

FREE
OCTOBER 2013

Andrea de Michaelis presents

HORIZONS

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



Our 21st Year

R. Sidhu '13

OCTOBER 2013
FREE

HYPNOSIS WORKS!

Spiritual Hypnosis Sessions

Spiritual Hypnosis - think of it as focused meditation in which you align your subconscious mind with the power and intention of the spiritual awareness of your inner being.

Once this **source energy** is tapped in to, you can experience rapid change.

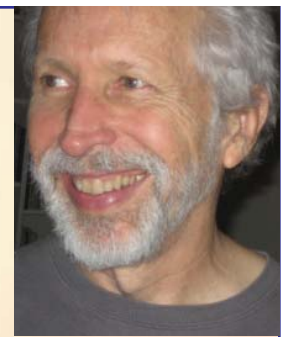
For example **changing habits** like smoking, over-eating, sleep issues and more.

It can even improve your **meditation** experiences!

The **gentle hypnosis** I use now is the result of 100's of sessions and years of experience.

Contact me to see if I can help you today!

**DOWNLOAD YOUR
FREE MP3
HYPNOSIS SESSION**
[HTTP:// HYPNOSIS-WORKS.NET](http://hypnosis-works.net)



Gary Leggett
Hypnotist

Email gleg@usit.net

321-544-5440
Melbourne, FL
MP3s online

TAKE YOUR WEBSITE **MOBILE** - BE INSTANTLY AVAILABLE!

Do you have a mobile "Optimized" website? Meaning all information is easily accessible right from the home screen. There's no zooming or clicking around trying to get key information.

Smartphone usage has now over taken desk top usage. The average user to your website is now on a mobile device.

They're not surfing the web, they are looking for specific information about your business. Phone number, services, availability, method of payment, etc. You want a simple design that jumps right up on the screen. This is very important for customers on the move. When your clients need you, be instantly available!



Creating a mobile version of your website is easy and less expensive than you think. Call **321-544-5440** or visit **<http://spacecoastmobi.com>** on your mobile and see our site in action.



A Florida Destination for:

7 days a week

Complete Spiritual & Metaphysical services

Our Spiritual & Intuitive Practitioners:



Intuitive Spiritual Guidance & Chakra Healing: private appointments with Cheri Hart

Cheri is a visionary, and works at a very high spiritual level. She will connect with your spirit guides and angels, the Ascended Masters and the Sisterhood of Light.

In the beginning of the session, she will balance all your chakras (providing information on the causes of any blocks), infuse you with healing light, and raise your vibrational level.

Then you can ask questions about anything at all that will be helpful to you at this time. Cheri will be able to see your aura, see inside your body, your connections with others, your spiritual gifts, and your Soul's path and purpose. 45 - 60 minute session.

The Orion Method: Transformational Sessions with Sedona Hypnotherapist, Bruce Orion

The Orion Method is a quantum leap forward in achieving emotional and physical health. It was developed by Bruce Orion and is the end result of over 40 years in his study of alternative healing, quantum physics, metaphysics, and hypnosis. The method produces quick and permanent release of deep seated emotional issues and the reversal of many physical disease. In the vast majority of cases, a single 90 minute session can clear several issues at a time. It works on all levels, not just the physical, but the emotional, mental and spiritual levels as well.



Bruce's background includes: spiritual counseling, astrology (since 1971), hypnotherapy, mysticism & healing. Bruce has appeared on The Discovery Channel, was interviewed on "Meetings with Remarkable People", and was a frequent speaker at the United Nations. www.BruceOrion.com

Intuitive Massage Therapy & Spiritual Healings with Teren Nichols



A gifted Spiritual Healer since early childhood, and a graduate from The Florida School of Massage in 1999.

Intuitive Bodywork * Reflexology * CranioSacral
Neuromuscular * Structural Integration * Connective tissue
Polarity * Pranic Psychotherapy & Healing
Crystal Healing * Meditation & Hatha Yoga Instructor
Massage License #MA33885 Establishment License #MM13334



Mediumship: Mark Anthony,
author "Never Letting Go"

Astrological Counseling: Bruce Orion
Resident Shaman: Jade Wah'oo



Call 321-729-9495 for appointment



AQUARIAN DREAMS

Inspirational Gifts & Books



Crystals
Incense
Candles
Journals

New Age Music
Gemstone
Jewelry

Global Imports
Inspirational Art

Yoga & Meditation Supplies

Clothing from Nepal & India

Children's Books, Toys & Clothing



Large Metaphysical Book Selection

Over 100 classes & events every month:

October

Yoga * Tai Chi
Belly Dance
Chakras
Raw Foods
Kundalini
Chanting
Meditation
Deeksha
Feng Shui



Oct 5 is our 27-year Anniversary Celebration!

Astrology Classes * Intuitive Healing
"Understanding Your Soul Purpose"
Reiki Certification * Course in Miracles
Spiritual Movie Night * Organic Gardening
Holistic Healing * Crystal Bowls
Metaphysics * Crystal Healing

Every Sunday at 11:00:

Spiritual Gathering & Free Healings



Serving Brevard County since 1986:



AQUARIAN DREAMS

414 N. Miramar Ave (Hwy A1A)

Indialantic, Florida (321)729-9495

www.aquariandreams.com





Stop in and
see if what
we offer
nourishes
your soul...



1745 Trimble Road
Melbourne, FL 32934
321.254.0313

Unity offers practical, spiritual teachings that empower abundant and meaningful living

SUNDAY Services 10:00am

Rev. Beth Head welcomes you

Always check www.unityofmelbourne.com for events

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.

UU Church of Brevard



Unitarian Universalist Church of Brevard
2185 Meadowlane Ave, (at end of Helen Street)
West Melbourne, FL 32904



Our Sunday services conclude with refreshments in the social hall.
Hospitality on the second Sunday is our monthly birthday party
The third Sunday is our monthly Shared Luncheon

Sunday Services 11:00 a.m

Email: uucb2185@gmail.com

<http://uubrevard.us/>

321-220-3472



10:30AM
SUNDAY
MORNINGS

Held at The Aquarian Building
238 Peachtree St in Cocoa

2 streets North of 520,
1 block East of US1
Under the water tower
See fish art on the building.



Rev. Mark Pasqualino

Come find what you're missing

See website for class
and event schedule

www.thenewway.us

Admin@TheNewWay.us
321-458-7956



*A positive path
for spiritual living*

Listen to our Sunday talks on-
line

www.unitymerrittisland.org

4725 N. Courtenay Parkway
Merritt Island, Florida 32953

321-452-2625

Sunday Services 10:00 am



MINISTER
Rev. Rose M.
Whitham

The greatest optical illusion is separation

Publisher/Editor/Layout

Distribution/Billing

Andrea de Michaelis

On the Cover (see page 26)

Dewdrops and Shadow by

Roopam Sidhu

Contributing writers:

Michelle Whitedove

Cecelia Avitable

Ma Yoga Shakti

Abraham-Hicks

Karen Williams

Barbara Lee

Mike Dooley

Al Rapaport

Alan Cohen

Tom Sannar

Gini Gentry

Uma Simon

HORIZONS

Our Advertising Rates ... Low because we're 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
Dreaming Heaven by Gini Gentry	9
Notes From The Universe by Mike Dooley	10
Herb Corner with Cecelia Avitable	11
Abraham Fun: Soulsongs with Karen Williams	12
Yoga: Natural Pathway to Godhood by Ma Yoga Shakti	13
Open Mind Zen by Zen Master Al Rapaport	14
Ask Whitedove with Michelle Whitedove	15
From The Heart by Alan Cohen	16
Our Classified Ads	17
Our Calendar of Events	18
A Chance to Surrender by Uma Simon	21
Our Phone Directory *Horizons may be picked up at most of these locations*	22
About the Cover Art	26
Monthly Horoscopes by Barbara Lee	30
Our Mission Statement	31

**"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, 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.

The views expressed in Horizons Magazine are those of the authors and not necessarily those of its publisher or advertisers. We do not necessarily endorse the ideas or products of our advertisers, but we honor their right to offer them. We reserve the right to edit material for space and content. Horizons Magazine © 1997 Andrea de Michaelis

HORIZONS MAGAZINE
575 Escarole Street SE • Palm Bay, FL 32909-4802

321.722.2100

We accept all credit cards and Paypal

Visit www.horizonsmagazine.com

Email HorizonsMagazine@aol.com

Classifieds \$1.50 per word page 17
 Calendar \$.30 per word. page 19
 Phone Directory \$5 per line page 22

DISPLAY ADVERTISING RATES

Ad size	1 month	3 months*	6 months*
Small Strip Ad	\$ 50	\$ 40	\$ 30
Business card	\$ 60 per month since 2010		
1/4 page	\$180	\$150	\$125
1/3 page	\$200	\$175	\$150
1/2 page	\$300	\$250	\$220
1/2 on pg 31	\$350	\$300	\$250*horoscopes
Full page	\$400	\$350	\$300
Back page color	\$625	\$565	\$475
Inside back color	\$525	\$465	\$400 color
Inside front color	\$550	\$485	\$425 color
Page 3 color	\$550	\$485	\$425 color
Page 4	\$450	\$400	\$350
Front cover	\$900 (Restrictions apply)		

COLOR ADD 25% *You must prepay to get discount
 Example: Small strip ad for 6 months is \$180 prepaid
 Full page ad for 6 months is \$1,800 prepaid
 Broken contracts receive full advertising credit

BEST AD RATES & WIDEST DISTRIBUTION

of any spiritual growth magazine in Florida.

We're distributed monthly to 200+ bookstores and health food stores all over Florida, as well as by private subscription. See pages 20-25 to see where HORIZONS MAGAZINE is distributed

For good advertising results, studies show it takes a reader 3-4 times seeing a new ad before it is noticed and acted on. By the 4th ad, readers begin to call.

Payment is due by the 10th with your ad

DISPLAY AD SIZES

Full page ad is 7.25" wide by 9.5" tall
 1/2 page 4.25" tall by 7.25" wide or 9" tall by 3.5" wide
 1/3 page 2.8" tall by 7.25" wide or 9" tall by 2.3" wide
 1/4 page 4.25" tall by 3.5" wide or 2" tall by 7.25 wide
 Business card ad is 2" by 3.5"
 Small strip ad is 1" x 3.5"

WE ACCEPT ALL CREDIT CARDS AND PAYPAL ONLINE

Email HorizonsMagazine@aol.com

321-722-2100

Mail ad with payment to
HORIZONS MAGAZINE
 575 Escarole Street SE
 Palm Bay, FL 32909-4802

12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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



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 2013 edition of Horizons Magazine. October 31, the time of Samhain and Halloween, marks the end of summer and a time of awaiting the harvest. In the Fall we begin to harvest the fruits of our year's labor. We know what our harvest will be by what we've sown and tended to, and not just in the vegetable garden, but in our life. *"Every component that makes up your life experience is drawn to you in response to the thoughts you think and the story you tell about your life. Your money and financial assets; your health, how you are treated, work satisfaction and rewards - is all happening because of the story that you tell."* Abraham talks about this on page 8.

It would go so much easier if you stopped telling the old story and stopped identifying yourself with an abused Past and an unhappy Now. Your focus on it keeps the pattern repeating itself in your life. You're stronger than you think. The old story simply keeps you living the old life. You've got a good track record for survival so far.

Stop telling the old story. On really rough days when you're sure you can't endure, remind yourself that your track record for getting through bad times so far is 100% and that's good.

Do you know when you hold happy, hopeful thoughts, that you put happy, hopeful thoughts into the giant **Thought Bank** in the sky? When that happens, everyone who needs a happy thought can tap into it and make a withdrawal. A common theme that runs through the daily readings I do is how to get over an unwanted emotion caused by a stressful situation. The answer is always: *Stop telling the old story. Fill your mind and your time with new thoughts and new behaviors. Make some withdrawals from the Happy Thought Bank. Do physical activity. Seek out fun activities and new people.* Easier said than done, but it works if you work it. Think of it as a daily spiritual exercise. Relax and give yourself access to the **Happy Thought Bank**. Find some happy thoughts and ponder them.

IT'S FUN WHAT I ATTRACT WHEN -- THROUGH WILLPOWER, DISCIPLINE AND REPLACEMENT THOUGHTS -- I KEEP MYSELF CENTERED AND HAPPY

I've been making some big deposits into the **Happy Thought Bank** myself lately, I've had 3 months of continually even, mellow, convivial daily interaction. No disagreement, no harsh words, no surprises, no moods, no fires to be tended to. Only loving attention, fun adventures, animated conversation - light and deep, giggly and profound - and a seeming unending bank of mutual interests and curiosities. When I think that sounds too good to be true, I remind myself *that's what I attract by staying centered and telling the happy story of my life.* By knowing what's important in my life - peace of mind and joy - and focusing only on that. This is how I make deposits into the **Happy Thought Bank**.

I spent the last two years with a friend who had intense opinions and an abrupt swing of emotions. The daily fires to be attended to drained me. There was a 90 day cycle of mood swings, like clockwork. I let my work/sleep schedules be interrupted. When we parted, there were a few months of harassment from a third party. I initially responded emotionally, but I soon learned: *Ignore the chaos of others and it will soon leave my life.* I went to the **Happy Thought Bank**.

...continued on page 28...

If you appreciate what Horizons has each month, show your support by subscribing, even if your local store carries us.

