ken Blanchard**. Blanchard is upfront about his spiritual beliefs. He has dubbed himself "CSO" of his company: Chief Spiritual Officer.

I was invited to speak at a spiritual conference sponsored by the Sufi Order, a mystical branch of Islam. On my way from the airport to the conference I found myself in a limo with another speaker. "How did you get to be invited to speak here?" he asked me. I told him (somewhat proudly) about some of the books I had written. "What do you do?" I asked him. "I'm a brain surgeon," he answered.

Oh. "What moved you to go into that profession?"

"In Sufism, everyone is required to have a skill or profession in which you work with your hands," he answered.

I guess brain surgery would qualify.

Behind this doctor's sophisticated surgery was a spiritual influence, as there is behind many people who excel in medicine. **Dr. Larry Dossey** has done a great deal of research on the power of prayer. He recounts that in a survey in which 1,000 doctors participated anonymously, 59% reported that they pray for their patients, and 55% said they had seen miraculous results of prayer. "The key to this survey is that it was anonymous," Dr. Dossey concludes. "The doctors would have been less honest if they had to identify themselves in a profession that does not generally recognize the power of prayer." So spirit is behind a significant portion of medical success.

You do not need to be a guru, healer, or brain surgeon to allow higher power to influence your work. You just have to be willing. The next time you listen to your iPod, surf on your iPad, or talk on your iPhone, remember that the man behind those adventures had one foot in spiritual reality, and another in uplifting the world. And so do you.



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will be replaced See page 10.

## Angels and You

By Debora Ramos

In different religions is known the existence of the angels with the same meaning: as messengers and helpers of God on earth. The angels want to achieve the plan that God has which is a happy and harmonious world. So happiness and harmony of each of us as part of that world will bring the final summation achieving that divine plan. The way for angels to achieve this harmony in each of us is guiding us and assisting us in all areas of our life.

Under the name of "angels" typically people generally encompass the categories best known of these wonderful messengers: guardian angels and archangels. We all have guardian angels who are assigned by the Creator to each of us for a lifetime. Its role is to protect us, comfort us when we are sad or going through tough times.

Archangels are those who oversee the guardian angels. Depending on the religion you follow, you will find that some mention the existence of four archangels, seven or an infinite number of them. All of us receive help from the angels/ They are able to be with each of us, individually and simultaneously, because they have no limitations of time or space.

We do not need special skills to communicate with angels, it is a matter of being open to working with them, call them with love and simply holding the intention in our mind either visualizing, saying his name aloud or mentally and they will come to help us. They cannot interfere in our free will, that is why if we want to work with them we have to ask them (unless it is an emergency and that is not our time to go back to the spiritual realms). Once you give space in your life to these beautiful spiritual beings, you will feel that you are never alone in facing the challenges of this incarnation since you have such wonderful allies accompanying you on this journey of learning.

## Debora Ramos

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# YOGA: A Natural Pathway to Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. She has been greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email [yogashaktipb@yahoo.com](mailto:yogashaktipb@yahoo.com) visit [www.yogashakti.org](http://www.yogashakti.org) (321) 725-4024. See inside back cover for info. Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the sanskrit word "Yuj" to unite. It means union or identification. The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga. See page 31 for map, more



## A RECIPE FOR HAPPINESS

**"Kam khao, gam khao" is a Hindi saying that I love. It means, "Eat little and eat patience". Control your diet and control your emotions and you will be the wealthiest person in the world.**

Many people think that what we eat will make us healthy and happy, but eating is not the source of health and happiness. We should eat little and only what the body needs.

*Put a restraint on  
your reactions.*

*Horses have reins  
to restrain them.*

*The mind, which  
is powerful, also  
needs a restraint.*

*Somebody should  
ride over it and  
it should be you.*

*Don't let your  
mind run away.*

We have to distinguish between real and artificial needs. It is usually the mind and not the body that needs to eat. If we take too much our digestive and mental systems become weakened. We have a right to take only what we need.

"Gam khao" means control your emotions: Eat your passions, your impatience and your sorrows

Chew your emotions.

Never be unhappy. You must have patience to resist the temptations of retaliation. It is easy to retaliate or retort. The first reaction of the mind is to retort.

Body should be given what it needs and not more than that. Mind should be given training and restrained. These are two basic principles of happiness and health.

