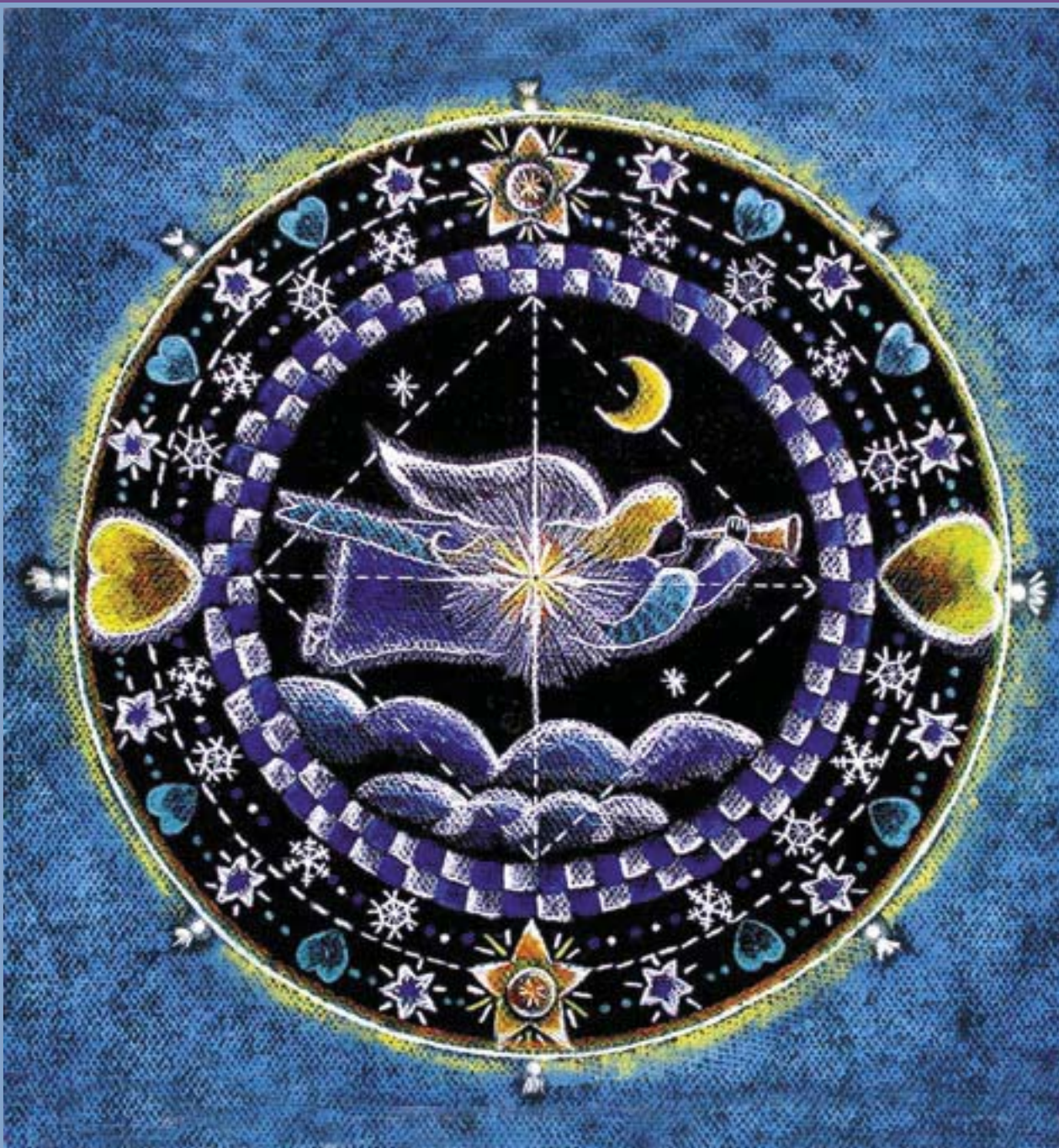


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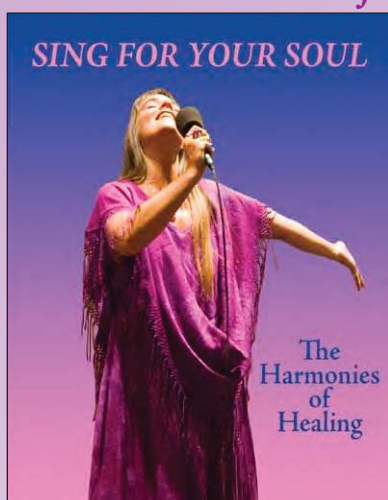
Sunday, January 14th, 2007, @ 10:30 AM: Lauren Lane Powell

Lauren will be presenting our morning lesson titled "The Dynamic Energy of Joy!" In Plato's time, it was believed that music healed the body, mind & spirit & that each "mode" or collection of notes had a different healing power. "When we remember how to breathe, speak and sing the way we were born to, we can only rediscover how to use our own voices to promote inner peace and healing."

"I have been teaching people how to sing since 1989, first in private vocal lessons, and now, for the last 5 years, in New Thought churches, Hospitals, Healing Arts Centers, Teacher's In-Service workshops, expos, retreats and conferences across the country. As I continue to study and grow, so does my work". -- Lauren (www.singforyoursoul.com)



And then in the afternoon:



Sunday, January 14th, 2007, @ 2PM

Lauren will be presenting a workshop called HARMONIES OF HEALING: If you can laugh, you can sing & if you can sing, you can heal!