Subscribe Today

**Postage went UP
but our prices went
DOWN for you**

We'll give you 12 monthly issues of Horizons Magazine for just \$22 (\$42 overseas.) Charge it to any credit card or PayPal. **FILL OUT THIS FORM OR CALL 321-722-2100**, and the next issue of Horizons Magazine will be at your door early each month. You may email HorizonsMagazine@aol.com or mail to 575 Escarole St SE Palm Bay, FL 32909-4802.

Please send me ____ subscription(s) at \$22 each. I enclose my check or money order ____ OR

Charge \$ ____ to my credit card. The number is _____

The expiration date is : _____ Email address: _____

Mail my subscription to: Name _____ Phone _____

Address : _____ Apt No. _____

City _____ State _____ Zip Code _____

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

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.

the Law of Attraction and their dvd, The Secret Behind "The Secret." Visit www.abraham-hicks.com. (Excerpt from the newest Abraham-Hicks book "Money and the Law of Attraction: Learning to Attract Wealth, Health and Happiness")

YOUR STORY AND THE LAW OF ATTRACTION

Each and every component that makes up your life experience is drawn to you by the powerful Law of Attraction's response to the thoughts you think and the story you tell about your life.

Your money and financial assets; your body's state of wellness, clarity, flexibility, size and shape; your work environment, how you are treated, work satisfaction and rewards - indeed, the very happiness of your life experience in general - is all happening because of the story that you tell. If you will let your dominant intention be to revise and improve the content of the story you tell every day of your life, it is our absolute promise to you that your life will become that ever-improving story. For by the powerful Law of Attraction, it must be!

Does Life Sometimes Seem To Be Unfair?

You have wanted more success and you have applied yourself well, doing everything that everyone said you should do, but the success you have been seeking has been slow to come. You tried very hard, especially at first, to learn all the right things, to be in the right places, to do the right things, to say the right things... but often things did not appear to be improving much at all.

Earlier in your life, when you were first dipping your toe into the idea of achieving success, you found satisfaction in satisfying the expectations of the others who were laying out the rules for success. The teachers, parents and mentors who surrounded you seemed confident and convincing as they laid out their rules for success: "Always be on time; always do your best; remember to work hard; always be honest; strive for greatness; go the extra mile; there's no gain without pain; and, most important, never give up..."

But, over time, your finding satisfaction from gaining the approval of those who laid out those rules waned as their principles of success - no matter how hard you tried - did not yield you the promised results. And it was more disheartening still when you stood back to gain some perspective on the whole picture and realized that their principles were not, for the most part, bringing them real success either. And then, to make matters even worse, you began meeting others (who clearly were not following those rules) who were achieving success apart from the formula that you had been so diligent to learn and apply.

...continued on page 19...

Cassadaga Spiritualist Camp

Experience This Peaceful Community Where Certified Mediums and Healers Are Available Daily

- Classes & Workshops
- Tuesday Night Bingo 7pm
- Historic Tours & Spirit Encounter Tours
- Readings by Certified Mediums & Healers
- Check the Website for Events



Colby Memorial Temple

- Easter Sunrise Service
- Wednesday Message Service, Colby Temple 7pm
- Sunday Adult Lyceum, Davis Building, 9:30-10:15am
- Sunday Church Service, Colby Temple 10:30am
- Sunday Message Service, Davis Building 12:30-1:30pm

Mention This Ad and Receive a 10% Discount on Select Merchandise in Our Bookstore

Cassadaga Spiritualist Camp Bookstore

Welcome Center Displays Camp Events, Information Camp Certified Mediums and Healers

Largest Selection of Books on Spiritualism, Metaphysics & Meditation
CDs & DVDs • Crystals, Candles Aromatherapy • Jewelry • Unique Gifts • Native American Crafts • Special Orders and Nationwide Shipping Available

Hours: 10 am - 6 pm Monday - Saturday • 11:30 am - 5pm Sunday
Visit us on the web www.cassadaga.org * Camp Office 386-228-3171



OWL VISIONS

501 Florida Ave
Cocoa Village
321-292-9292

Gifts, jewelry, crystals, books, tarot, divination decks and tools, sage, altar items, music, readings, aromatherapy

Halloween Costume Party October 31, 2013

Play Halloween Yahtzee, hang & socialize. Coffee, tea & water available for donation.
From 4:00 pm till 8:00 pm



REV. TERRI MCNEELY
Spiritual Advisor
Medium
Reiki Master

Email OwlVisions@aol.com
<http://smile-village.com/OwlVisions/>

Open Wed - Sat
2:00pm until ?
Call First 321-292-9292



DREAMING HEAVEN BEYOND THE CURTAINS

Gini Gentry is the co-author of *Dreaming Heaven: The Beginning is Near*. She was the midwife of *The Four Agreements*. For more information to www.dreamingheaven.net or www.ginigentry.com.

The ancient Toltec city of Teotihuacan in Mexico is much more than an archeological wonder. For thousands of years, pilgrims have journeyed through Teo's sacred temples and plazas and ascended the **Pyramids of the Moon and the Sun** to discover what is real, authentic and true; to experience the deepest aspect of themselves; and by "dreaming heaven," to actualize heaven on earth.

Once among the largest cities in the world with a multi-cultural population of more than 200,000 Toltec, Zapotec, and Maya people, Teotihuacan's most enduring legacy is as a spiritual center—the oldest mystery school in the Western Hemisphere—its name translating as "where Man becomes God." A group of journeyers, led by Gini Gentry and three others, experienced the power of Teotihuacan to transform their lives and this transformation is chronicled in the new *JourneyBook*, DVD and meditation called *Dreaming Heaven*. Below, Gini touches on the power of going **Beyond the Curtains**:

You and I live out our lives in a personalized version of reality on the stage of an immense Magical Theatre we call life. All things are possible in the magic, but most of us have lost touch with our choices on our journey and invested our faith in stories that describe our limited perception, rather than our infinite potential. We have told these stories of limitation with such frequency, we have come to accept them as fact, when in truth, they are little more than our own urban legends.

Yet, in the Magical Theatre--preposterous as it may seem--YOU and I (and all others) are the producer, director, playwright and even the one who controls the floodlights of our awareness. If you could peer behind the backstage curtains, you would surely discover a secret beyond your wildest imagination: each of us is in charge of "dreaming" our humanity...for our soul's expansion.

Perhaps you could sit with these thoughts for a minute and allow them to settle into the very fiber of your being. Place your awareness in your heart--for it has not forgotten who YOU really are. Your mind may want to revolt, but if you feel a compelling desire starting to form, why not take a chance?


...continued on page 29



Rev. Andy Conyer



UNITY LIFE ENRICHMENT CENTRE 863-471-1122
 10417 S. Orange Blossom Blvd, Sebring, FL 33875
 Email unity@vistanet.net www.unityofsebring.org



Tom Arcuti YACHAK SHAMAN OF IMBABURA
Initiated in the Tradition of the Shamans of Imbabura Lineage of the Caras from the Andes of Ecuador.
 Shamanic Cleansing and Balancing Ceremonies

Crystals, Stones, Medicine Bags, Pendulums, Mineral Elixirs, Smudge Supplies

Online <http://store.allipacha.com>
www.allipacha.com tom@allipacha.com 386-747-9294



All of Life Comes to Me With Ease and Joy and Glory. Access Consciousness, Reiki, Massage

AWARENESS CENTER

Meditation, Classes and more **321-261-5975**
OurAwarenessCenter.com MM28899



Enchanted Gifts for the
Mind, Body and Soul

Creative Energy

Crystals, gemstones, jewelry, salt lamps, drums,
 didgeridoos, singing bowls, books, tarot, CDs, candles, incense, oils,
 herbs, sage, divination tools, statuary & altar items, men & women's
 clothing, belly dance accessories, henna, tapestries, peace- promoting
 items,
 faeries and much more!

Readings Friday, Saturday, Sunday

835 East New Haven Avenue
 in Historic Downtown Melbourne
 (Think Purple)

Monday thru Thursday 10 am - 6 pm
 Friday & Saturday 10 am - 8 pm
 Sunday Noon - 5 pm

321-952-6789



"Where Old Melbourne meets the New Age"

Wish for others **ONLY** what you wish for yourself



To Promote the Religion,
Science, and Philosophy
of Spiritualism



IFSK Director
Marilyn Jenquin

**Private
Readings**
In Person
or by Phone
\$75 / 45 minutes

407-673-9776

On-Going Psychic/Medium Spiritual Development Classes

www.ifsk.org for locations and times

Melbourne Thursday, Oct 3rd ~
6:45—9:30 PM ~ \$25

Tallahassee Thursday, Oct 10th ~
7:30-9 PM ~ \$25

Gainesville Saturday, Oct 12th~
2:00-4:30 PM ~ \$25

Orlando
Monday, Oct 21st ~
7:30-9 PM ~ \$25



Jacksonville Wednesday, Oct 23rd ~
7:30-9 PM ~ \$25 **New Location**
1437 Flagler Avenue, Jacksonville

The Villages ****NEW GROUP****
Starting in October 2013

Check www.ifsk.com for details or to
register

Email dependablepc@earthlink.net



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

NOTES from the Universe

**Wasn't it clever of me to think you up?
I mean, come on...**

**Never has there walked the face of the earth
someone who thinks with your degree of insight.
Who loves with your degree of care. Or who
feels with your degree of hope. And never has
there been such a need for someone with gifts
like yours, because at this very moment there are
people only you can reach and differences
only you can make.**

**Your #1 fan,
The Universe**

Read Andrea's daily blog at <http://horizonsmagazine.com/blog/>

Each available for immediate mp3 download for just \$10 (CD just \$22)

Connecting with Your Angels, Guides & Teachers

Designed to activate the third eye, expand awareness, develop psychic perception and become receptive to inner guidance. Even if you have never experienced conscious contact, you can still be successful. Once you activate your psychic perception, expect to receive inner guidance more clearly than ever before. Even if you are skeptical, you can still be successful. A fish doesn't have to believe in the ocean. As your third eye opens, expect to receive more psychic impressions from your guides.



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 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, you can experience a new and healthy vital energy flowing.

OOBE You Are Not The Body An astral flight out of the body

Being out of your body is a completely natural state that happens every night whether you recall it or not. With this recording, you will suspend yourself in the awareness of your physical body being "not there." Of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely and to remember it.



Sleepytime Recharge Science knows the health and wellbeing of our physical body is a direct result of the thoughts we habitually think and our inner response to the words we hear. The cells of our body process info and control our behavior by way of genes being turned on and off by influences outside us, such as our perceptions and beliefs. We can retrain our consciousness to create healthy beliefs, and create a profoundly positive effect on our bodies. Our body is a community of 50 trillion living cells, a biochemical machine and the driver is the mind. Dis-ease is merely result of how we're driving our physiology. Carefully selected words and phrases on this recording will reprogram the cells of your body for optimum physical and mental health.

Andrea's cds Listen online



At http://horizonsmagazine.com/CD_Page/index.html

Email andrea@horizonsmagazine.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

HERB CORNER

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

SUPPORTING YOUR ADRENAL GLANDS

Today the pressures from our fast paced society seem to be constantly stressing the adrenal glands. We run from one thing to the next managing our homes, children's activities, careers and sick family members. Plus now we have the added pressures of worrying about jobs and finances. Besides stress, the adrenal glands can become weakened by diets high in sugar, carbohydrates and processed foods not to mention eating in a hurry. We may over-use alcohol, tobacco, caffeine, medications or energy drinks to keep up with all our daily events. Add to those too much exercise, exposure to toxins, allergies, trauma, stress, depression, lack of sleep, chronic illness, pain and surgeries and you have adrenal exhaustion. With all of this going on eventually the adrenal glands become over-worked, exhausted and begin to shrink in size, becoming less effective laying the foundation for many of today's illnesses which is somewhere between 50-80% of our illnesses.

How do you know if your adrenal glands aren't working efficiently?

Do you wake up feeling tired? Are you eating sweets to get through the day? Or are you experiencing high or low blood pressure, irritability, anxiety, ulcers, insomnia, re-occurring infections, depression, weakness, poor memory, weight gain, asthma, headaches, hypoglycemia, fatigue, brittle nails or a low sex drive? These can all be associated with an adrenal overload. Fortunately **adaptogenic** herbs can be very useful in strengthening the **adrenals** enhancing the body's ability to cope with stress supporting the immune system and many other processes of the body.

Licorice contains **natural plant steroids, saponins and flavanoids** that are helpful in supporting the adrenal glands assisting in the breakdown of excessive **adrenal** hormones. **Rhodiola** helps control **cortisol levels** and reduces both the mental and physical fatigue that comes from the stress of working long hours. **Borage** helps to restore and tone the **adrenal cortex**. This herb can be used over a long periods of time with no adverse effects. **Borage** can also be helpful if you have been using cortisone or steroid medications. The Chinese herb **Schizandra** has been used for centuries to tone the **adrenal glands** and supports the **liver** so the body can better cope with stress and fatigue helping it to increase physical endurance. **Ginseng** help to increase stamina and physical performance reducing mental or physical exhaustion or weakness. They are known for their **adaptogenic** properties while naturally increasing the bodies' resistance to all kinds of stress. **Astragalus** aids the body in coping with stress by boosting the immune system increasing natural killer cells helping the body to naturally resist illness and recover quicker. **Holy Basil** is a toning and **adaptogenic** herb that helps to reduce stress by normalizing **cortisol** levels helping to improve both mental and physical endurance invigorating the whole body. It's important to remember that continual stress exhausts the **adrenal** glands so the next time you start to feel stressed grab a cup of tea and relax a bit.