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OCTOBER 5 -- Friday (12:30 pm - 6pm) -- ADVANCED REIKI with REIKI MASTER WAYNE LEE -- Must be certified in Reiki I and Reiki II. This class is required for the Master Level Reiki III. Prepaid registration at Luna Sol Esoterica. (\$150 pre-paid by SEPT. 23)

OCTOBER 6 and 7 -- Saturday (10am - 6pm) and Sunday (11am - 6pm) -- REIKI III with REIKI MASTER WAYNE LEE -- Must have taken Advanced Reiki. Course includes Attunement, Certification and Manual. (\$400)

OCTOBER 13 -- Saturday (1pm - 3pm) -- READING THE TAROT with ANN MOURA -- Last class this year. (\$20)

OCTOBER 20, 2012 -- Saturday (12:30pm - 5pm) -- REIKI I with REIKI MASTER WAYNE LEE -- Course includes Attunement and Certification in Reiki I. (\$50)

OCTOBER 27 -- SATURDAY ALL DAY (10am - 6pm) -- SAMHAIN FESTIVAL and PSYCHIC FAIR -- readers, healers, and more! Samhain Ritual by Ann Moura at 1pm. Celebrate the thinning of the Veil Between the Worlds as we honor our ancestors and Spirit Guides, and remember loved ones who have passed over. Vendors, Healers, and Readers (\$20/15 min; \$40/30min); Ritual is open circle and family friendly. (no cost)

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Wednesdays CAPE CANAVERAL Beginning, Weds. Sept. 19th at 7:00 pm, a book discussion group focusing on the teachings of Ernest Holmes will begin. The first Ernest Holmes book to be discussed is *Living the Science of Mind*. Please contact Kathryn Flanagan, 321-458-7956 or Keliann Eggleston, 801-580-5066, for directions or questions.

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

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

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

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1970 Melody Lane behind Melbourne Auditorium 321-728-4738

Sundays Rockledge 10AM Sunday Celebration, Wednesday Life Enrichment Series 7PM, visit [www.cslspacecoast.org](http://www.cslspacecoast.org) for more info. Center for Spiritual Living-Space Coast, 835 Executive Lane, #136, (321) 474-2030

Sundays MELBOURNE Metaphysicians' Circle NEW 307 E. Lincoln Avenue downtown Melbourne 7:00-8:45pm \$3 321-474-7348

1st Sunday MELBOURNE Metaphysicians' Circle presents their Monthly Psychic Fair NEW LOCATION 307 E. Lincoln Avenue 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348

Saturday, October 6th, GAINESVILLE FALL EQUINOX SPIRITUAL AND ALTERNATIVE HEALTH FESTIVAL 11am-5pm at the Seraphim Center, 1234 NW 14th Avenue, Gainesville. Psychic readers, Acupuncture, Massage, Reiki, Sacred Chanting, Yoga, Rapid Eye Movement, Crystal Bowl Attunement, Classes and Vendors. \$3.00 Admission. Call 352-220-9142 or [revbeckyadl@gmail.com](mailto:revbeckyadl@gmail.com). [www.seraphimcenter.org](http://www.seraphimcenter.org)

OCT. 6, 2012 ORLANDO Children's Fun Interactive Reiki Class 1pm to 5pm Please call Sheri at 407.227.7240 for Registration

October 10th MELBOURNE FREE introductory workshop for Women "Self Discovery is an Exciting Adventure". October 10 at 10am-11:30am or 6pm-7:30pm at Archway Counseling Center, 240 North Babcock St., Melbourne. Please call to register and for more information 321-622-5973.

Saturday October 13 Unity of Merritt Island 4725 N. Courtenay Pkwy, Merritt Island FL 9:30 am - 4:30 pm "Success Principles Workshop" created by Jack Canfield, facilitated by Dr. Jose Gomez. Cost: advanced registration (by October 10) \$20.00 includes lunch; at the door \$25.00 lunch not included. Call 321-452-2625, email [info@unitymerrittisland.org](mailto:info@unitymerrittisland.org) or website [www.unitymerrittisland.org](http://www.unitymerrittisland.org). "If you have ever wanted to become focused, more centered, more joyful and more connected to others—living an enlightened, success-oriented lifestyle filled with ease and grace - this training will help you become that person."