How do infants yell without losing their voices? They do it naturally, using all the right muscles! They haven't been taught how not to express themselves, Yet! We hear, "Children should be seen and not heard," and "Can't you be quiet?" We begin to feel the stress, fear and shame associated with expressing ourselves. We begin to breathe shallowly and actually learn to hold our breath in fear by the age of five or six. This unnaturally constricts the throat and increases muscle tension throughout the body.

In the Harmonies of Healing Workshop you will *Breathe more deeply and energize your whole being- *Sing on key, beautifully!, *Feel the healing vibrations of the authentic human voice!, *Release endorphins! Raise serotonin levels! Slow your heart rate!, *Create your own "healing tones" by remembering how to use the instrument God made, the way it was designed to be used!, *Learn several toning techniques and "Tone" with your authentic voice to promote healing on many levels!, *Sing and speak the natural way and feel the vibrations in different parts of your body. THEN- Direct your voice with intention! All by vocalizing naturally!

And then on Monday evening:

Monday, January 15th, 2007, @ 7PM: workshop called "TONING CIRCLE."

In which you help your body heal itself with the Power of Sound! Most people sing like they speak, producing the sound solely with their throat. Participants in the workshop will recognize the true source of their sound for singing, speaking and toning and will learn how to use it well. The vibrational energy created by the natural voice is used regularly to heal the body, the mind and even situations, in all other cultures. This kind of vocalizing is classically and physiologically "correct," but the spiritual connection you create when you sing is undeniably magical, let alone therapeutic because your voice has healing energy!

In the Toning Circle you will: *Be surrounded by sound!, *Explore the pure, whole sounds of the Quartz Crystal Singing Bowls and the magical, meditational music of the "Freenote Wing" along with our own powerful, healing vocal tones., *Receive a full body experience unlike any other! Some hear the Angels call them home. Some feel physical and emotional shifts. Some identify with the "one-ness" and "unconditional love" that we rarely feel in today's world. ALL are MOVED deeply!

Each workshop is offered for a suggested \$20 love offering. No one is turned away!!

Visit Lauren online at www.singforyoursoul.com

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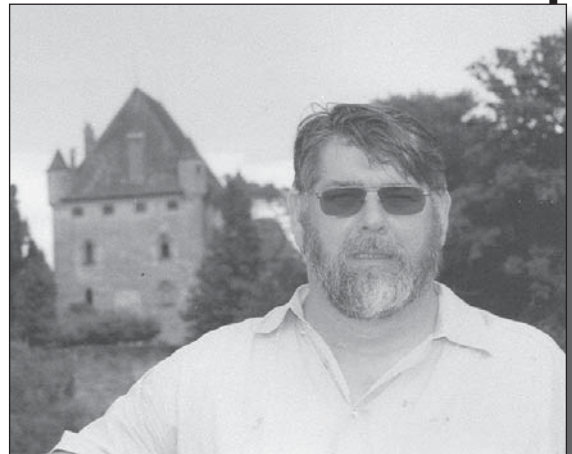
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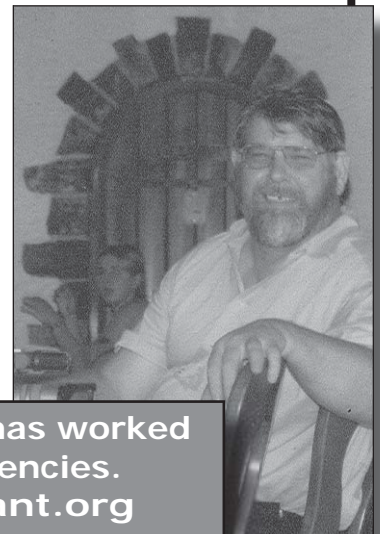
peoples lives. He offers readings both in person and over the phone. An Ordained Minister and Certified Psychic from Cassadaga, Florida, Albert has a unique gift that allows him to develop a sincere empathy with his clients. He uses this gift to give people gentle but firm guidance into knowing themselves better.

Personal readings emphasize growth and self development, and the understanding of situations and relationships.



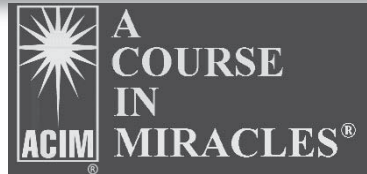
Readings have the potential to:

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

THE GATHERING IN COCOA VILLAGE



The Gathering is not a place. It is a group of people determined to see Love instead of fear, willing to change, and inspired to gather to experience the joy that comes from extending the Light of Being to each other. Grounded in the teachings of ACIM, and open to the exploration of all spiritual paths – we gather to say YES to Life. I humbly invite you to join us in awakening to the greatness of our Spirit.

-Rosalie Bianco, MMF
(Magnificent Manifesting Force)

Co-Inspirators:



Rev. Paula Langguth Ryan (www.ArtOfAbundance.com), author of *Giving Thanks: The Art of Tithing*, is a contemporary prosperity advisor and empowerment speaker who uses universal principles to help people release their fears and embrace love, creating authentic lives that overflow with joy and an innate awareness that all is well.



Carol Howe (www.CarolHowe.com) author of *Healing the Hurt Behind Addictions and Compulsive Behaviors*, is noted for her extraordinary ability to clarify spiritual principles, bringing their relevance to all aspects of daily life. She presents a powerful message about the goodness in all things in ways that enlighten, uplift and transform all who truly seek a better way.