THE HERB CORNER AND LEARNING CENTER

Hours: Wed-Fri. 10-5, Sat. 11-3

277 N. Babcock St., Melbourne * 321-757-7522

Please stop in for a cup of tea!



TAKE CONTROL OF YOUR HEALTH!

New Herbal Classes Starting In April!

Boost Your Immune System with Herbal Teas, Tinctures, Capsules, and Salves/Creams.

Herbals Classes and/or Private Consultations to help you, all of your friends and family (including your pets) with:

- * Blood Pressure & Circulation
- * Cholesterol
- * Fatigue
- * Memory
- * Hormone Imbalances
- * Stress
- * Cancer & Cancer Treatments
- * Digestion & Metabolism

No Insurance? Don't Have A Lot of Money for Medications? Educate Yourself and Use Herbs!

"RECLAIMING OUR ROOTS" HERB CLASSES LOOKING FOR HEALTH CARE OPTIONS?

Plants have been, and still are, the back bones of our modern medicine.

As a Master Herbalist it has always been my desire to educate people concerning the medicinal uses of herbs and foods so that they can be a part of and take charge of their healing. I have seen more and more of you in the shop with the desire to learn but the cost of my classes were holding you back. Because it is my desire to teach as many as I can about herbal health, I will be offering my classes at a 33% discount charging \$20 per class (pay as you go).

Reclaiming Our Roots will start you "on the road" to herbalism providing the options of health-promoting herbal skills nearly lost to our "modern" world. In this 7 month journey you will learn how to treat non-emergency health problems, and gain an excellent grounding in the basics of herbal medicine making including teas, tinctures, salves, syrups, compresses and more.

This is an in depth study of the healing properties of herbs for women, men, children and pets; covering all of the systems of the body the conditions that are associated with that system; and the herbs that are of benefit to these systems and conditions.

Included in these 15 classes are herbs for kids, herbs for pets and 2 planned herb walks.

If you are ready to take your health into your own hands because you are tired of the many side effects and the outrageous costs from your medicines then I hope you will join me in these classes.

Classes run from April 2013- November 2013

On alternate Saturday Mornings

Pre-registration is required

A \$40 non-refundable deposit is required for books due by April. 20th

Call 321-757-7522 for more information.

Over Medicated? We Have Natural Alternatives!

Hundreds of Organic Bulk Herbs * Custom Blended Herbal Remedies

Visit www.herbcorner.net for events, recipes, newsletter, etc.

ABRAHAM *FUN*



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

There is no lack of anything and no need to compete over resources.

Resources continue to expand despite none being trucked in from other planets.
It must not be about finite wealth.
It must be about thought.

We magnetize abundance via good-feeling thoughts. Look for new ways to focus thoughts to improve the emotional signal you're sending out to be matched via Law of Attraction.

There's no hard work in the world that compares with the leverage of adjusting your emotional signal in a direction that feels good.

Your invisible but all important emotional signal comes from your mental focus, your thoughts. Tweak it in a positive direction.

Do less observing of what-is and more imagining of how you want things to be. Ahhhh.

YOGA SHAKTI MISSION

3895 Hield Rd NW
Palm Bay

321-725-4024

Sundays 9-10am Sunshine
Lectures

First Saturday of
month at noon
Vegetarian
luncheon

Ma Yoga Shakti

See page 31

Email yogashaktipb@juno.com Visit www.yogashakti.org



EMAIL READINGS
ANDREA de MICHAELIS
\$25 per question

WHY AN EMAIL READING???

To have a written record. There is a kind of **MAGIC** that happens when you type your questions out. Whatever you want, I can help you make it happen. Email and Paypal to horizonsmagazine@aol.com
All credit cards, Paypal

Add 3 Months **Future Astrology**
Prediction Report for just \$10

Also available
Phone Ses-
sions

TESTIMONIALS:

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

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. JJB

I let someone pull my strings for too long, thank you for helping me break free of the cycle. Sometimes it takes an angel to let us know that WE are somebody too and that WE count, too. You know my sad story and act like it doesn't matter. That helped me know NOW matters more than THEN. You made me see my life in a new way, a way that doesn't hurt to remember now. You know my journey and lighted my way. You are my peace. Thank you. GS

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

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

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

Thank you, your email reading was very helpful, I could read it over when the old feelings came up. It was my comfort, my healing. Bless you. AMB

Thank you. You are an angel when I needed one. I have referred two friends. I look forward to our next reading. MTK

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

YOGA: NATURAL PATHWAY TO GODHOOD



Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. 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 visit www.yogashakti.org (321) 725-4024. 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. Page 31 for map, more info.

Why is man unhappy?

The main cause of man's unhappiness is that he wants to bring about a change in others and not in himself. He regards others as being the cause of his sorrow and never blames himself. However, the reality is altogether different. Man himself is the main cause of his unhappiness but it is in his nature to put the blame on others.

Let us take the example of the tree. Even if you throw a stone at it, it gives you fruits. It gives the benefit of its shade to all whether they are good or evil minded. Even when it is cut down and felled its wood is used for making furniture and fuel.

Be as large-hearted as the tree. Without expectations from anyone, raise yourself high above the earth like the tree. Turn your eyes which see the faults in others to see inside your own self. If you desire to find fault, make efforts to find your own faults and failings. Lo! You will find peace of mind.



The Cosmic Salamander, Inc.

Janice Scott-Reeder, AA,BA, licensed Psychic & Astrologer

From supplies to readings we have you covered!

954-698-6926 (Coconut Creek, FL)

www.cosmicsalamander.com

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

Please call for an appt

386-451-7214

1138 McKinley Street
Cassadaga, FL 32744

Email IAM1981@aol.com



LIGHT JOURNEY ASTROLOGY

Natal, Major Life Theme,
Forecast, Numerology

PAUL NICHOLAS MOKIDES

paulmokides@comcast.net

1043 SW 113th Terrace
Pembroke Pines, FL 33025

954-391-7678

5th Anniversary at the Napili Kai Beach Resort

Open Your Heart in Paradise

Retreat with Ram Dass,
Krishna Das, Jack Kornfield & Friends

December 4-9, 2013

MORE INFO & REGISTRATION: www.ramdass.org
Email: retreats@ramdass.org Voicemail: 888-663-7770

Over 300 herbs & spices
IN STOCK

Leaves & Roots

9434 E. Colonial Drive
Orlando, FL 32817
www.leavesandroots.com

407-823-8840
Email: leavesandroots@leavesandroots.com

Over 100 Essential &
Fragrance Oils
Herbal research
Aromatherapy
Supplies
Tapestries

OPEN MIND ZEN



Al Rapaport is Director of Open Mind Zen Center in Melbourne, FL. He is an authorized Zen Teacher who continues to experiment with melding ancient eastern and modern western techniques for awakening. For more information, email openmindzen@aol.com and visit www.OpenMindZen.com. The following is excerpted with permission from Open Mind Zen A Guide to Meditation by Al Rapaport.

The word self is used in different ways in Zen. Self with a small 's' is usually referred to as the Western idea of ego-self and big 'S'. Self is usually what is called the Universal Self. Dogen Zenji, one of the founders of Zen in Japan, wrote a treatise called the *Shobogenzo*, which literally means the "Way of Everyday Life." In fact, Zen itself is often referred to as the Way of Everyday Life. The most quoted part of the *Shobogenzo* are the following lines: "To study the Way (Tao) is to study the self. To study the self is to forget the self. To forget the self is to be enlightened by all things." When we meditate, what we are doing is studying or becoming aware of the self, or how the ego manifests. The next part is a lot harder for most to understand: "To study the self is to forget the self." This is why we say that when we are practicing Zen, we aren't really learning anything in the intellectual sense, but rather unlearning or forgetting our notions of who we are. The third part of this, "To forget the self is to be enlightened by everything," is a way of describing the experience of enlightenment. It isn't until we forget the self or totally drop our concept of something that it is capable of enlightening us. If we can do it, we can be enlightened by anything in an instant, which is another way of saying we have gotten out of the way and are allowing that thing to enlighten us as to what it really is.

On a personal level this means that we must listen and observe in order to be enlightened by others, not halfheartedly, but with our whole being. If we enter into a relationship or experience with this attitude we can learn a tremendous amount, but if we allow our inner dialogue to interfere then no true communication can take place. I used to see examples of this in the karate dojo where I practiced and taught. When students who had studied in another system came to try out our particular style, it was difficult for some of them to let go of what they had learned before.

This is especially true of those who had previously attained some intermediate or advanced rank - their concepts of how they used to do things could get in the way and prevent them from absorbing the new, pertinent teachings.

There is a famous Zen story about a student that wishes to study with a particular master. He visits the Zen master and the master pours him tea. But the master doesn't stop when the cup is full and keeps pouring and pouring until tea is running all over the table! The student, visibly shocked, asks the master what he is doing, to which he replies that just as he cannot pour more tea into a full cup, he cannot teach the student if he is full of his own ideas. It was obvious to the master that this student was too full of himself to learn anything. The moral of this story is that we must be willing to let go of our own ideas to receive teaching from others.

The sign of a true adept on any spiritual path is the ability to constantly maintain beginner's mind - to be enlightened by all things - to realize that wisdom is constantly being revealed by masters, fools, babies, rocks and trees. The degree to which we are able to go into a situation fresh and without concepts is the degree to which we will truly learn what is being imparted. SuzukiRoshi, in the very beginning of the Zen classic *Zen Mind, Beginner's Mind* says, "In the beginner's mind there are many possibilities, but in the expert's there are few."

...continued on page 27...

Luna Sol Esoterica, LLC

METAPHYSICAL/NEW AGE STORE of

AWARD WINNING INTERNATIONAL AUTHOR ANN MOURA



311 S. Park Ave in Sanford, FL 32771

321-363-4883 www.lunasolesoterica.com

Crystals, candles, oils, incense, books, herbs, jewelry, figurines, altar supplies, divination & ritual tools; classes, events, & psychic readings

Credit and Debit Cards accepted -- Knowledgeable and Experienced Staff
Open Wed - Sat 10 am - 6 pm; and Sundays 11 am - 6 pm

OCTOBER 3, 2013 -- Thursday (1pm - 3pm) -- NORTHERN-TRADITION SHAMANISM -- with RAVEN KALDERA. This workshop introduces a shamanic tradition based on spiritual paths and tools of Germanic, Norse, Anglo-Saxon, and Saami ancient Laplander tribal peoples of northern Finland. Raven discusses tools and techniques, Gods and spirits, roles and taboos, and the difference between a shaman and a shamanic practitioner. Come learn the shamanic traditions of his ancestors...and perhaps your own. (\$20)

OCTOBER 19, 2013 -- Saturday (1pm - 3pm) -- MAYAN ASTROLOGY WITH AUTHOR THERESA CRABTREE -- Learn the basics of the Mayan sacred Tzolkin calendar, its importance in Mayan culture, and how to use this powerful tool in daily life. Each participant will receive printed information relating to their birth date converted to the Mayan system. (\$20)

OCTOBER 11, 2013 -- Friday (12:30 pm - 6pm) -- ADVANCED REIKI with Reiki Master WAYNE LEE -- by reservation. 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 insures you will receive a manual. \$175 prepaid

OCTOBER 12 & 13, 2013 -- Saturday (10am - 6pm) & Sunday (11am - 6pm) -- REIKI III, Master Level Course with Reiki Master WAYNE LEE -- by reservation at 321-363-4883. Must have taken Advanced Reiki. Two day course is paid in full on Saturday. (\$400)
OCTOBER 27, 2013 -- Sunday (11:00am - 12:30pm) -- ENERGY 101 with WENDY -- Working with energy, including seeing auras, and more. (\$20)

OCTOBER 9, 2013 & OCTOBER 23, 2013 (Wednesdays, 3pm - 6pm) -- PSYCHIC CONSULTATIONS WITH TORRE -- by appointment at 321-439-3073 or 321-363-4883. (\$40 for 1/2 hr./\$60 for 1 hr.)



MAYA

SPIRITUAL, INTUITIVE READINGS

Online Only. Email for special price

Email pamela5268@att.net

Ask Whitedove



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

Dear Whitedove:

We've recently moved into an old farm house. I was so excited to begin the renovations even though we're living in a construction zone. There's been major progress although after ripping out the kitchen some paranormal activity has begun. Each day when the workmen arrive, they have mentioned that their tools have been moved slightly. Then yesterday my daughter caught a glimpse of a lady in the kitchen and asked if we had company? Nothing frightening has happened; should I be worried? I've enclosed a photo of the house for you. - **Concerned in Connecticut**

Dear Concerned:

Congratulations on your historical farm house. All too often these beautiful old properties are bulldozed instead of lovingly restored. I can clearly see that there have been just a couple of owners during the 1900's and your farm was handed down in the family until your purchase.

The former lady of the house still resides there; your daughter did see her apparition. The woman looks to be dressed from the 1950's and she still wears a big white apron. Farmers' wives were busy cooking from sun up to sun down and this lady is currently sharing your kitchen. Actually she is a gentle soul (or should I say Earth Bound Spirit) that will cause you no problems. She is unhappy that her kitchen is in such disrepair although once the construction stops, the activity will slow too.

She loved her home so much that when she died, she turned away from the light of Heaven and decided to stay on the farm. Ghosts aren't always negative; as they are in life, so they are in death. If you want to assist her, you can light a candle for her and pray for her to move on with the assistance of her Angels. But don't fret, some souls chose to stay earth bound for a period of time but eventually all souls return to Heaven and move forward in their eternal journey.