Sunday November 11th ST. PETE Come and wear your Fairy Wings or your Earth Hat as we explore the magical realms discovered at the Fairy And Earth (F.A.E.) Festival taking place at the Sacred Lands Preservation & Education Center on Sunday, November 11, 2012 in St. Petersburg, FL for only \$5/Person and Under Age 5/Free. Gates open at 11:00 am with Musicians, Storytellers, Presentations, Vendors, Readers and More await your visit to feel and experience the magic of this beautiful place. 407-704-2320 [www.enchantedwalkabouts.com](http://www.enchantedwalkabouts.com); [www.sacredlands.info](http://www.sacredlands.info)

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# ABRAHAM-HICKS



*...continued from page 8*

quite awhile, you're summoning it even more. If you think about it often, you're summoning it specifically.

So, just like you can take a spectrum of light and focus it into a very powerful laser beam, you have desires that you have focused into very powerful beams. So, the more focused thoughts, are the thoughts where the Energy moves faster. And in that faster Energy, any contradiction shows up more. Just like if you're driving your car 100 mph and you hit a tree, the tree is a bigger factor than if you were going 5 mph.

**So, the two factors that your emotions are always letting you know are:** how focused the Energy is by virtue of your desire, and how your normal thoughts around the subject resonate or don't resonate with that desire. Easier way to say it is, "what's my attitude or what's my mood about such-and-such?"

When you think about dollars, do you feel joyful? Does the subject of dollars make you feel free? Do you feel eager and enthusiastic about dollars? Do you feel afraid when you think about dollars? Are you angry about dollars? Are you embarrassed about dollars? Are you fitful about them; worried about them; eager about them, happy about them?

When you think about the greater economy, are you grateful for economy? Do you love it when someone thrives? Are you jealous when someone thrives? Do you feel happy for a friend succeeding? Do you feel unhappy about your not-so-much success when you see friends succeeding? Do you blame the government? Do you blame your employer for not paying you more? How do you feel?

It turns up in all of these different ways. All day, every day, you have opinions and attitudes. Most of them you didn't even figure out on your own. You hung around with somebody else who hung around with somebody else who hung around with somebody else... And often, you've developed an attitude, an attitude about money.

There's a pervasive attitude about money, that says, rich people somehow are inappropriate. "*They've done something wrong. How dare they succeed and point out to me my lesser success? Or even worse, how dare they succeed and take such a big piece of the pie so that the rest of us are left with crumbs, or maybe nothing?*"

If you are not sure what your vibrational essence is, we understand because most physical friends have not been noticing the emotional correlation between thoughts that just feel normal. In other words, you trusted your mother, she gave you food, she gave you shelter; she seemed like the vortex

through which a large amount of your Well-Being flowed. And so, she seemed like someone to listen to, and she was bigger than you, and she always thought she was right, especially in the beginning. (Fun) And so, you began to pattern your thoughts around the same kinds of thoughts that she was thinking—because things went better for you when you did that. (Fun) When you disagreed with her, it didn't go as well.

Then, when you went to school, there were others who wanted your agreement... And as you get out into the world, or into new relationships, there are others who want your agreement... And so, you find yourselves (bless your hearts) upside down and all around as you are trying to conform to the primary stream of thought, relative to subjects: You want to do what's socially acceptable, for you do not want to be an outcast. And you want to do what's politically correct, because you do not want to be an outcast. And you want to do what your family expects of you, because you don't want to be disinherited, and you want to do what your religion says, because you don't want to be disavowed or go to hell—which is far worse than any of the other things. (Fun)

Most of you have been using standards or measurements that are outside of you—and that have nothing to do with you—in order to try to formulate your thoughts or opinions or attitudes, or actions. And in the process, what has happened is, you have picked up an incredible hodgepodge of beliefs, some of which serve you—some of which do not. But, most of our human friends feel powerless in what comes to them because they've been practicing this vibration and practicing that vibration, and practicing that vibration, and picking up thoughts and beliefs based upon the evidence that the society produces around them. And so now, you find yourselves often with a whole bagful of beliefs that are not serving you.

This is the greatest message. This will free you from vibrational resistance, as you hear it, and internalize it, and then practice it: The thing that is most hindering: You look at what people are living and you gather your evidence or statistics, and then you claim it as true.