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ACIM Gathering: 7-9pm

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Publisher/Editor/Layout:
Andrea de Michaelis

Thanks for help this month

Cha Cha La Belle
Gerald Head
Rev. Beth Head

Cover Artist (see pg 38)

Angel of Joy
by Barbara Alana Brooks

Contributing writers:

Paramahansa Yogananda
Richard A. Singer, Jr.
Eve A. Wood, M.D.
Roy Eugene Davis
Margaret Lembo
Rev. Tom Sannar
Rev. Beth Head
Abraham-Hicks
Roger Coleman
Robert Esposito
Karen Williams
Louise L. Hay
Sharon Janis
Donna Eden
Barbara Lee
Alan Cohen

Horizons

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

Anais Nin

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

www.new-thought.org/ Email oneheart@adelphia.net

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





Andrea de Michaelis
Publisher

This month's thoughts about things...

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

Hello and welcome to the **December 2006 Horizons Magazine**. After suggesting everyone watch *The Secret Movie* (www.thesecret.tv) I received several emails about it, and this one sums it up: **Thank you for suggesting I watch *The Secret Movie*. I watched it and thought it was wonderful. I guess it's just another way of saying what I've heard so many times before, but putting all of the power to me alone, rather than some outside source. I've read about The Law of Attraction in your magazine, but watching the video seemed to make it clearer to me. One thing it helped me to see was I don't really have a clear-cut idea of the specifics of what I want or what my goal is in life, so I'm working to change that. Thanks so much for being a part of the "answer" to that for which I ask.**

It's really a joy to do Horizons and, from the feedback, I know it is appreciated. I feel blessed to be the one that gets to put all the articles together, choosing

my current favorites each month. I wrote back to her: "Remember it's ok to just have a general "goal" to live a good life and be well thought of and be useful to others. You don't have to necessarily be specific and say I'm going to be a fireman when I'm 30 and a graphic designer at 40 and a ... unless those are things you know you want. If you don't know what you want, then one goal would be to identify some goals that sound fun. One goal might be to stay tuned in to your intuition so you can be guided toward new projects or people or events that help you clarify some goals. When I did that, I started doing this magazine that I have NO training in. But the Universe guided me along and before I knew it, I was a publisher and it was all magically working out..."

I've just learned that the **Spiritual Cinema Circle** is offering their members **The Secret** as part of their December DVD collection along with three short films. For a limited time, as a special offer for the month of December, new subscribers to The Circle can receive a FREE trial membership (you pay just \$4.95 shipping) by visiting; www.spiritualcinemacircle.com/secret or by calling: (800) 556-0129.

Speaking of neat stuff going on this month, this is the 60th Anniversary of **Autobiography of a Yogi** by Paramahansa Yogananda. This book, still one of the most popular books ever published on yoga and meditation, was the first 'spiritual' book I ever read, and I am enjoying re-reading it again. I've got a great excerpt from it in this issue and there is a special web-site www.ayanniversary.org with lots of goodies - check it out!

Since visiting **The Monroe Institute** (www.monroeinstitute.com) I have begun to contemplate various aspects of my life. If you've done **The Gateway Voyage**, please email me at HorizonsMagazine@aol.com so we may discuss it.

...continued on page 28...

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Page 7

The Science of Deliberate Creation



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Esther & Jerry Hicks are authors of *Ask & It Is Given* and *The Amazing Power of Deliberate Intent* (The teachings of Abraham). Visit them at www.abraham-hicks.com.

Make Peace with Where You Are

Are you knowing what you are wanting? An evolving thing? Are you enjoying the expansion of your desire? And are you noticing that it is expanding?

As you begin to recognize that you get to decide all of it, and as you begin to appreciate the contrast that makes deciding or concluding, or preferring, more obvious, then you begin to sincerely enjoy the contrast.

We always begin by asking: Those manifestations that have not yet come about are still pleasing to you, yes? And some lie and say yes, others say no, but we want you to come to the place where you say yes and really mean it. "Yes, there are things that I want that have not come into manifestation yet. There are things I want that I can't even see any way of them happening—but they are still refreshing and delightful to me. I still feel anticipation. I still feel encouraged. They still feel fresh and good to me." And we want that for you.

We want your unfulfilled desires to feel good to you, because, well, there are two reasons: If you cannot make peace with where you are, then the unfulfilled desires are very slow in becoming fulfilled because that angst you feel about things not yet happening, is an indication of a vibration that's literally holding it apart, from you.

So, when you're sick and you want to be well, and you've been sick for a long time and it doesn't seem like you're getting better, or when you have one of those diagnoses that says you're probably not going to get better, and so, instead of feeling hopeful, you feel fearful—improvement is very hard to come. In fact, it cannot come under those conditions.

The vibrational difference between feeling hopeful and feeling fearful is the difference between getting well and not getting well. It's the difference between holding this condition on and on and on, or letting it go.

So, in the same way, we say, your current financial affairs could be not good. You could have more bills than you have income. You could have people hounding you on the telephone or beating on your door every day... And we say, so that's what-is; that's the action journey that you are upon. But you could have that financial condition percolating along and you could feel hopeful, or, you could have that condition percolating along and you could feel fearful. And the difference between fearful and hopeful is the difference between things improving for you.

This is a Vibrational Universe and you are Vibrational Beings. You don't set your radio dial on 630 AM and expect to hear what's being broadcast on 98.6 FM. You understand you've got to line those frequencies up, and so you do. You don't stubbornly set it on the station that you don't want to hear and then demand that the laws of physics change so that you can hear it anyway, without you doing anything about it... You

...continued on page 30...

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A black and white portrait of a man with short, dark hair. He is wearing a light-colored, button-down shirt. His sunglasses are perched on his head. He is looking slightly to the left of the camera with a neutral expression. The background is dark and out of focus.