Dear Michelle:

I was not brought up in a church-going family and so I thought that prayer was just a religious exercise that didn't really matter. I've heard you on the radio talking about the importance of prayer. I'm so worried about someone that I love; I've been told that intercessory prayer can make a huge difference when a person is ill. Is this true? - **Troubled in Tucson**

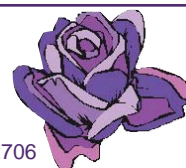
Native American & Metaphysical Stuff Store
Readings, Crystals, Jewelry, Incense, Smudge

The Purple Rose Trading Co.

Rev. Tina, Owner

P.O. Box 275 • 1079 Stevens St. Cassadaga, FL 32706

www.cassadaga-purplerose.com (386) 228-3315



1951 Stimson St.
Jacksonville, FL 32210

(904) 389-

3690

www.earthgifts.com

Open 7 days a week

ROCK SHOP,
CANDLES,
INCENSE,
HERBS, OILS,

JOY WALKER

Independent Distributor #402192



From Seed to Seal
Cultivate, Distill and Bottle Essential Oils
For Mind, Body and Spirit

321-951-2254 or 321 652-5910

Email Joytwobme@aol.com
<http://joytwobme.younglivingworld.com>

Dear Troubled:

Firstly I'd like you to know that worrying is like praying for the negative to happen. When you worry, you are focusing on and calling upon the very thing that you don't want. The Universal law of attraction tells us that whatever we dwell upon becomes our reality. Secondly, a prayer that is made with unselfish reasons always makes a difference. There have been scientific studies that have proven that group prayer for the sick can provide positive results from small to miraculous. Intercessory prayer is petitioning God, the Saints and/or the Angel kingdom to intervene. You are asking not for yourself, but out of love for another soul. This is a selfless act that reaps its own rewards. The more that you pray, the more connected you are to the Divine and this also raises your vibration. So I'd like to say to you and the world: pray more and worry less!



"Dance With Joy" llc Angel Healing Chakra Dance with Birgit & Kathy

A guided free form interpretive dance to open and heal the chakras. \$10 per class/10% discount for advance payment

6:30 to 8:30 October 2nd - 30th at
The Pod, 238 Peachtree St, Cocoa, FL

321-431-8027

Email birgit.smith@aol.com and katysings2@yahoo.com

From the Heart

Alan Cohen is the author of *Enough Already: The Power of Radical Contentment*. If you would like to become a professional life coach or incorporate life coaching skills in your career or personal life, join Alan's celebrated Life Coach Training Program beginning January 1, 2014. For more information about this program, Alan's other books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com, or phone (808) 572-0001.



The Vampire Strikes Back

While on an airplane I saw that the in-flight movie was *Beautiful Creatures*. Thinking the movie was a documentary on puppies or a sweet love story, I started to watch. It didn't take long before I realized it was vampire movie, complete with pale faces and blood sucking. Oh, well. I'll have to get my puppy fix at home.

What's up with the rash of vampire and zombie movies that has pervaded books, theaters, and television of late? Since fiction generated by a culture is an expression of the culture's subconscious, there must be a message here. Here's what I believe it is:

Our culture is filled with psychic vampires and zombies. Many people feel lifeless and needy, so they seek to extract life from those who are more alive than they are. You probably have one or more psychic vampires in your life. You know who they are. People who can never get enough attention, answers, money, sex, love, or security. No matter how much you give them, they want more. They are like black holes who can never be filled. You end up avoiding them, resenting them, or hating yourself for letting yourself be used or abused.

Yet everyone we meet is in some sense a mirror of ourselves. Each of us feels we need to get something from someone else that we do not have or cannot give ourselves. Power, money, connections, beauty, passion, fame, stability, or spirituality, to name a few. Sometimes we just go for the jugular and attempt to hang with others who have what we want, to see what we can glean from them. If we're a bit more sophisticated we might strike a trade. You have youth and beauty and he has stability and money, so how 'bout let's give each

other what the other one lacks? Or you have needs and I need to be needed, so I will be your savior. And variations thereof. All based on the idea, "I lack and you have what I lack, so I'll get what I need from you." Relationships are then reduced to a business deal.

You might feel fairly whole yourself, but you have vampires in your life. People are trying to suck from you to the point of depleting you. An alcoholic husband; a child who won't earn his own living; a friend who has constant dramas or just won't shut up; an employee who isn't doing her job but you feel too guilty to let her go. And variations thereof.

In the movies the cure for vampires is garlic or a stake through the heart. That might be a bit extreme for you. Instead, you might try a good dose of wholeness applied to you or your vampire friend. Confront the illusion that you lack or need, or that your friend does. The best way to get rid of a stray cat is to not feed it, and that's the best way to get rid of a psychic vampire. Don't fall prey to the idea that you are their source of good. Hold the vision of him or her as a whole, complete, strong, and capable person. Sprinkle that awareness with a generous topping of love. Appreciate and acknowledge your friend for who she is at her best, when she demonstrates independence, strength, and capability, even if those traits show up only rarely. Reward healthy behaviors and do not reinforce the sucking response.

If you tend to reach out to others to fill in your perceived gaps, get in touch with your own wholeness. Pray, meditate, visualize, and affirm your inherent completeness. No one can give you what you already have. Look within for your answers and fulfillment, and then receiving support from others will be the icing on the cake rather than the cake. **Buddha** asked, "If you do not get it from yourself, where will you go for it?"

The reason for the zombie phenomenon is more obvious. Look at people walking on the streets of the cities, riding in subways, and watching mind-numbing TV. Have you ever observed a child watching television? Hypnotized. Adults, the same. Our culture is fairly unsophisticated at dealing with pain. Our primary response to pain is to escape into distraction, addiction, and numbness. You don't have to go the movies to watch zombies. Just scan your TV room.

The only cure for zombies—the living dead—is living life. To return to authentic passion. To feel our feelings, the joys and hurts, and to tell the truth about them. To honestly communicate what's going on in our heart of hearts without denying, numbing, or putting a Band-Aid on our psychic wounds. To become more childlike in our self-expression without hiding, posturing, or censoring. To say "I love you" when you really mean it and to not hang with people you don't enjoy. To be who we are instead of who others want us to be. Then we stand a chance to infuse life back into the bodies that walk but do not go anywhere; speak but do not say anything; listen but do not hear. The walking dead can be resurrected with love and intention.

This month we celebrate **Halloween**, when the spooks and goblins come forth. The word "Halloween" means "all hallowed evening" or "holy evening." It's the night before **November 1st, All Saints Day**. The shadows come up to be shined away by the light. As we bring the darkness to light, we might recognize what beautiful creatures we are after all.

SUNDANCER GALLERY

Specializes in Native American Art and Artifacts

Like us on FB
6 Florida Avenue
Cocoa Village

(321) 631-0092



*Native American
owned and operated*

OUR CLASSIFIED ADS

Your listing here for just \$1.50 per word. Mail your listing with payment by 10th of the month preceding publication or email to HorizonsMagazine@aol.com

HYPNOSIS REPROGRAM THE INNER MIND by bringing forth your higher wisdom through gentle hypnosis <http://321RelaxNow.com>

CONNECTING WITH YOUR ANGELS, GUIDES & TEACHERS \$10 mp3 file at http://horizonsmagazine.com/CD_Page/index.html Designed to activate the third eye, expand awareness, develop psychic perception. See pg 10.

CHANGE YOUR EATING HABITS \$10 mp3 file at http://horizonsmagazine.com/CD_Page/index.html By the power of suggestion, your desire to overeat will be replaced; your craving for unhealthy foods will be replaced. See page 10.

SLEEPYTIME RECHARGE \$10 mp3 file at http://horizonsmagazine.com/CD_Page/index.html We can retrain our consciousness to create healthy beliefs. See page 10.

STOP SMOKING easier than you ever thought possible <http://hypnosis-works.net/hypnosisMP3.html>

DR BEV DREAM INTERPRETATIONS, EMPATHIC READINGS

Personal Growth thru Spiritual Understanding. For Info on consultations Phone: 407-957-4044 Email Luminata53@aol.com

HEAL YOUR LIFE WORKSHOP LEADER TRAINING. Become a licensed Heal Your Life teacher in the philosophy of Louise Hay. Manuals and materials to lead up to 14 different workshops. Our training is licensed by Hay House, Inc and approved by Louise Hay. www.healyourlifetraining.com

CREATE THE LIFE YOU DESERVE! www.1wisepirit.com

ANDREA DE MICHAELIS PSYCHIC CLAIRVOYANT, Phone & email, see ad on page 12. 321-722-2100 Email horizonsmagazine@aol.com

OUBE OUT OF BODY EXPERIENCE - YOU ARE NOT THE BODY \$10 mp3 file at http://horizonsmagazine.com/CD_Page/index.html See pg 10.



Metaphysicians Circle

1st Sunday PSYCHIC FAIR
\$10 for 15 minute reading

2nd, 3rd, 4th, 5th Sundays
Guest Speakers on Metaphysical Topics

307 E. Lincoln Avenue
downtown Melbourne

321-474-7348

\$3 fee 7:00 - 8:45pm

Always seeking new speakers, visit www.metaphysicianscircle.com

Spiritualist Chapel of Melbourne

Spiritualism + Mediumship Classes Thursdays 6:30-8:30 pm \$6

We Welcome All To Sunday 10 AM services

1924 Melody Lane, Melbourne, FL 32901

Spirit Messages - Healing Service
Guest Speakers • Private Readings
\$15/15 minutes after Services

321-961-5390

Friend us on Facebook [SCM=SpiritualistChapelOfMelbourne](https://www.facebook.com/SCM=SpiritualistChapelOfMelbourne)



APPLESEED HEALTH FOODS

Specialty and Natural Foods • Organic Produce
Wheat & Gluten-free Foods • Organic Meats
Vitamins & Minerals • Health & Beauty • Reference Library

1007 Pathfinder Way in Rockledge **321-631-1444**

www.appleseedhealth.com Mon-Fri 10am-6pm Sat 10am-3pm
See website for ongoing events, classes, recipes



Herbal Consults, Natural Healing School
DAWN'S ENCHANTED GARDEN
Email Dawnsenchantedgarden@yahoo.com

Live Oak School of Natural Healing

Currently offering Herbalist Certification Programs in class and online

352-669-1963 • 407-967-6042

Dawn Gates Registered nurse, herbalist, and aromatherapist, has taken her knowledge of pathophysiology, herbalism, and aromatherapy to create a

FAT BUSTER OIL

Just apply it to the areas that you want to reduce fat in. People report inches being removed in as little as 3-4 days. 4 oz \$25 and 8 oz \$40
Visit and order online at <http://dawnsenchantedgarden.com>

CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 30c per word, due the 10th of the month before. Email HorizonsMagazine@aol.com or call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location. \$10 extra for color or box around your listing

Mondays at 6:00pm. SOS (Sustenance of Self) at Center for Spiritual Living Space Coast, 4310 US Highway 1, Rockledge. For those in search of a healthier lifestyle. Meet for support, accountability, and learning to make healthier choices in a fun, light-hearted environment. More information available on FaceBook and Meet Up. (321) 480-4791 Love offering.

Tuesdays PORT ST. LUCIE Spiritweaver is holding Shamanic Reiki Sessions from 11:00am -5:00pm, DRUMMING from 6:00pm - 7:00pm and REIKI from 7:30pm - 8:30pm at The Owl Butterfly - 772-242-8166 6642 S. US-1, Port St Lucie, FL 34952 www.theowlbutterfly.com/

Tuesdays POMPAÑO BEACH Women's Chi Gung and Tai Chi - 6:30-7:30pm. \$12 Natural, gentle movement, breathing, meditation. Call to confirm your Tuesday. Lisa's Healing Center, 4301 N. Federal Hwy., Suite 4, Pompano Beach, FL 33064, 954-782-6564, www.amritavastlove.com

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

Sundays HOLLYWOOD Tibetan Yoga Vajra Yogini - 10am-noon. \$25 Selections of flowing Tibetan, Taoist, Indian chi gung, tai chi, yoga, meditation. Call to confirm class. Goddess Store, 2017 Harrison Street, Hollywood, FL 33020, (954) 929-2369, www.shentaoinneryarts.com

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

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

Sundays MELBOURNE 10am Dharma Talk by Sensei Al Rapaport at Open Mind Zen 878 Sarno Rd. Melbourne, FL 321-427-3511 openmindzen.com

Sundays ORLANDO 10am Meditation, 10:30am celebration and Service at Center for Spiritual Living, 709 Edgewater Dr. 407-601-1169 Email csl_orlando@yahoo.com www.orlandoreligiousscience.com

Sundays ROCKLEDGE 10am Center for Spiritual Living Space Coast (A Science of Mind church) Life Enrichment Series Wed. 7pm 4310 US 1, Ste. A 321-474-2030 www.cslspacecoast.org

Sundays MELBOURNE Metaphysicians' Circle NEW 307 E. Lincoln Ave downtown Melbourne 7-8:45pm \$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

Sept 29, 2013 MIAMI Deva Premal & Miten in concert with Guru Ganesha Band at South Miami-Dade Cultural Arts Center, 10950 Southwest 211th Street, Cutler Bay, FL 33189 7:00 pm: Guru Ganesha Band and 8:30 pm: Deva Premal & Miten Visit <http://www.devapremalmiten.com/>

October 11-13, 2013 SILVER SPRINGS, FL Paralounge at Camp Kiwanis. An amazing line up of "World Percussion"! Bring your family to this unique experience. Celebrate the human spirit with drum & dance from around the world. <http://paralounge.net/>

October 31, 2013 ROCKLEDGE Halloween Costume Party Play Halloween Yahtzee, hang & socialize. Coffee, tea & water available for donation. From 4:00 pm till 8:00 pm. Owl Visions, 501 Florida Ave, Cocoa Village. 321-292-9292

December 4 - 9, 2013 HAWAII Open Your Heart in Paradise Retreat at the Napili Kai Beach Resort. Join Ram Dass & Krishna Das with Jack Kornfield, Trudy Goodman, Mirabai Bush, Lei'ohu Ryder, Maydeen lao and Friends for this year's epic retreat. Daily sessions, nightly kirtans, hatha yoga, oceanside resort accomodations, Info and Registration www.ramdass.org Email retreats@rmdass.org Voicemail 888-663-7770

Rev. ALBERT J. BOWES
386-228-3209 in Cassadaga
www.psychicconsultant.org

NELLIE 386-228-0168
Psychic • Medium • Teacher
www.cassadgap psychicmedium.com
Email alwaysnellie@yahoo.com



ABRAHAM-HICKS

...continued from page 8

And so you found yourself asking: *"What's going on here? How can those who are working so hard be receiving so little, while those who seem to be working so little are achieving so much? My expensive education hasn't paid off at all - and yet that multimillionaire dropped out of high school. My father worked hard every day of his life - and yet our family had to borrow the money to pay for his funeral... Why doesn't my hard work pay off for me the way it was supposed to? Why do so few really get rich, while most of us struggle to barely get by? What am I missing? What do those financially successful people know that I don't know?"*

Is "Doing Your Best" Still Not Enough?