You say, "*It must be true. They warned me about that, and sure enough, it happened.*" And what we are wanting so much for you to hear, is: What anyone is living—your culture, your environment, your society, your city, your family, your person—what anybody is living, the truth, or the evidence that you are producing is only the truth that manifests in response to the habit of vibration that you offer.

So, when you look out into your society and you see something, wanted or unwanted, and you proclaim it as true—which is the reason that you give that others should think about it, write about it, talk about it, understand, and accept it as truth—do you feel how screwy that is? That's like saying, "There's something out there that I do not want, but because somebody else created it in their experience and it became their truth, now I must beat the drum of it, and make it my truth, too." And we say, fortunately there are a variety of truths for you to pick from.

*...continued on page 29*





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

***...continued from page 7...***

Whether business or personal, for unions to work, both parties must be nurtured by it. I believe people can stay friends after breakups, personal and professional. Just because you like each other doesn't mean you should go into business together. Just because you love each other doesn't mean you have to be together. Just because you've lost the lust for a mate, or the passion for a joint project, doesn't mean you can't stay happily together. Just because you argue, doesn't mean you have to split up. Just because you split up and separate, doesn't mean you have to divorce. Just because you divorce, doesn't mean you can't still hang out together and be the best of friends.

If each one follows their heart, they may indeed part ways but still everyone wins and you can have the best of all worlds when you understand that. The person I care the most about in the world is an ex boyfriend who's married to a friend of mine. She's is the perfect mate for him and he adores her and goes out of his way to do for her. He's a do-er, constantly coming up with something to delight her. He and I talk on the phone every few weeks and that fulfills something deep within me that no one else fills. Do we want to be together now? I believe his response to that jokingly posed query years ago says it all: *"There's not enough therapy in the world for that to happen."* Which proves my point.

This is how friendships can remain after breakups. We just realize we no longer have the same destination. We don't get angry, we don't yell, we don't mock, we don't say hateful things. We realize for it to work, both parties must be nurtured by it. Whether that is family, platonic, romantic, sexual, business, contract, it's all the same. *Love it as it is, through all the changes, or be elsewhere as soon as possible.* When parting from any kind of relationship, while it's freeing to be able to say what you feel and have it all out in the open, there's no need to go back and rehash "but why did you say this?" or "why did you promise that?" All that becomes irrelevant at the moment that either thinks, "This is no longer my destination." Continuing beyond that point is a disservice to both parties. Now is the time to move on to better feeling thoughts. Personally, I never long to be with someone who doesn't want to be with me, period.

I've also learned we don't have to live with our partner in order to stay close. Sharing space opens a whole set of



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**This is how friendships  
can remain after  
breakups. We realize  
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a disservice to both  
parties.**

circumstances that are not always harmonious. I've tried living with partners and friends and it always boils down to: I don't share space well. I prefer my hours of alone time and silence. In partnerships, our buttons get pushed and our issues get triggered. I've found it's easier to integrate the resulting guidance when we each have our own separate space to do it in.

I'll tell on myself here. Years ago I had a roommate who was also a boyfriend. We met at a spiritual lecture and began studying together on a daily basis. We meditated together and did segments of visualization and guided journeys together, as well as nightly yoga and long, deep philosophical discussions well into the early morning hours. We attended meetings and lectures together and after a year became known as a couple. Then his roommate sold the house they were living in, and he suggested he move in with me since we spent so much time together. Just for a few months as a trial, he said, noting my hesitation. Why not? I'm brave, we're both fairly conscious, it made sense. I have plenty of room here and we could make another decision in a few months if we needed to.

Almost immediately the dynamic changed. Since my office is in my home, I was used to having the entire place quiet to myself as I went about my daily work. I imagined he'd be sitting quietly studying in his office studying, or being outside on nice days, or periodically running errands, etc. It turned into him being a fixture on the couch, with the tv on almost nonstop. Astrologically a Leo, he constantly sought my attention for recognition of something he did. A Cancer Moon meant he easily got his feelings hurt. I could be walking through the house holding some particular thought in my head relative to my daily work, and he'd interrupt to tell some particular email response or writing he'd done. At this time I