You Can Have The Life You Deserve To Have

Roy Eugene Davis is the director of Center for Spiritual Awareness in Lakemont, Georgia. He is a personal disciple of Paramahansa Yogananda. Visit www.csa-davis.org/ or call (706) 782-4723.



To have something is to possess it. Your life includes your spiritual, mental, and physical experiences. Do you now have the life that you, as a spiritual being, deserve to have?

Are you always spiritually awake, healthy, happy, mentally peaceful, emotionally stable, continuously prosperous, successful in all of your right endeavors, completely fulfilled, and satisfied with your life as it is?

If you are, you are fortunate. If you are not, vividly imagine the kind of life you want, and deserve, to have. Assume the states of consciousness, mental attitudes, feelings, and appropriate behaviors that will enable you to have it, and you will have it.

You don't need to ask anyone for their permission to be the person you want to be and have the life you want to have. As a spiritual being, you have the freedom and the ability

What are your usual expectations? Are you always optimistic? Do you always confidently anticipate ideal outcomes for all situations—or do you only mildly hope for good things to happen while thinking that they will not occur?

I recently saw a message on a sign in front of a local church: **Worry is the misuse of imagination.** What do you imagine for yourself (or for others)? Do you mentally picture good fortune—or misfortune?

Do you believe that living is a wonderful, continuous adventure in learning and growing—or are you inclined to think that living is difficult, painful, and a constant endeavor to solve a never-ending series of difficult problems?

Examine the relationships between your states of consciousness, mental states, actions and reactions to events that occur, and your everyday experiences.

Notice that, in most instances, your states of consciousness and how you habitually think, feel, act, and react, are the determining factors regarding your experiences. You will then clearly see that you are, every moment, choosing how you are living and most of the experiences that you have.

Some inharmonious events that occur and unplanned circumstances that emerge may be caused by the trends of Nature or the actions of others. Calmly observe them without allowing your mind to be disturbed.

Established in Self-knowing, view external conditions as transitory events appearing and disappearing in time and space. While they occur, you, as a changeless unit of a supreme Reality, can constantly be anchored in the Infinite.

With this understanding, creatively express your highest potential for excellence. Affirm with soul-felt conviction:

**Knowing how to wisely think, feel, and act,
I choose to have the life I deserve to have.**

The enlivening, supportive Presence of God is always fully present where you are.

Learn to always be conscious of It. Rely on It. Establish and maintain a cooperative relationship with It.

The deeper you go into It, the more complete and satisfying your life will be.



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to choose how to think, what to do, and what to experience.

First, make the choices that seem to be best for you. Then, decide to have them actualized—to be real because of your intentional actions that produce ideal results.

Your mind is one with a Cosmic Mind that is inclined to be responsive to your mental states, thoughts, and intentions. It will provide what you need or desire.

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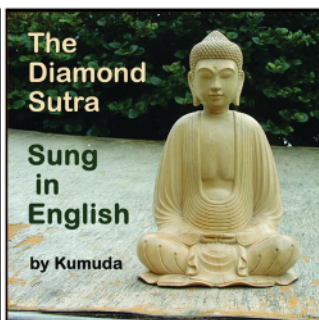
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Energy Medicine Q & A



Donna Eden is one of the world's most widely respected healers and a pioneer in bringing the methods of energy medicine to the public. Her unique clairvoyant observations of energy patterns have led to a fabulous, practical guide to managing the body's subtle energies. See Donna January 2, 2007 class in St. Petersburg and the January 10, 2007 and March 15-20, 2007 classes in Orlando. More information to be found at http://www.innersource.net/classes_training/classes_training_main_em.htm or by calling (541) 482-1800.

Breathing Techniques



Question: What is the purpose for the breathing technique you teach - in through the nose and out through the mouth?

A. This form of breathing moves vital energy through the chakras and it keeps the central and governing meridians, which meet in the back of your throat, connected to one another. Breathing in through your nose brings a force up your spine (governing meridian) that is fed by each of the chakras, and then shifting to breathe out our mouth creates a connection at the back of your throat which stimulates central meridian. I see value, however, in many of the techniques that are used in traditional healing and yoga practices. These vary according to the purpose of the breathing, and they also vary from individual to individual. I even see value in "not breathing"-in the shallow breathing that sets off an alarm for many healers. When a person goes into an almost stillness with the breath, he or she may energetically have entered an altered state that can be very healing. Some exercises also have a stronger impact on the body when the person stays in that stillness of breath. A yin force is activated, and along with it, receptivity. Anyway, it isn't that one way is right and one way is wrong, but rather there are many forms with many purposes. And sometimes it is important to just trust the energy that begins to lead the process when a person is not controlling the breath. While the healer's attention to breath is often to change habits that keep people from getting the oxygen they need, I personally have on occasion wanted to slug a healer when I've been the one on the table and been told, "Take some deep breaths now." This has felt like a violation of my own rhythm, imposing a more yang rhythm. At other times, however, it has been helpful, so the main guideline is to stay closely attuned with your client and with what you are wanting to accomplish.

Local Study Group information can be found at: www.energy-medicinedirectory.com/energy_medicine_study_groups.html Additionally: Melanie Smith in St. Petersburg has a 6 Week Energy Medicine 101 Class beginning in January and a one day a month class that has been going for 5 years now. (727) 522-6515. Also, Frank Dowler and Cindy Haight, in the Orlando area, have a 7-8:30pm Energy Medicine Class that meets on the 3rd Wednesday of the month. (407) 677-0109.