When you are doing everything you can think of, truly trying your best to do what you have been told is supposed to bring you success and success does not come, it is easy to feel defensive and eventually even angry at those who are displaying evidence of the success you desire. You even find yourself sometimes condemning their success simply because it is too painful to watch them living the success that continues to elude you.

When you come to the place of openly condemning the financial success that you crave, not only can that financial success never come to you, but you are also forfeiting your God-given rights to your health and happiness as well.

Many actually come to the incorrect conclusion that others in their physical environment have banded together in some sort of conspiracy to keep them from succeeding. For they believe, with all of their heart, that they have done everything possible to achieve success and the fact that it has not come must surely mean that there are some unfriendly forces at work that are depriving them of what they desire. But we want to assure you that nothing like that is at the heart of the absence of what you desire or of the presence of things you would like to remove from your experience. No one ever has or ever could have prevented your success - or provided it. Your success is all up to you. It is all in your control. Finally, once and for all time, your success can be in your deliberate and conscious control.

Whatever I Can Desire, I Can Achieve

It is time for you to return to the true nature of your Being and to consciously live the success that the experiencing of your own life has helped you determine that you desire. And so, as you deliberately relax right now, breathing deeply and reading steadily, you will begin to gradually but surely remember how all success comes, for you already inherently understand it and so you will certainly feel resonance with these absolute truths as you read about them here.



Rev. Dr. Philip DeLong
Spiritual Counselor, Healer & Teacher
Psychic Medium

Weddings, Christenings, Life Celebrations
Home Blessings & Group Parties
www.revdrphil.com
Phone and Skype readings available
Rev.Dr.Phil@cfl.rr.com • 386-453-9356



Daytona Flea Market Fri-Sat-Sun **Corner**
Shops #41



Torrey
Spiritual Guidance
Psychic Medium, Teacher, Lectures
Owner Bohemian Nights Events
Reader at Cassadaga Hotel
and Luna Sol Esoterica
321-439-3073
Skype and Phone sessions
Blogtalkradio.com/Venus-In-Velvet
www.venusinvelvet.com

OLD WORLD DIVINATION

Community Unitarian Universalist Church



Welcomes you! We reach out to those who seek a spiritual home of diverse beliefs. We welcome Atheists, Agnostics, Buddhists, Christians, Jews, Muslims, Pagans and the Questioning. We welcome straight and LGBT people of all ages.

We meet at Dudley Memorial Chapel

1108 N. Dixie Highway (US 1) in New Smyrna Beach
Every Sunday at 10:30 am
www.dbcuuc.org

The Eternal Laws of the Universe are consistent and reliable and steadily hold, always, the promise of expansion and joy. They are being presented to you here in a powerful rhythm of understanding that will start small within you and then expand with each page you read, until you reawaken into the knowledge of your purpose and your own personal power as you remember how to access the power of the Universe

...continued on page 20



ABRAHAM-HICKS

...continued from page 19

that creates worlds. If this time-space reality has within it the ability to inspire a desire within you, it is absolute that this time-space reality has the ability to yield you a full and satisfying manifestation of that same desire.

It is Law.

To Achieve Success Is My Natural Birthright

Most people naturally assume that if their life is not going the way they want it to go, something outside of themselves must be preventing the improvement, for no one would deliberately hold their own success away. But while pointing the blame at others may feel better than assuming responsibility for unwanted conditions, there is a very big negative repercussion to believing that something outside of you is the reason for your own lack of success: When you give the credit or the blame to another for your success or lack of it - you are powerless to make any change.

When you desire success, but - from your perspective - you are not currently experiencing it, at many deep levels of your Being you recognize that something is wrong. And

as this strong feeling of personal discord magnifies your awareness that you are not getting what you want, it often sets into motion other counterproductive assumptions that evoke jealousy toward those who are having more success; resentment at a myriad of people you would like to blame for your lack of success; or even self-denigration, which is the most painful and counterproductive assumption of all. And we submit that this uncomfortable upheaval is not only normal, but it is the perfect response to your feeling a lack of success.

Your emotional discomfort is a powerful indicator that something is very wrong. You are meant to succeed and failure should feel bad to you. You are meant to be well and sickness should not be accepted. You are supposed to expand and stagnation is intolerable. Life is supposed to go well for you - and when it does not, there is something wrong.

But what is wrong is not that an injustice has occurred or that the gods of good fortune are not focusing on you or that someone else has received the success that should have been yours. What is wrong is that you are out of harmony with your own Being, with who-you-really-are, with what life has caused you to ask for, with what you have expanded to and with the ever-consistent Laws of the Universe. What is wrong is not something that is outside of you over which you have no control. What is wrong is within you - and you do have control. And taking control is not difficult to do once you understand the basis of who-you-are and the basics of the Law of Attraction and the value of your personal Emotional Guidance System that you were born with, which is always active, ever present and easy to understand.

Money Is Not the Root of Evil or of Happiness

This important subject of money and financial success is not the "root of all evil" as many have quoted - nor is it the path to happiness. However, because the subject of money touches most of you in one way or another hundreds or even thousands of times in every day, it is a large factor in your vibrational makeup and in your personal point of attraction. So when you are able to successfully control something that affects most of you all day, every day, you will have accomplished something rather significant. In other words, because such a high percentage of your thoughts in any given day reside around the topic of money or financial success, as soon as you are able to deliberately guide your thoughts, not only is it certain that your financial success must improve, but the evidence of that success will then prepare you for deliberate improvement in every aspect of your life experience.

If you are a student of Deliberate Creation, if you want to consciously create your own reality, if you desire control of your own life experience, if you want to fulfill your reason for being, then your understanding of these prevalent topics - money and the Law of Attraction - will serve you enormously well.

The above excerpt is taken from "Money and the Law of Attraction: Learning to Attract Wealth, Health and Happiness" by Esther and Jerry Hicks (The Teachings of Abraham).



A CHANCE TO SURRENDER

Uma Simon is the Resident Intuitive at Kashi Ashram in Sebastian, Florida. You can read about her at www.umasimon.com or call her at 772-388-0903.

I almost lost an opportunity to surrender yesterday. Someone, in a nasty way, remonstrated with me about something I had done, a very minor infraction so far as I was concerned. I minimally apologized and left the room.

But I didn't let it go. Replaying it over and over in my mind, feeling bruised and hurt about the way she had said it, I carried my anger and pain throughout the day and night. I woke up feeling hurt and angry, I heard myself thinking of ways to get even. Nothing dramatic but subtle so that only she and I would know what I was really doing.

Now admittedly, this person has a reputation of being nasty and so I could easily think that I had been the victim in all this. I could have even had a slew of people agreeing with me about her terrible behavior.

A miracle fell upon me. Perhaps because of this new prayer of mine to feel new in my life, and do things differently with different consequences. My own anger and sadness at this woman was old; even though I was "right," my so-called "rightness" did nothing to dispel my pain.

This time I really heard what she said about me, and even though it was presented in a mean-spirited way, her words contained a truth about a behavior of mine. This undesirable behavior of mine is something I have engaged in, most of the time unconsciously.

I began to feel a wave of gratitude towards her for this new awareness. It made me remember that gurus and teachers don't always come in the form of angelic beings.

Could I have had this awareness had she been kinder about it? I don't think so.

Most of us have stated or demonstrated to people we disagree with, "I can't and won't hear what you say because you're so angry about it."

We don't seriously take what they say, even though the words hold vestiges of truth that come out harshly because of their frustration with us. Like most people, I am quick to defend myself.

Rev. Dawn Casseday

Psychic, Clairvoyant, Medium
Reiki /Energy Healing, Tarot
Past Life Regression Specialist

Phone readings available

386-478-0341
www.revdawncasseday.com
CASSADAGA

SPIRITUAL PATH FOUNDATION

What you are to be, you are now becoming

Available for private sessions
Reiki treatments • Regressions • Shamanic Healing •
Counseling in person or by phone
Shamanic Warrior Key of Life Classes

www.spiritualpathfound.org
Email spiritweaver@bellsouth.net and
www.spiritweavershaman.org

321-951-8774

Spiritweaver

The Cosmic Church of Truth

1637 Hamilton Street
Jacksonville, FL 32210

Sunday Mornings Lessons In Truth

Sunday Service 10:30am

*Call for classes & meetings.
Private counseling &
healing sessions
available by appointment*

(904) 384-7268
www.thecosmicchurchoftruth.net

I think what is beginning to emerge is a true desire to free myself of what no longer serves me. My teacher Ma Jaya once said we had a choice, either to surrender to the sunlit path and be happy or struggle.

I didn't understand what she meant. Today I understand a broader scope of what that word surrender means; for me, it means (at long last) to let go of my victim ego, and listen, surrender to a truth somebody is trying to tell me, even if wrapped in an unkind package.

If we are serious about going to God, almost everything can be seen as a gift "if we have the eyes to see and ears to hear it."

ALPHABETICALLY BY COUNTY

Place your ad here for just \$5 per line. 20 characters per heading, 44 characters per line
Payment due 10th of the month before 321-722-2100 • Email and Paypal to HorizonsMagazine@aol.com

OUR PHONE DIRECTORY... 321-722-2100

ALACHUA COUNTY (352) GAINESVILLE (386) HIGH SPRINGS

A ROCK SHOP & MORE

HIGH SPRINGS EMPORIUM 386-454-8657
660 NW Santa Fe Blvd (441)
Gemstone Jewelry & More

BOOKS & GIFTS

WILD IRIS www.wildirisbooks.com 352- 375-7477

CHURCHES

SERAPHIM CENTER & CHAPEL 352-339-5946
1234 NW 14th Ave Gainesville, FL
<http://www.seraphimcenter.org>

HEALTH FOODS

MOTHER EARTH MARKET 352-331-5224
MOTHER EARTH MARKET 352-372-1741

BREVARD (321)

ACCESS BARS

DAWN C. MEYER, LMT (MA67581) 321-261-5975
Access Consciousness Bars (The Bars),
Massage, Reiki, Crystals & more Cocoa Village

ACUPUNCTURE

SUSAN HATHAWAY, Ph.D., AP 723-3017
2105 Palm Bay Rd NE Suite #2 in Palm Bay

ASTROLOGER

LESLIE MARLAR 779-0604
VLMarlar@aol.com www.lesliemarlar.com

ASTROLOGY REPORTS

ANDREA de MICHAELIS \$22
For birth, predictions and compatability, geared
toward personal growth and intuitive revelation.
By mail or email horizonsmagazine@aol.com

BOOKS & GIFTS

AQUARIAN DREAMS AIA Indialantic 729-9495

BOOKANDBEADOUTLET.COM 950 N. Courtenay
Pkwy Merritt Island 321.453.2665 50% off bks
Plus Jewelry Crystals Pendulums & Classes

CREATIVE ENERGY 952-6789
Crystals, Jewelry, Drums, Singing Bowls, Books
More! see pg 9 ad 835 E. New Haven Ave Melb

ENCHANTED SPIRIT 320 N. AIA CB 784-2213

OWL VISIONS Rev. Terri McNeely 292-9292
501 Florida Ave Cocoa Village 2-6pm call 1st

WHAT YOU LOVE TO DO 504-0304
Massage & Energy Work, Psychic Readings
Ionic Detox Footbath, Gifts and much more!
602 Brevard Ave in Downtown Cocoa Village
www.WhatYouLoveToDo.com MM#21321

CHURCHES

CENTER FOR SPIRITUAL LIVING SPACE COAST
A Science of Mind Church Rockledge 474.2030

THE NEW WAY www.TheNewWay.us 458-7956

SPIRITUALIST CHAPEL OF MELBOURNE 961-5390
UU Church OF BREVARD www.uubrevard.org

UNITY OF MELBOURNE 10am Sundays 254-0313
1745 Trimble Rd www.unityofmelbourne.com

UNITY OF MERRITT ISLAND 452-2625
4725 N Courtenay 32953 unitymerrittisland.org

UNITY CHURCH ON THE SPACE COAST
2000 South St in Titusville 383-0195

GLUTEN FREE CAFE

THE BALD STRAWBERRY
1248 Sarno Rd 32935 Shops at Apollo Crossing
Cafe 751-2803 Tu-Sat 11-8pm Bakery 458-5529

HEALTH FOODS

APPLESEED 1007 Pathfinder Rckldge 631-1444
NATURE'S MARKET & CAFE 254-8688
PINETREE HEALTH 777-4677
SUNSEED CO*OP Cape Can AIA 784-0930
THE JUNGLE ORGANIC AIA 773.5678

HERBS & GIFTS

HERB CORNER 277 N. Babcock Melb 757-7522

MAMA JO'S SUNSHINE HERBALS
1300 Pine Tree Dr. IHB 321-779-4647

HOME BIRTH SERVICES

PAM PEACH L.M. www.Birthingpath.com

HYPNOSIS

Reprogram the inner mind by bringing forth
your higher wisdom through gentle hypnosis
GARY LEGGETT 321-544-5440
Over 10yrs Experience Email gleg@usit.net
<http://321RelaxNow.com> *Andrea testimonial:*
Gary's suggestions got me to sleep!