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

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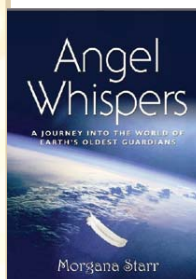
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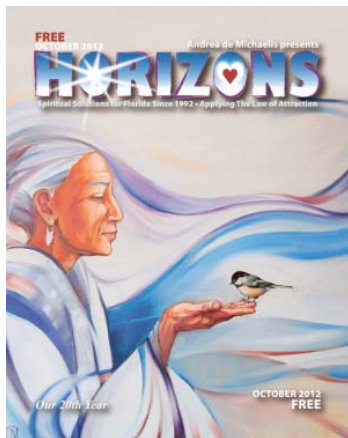
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# COVER ART

## Grandmother Wisdom by Jane Delaford Taylor



I completed this painting on the day of the terrible Japanese tsunami. I will never forget that morning - I had just posted the painting on Facebook where, as I often do, I'd ask friends to suggest a title. As we all watched in shock as the scenes of devastation in Japan unfolded on our media, there was a theme running through the responses. It was about safety, sanctuary - the old hand of the Indian woman offers a timeless stability to the little chickadee... and again, my Facebook friends offered new titles for this

painting. The lady who bought it calls it *Eternal Sanctuary* as this was the name which came up from several different friends on that tsunami morning. My daughter calls it *Grandmother Willow* as she feels the energy resonates with that ancient wisdom represented in the Disney film by the talking tree! It remains one of my absolute favourites.

**Jane Delaford Taylor is an inspirational British artist whose work is now sold world-wide to collectors who love the depth of colour, movement and soul energy in her paintings.** Already an established freelance illustrator, who has worked on over 200 books during the last two decades, she has recently returned to her first love - painting in oil on canvas.



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

*What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so much better than just plonking it in a gallery! I organise delivery myself, and get fantastic feedback and I know that the reason I painted a specific piece was because it was meant to be owned by just one special person - it closes the sacred circle of creativity in a very beautiful way.*

*I don't give lofty interpretations of my artwork, although I may have ideas of course - but the meaning in the painting is essentially the one that the viewer perceives, and that is how it should be. I just channel the image for them."*

Jane's new work is available <http://janetaylorart.weebly.com/>  
Prints and cards available at <http://redbubble.com>  
Email Jane at [chalicewell@hotmail.co.uk](mailto:chalicewell@hotmail.co.uk)



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

*...continued from page 21...*

was working for the Psychic Friends Network as well as doing the magazine. That meant I was connected to a headset up to 18 hours a day. The headset on meant I was working, but he'd begin talking to me the moment he saw me walk into the room.

**The  
experience  
you are  
having in any  
conversation  
is not  
always the  
experience  
they are  
having**

He thought nothing of leaving crumbs on the counter and crumpled tissues in the living room, half filled coffee cups in the bathroom and office, and dishes piled in the sink. I badgered him to keep the space relatively clean. He worked from home for his father but slowly began taking fewer and fewer jobs, making himself more visible in my space during my working hours. I badgered him to stay out of the living room and off the tv while I was working. Our nightly yoga stopped, as by now he was building websites, and our deep discussions and study sessions ended. By the time I was ready for sleep, he'd been inactive all day and wanted to be up and chat. I

was in no mood. He'd end up watching tv all night long and going to bed at dawn. I often didn't fall asleep until after he'd turned the tv off, so I badgered him for that as well.

He reminded me his rent paid half my mortgage payment, but that had never been the selling point. He reminded me his income was half what it used to be. I reminded him that's because his dad had up to 40 hours a week work waiting for him, but he only wanted 10 hours. We formerly held a weekly class together that ended up me teaching it alone. As far as I was concerned, there was no longer any purpose in us living together. We did it to have more time for our spiritual practices together. As far as I could see, we'd both all but stopped meditation and study time altogether. I believe that the moment you know how you feel about someone has changed, you let them know so there is never a misunderstanding. You're never there under the wrong impression.

It can be irksome when a friend's only way to communicate is from a place of feeling hurt, having an attitude, being angry and hateful. It may be all they grew up with. It may be all they've ever lived with. It can't be easy to learn another way. I get that. In lucid moments, they get that too. So often they are simply fighting their own perception of what they heard. That gets exhausting. It's not easy to remember that the experience you are having in any conversation is not

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

*I have met many people who have been treated for depression and other conditions when they were, in fact, in the deep stages of spiritual crisis. ~  
Caroline Myss*