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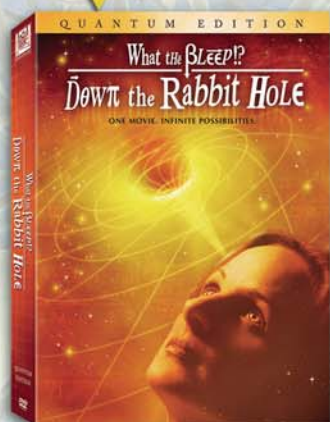
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Dear Louise...

Louise L. Hay is a metaphysical teacher and best-selling author of numerous books, including *You Can Heal Your Life*, *Empowering Women*, and *I Can Do It!*. Louise's works have been translated into 29 different languages in 35 countries throughout the world. Visit www.LouiseHay.com™ or www.hayhouse.com®. And, tune in to HayHouseRadio.com® for the best in inspirational talk radio featuring top Hay House authors!



Dear Louise, I've always been fascinated by the thought of growing and changing my attitude and personality. In other words, I want to become a better person.

My big problem is that my sister stops me from achieving my goal. She's always getting me into trouble and saying very hurtful things to me. On most days I'm petrified to speak to anyone in my family for fear that I'll be shouted at or my words will unintentionally cause trouble. Every time I try to change into a better person, my sister says or does something that really hurts me, and therefore I'm back to square one. My older brother is just as bad: Almost every single day he comes around the house and begins to moan and complain about his work and personal life, which always results in screaming, fighting, and shouting.

Although I have a few friends, unfortunately, I don't have any close ones around my age-group to hang out with or to visit. I'm pretty much a loner, so I have nowhere to escape to for a break.

Please, can you help me find the answer to becoming a better person without the hurtful words or actions of others getting in the way? It's so difficult to change yourself into a better person when you're constantly surrounded by people who beat you down and make you feel so miserable! **B.K., London**

Dear B.K. It sounds as though everyone in your family is troubled. No matter what other people say or do, you're the only thinker in your mind. The thoughts you are choosing to think are the ones that are creating your future. Your thoughts are a direct line to the Source of all energy. You don't need to be a better person; you already have within you the ability to be happy in the midst of chaos. Although you might be quite a young girl, your thoughts still have power.

Instead of reacting in the usual way to your family, begin to go within and find that peaceful haven inside you. The next time someone tries to upset you, say silently to yourself, I bless [my sister, brother, or whomever] with love and know that there is a peaceful place within this person, too. We are all creating harmony in our family.



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We are all safe. Keep repeating this over and over. It may feel stupid the first few times you say it; however, as you continue to repeat this affirmation, things will change. You have the power to create peace in your family. They have no power over you unless you continue to play their games.

I'd also suggest that every time you pass a mirror, you stop, look into your own eyes, and affirm: I live in a peaceful family who support me and want me to be the best I can be. This is what you really desire, so create it in your thoughts. I know that you can do it . . . begin now.

Dear Louise, Since turning 30, I've been suffering from PMS. My symptoms have only gotten worse over the years. Now each month I can be affected by severe symptoms for up to 12 days. I long to become a mother, but in this condition, how can I? Can you offer any advice? **J.S.**

Dear J.S., On a physical level, you need to go to a good nutritionist and have your diet checked out. Poor food choices can have devastating effects on your menstrual cycle. Don't wait another moment. If you don't know where to go, ask at your local health-food store. Los Angeles is full of knowledgeable nutritionists.

On a metaphysical level, this cycle has a great deal to do with creativity. How are you stifling your creative processes? What are you not allowing yourself to do? Every woman needs a creative outlet. What do you do that gives you great joy? Love yourself enough to make time in your life for this activity. Affirm: I am in the rhythm and flow of life. All is well in my world.

Questions for Louise? Write to: Dear Louise Column, c/o Hay House, Inc., P.O. Box 5100, Carlsbad, CA 92018-5100 (letters may be edited for length and clarity). Visit Louise and Hay House at: www.LouiseHay.com® or www.hayhouse.com®. And, tune in to HayHouseRadio.com® for the best in inspirational talk radio featuring top Hay House authors!

From the Heart

Alan Cohen is the author of many popular inspirational books, including the best-selling *The Dragon Doesn't Live Here Anymore* and *Why Your Life Sucks and What You can do About It*. This January 1st Alan begins a six-month Personal Mentorship Program. For information on this program or to receive Alan's daily inspirational quote and monthly newsletter, visit www.alancohen.com, email info@alancohen.com, or phone 1-800-568-3079.



'Til Breath do us Part

Gifted minister and musician **David Ault** told me an extraordinary story: After David's sister had passed last year, he took his mother to visit his sister's grave. To David's surprise he noticed that another gravesite had been reserved next to his sister's. "Who is that gravesite for?" he asked his mom.

"Me," she answered.

"Are you ill?"

"No, I just want to be near my family."

Though startled, David was pleased at the loving foresight behind his mom's decision.

"Then may I have this dance?" David asked his mom.

"What do you mean?"

"Let's dance on your grave."

Mom took a moment of thought and answered, "Well, that sounds like a great idea!" And dance the two did. Probably one of the most memorable of their lives.

As we approach the end of this year, issues of parting and completion may come up for many of us. Another year gone by, and what do we have to show for it? Perhaps you have had to say goodbye to a relationship, job, or living situation. Perhaps a loved one has passed on. Life is full of beginnings and endings, and all of us have our share.

We are all familiar with the marriage vow, "'Til death do us part." For some people this promise strikes a note of hope and vision for a lifetime connection. For others it

breeds terror at the prospect of a commitment never to be escaped.