MASSAGE THERAPY

LOTUS HEART HOLISTIC CENTER 321-768-7575
529 E. New Haven Ave downtown Melbourne

THERAPEUTIC TOUCH HEALTH SERVICES

EILEEN A. JACOBS MA 8698 MM9571 773-0409

TOLLY TUCKER MM0164 321-432-9803
Reiki, cranial sacral and massage therapy

MEDITATION, CDS MP3S

ANDREA de MICHAELIS \$10 See ad page 10
Connecting With Your Angels, Guides, Teachers
Breath and Meditation since 1972
Make contact • Breathe awake The One inside
See horizonsmagazine.com/CD_Page/index.html
horizonsmagazine@aol.com 321-722-2100

PSYCHIC READERS

ANDREA de MICHAELIS 321-722-2100
Clairvoyant, accurate, illuminating see pg 12

JORIE EBERLE 321-638-0367
Spiritual Teacher, Reader, Advisor, Classes

KATHRYN FLANAGAN 321-458-7956
Advisor • Teacher • Tarot • Home Parties

REV. APRIL RANE 321-639-8738
Psychic/medium & Channel-www.aprilrane.com
Also last Friday of month at Aquarian Dreams

MORGANA STARR 321-506-1143
Psychic-Medium, Classes. Private or group

REV. TERRI MCNEELY 321-292-9292
Spiritual Advisor/Medium. Classes in Medium-
ship at Owl Visions Cocoa Village. Also
crystals, jewelry, essential oils and blends.

AAMichael Gabriel AM St.Germaine Reader
lilapsychic@yahoo.com 321-264-8930

WHAT YOU LOVE TO DO 321 504-0304
Readers Daily www.WhatYouLoveToDo.com
602 Brevard Ave in Downtown Cocoa Village

Please email feedback about readers to
horizonsmagazine@aol.com

SPIRITUAL DEVELOPMENT

ANDREA de MICHAELIS 321-722-2100
What's it all about? What's happening to me?
Working thru spiritual emergence
horizonsmagazine@aol.com see page 12

THERAPY

SPIRITUAL PATH FOUNDATION 321-951-8774
Reiki, Regressions, Shamanic Healings,
Counseling (in person or by phone)

WEBSITE CREATION

GARY LEGGETT 321-544-5440
Basic sites, complex sites, mobile sites, SEO

YOGA, MEDITATION

CLASSES, RETREATS

YOGA SHAKTI MISSION 321-725-4024
Books available by Ma Yoga Shakti
3895 Hield Rd in Palm Bay (see page 31)

ZEN MEDITATION

OPEN MIND ZEN openmindzen.com 427-3511
Al Rapaport/Sensei•Breathwork•Zen Dialogue

BROWARD (954) FT. LAUDERDALE

BOOKS & GIFTS

ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CENTER FOR HUMAN DEVELOPMENT
5809 Hollywood Blvd. Hollywood, FL
954-989-6400 www.espcenter.com

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050
Hollywood, FL www.divineloveinstitute.org
Gifts, Free Reiki Circle, Life Coaching,
Akashic Record Certification, Angel Work-
shops, Magnified Healing and IET Certification

NATURE'S EMPORIUM 755-2223

NEW AGE BOOKS & THINGS 771-0026
4401 N. Federal Hwy Fort Lauderdale

CHURCHES

RELIGIOUS SCIENCE FT LAUDERDALE
Center for Spiritual Living 954-566-2868

UNITY GATEWAY CHURCH 954-938-5222
3701 N. University in Coral Springs

UNITY CHURCH OF HOLLYWOOD 954-548-9320
2750 Van Buren Street www.unityoh.org
Services in Spanish 6pm Sunday in the sanctuary

HEALTH FOODS

HEALTH FOODS PLUS 989-3313
3341 Hollywood Blvd in Hollywood

WHOLE FOODS MARKET
810 University Drive Coral Springs 753-8000
7220 Peters Road in Plantation 236-0600
2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333
2501 East Sunrise Blvd in Ft. Laud

COLLIER COUNTY (239) NAPLES

BOOKS & GIFTS

SACRED SPACE 239-390-2522

CHURCHES

UNITY OF NAPLES Books, gifts 775-3009

HEALTH FOOD STORES

FOR GOODNESS' SAKE 353-7778

FOOD & THOUGHT MKT CAFE 213-2222

NATURE'S GARDEN 643-4959

SUN SPLASH Market & Cafe 434-7721

SUNSHINE Discount Vitamin 941-598-5393

DUVAL (904) JACKSONVILLE

BOOKS & GIFTS

BLACK SHEEP BOOKS 880-1895
9735 St. Augustine Road Jacksonville 32257

EARTH GIFTS www.earthgifts.com 389-3690

CHURCHES

COSMIC CHURCH OF TRUTH 904-384-7268
1637 Hamilton Street - in Jacksonville

UNITY CHURCH FOR CREATIVE LIVING
2777 Race Track Rd Jax 904-287-1505
www.unityinjax.com/

HYPNOTHERAPY

New Awakening Hypnotherapy 904-707-7907
Weight Loss, Stop Smoking, Soothe Trauma,
Erase Phobias, Explore Past Lives and Dreams
www.hypnojax.com

ESCAMBIA (850) PENSACOLA

UNITY OF PENSACOLA 850-438-2277
716 N. 9th Ave. www.unitypnps.com

FLAGLER (386) PALM COAST

ART, GIFTS, GATHERINGS

THE SOURCE LIMITED 386-437-3230
4601 East Hwy 100, Unit F-3 Bunnell 32110

METAPHYSICAL SERVICES

PSYCHIC ASTROLOGER 386-437-9791
www.Goldentrines.com By appt only

HERNANDO (352) COUNTY

SKYE METAPHYSICAL 352-942-3252
4039 Mariner Blvd Spring Hill, FL 34609

HIGHLANDS (863) SEBRING

CHURCH, CLASSES

UNITY LIFE ENRICHMENT CENTRE 863-471-1122
10417 S. Orange Blossom Blvd, Sebring 33875
http://www.unityofsebring.org

HILLSBOROUGH (813) TAMPA, LUTZ

BOOKS, GIFTS, READINGS

MYSTIKAL SCENTS 813-986-3212

GAIA SPIRITUAL DOORWAYS 813-943-3666
26300 Wesley Chapel Blvd, Lutz Florida 33559
http://www.gaia Spiritualdoorways.com/

INDIAN RIVER (772) VERO, SEBASTIAN

ACUPUNCTURE

COMPLEMENTARY MEDICINE 772-766-4418

BOOKS & GIFTS

SPARK OF DIVINE 772-257-6499
1789 Old Dixie Highway Vero Beach, FL 32960

CHURCHES

UNITY OF VERO BEACH 772-562-1133
950 43rd Ave 32960 www.unityofvero.org

LEE COUNTY (239) FT. MYERS

BOOKS & GIFTS

THE LABYRINTH 239-939-2769
12995 S. Cleveland Avenue #108

CHURCHES

UNITY OF FT. MYERS 239-278-1511
11120 Ranchette Road Fort Myers, FL 33966
www.unityoffortmyers.org

LEON CTY (850) TALLAHASSEE

BOOKS & GIFTS

CRYSTAL CONNECTION 878-8500
1233 Apalachee Parkway in Tallahassee

STONE AGE Tallahassee Mall 383-0233

HEALTH FOOD STORES

HONEYTREE 1616 N. Monroe St 681-2000
NEW LEAF MARKET 942-2557

MARION COUNTY (352) OCALA

BOOKS & GIFTS

SOUL ESSENTIALS Ocala 352-236-7000
Crystals, rocks, gems, unique gifts, healing gifts
805 SE Ft. King St jensoul@embarqmail.com

CHURCHES

UNITY OF OCALA 101 Cedar Road 352-687-2113

HEALTH FOOD STORES

MOTHER EARTH MARKET 352-351-5224

OCALA GHOST WALKS

www.ocalaghostwalks.com 352-690-7933

MARTIN COUNTY (772) STUART

BOOKS & GIFTS

DREAMCATCHER 772-692-6957
Emerald Plaza 1306 NW Federal Hwy Stuart

MYSTIC CHRONICLE Countess Nadia Starella
Visionary/Flamboyant Clairvoyant 772-468-0111

CRYSTALS & GEMS

DREAM CATCHER 772-692-6957
1306 NW Federal Highway in Stuart

HEALTH FOODS/CAFE

PEGGY'S 5839 SE Federal Hwy 286-1401

SPIRITUAL CENTERS

UNITY OF FORT PIERCE 461-2272
3414 Sunrise oneness@unityoffortpierce.com

MIAMI-DADE (305)

BOOKS & GIFTS

CELESTIAL TREASURES 3444 Main Hwy 461-2341

9TH CHAKRA 1621 Alton Rd Miami Bch 538.0671

FAIRY'S RING 86 Miracle Mile 446-9315

HEALTH FOODS

WHOLE FOODS MARKET 933-1543
21105 Biscayne Blvd in Aventura 938-2800
1020 Alton Road Miami Beach 532-1707
WILD OATS MARKETPLACE 971-0900
WILD OATS MARKETPLACE

MONROE (305) KEYS, KEY WEST

HEALTHFOOD/JUICE BAR

GOOD FOOD CONSPIRACY 305-872-3945
US 1, Mile Marker 30 on Big Pine Key

MASSAGE & COLONICS

CAROL CHRISTINE 305-849-3263
1217 White Street in Key West, FL 33040

NEW AGE BOOKS, GIFTS

BLUE MOON TRADER 872-8864
CRYSTAL LOFT 872-9390

OKALOOSA (850) FT. WALTON BCH

CHURCHES

UNITY CHURCH FWB 864-1232

HEALTH FOOD STORES

FEELIN' GOOD! Hwy 98 Destin 654-1005

GOLDEN ALMOND FWB 863-5811

YOGA, CLASSES, MORE

THE BAREFOOT YOGA STUDIO 850-678-8498
www.thebarefootyogastudio.net

ORANGE COUNTY (407) ORLANDO

BOOKS & GIFTS

AVALON Hillcrest St in Orlando 895-7439
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

CHURCHES

CENTER FOR MIND BODY SPIRIT CONNECTION A
Religious Science Church 407-671-2848
www.mindbodyspiritone.com

CENTER FOR SPIRITUAL LIVING 407 601-1169
709 Edgewater Dr. Orlando, Florida, 32804
www.orlandoreligiousscience.com

HERBAL CONSULTS

DAWN'S ENCHANTED GARDEN
Live Oak School of Natural Healing
352-669-1963 and 407-967-6042
Dawn @ Dawnsenchantedgarden.com

HERBS, GIFTS

LEAVES & ROOTS 407- 823-8840
9434 E. Colonial Drive in Orlando

MEDITATION CLASSES

BRAHMA KUMARI MEDITATION CENTER
FREE Meditation Classes www.bkwsu.org
407-228-0026 CALL 407-493-1931

MEDITATION GALLERY

SHIRDI SAI BABA CENTER 407-830-1276

PALM BEACH (561)

BOOKS & GIFTS

EXPEDITO ENLIGHTENMENT CTR 561-682-0955
CHANGING TIMES 640-0496
CRYSTAL CREATIONS 649-9909
SECRET GARDEN 844-7556
SHINING THROUGH 276-8559
DREAM ANGELS 561-745-9355
SPIRITUAL AWAKENINGS Lk Worth 561-642-3255

CRYSTAL GARDEN 369-2836
2610 N. Federal Hwy Boynton Beach

COFFEE & GIFTS

MOTHER EARTH COFFEE & GIFTS 561-460-8647
410 2nd Avenue North in Lake Worth, FL 33460

CHURCH / CLASSES

UNITY OF THE PALM BEACHES 561-833-6483

HEALTH FOOD/CAFES

NUTRITION S'MART 561-694-0644
4155 Northlake Blvd Palm Bch Gardens
www.nutritionsmart.com

SPIRITUAL DEVELOPMENT

ANDREA de MICHAELIS 321-722-2100
Phone Sessions • What's happening to me?
Working thru spiritual emergence
Email horizonsmagazine@aol.com