## **ARE YOU IN SPIRITUAL EMERGENCE-Y?**

Are you in turmoil in relationships?  
Have you been fired or feel betrayed?  
Do you have a total sense of abandonment?  
Is your emotional life a roller coaster?  
Are you moving between feelings of numb  
blankness to darkness and despair? Are you:

|  |                             |
|--|-----------------------------|
| Have you had a major life upheaval such as | hurt                        |
| paranormal or mystical experience          | angry                       |
| near-death experience                      | irritable                   |
| death of loved one                         | fatigued                    |
| change of location                         | restless                    |
| job change                                 | resentful                   |
| marriage                                   | melancholy                  |
| disability                                 | mentally foggy              |
| divorce                                    | over or under fed           |
| illness                                    | sleepless or overslept      |
|  | using addictive substances? |

Are your spiritual needs not being met in the churches?  
You know your spiritual needs are being met when you have a sense of stillness within you, and a feeling of connection to the *Creator/Source/Universe/Energy/God/Goddess* of your understanding. Spiritual emergence-y is a form of identity crisis where you undergo drastic changes to your belief system. This is a sign that deep work and purification are unfolding. It can be uncomfortable and painful, not easy to function in society and to continue with daily tasks and responsibilities. As we pursue a spiritual path, we all deal with the same issues,



**“Who am I?”  
“What am I doing here?”  
“What is my purpose?”  
“Why is there so much pain  
& suffering?”**

These questions arise from contemplation of something that does not fit into our present belief system. In order to break through, you have to burn away your current limited view of the

world and of your place in it. There are rules to navigating this smoothly and I can teach you those rules, so you can live a more expansive life. So much of my practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Together we can discover more of who you came here to be. \$60 for one hour by phone at your schedule, and affordable because this is important work.

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

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CREDIT CARDS, PAYPAL**

# Thoughts about things...

... from page 27...



Andrea de Michaelis, Editor

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

always the experience they are having. And when both can't speak calmly about the actual issues, no communication is taking place.

Good intentions aside, nonetheless there was a day of blowing up and punching walls and doors, noisily packing up his car and moving out, but a few days later we met up and were both able to discuss it without emotional turmoil. We recognized that, as conscious beings, we can see ourselves as archetypes and when we choose to work on our emotional

issues, especially when they are triggered by each other, that when we work on our issues and forgive and come to a greater understanding of why we repeatedly do what we repeatedly do, that puts a whole lot of healing and understanding into the global mental plane, that giant thoughtform that we all tap into that lets us know what is possible. When uplifting information is added to the global plane, we all have access to it, we can all benefit from it. And if it's possible for one of us, it's possible for every one of us.

Specific people come to us because they are a manifestation of our vibration,

every time. They come as evidence of what we're doing vibrationally, every time. They come because we summon them with our practiced vibration.

Knowing ourselves as seekers on The Path, we know that if WE can work OUR stuff out, that is what we add to the mix. That lifts up everyone in the same situation. That can become the prevalent thoughtform. A handful of people with consciously focused thought is more powerful than hundreds of thousands without it. This is how we affect our world; this is how we think it into being. By working out our own personal stuff with each other.

At our exit interview, he told me he found me too bossy, with too many rules. I was used to overnight hours by myself on the phone line, so he was supposed to be banned to his room while I was working the line. Often he'd interrupt me so much I could not stay in the correct mindset to read, so I couldn't sign on for my shift. I blamed him for being distracting, rather than taking responsibility for being unable to discipline my own focus.

He said I was controlling and always assumed he wouldn't be responsible enough to timely do whatever needed to be done. He's right. I did. He'd early on told me he had abandonment issues and that no one ever appreciated him,

so I made it my job to continually assure him he was cared for and important, to the point of both of us feeling smothered. I assumed he was needy and needed me to do that for him. He felt pressured because of it, but didn't want to tell me, so he didn't. It was exhausting. No one wants the burden of being responsible for someone else's happiness.

Thereafter, we were able to resume our previous evenings of meditation, yoga and study. We once again enjoyed long conversations well into the night. All the tension left once we had separate spaces to retreat to and refuel in. We learned our personalities together are not conducive to calm, meditative and contemplative work. They were however, conducive to good conversation and creative projects.

From that relationship, I learned that I do not share space well, that I need about 16 hours a day of silence or I turn into a werewolf. That's a good thing to know about myself. It prevents me from repeating that particular mistake.