Death is not a happy prospect for most of us, and rightfully so. Death should be distasteful, for it is only half of the story of life changes. If we are to look upon death honestly, we must acknowledge that on its other side is life. Death is not a ticket to oblivion, but a corridor to greater light.

I would suggest that marriage, relationship, career, or goal vows include the phrase, "'Til breath do us part." If something ends, it is for two reasons: (1) The life force that initiated and sustained it is no longer breathing through it; (2) That same life force is moving in a new direction. In the big picture of life our commitment to life force is far more important than a commitment to something that was once imbued by the spirit of joy but no longer is.

Before you get your knickers in a knot and interpret this suggestion as a blanket license to run away from relationships or carte blanche for commitment phobia, hear this: Many relationships, jobs, and living situations still do bestow life force, and will bless to continue. In our latté-on-the-run society our attention span has shrunk to sound bytes no longer than a fleeting MTV scene, and many of us are hard-pressed to sit still long enough to be fully present with whatever we are doing. This is a far greater spiritual malady than the ending of a particular relationship or job. If speed is an addiction, our culture is a hardcore junkie. Pascal noted, "All of man's troubles stem from his inability to sit quietly in a room alone." Gandhi echoed, "There is more to life than increasing its speed." Or running to the next thing before you are complete with the last.

When breath, not death, becomes your guide, crossroad choices become far clearer and easier. A Course in Miracles tells us, "When you have learned how to decide with God, all decisions become as easy and as right as breathing. There is no effort and you will be led as gently as if you were being carried down a quiet path in summer." Now that sounds a lot more appealing than angst-ing over whether you should stay or leave.

If someone or something has left you by surprise, or seemingly unfairly, you are in a perfect position to affirm, "'Til breath do us part." Life itself is breath, and if Great Spirit has breathed someone out of your life, there is a reason. Rest assured that the same life force that breathed them out will breathe someone or something else in. Spirit is intelligent and responsible. Know this, and fear will have no power over you.

Everyone comes into our life for a reason, a season, or a lifetime. Some people show up for a momentary shared purpose and move on as quickly as they came. Others walk by our side for a significant phase of life. (Sometimes those who challenge us fall into this category as well.) Others are lifetime companions, and we are truly blessed by these. Real friends are with us even when we do not see them, as we are with them.

Breath brings us together and breath moves us apart. Breath starts years and ends them. The breath of life is like the breath of our body: for every breath out, there is a new one in. Inspiration, release; inspiration, release. Let us complete this year not with regret or lament, but with breath, which not only does us part, but most profoundly does us join.

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Margaret Ann Lembo has been facilitating workshops, weddings, and private sessions for 17 years, always with the intention that Divine Love and Higher Spiritual Realms are providing the guidance. Margaret is owner and creatress of The Crystal Garden, a Book & Gift Store, and Spiritual Center in Boynton Beach. Call 561-369-2836.

We are given opportunities daily to connect, to make friends, to make love, to renew connections from past lives, to re-establish friendships from earlier in this life, to make family, to establish community, to take care of loved ones, to clear old hurts and much more. The question is, 'How long are you/we going to avoid each of these things?' Are we going to let another day slip by without taking action? Are we going to have our life slip by us only to look back some day and say I could of, should have, and would have, if only . . .

Now is the time! Make the effort! Step up to the plate and move closer to loving yourself and others more fully and deeply. OK, so we have all been hurt in friendships, relationships of all kinds and yet are we now choosing to hide under a rock because we might get hurt again? Naaaaah . . . let's not go down that road. That is a step toward hardening the heart and that's going the opposite direction from love. It's time to be courageous. Be brave enough to be the 'bigger person' and make the phone call, make the connection, respond to that email from that person who wants to connect with you, accept the dinner invitation! Grow up and go out and play! Gift your self with the opportunity to love and to be loved!

We probably all have experience a time when life has presented circumstances where it appeared that dear friends were going to slip out of our lives due to outside influences. Once we are able to clearly see what these influences are doing and realize that we are unable to do anything about it then we must move into acceptance. Connecting with higher wisdom of the greater cycles of our life is one thing we can choose to do. Stay focused on the love for these dear ones and the good memories. Some friends who are innocently and unknowingly being swayed down a different path, may some day return full circle to the re-ignite the friendship. When we love someone dearly we must let them go and be and do what they must in their life. If we are meant to return to connect again some day then we will. Trusting the process is the key and maintaining our own personal center is what is most important.

We may always maintain a special place in our hearts for certain friends who pass through our lives. We may be like

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the faithful little dog who still loves the master even when the master treats the dog without due respect. There is good medicine to Dog Medicine. The energy of loyalty and faithfulness is a good humble quality. In some cases, faith in the friendship pays off as the circle of life may swing us back to that friend again. Even with all the adversity, we may really believe and know that these good friends are meant to stay good dear ones for the rest of our lives. When we hold that truth and knowingness in our hearts and persevere, we may find that reconnected and our friendship is more profound and deepened because of the experience.

Sometimes it is worth it to play the fool (those are words to a great song, yes?) to allow love to win in your life! It is better to have loved and lost, than to never have loved at all. And to really do that means that we must take those steps and make it happen by stepping outside our circle of comfort to allow the opportunity to manifest. Hold the vision, take the action and let love live fully in your life!

Recently I came across this saying which has been forwarded to me via email and also given to me in a greeting card:

"Dance as though no one is watching you, Love as though you have never been hurt before, sing as though no one can hear you and live as though heaven is on earth."
Souza

Wanna dance?