PINELLAS (727) ST. PETE CLEARWATER

BOOKS & GIFTS

MYSTIC GODDESS Largo 530-9994
OTHER WORLDS St. Pete 345-2800

CHURCHES

UNITY OF CLEARWATER 727-531-5259
PEOPLE'S SPIRITUALIST CH 727-823-5506
TEMPLE OF LIGHT 727-538-9976

HIGHER LEARNING

COLLEGE OF METAPHYSICAL STUDIES 538-9976
Distance or on campus classes, www.cms.edu

HYPNOSIS

ST. PETERSBURG HYPNOSIS CENTER 452-5630
CLEARWATER HYPNOSIS 727-452-5630
FloridaHypnotherapy.com

Stop Smoking, Release Weight, Stress Reduction
Prosperity Thinking, Procrastination, Confidence
Free Consultation - Call Now

ST LUCIE (772)

BOOKS, GIFTS, EVENTS

THE OWL BUTTERFLY 772-242-8166
6642 S. US-1, Port St Lucie, FL 34952
<http://www.theowlbutterfly.com/>

SPIRITUAL CENTERS

CRYSTAL CENTER OF ILLUMINATION 465-9327
Course In Miracles & Transcendental Meditation

SARASOTA (941)

BOOKS & GIFTS

ELYSIAN FIELDS Midtown Plaza 941-361-3006

SEMINOLE (407) SANFORD

CHURCH, BOOKS, GIFTS

UNITY CHURCH OF CHRISTIANITY
4801 Clarcona Ocoee Rd ORL 407-294-7171

CRYSTALS AND GEMS

TIMELESS TREASURES 407-321-7100
Flea World - Sanford - A/C GOLD Bldg #18-20

GIFTS, CONSULTATIONS

LUNASOL ESOTERICA Sanford 321-363-4883

VOLUSIA (386) DAYTONA, NEW SMYRNA, DELAND

ASTROLOGY

KEN HOPKINS 480-516-1960

BOOKS AND GIFTS

CASSADAGA CAMP BOOKSTORE 228-2880
Certified Mediums Available Daily

ENCHANTED BOTANICALS 386-478-0341
120 South Woodland Blvd. Deland, FL 32720

CHURCHES

CASSADAGA SPIRITUALIST CHURCH 386-228-3171
1250 Stevens Street, Cassadaga, FL

CRYSTAL PSYCHIC

TEKETA SHINE Crystalline Intuitive 352-200-9032

HERBS AND GIFTS

SPICE OF LIFE HERBS 734-0035
214 W. Beresford Ave Deland Open Wed 11-6pm
Thurs, Fri, Sat 11-5pm spiceoflifeherbs.net

PSYCHICS ROCKS, GEMS

PURPLE ROSE in Cassadaga 386-228-3315

PSYCHIC MEDIUM

REV. ALBERT BOWES in Cassadaga. Call for
appointment 386-228-3209 or 386-228-0168
See video at <http://www.psychicconsultant.org>

GEORGIA

BOOKS & GIFTS

PHOENIX & DRAGON 404-255-5207
5531 Roswell Road • Atlanta, GA 30342
inside I-285 www.phoenixanddragon.com
Unique gifts, jewelry, psychic readings



**WILD IRIS
BOOKS**

Celebrating life and diversity

Crystals, Stones, Tarot Decks, Jewelry, Art,
Clothing, Candles, Soaps, Lotions, Gifts.
Wine and beer, Free Wifi. Psychic Tarot Reader,
Astrologer and Psychic Medium. Call to schedule

Hours: 802 W. University Ave.
Tues - Saturday Gainesville, FL 32601
11am - 6pm (352) 375-7477
Friday til 11pm www.wildirisbooks.com

Morgana Starr

Featured on Best TV Network,
Sisters for the Soul



Psychic Medium. Member of
Best American Psychics

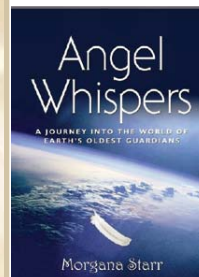
October 12th
Manifesting with
Merkaba Activation
at Center for Healing Arts
in Melbourne



Oct 22 Meditation Class

In person & PHONE readings. Past
Life Work, Akashic Record Readings,
Group Psychic Home Parties

Readings at:
Creative Energy
Book & Bead Outlet



GUIDED MEDI-
TATION CD'S

Morgana's
newest book,
Angel Whispers,
A Journey Into
the World of the

Earth's Oldest Guardians is now
available on Amazon.com and all your
local bookstores

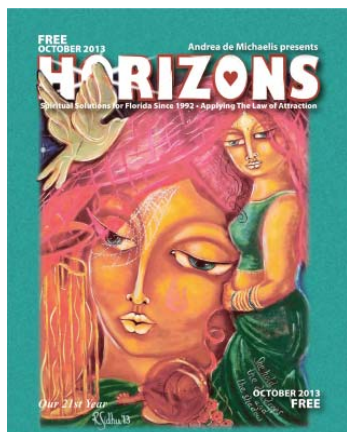
321-506-1143

www.morganastarr.com

Find me on Facebook!

COVER ART

Dewdrops and Shadow by Roopam Sidhu



My art is about the process. I was born an artist, with interests in drawing, painting, fashion designing, and crafting from a very early age. Life, and the messages we receive about being an artist, got in the way and I gave it up for many years in favor of a "suitable," high-profile career.

I was miserably successful. Dr. Clarissa Pinkola Estes says, creativity is like excrement: if you don't let it out, it will kill you. And the lack of it in my life almost did.

Four years ago, I began the arduous, oh-so-worth it process of returning to myself and returned to my art: initially in traditional oils. Then, two years ago, I entered the Masters in Counseling Psychology at Sofia and met visionary artist Shiloh Sophia McCloud and her "Art as a Sacred Practice" course: here, art was more than than color theory, light and shadows, values and tones.

Art was meditation, the canvas was a portal for my inner world- a combination of my East Indian heritage, my explorations of what it means to be a woman straddling two cultures, and my revelations in who I was, am, and want to be.

Through *McCloud's* Jungian-styled creative visualizations, my dreams, musings, and thought processes, the canvas documents my journey to my Self.

I am a Marriage and Family Therapist Intern (MFTI) working with teenagers and their families in California's Bay Area. But I am, indeed, also an artist in that wonderful sweet spot of developing a personal style. Feedback, questions and suggestions at roopamsart@gmail.com.



CRYSTAL WAND WORKSHOP with Sharron Britton at **HEAVEN SENT WELLNESS CENTER** October 12, 2013 Melbourne, FL

MAKE YOUR OWN MAGICAL WAND.
Learn about how crystals work together, open your creativity and intuition and create your own one-of-a-kind crystal healing tool.

All participants receive a selenite crystal base, and Sharron is bringing a vast selection of crystals in all price ranges, so you can let your imagination take flight. **Workshop 11am-1pm, \$35.**



Sharron's Fabulous Crystal Trunk Show and Sale 2-4:30pm

If you have never been to Sharron's sales before, you're in for a treat. Come see the rare, unusual and powerful stones she has to offer at special trunk show prices. From collector pieces to metaphysical crystals, she has it all. Call in advance for special requests. **Open to the public.**

**Location of Workshop
and Trunk Show and Sale**
HEAVEN SENT WELLNESS INSTITUTE
4455 Pinewood Rd
Melbourne, FL 32934
321-253-1552

Sharron Britton is Proprietor of
The High Springs Emporium
660 N.W. Santa Fe Blvd
High Springs, FL 32643
(386) 454-8657
<http://highspringsemporium.net/>





OPEN MIND ZEN

...continued from page 14

We have all seen annoying experts who are so expert that they seem incapable of hearing any other perspective. Beginners, on the other hand, realize they don't know, and so they learn a tremendous amount. Their minds are like a sponge, soaking up everything around them. The more of a beginner we can be, the more we will receive and the more we will "be enlightened by all things." It is of paramount importance to keep this attitude, whether we are a beginner or an experienced meditator. No matter how many years of meditation, we never stop going deeper, never stop being a beginner.

When we look at a flower with our whole being, empty of concepts, that flower will enlighten us as to what floweriness is about. If we can't let go of our concepts about the flower, this can't happen. Of course, the flower and everything else in the universe is constantly changing, so we can constantly be re-enlightened by everything around us. Isn't it wonderful? The whole universe is constantly being born and revealed. But somehow, we get so attached to our way of seeing things, to our limited perspective, that we often miss the incredible spectacle of creation happening all the time. There is a Zen koan, or question, that asks, "When was the universe created?" The point is that creation is happening as you read these words.

We can experience enlightenment through any of the senses. When we eat a meal, how much of the time are we actually experiencing the taste of the food? When monkey mind is active, we can consume an entire meal and not taste anything. Eating with a clear mind, the various tastes enlighten us as to their nature - we don't know exactly what the taste will be before we experience it.

In fact, enlightenment always occurs through the senses: taste, touch, sight, sound, smell and thinking. (in Buddhist philosophy, thinking, or consciousness itself, is considered a sense.) There are numerous examples in Zen literature of people who were enlightened by hearing a sound, seeing a sight, being hit with a broom or reading a passage in a book. One master was even enlightened in a dream.

Each of us has a unique set of karmic circumstances that influence what our particular issues or difficulties will be in meditation as in life. But rather than being stopped by the difficult issues, we can develop the inner strength to grow from adversity.

The difference between sitting still and not sitting still is deciding that no matter what, you are going to sit still. One student of mine was constantly twitching, and finally she asked, "Why can't I sit still?" My answer to her was that she hadn't yet determined to sit still. There is no lightning bolt from the sky that gives us this miraculous power, it must come from our own determination.

JOANNA HELMS, BA, RH (AHG)
Registered Herbalist, American Herbalist Guild

321-779-4647

1300 Pinetree Drive

Indian Harbour Beach, FL 32937

Gifts, teas,
soap, herbs



Many years ago I asked my first teacher, **Kozan Kimura Roshi**, "How long is it good to sit for?" He roared out, "You can sit until you die!" The fact is, our ability to sit still is far greater than we usually give ourselves credit for. Breaking through our perceived limits and expanding our ability is an essential part of progression in meditation. Difficulty, which everyone experiences, creates internal strength, which benefits our practice and our life. Normally, we seek comfort and release from difficulty, but the fact is if we want to experience deep insight we must at times enter into the areas that are the most difficult for us to face. Each of us has a unique set of karmic circumstances that influence what our particular issues or difficulties will be in meditation as in life. But rather than being stopped by the difficult issues, we can develop the inner strength to grow from adversity.

In his youth, the Buddha was a pampered prince in a wealthy palace with every sensual pleasure available to him. When he left home on his quest he then practiced many austerities for years prior to his enlightenment under the Bodhi Tree. For awhile he practiced with yogis who lived in the forest naked consuming only leaves and grass. At one point, after fasting for some time, Gautama collapsed beside a stream, near death. A kind, young woman happened to find him there, and fed him, after which he quickly recovered. He realized, after regaining his strength, that both the path of unlimited pleasure and that of self-mortification was counterproductive. This led him to develop the teaching of the Middle Way. That is, not creating excess difficulty, but also not being attached to comfort. Although practitioners today have many comforts unheard of in the past, we still can find a balance that fosters our practice. This balance is different for everyone, and can change over time.

In many cases, what stops beginning meditators are the psychological/emotional barriers which arise through the self-inquiry process. This process is not designed to lead us to constant bliss at first, but rather to encounter the things that we suppress and the parts of ourself which we have not totally integrated or assimilated. By its very nature, the self-inquiry process creates difficulty for us, so we don't have to seek additional difficulty as we will encounter enough just in the course of our meditation! In reading about the masters of old, it becomes apparent that every major realization was preceded by a difficult time of intense striving or questioning.

Be certain that you are giving your first attempt at meditation a good chance. Don't give up too easily, as many do. Perhaps those who quit early on are just not ready for self-examination, and will be at a later time, or perhaps they need a different technique. There is nothing preventing us from meditating except our own attitude. And yet it is presumptuous to say "everyone should meditate" as many are not ready for the challenges such a practice entails.



This month's thoughts about things...

... from page 7 ...

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

When I'm in command of my own thoughts and connected to guidance, I cannot be coerced into someone else's world. It was only when I remembered to stop responding and giving it attention that it died down. Within days.

I remembered what I tell everyone else: *when an unproductive or unwanted thought arises, the way to gain control over your thoughts is to not follow the thought.* Choose to replace the thought - in that instance of thinking it - with another thought, a happy thought or memory of something you would like to experience in the future.

Have another thought ready, choose some happy thoughts and write them down for yourself. Keep them nearby if you are going through a stressful time and need some replacement thoughts. This is how you develop willpower and discipline your mind. Some things I turned my attention to were putting in a vegetable garden, rearranging furniture, updating a rental property and hanging out in nature. My replacement thoughts were about those projects, and what I looked forward to doing next on them.

In June 2013 I did a Daily Tarot Card on my blog. On June 12 my card was **The Fool**, telling me a fresh start was right around the corner. Yay, I love fresh starts and was ready for one. In my quest for replacing aggravating thoughts with happy, hopeful ones, I'd been contemplating the good points and positive aspects of a previous partner. A big plus was that he lived on my block and could be playful, insightful and fun (**The Fool**.) I took it as a sign (okay, I take everything as a sign.) I laughed when the next day I ran into a friend I did not realize lives literally right around the corner. We fell into an easy daily contact which is a testament to my successfully doing what it takes to change my vibration to attract an improved experience.