**As seekers on  
The Path, we  
know that if we  
can work OUR  
stuff out, that  
lifts up everyone  
in the same  
situation. That  
can become  
the prevalent  
thoughtform.  
This is how we  
affect our world;  
this is how we  
think it into  
being. By  
working out our  
own personal  
stuff with each  
other.**

In my personal relationships, I find it's important to be apart enough to miss each other, to make each crave the other's presence again. It's not a splitting up. It's simply putting a little space between the molecules as we walk upon the Path. Time apart allows time together to be more precious and sacred. To me, that's when life is the best; when I see and treat everything as precious and sacred.

Like you reading this now. Without you, there would be no need for me. Thank you.

Enjoy our offering this month.  
Hari Om.

Andrea







## ABRAHAM-HICKS

...continued from page 20

Fortunately, you are the creator of your own truth. No one can write a book; no one can start a movement; no one can organize a religion; no one can say, *"These are the things that are important for you to do, and these are the things that you must not do,"* because no one knows the mix of intentions and the mix of beliefs that you hold. You get to choose all of it.

So, some worry, "Oh, I liked it better when I thought there was a religion," or, "I liked it better when I listened to my mother..." I like it better when there's someone that I think is wise that sets the course and then I just copy them." And we say, that's fine. It's fine to copy someone who is thriving successfully, but when they croak of cancer, you say, "Hmm, maybe I would like a different role model now." **And we say, what you're wanting to do is use the Guidance that is within you.**

**Jerry and Esther** have a navigational system, in their vehicles. It (**Magellan**) calculates the distance and gives directions between where they are and where they want to go. The satellites in the sky and the antenna on the roof identify where they are, and then they just program the address where they want to go, and **Magellan** says, "Go this way; go this way. Take the next exit. When it is possible, make a legal u-turn." **Magellan** never says to them, "Where have you been?" because it is utterly irrelevant. It would only complicate things if they factored all of that in. **Magellan** never says, "How long have you been here?" **Magellan** never refuses to give information about where they will go now because they didn't listen last time.

Sometimes, they will program a route and then they will get another idea. And before they can reprogram **Magellan**, she kicks up quite a squawk. She keeps insisting, "Please, return to the highlighted route! Please, return to the highlighted route!" And Jerry will say, *"No, we're not going to do that. Leave us alone!"* But **Magellan** is insistent because she has one mission only: To give directions between where you are and where you want to be. And she's relentless about it. Never

stops letting them know. *"You're going in the wrong direction; make a u-turn."*

Your Guidance System is the same way, because all of the days of your physical focus, and long before you got here, your intentions were set into motion. And every day that you live and experience contrast-variety, you make new determinations about what you want. And you are emitting them constantly—constant amendments to your desire going out to the ethers—and Source Energy is receiving every one of them, and then, giving you a signal constantly, that you translate, in the form of emotion, that lets you know whether you are on your way to where you've been saying you want to go, or whether you are not.

You can tell by the way you feel if you are in alignment. When you feel eagerness, you're on your path. When you feel enthusiasm, you're on your path. When you feel anger, you're off your path. When you feel frustration, you're off your path. When you feel despair; when you feel depression, you're really off your path. So, we call these teachings the **Art of Allowing**. And what that means is, deliberately choosing thoughts that cause me to offer a vibration that causes me to allow myself to receive the things that I've been asking for.

So, creation really is more about loving yourself; it's more about feeling your worthiness; it's more about appreciating a friend; it's more about enjoying the sunset; it's more about enjoying the beautiful flowers. It's more about finding reasons to relax into Well-Being, rather than gather up your strength and valiantly go forth to achieve your tasks, and serve your cause... because your "cause" is, to be the receiver and radiator of the love and Well-Being that is You.

You are an extension of Source Energy. You are one who loves, and you are one who loves to think, and you are one who loves to create, and you are one who loves to contemplate. You're one who enjoys stimulation of thought. You're one who enjoys choosing; you enjoy considering; you enjoy pondering; you enjoy fashioning. You enjoy putting things together. You enjoy figuring things out. You enjoy knowing. You enjoy not being sure and then becoming more sure. You enjoy the evolution of a thought. You enjoy the expansion of an idea. You enjoy the expansion of life experience. You enjoy the pleasure of being this genius focused in the most creative environment that has ever existed, for the fulfillment of things that satisfy you.