Covered By Love

Rev. Beth Head is Minister of Unity Church of Melbourne, where she welcomes you to the 9:15am and 11am Sunday morning services at 1745 Trimble Road, Melbourne. Call her at 321-254-0313 or email at RevBethDH@aol.com.

An article in the **National Geographic** several years ago told this story. After a forest fire in **Yellowstone National Park**, forest rangers began their trek up a mountain to assess the damage done by the fire. One ranger found a bird literally petrified in ashes...it was perched statuesquely on the ground at the base of a tree. Somewhat sickened by the eerie sight, he gently pushed the bird over with a stick and to his great surprise three tiny chicks scurried out from under their dead mother's wings.

The loving mother, keenly aware of impending disaster, had carried her offspring to the base of the tree and had gathered them under her wings, instinctively knowing the toxic smoke would rise. She could have flown to safety but had refused to abandon her babies. Then the blaze had arrived and the heat had scorched her small body. But the mother had remained steadfast. She had been willing to die, so those under the cover of her wings could live.

Psalm 91:4 "He will cover you with his feathers, and under his wings you will find refuge."

The chicks, covered by the mother's love were protected. Though her physical presence was gone, her act of love would be with them for the rest of their lives.

That is the message **Jesus** left for us too - "My physical presence is gone, but remember this - you live under the cover of God's love. Your safety and well-being is ensured...guaranteed because you are covered by God's love." His teaching - "I lived, died and rose from the grave so you could know for certain the power of God's love for you."



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Celin Wood of Painted Post, NY was in a job that she hated. Management had changed and she could barely make herself go to work. Celin's friend **Mary** kept encouraging her. She gave her a resin eagle that Celin had on her desk - it was suppose to help Celin remember to fly above the minutia.

Celin told her friend Mary that "it's really hard to fly with the eagles when you're surrounded by turkeys. Mary laughed and said, "maybe you should quit." Celin replied, "If I had another job I'd quit, but what if I quit this job and can't get another one?"

On her way home, she thought, "Lord, I can't keep on like this. Could you give me a sign I'm sure to understand?"

The next morning driving down the country roads to work, she saw something in the roadway. It was an animal or a bird blocking the road - it was whole group of somethings. As she crept closer, huge birds came into focus - Turkeys - big, brown-black turkeys.

Celin gave her resignation. She realized that she had been waiting for a job to come to her, but now she realized that with her skills and determination and she could fly until she found a new job. Which she did. Nowadays, she truly sores with eagles, but those turkeys on the road hold a special place in her heart.

Psalm 91 He who dwells in the shelter of the Most High, who abides in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; My God in whom I trust." For he will deliver you from the snare of the fowler...He will cover you with his feathers, and under his wings you will find refuge...

Celin was covered with God's love... with turkey feathers.

The message of God's love for us is so important - Jesus said it over and over. In **Matt. 6:25-30, & 34**, a part of Sermon on Mount - thought to be one of most important teachings given by Jesus.

"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? 26Look at the birds of the air; they neither sow nor reap nor gather into

...continued on page 41...

SECRETS

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Writer-producer-artist-musician Sharon Janis is the author of Spirituality For Dummies, Secrets of Spiritual Happiness, and Never to Return: A Modern Quest for Eternal Truth. Visit her website for inspiring book excerpts, streaming videos, devotional chanting, more: www.sharonjanis.com (see ad on page 17)

There's Always Good News

Sometimes I think war is God's way of teaching us geography.
—Paul Rodriguez



One quality of spiritual happiness is to know and trust that, somehow, there is always some good that can be found in any situation.

Once a man went to a highly regarded astrologer to find out what was in store for his future. The astrologer told the man, "Well, I have good news and bad news. Which do you want to hear first?"

The man was concerned mostly about what the challenges would be, and requested, "Please tell me the bad news first."

"You have thirty years of misery ahead of you," the astrologer said. "Things are going to crumble and fall apart, left and right."

The man was shocked, but still hopeful. "Well then, what is the good news?"

The astrologer responded, "You'll get used to it!"

Truthfully, there is always a way to look at anything with an eye toward finding blessings there. After all, getting used to having things fall apart may even end up teaching you a detachment that will help you to put better things together in the future!

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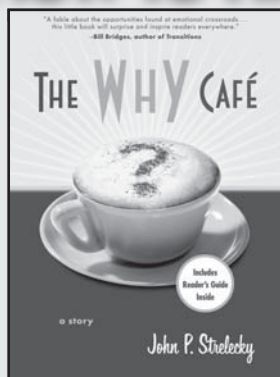


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Courtesy of Self-Realization Fellowship, Los Angeles



Paramahansa Yogananda at Self-Realization Fellowship—International Headquarters, Los Angeles, 1951

*This excerpt is reprinted from
Autobiography of a Yogi by Paramahansa Yogananda,
courtesy of Self-Realization Fellowship, Los Angeles, California.*

"Mukunda!" **Sri Yuktswar's** voice sounded from a distant balcony.

I felt as rebellious as my thoughts. "Master always urges me to meditate," I muttered to myself. "He should not disturb me when he knows why I came to his room."

He summoned me again; I remained obstinately silent. The third time his tone held rebuke.

"Sir, I am meditating," I shouted protestingly.

"I know how you are meditating," my guru called out, "with your mind distributed like leaves in a storm! Come here to me."

Thwarted and exposed, I made my way sadly to his side.

"Poor boy, mountains cannot give you what you want." Master spoke caressingly, comfortingly. His calm gaze was unfathomable. "Your heart's desire shall be fulfilled."