By doing what it takes to change my vibration, I mean by me using mental discipline, by employing willpower to replace unproductive and unwanted thoughts long enough to attract a happy and fun situation. *Is it easy?* Not always. Sometimes you look as you pass the highway accident and an image stays in your mind for awhile. The image will stay until you see enough other things that cause good and happy emotion within you that it replaces the memory of any disturbing scenes. For this reason, it makes sense to have replacement thoughts on hand, so you can change your thoughts at a moment's notice.

IT'S FUN WHAT I ATTRACT WHEN I KEEP MYSELF CENTERED AND FOCUSED ON "HAPPY"

It's fun to look back and say, *"I did that. I set my mind to it and I did it."* All it took was knowing what makes me happy, then doing that while having the mental discipline to focus on my replacement thoughts. For me? It also takes me remembering I have the power to do it, and when I remember, *Oh!* what the Universe rewards me with.

HOW DO YOU TRUST THE NEW ONE, HOW DO YOU NOT COMPARE?

A galpal asked *how do you trust the love words of the new one when the "love" words of the last one are still stinging?* *How do you believe anything they say?* My answer: **Don't compare, period.** There are only so many combinations of words. Trust that words said in the moment are true for the moment. I once felt hurt by someone's words and it made me take with a grain of salt the next time I heard loving words. I let my past experience diminish the enormity of my partner's disclosure in the Now. It revealed to me that I was viewing him through a filter of every partner who came before him. It was only when I witnessed daily behavior for months that I began to relax into a place of trust.

For me now, what I would do is trust from the first moment and see where it takes you. Communicate what you feel. Be yourself. Don't hold back. Attract the same out of him. You will either mesh or you won't, but there will be no surprises. See each person each day with new eyes, with no comparison. Act and respond as if every word spoken is the truth of the moment. It's the only way you have a chance.

WHEN YOU FIND THE ONE, IT'S NOT HEAVY MAINTENANCE

Sitting on my 80-something uncle's front porch, rocking in our chairs, he asked me, *"don't you want someone to sit with at the end of the day, just to watch the sun go down and drink tea with?"* Sure I do, I said, it's the other 23 hours a day maintenance that is too big a price to pay. I realize only now at 61 that not all partners require heavy maintenance. In youth, I always had a lot going on at once and if someone wasn't able to run on autopilot, I didn't have much patience.

I loved all my partners and they were perfect at the time and we're friends to this day. But I realize now that when you find The One, it doesn't have to require heavy maintenance. Everything can just flow. Everything can be easy. Everything can be fascinating yet familiar. All the puzzle pieces can fit into place in every way imaginable. I used to consider that a romantic myth. I am a skeptic and I don't believe anything I haven't experienced firsthand. Everything I know is always subject to change upon evolution of my consciousness.

**ACCEPT ALL THINGS. IT'S THE ONLY WAY TO
WAKE UP... ANYTHING ELSE PERPETUATES
THE DREAM.**



Enjoy our offering this month.
Hari Om.

Andrea



DREAMING HEAVEN

... continued from page 9...

As you bravely consider questioning your own perception, are you willing to seize the opportunity to discover more about the enchanted astonishing being that YOU are...really.

If you are ready to come explore the magic, prepare for an E-ticket ride my friend for you are going to discover you are more powerful, profound and capable than you could have ever fathomed with your wildest out-of-the-box imagination. Delightedly, you don't have to take my word for it. You can courageously seize this moment, entrust yourself to a journey back to your authentic self and discover the vastness of your being FOR YOURSELF. You have nothing to lose and everything to gain.

You alone are final authority on your human life--the only one who can awaken to the truth of who you are. It's your life, your virtual reality, your story--dream it any way you desire. But know, the doors of creation are flying open and the choice is yours! You can dream a reality of limitation and suffering or a dream of heaven on earth...You decide!!!

Gini Gentry is the co-author of *Dreaming Heaven: The Beginning is Near* (Hay House), the powerful JourneyBook, DVD and meditation that enables you to walk in the footsteps of Gini and her fellow guides as they take you on a journey to your authentic self by following the pathways of the great mystery school at Teotihuacan, Mexico, first created by the Toltec masters thousands of year ago. Gini became the female spiritual leader and guardian of the Toltec wisdom traditions in the '90's. While her teachings are anchored in a mastery of ancient Toltec wisdom, her great strength has been her ability to synthesize the universal truths of all sacred traditions, and to approach and interpret these truths from the female perspective of the Great Mystery. Gini's unique voice has inspired thousands of spiritual seekers to discover the modern-day relevance of the idea of awakening. She was the midwife of the *New York Times* best-selling book, *The Four Agreements*, which served to introduce the public at large to the mystical yet practical teachings of the Toltec way. Her own best-selling book - *Dreaming Down Heaven* - has been met with rave critical reviews for the innovative "book within a book" format. From her home at the Garden of the Goddess--the spiritual retreat center she founded near Santa Fe, New Mexico--she leads spiritual journeys to sacred sites around the world and conducts a lively schedule of workshops, lectures, media appearances and personal residency intensives as well as teaching via social media. For more information to www.dreamingheaven.net or www.ginigentry.com.

Community Center for Healing Arts

916 Columbus Avenue ~ Melbourne, FL 32901 www.ccfha.com 321-794-2242

2nd and 4th Wednesday of month

7pm-10ish Circle of Sisters- \$5 donation or more requested.

Circle of Sisters is a Sacred Space for women of all ages to gather, speak their truths from the heart and learn from one another about the sacred feminine.

YOGA CLASSES WITH CINNAMON

Weekly- \$10 drop in or 8 classes for \$40

Monday 12pm-1pm Yin Yoga

Tuesday 12pm-1pm Vinyasa Flow

Wednesday 9am-10am Hatha Yoga

5:30pm-6:30pm Vinyasa Flow

Thursday 9am-10am Basic Yoga Class

5:30pm-6:30pm Vinyasa Flow

Offices for
rent \$300/
month



We are a 501(c)3 non-profit corporation

Saturday October 4 10am-1145am Merkaba Activation with

Morgana Starr. This amazing modality will activate your chakras to the 33rd Level (the Christ Consciousness) It will enable you to receive info from new master guides and teachers, and enhance Mediumship abilities. We will use this tool to activate Abundance in all areas of your life in a special meditation. This is a powerful tool for rising above the energies surrounding us in these changing times. \$30

Friday, October 4

New Moon Ceremony

7:30pm-10pm Join us by Grandfather Fire to honor the new moon and her opportunities to create and manifest in our lives and our world. Please bring a dish to share after the ceremony. Donations.



Friday, October 18 Full Moon Ceremony

7:30pm-10pm Join us by Grandfather Fire to honor the full moon and her opportunity to release what no longer serves us. Please bring a dish to share after the ceremony. Donations.



Barbara Lee is a Reiki Master Teacher, Psychic and Professional Astrologer. She offers phone consultations and a state of the art astrological chart service with six types of computerized reports. Call Barbara at 1-208-640-9524, visit on the web at www.IntuitiveReflections.com, or email barbaraleellc@gmail.com

HOROSCOPES OCTOBER 2013

Aries: May 20 to April 19 "I Am.

Powerful patterns from your past, as well as old habits that beg to be broken have you in a stalemate. You feel the depth of your soul plus the urgency to keep moving but your mind tells you to slow down and listen to the whispers of the gentle wind. Some things you can not change dear one, so go with the flow.

Taurus: April 19 to May 19 "I Have.

Saturn continues to be in opposition to your Sun sign to bring you out of your shell. The phase of growth you are in has you laying a firm foundation in preparation for the next 20 years. You are up to something really big, all you have to do is to continue to ask yourself the right questions and be able to answer them with dignity.

Gemini: May 20 to June 20 "I Think.

Your creations will be an important focal point this month; could be her kids, your kids but more likely your creative juices will be on fire with desire. During your creative moments, the very sound of the beating of your own heart will give you the guidance that you desperately need. You will be gently nudged to forgive the past.

Cancer: June 20/21 to July 22 "I Feel.

The opportunities that have been offered to you in your work arena are there because of your passion and desire to succeed at what you love. You are divinely grateful to have a career that makes such a profound affect on everyone. The recognition that is about to come your way is well deserved. The key here to your success and happiness is to make healthy choices.

Leo: July 22 to August 22 "I Will.

Transiting Mars in your sign for the next several months is just the push you need to get the most important aspects of your life on target. All relationships will be energized, any unresolved intimate, and interpersonal issues will come up to the surface to be resolved. If the river is too deep get a boat.

Virgo: August 22 to September 22 "I Analyze.

This month you have an opportunity to step out of your comfort zone by changing your emotional responses that were ingrained in you during your childhood. Your intuition for the rest of the year will be especially acute. You may want to keep a dream journal to help you process any unresolved feelings that seem especially uncomfortable.

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

Only you can shine like you do! Clarity is your friend, you are certainly living up to your sign this month. Usually you search for balance, but you are very balanced in your Solar return month. Even though you appear to be so cool and collected on the surface for now, there is a lot going on on the inner planes that you must attend to.

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

You have recently encountered family members from your past that want to share family history and ancestry with you. So much information and now you know why you feel the way you do. Understanding is truly a gift from beyond the grave. Stay true to what is important to you, this is what fuels your passion and no one else can tell you how to live your life.

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

You have been in the tunnel where the vacuum literally sucked all the old energy out of your life and has prepared you for the new energies to come in the way of new opportunities and new friendships. You have been in the dark for a reason so you can reevaluate your path and what it is that you truly want out of life.

Capricorn: December 22 to January 19/20 "I Use.

You seem to be experiencing an identity crisis. Taking a good long hard look at your life is not easy, but you know you have seen the red flags for awhile now. You really are at a cross roads so the decisions you make in the next several months will be very important. It is a matter of what you are willing to put up with. Do what makes you happy and expansive.

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

This is the month where you make the changes you have been wanting to make for some time. You have tried so hard, now everything is shifting into perfect place. Only the best is here and will continue to surround you and your loved ones. You will be offered the golden ball of light to channel into every area of your life for good. Blessings dear light worker!

Pisces: February 19 to March 20 "I Believe.

Your lesson this month has to do with having your heart and your mind in a balanced position. Reevaluation of your life and its resources is important now. Use your intuition and your imagination to draw to you what you need. Sometimes we have to let go of the old so the new can come forward. You will grow once you step out of your comfort zone.



Psychic & Astrological
Phone Consultations
Astrological Chart Service

Barbara Lee
208-640-9524

Visa / MC accepted
Email barbaraleellc@gmail.com
www.IntuitiveReflections.com

Order a Natal Report
receive a one month
Transit Report FREE



Wildwood Botanicals Premium Massage Lotion & Cream

Visit website at www.wildwoodbotanicals.net
Email info@wildwoodbotanicals.net

HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise.

So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them. Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

*From my heart to yours,
Andrea de Michaelis*

YOGA SHAKTI MISSION



Ma Yoga Shakti

Sunshine
Lectures
Sundays
9 - 10am

*Talks on
Spiritual Topics*

BOOKS BY MA YOGA SHAKTI

Techniques of Meditation to Enhance Mind Power \$10

The Seven Invisible Psychic Lotuses \$10

Yoga Syzygy Guide to Hatha Yoga \$15

Shri Satya Narayana Katha \$5

Chandogya Upanishad \$5

A Spiritual Message \$5

Hanumaan Chalisa \$5

Yoga Asana Chart \$2

Newly
re-released:
Spiritual Message
just \$5. Tips on daily spiri-
tual practice,
silencing the mind

**First Saturday
at noon**

**VEGETARIAN
LUNCHEON**

**\$10 donation
(children free)**

YOGA CLASSES

\$7 Per Class
or \$25/month unlimited

Monday 7-8pm
Gajendra Giles

Tuesday 7-8pm
Maryann & Jim Loafman

Thursday 7-8pm
Chip & Shyama Iacona

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

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

YOGA SHAKTI MISSION

3895 Hield Rd NW Palm Bay

321-726-4024

Email yogashaktipb@yahoo.com

Visit www.yogashakti.org

HORIZONS MAGAZINE
575 Escarole Street S.E.
Palm Bay, FL 32909-4802



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

**New! Quality Paperback
Available October 10**

Living Consciously in God

***366 Themes for Daily
Meditative Contemplation
and Spiritual Enrichment***

**With Life-Enhancing
Affirmations & Inspired
Quotations**

Nourish your mind with positive thoughts. Bring forth your innate qualities and knowledge of your spiritual nature with constructive affirmations, profound study of higher realities, and daily super-conscious meditation practice.

**128 pages 5.5 x 8.5 format
16 photos Quality Paperback
\$5.00 plus \$3.00 postage**

**Center for Spiritual Awareness
P.O. Box 7
Lakemont, Georgia 30552-0001**

**With credit card:
706-782-4723 8 a.m. – 3 p.m.
info@csa-davis.org
order online at:
www.csa-davis.org**

LIVING CONSCIOUSLY IN GOD

***366 Themes for Daily
Meditative Contemplation
and Spiritual Enrichment***

**With Life-Enhancing Affirmations
and Inspired Quotations**

**ROY
EUGENE
DAVIS**



Roy Eugene Davis has been teaching spiritual growth processes for more than 60 years in North and South America, Europe, and India. He was ordained by Paramahansa Yogananda in 1951.