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#### Aries: March 21 to to April 19 "I Am"

There is chemistry in the neighborhood where you do your jogging, someone has their eyes on you. By the end of this month they may actually find the courage within themselves to ask you out. Look and feel your best and you never know what the holidays will have in store for you.

#### Taurus: April 20 to May 20 "I Have"

This October your home is going to be a source of happiness as long as you have the love of your life by your side. Although don't allow the issues with finances and career get in the way of a wonderful evening with really good communication and great loving. Focus on the positive moment.

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

With transiting Jupiter on your Sun sign your love life and your ability to have fun will expand beyond your expectations. You may have to be the first one to make a gesture, be willing and ready to express how you feel. You are ready to have what you want, it may just come to you differently.

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

Now is the time to heal family issues! Has it dawned on you that maybe the type of relationships that you keep attracting into your life are all very similar. Take a deeper look and you will see all the same issues with different faces and names. Heal the core problem and you will attract different people into your life.

# HOROSCOPES FOR OCT 2012

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

With the planet of love "Venus" transiting your sign you are ready and willing to give love a chance, unless addictions are getting in the way of quality time being spent together. You need to feel like you are number one, and the center of attention. Give yourself permission to be happy!

#### Virgo: August 23 to September 22 "I Analyze"

You may be going through a tough time, but just remember that it will not last long and you will gain so much more strength by reaching your goals of growth. Hang in there it will be over before you know it!! Before you respond take a deep breath and allow your higher self speak first.

#### Libra: September 23 to October 22/23 "I Balance"

Lucky for you October 14th a New Moon in your sign, whew, you pass go and grab a few more gold coins. This is your chance to make it big, so do your best and forget the rest. Everybody is cheering you to succeed, you can if you think you can!!

#### Scorpio: October 23 to November 21/22 "I Transform"

If you find a foot print on the back of your jeans it is transiting Mars in your sign up in your business to make sure you get busy with what needs to get accomplished. Your lesson this month is to stay alert to opportunities to serve others to the best of your ability. Word of mouth is the best advertising.

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

Once again you are faced with the task of being the social butterfly that which you do so well. You have unique gifts to offer and many surprises to bring to the table. Friends and friends alike will enjoy hanging out with you for your wonderful sense of humor as well as your good looks.

#### Capricorn: December 22 to January 19 "I Use"

Secrets are meant to be spoken, just know that what is uttered from your lips could fall on someone else's ears. What you have been trying to hide is going to come up to the surface to be revealed. Be honest with yourself first and stand firm in your beliefs. Honesty will be the key to freedom.

#### Aquarius: January 20 to February 19 "I Know"

Looks like the energy around your finances are shifting in a big way. The time has come, you have worked very hard and have paid your dues. Happiness is here because you have called it in and have created it. Now all you have to do is be open to receive all the love, prosperity and abundance that the universe has for you.

#### Pisces: February 19 to March 22 "I Believe"

Lessons of learning to balance your finances is for you very spiritual. Just remember in your efforts to help others keep some for yourself, because you have a tendency to give it all away. It is okay to enjoy the practical side of life free from guilt. Your money can be a positive source of good for others as well as yourself!



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# HORIZONS MAGAZINE MISSION STATEMENT

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

## OUR PURPOSE IS:

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

To establish in the minds of our readers the reality of the mind / body connection and the fact that we participate in creation of the reality we experience. What we see and experience is simply the brain's interpretation of electrical signals. The only reality we cope with is the world of perceptions inside our mind. We participate in creation of the reality we experience by our intentions, beliefs and expectations, by every thought we think and every word we speak.

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

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

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

*From my heart to yours,  
Andrea de Michaelis*

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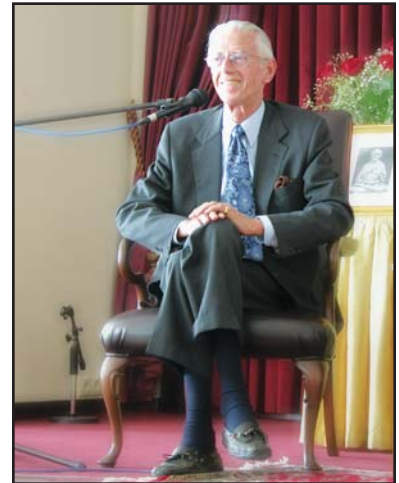
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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