...continued on page 40...

Daily Guidance From Your Angels: 365 Angelic Messages to Soothe, Heal, Open Your Heart



The following excerpt is taken from the new book, "Daily Guidance From Your Angels: 365 Angelic Messages to Soothe, Heal, and Open Your Heart" by Doreen Virtue, Ph.D. (October 2006 Hay House). It is available everywhere.



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Anxiety creates a restlessness that makes it difficult for you to focus and concentrate. At times, your mind and body feel as unsettled as the churning sea. These feelings spring from a search of peace, without knowing where it is or how to find it. It's a relentless outward quest for perfection and a desire for control that's founded on the longing for serenity. But since peace is God, what you're really craving is a connection with the Divine.

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Thought for Today

I remember to breathe throughout the day.
I remind myself that I can choose peace, no matter what is going on around me. Whenever I desire, I can retreat to that quiet place within simply by closing my eyes.

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A CHRISTMAS TO REMEMBER

Robert Esposito is a local musician who is now opening up to a more spiritual path. This series of events commenced in February of 2005 and concluded on Dec. 25th 2005.

This is a true story I felt compelled to share. It is a series of events that has changed my whole outlook on life.

It's **Christmas** day and I'm sitting in the **Unity Church of Melbourne, Florida**. Church members were asked to come up front and speak about a special Christmas from their past. I said to myself, "this Christmas was special for me." It was then that I felt myself opening up spiritually for the very first time.

After the service I walked to my car. I noticed the vehicle parked next to mine, and something about it triggered my memory. I walked behind this vehicle and read a message on the back of the vehicle. It shook me to my very core.

The year 2005 was a time filled with tremendous upheaval and changes in my life. My whole belief system felt meaningless. I felt lost, and almost on the verge of some sort of breakdown. I was losing my will to live.

I am an avid reader, so I went to the bookstore one day to get my mind off things. I noticed a book that was put back on the shelf backwards. I pulled it out to read the title. It read, "**Ask and it is Given - Learning to Manifest Your Desires**", by **Esther and Jerry Hicks**. I started to read the book and thought to myself if I truly have the power to create choices and changes in my life, prove it to me. Moments later, I had the sudden urge to leave. I shut the book abruptly and got up to depart. As I walked to the door I literally walked right into someone from my past. It was someone I was holding resentment toward. As we talked I found myself truly forgiving this person and letting go of the past. Coincidence? I do not know, but I ended up buying the book.

As time went on I felt more positive and confident from reading the book. It pushed me to go back to school. Then something happened I did not expect, I began remembering past trauma that I had repressed for thirty years. I felt like I was going to lose all control. I withdrew from school and realized I must deal with these past issues. It was a big step for me, but I began going to therapy.

On one occasion during a session, my father came up. I found myself becoming extremely angry. The therapist suggested I go home and write a letter to my father explaining how his actions and inactions affected me to this day. Well,

at this point I said to myself, "Write a letter, for what? This guy is already dead! He's not going to read it!" I was totally through with this getting in touch with your inner feelings thing. I gave up on therapy right then and there. I got in my car and was angry beyond belief! I was mad at my father, therapy, myself, and my life! On the road while stopped at a red light, I finally broke down. I said, "Please just tell me everything will be alright." I then looked out my windshield and read the license plate on the vehicle in front of me.

It read, **ALZ-WEL**. I instantly started to laugh; my mood went from one extreme to another. This was so powerful of a feeling that it stayed with me for four days. Armed with this new feeling I went home and wrote the letter to my father. I began to realize this letter wasn't for him, but for me to release my anger and frustrations. This event gave me the faith to return to therapy.

I went to my next session and told the therapist what happened. I then asked, "What do you think of the license plate?" She said to fully heal I must work on my mind, body, and spirit. She asked what I was doing spiritually. I said I never felt comfortable with organized religion, so I never explored my spirituality in a serious manner. She suggested I try the **Unity Church**. The next week I had lunch with a friend. The subject of **Unity Church** came up. She mentioned she had the new schedule for Unity of Melbourne and if I would like to go next Sunday she would meet me there. Coincidence again?

I arrived at Unity on Sunday and parked next an SUV. I enjoyed the service so much I wanted to come back next Sunday, which was **Christmas**. Christmas arrived and I pulled into the church parking lot. I noticed the SUV, but I felt for some strange reason to park next to it. I specifically drove up two more parking spaces and started to back my car in. I got out of my car and noticed I was right next to the SUV! "How did I end up over here?" I didn't think much of it and went inside the church. After services, I walked toward my car. I suddenly noticed the SUV's make, model and color. "Oh this can't be!" I slowly walked to the back of this vehicle, all the while saying, "Don't tell me, don't tell me." I turned with my heart pounding and read the license plate. It read, **ALZ-WEL**.

I could not believe it was the vehicle from weeks past that changed my mood, got me to write my letter, return to therapy where we discussed a spiritual path and attending Unity. I was in complete shock. I then remembered the week before I parked next to it. Was it coincidence or something so much more?

I went inside to find the owner of the SUV. I told her my whole story of how and why I was at Unity! She thanked me for sharing and said if she could help me in anyway in the future to let her know. I am still amazed at what happened.

This is truly a Christmas I will never forget!

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This month's thoughts about things...

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My 'dreamlife' has become more vivid and complex as a result. I am coming to understand several things that have happened to me in recent years. Every few years, it seems a good friend falls out of my physical proximity. Usually this is when someone moves away, as my neighbors and best buds **Doug & Trish** did last year. We are in touch, I just miss meandering back and forth here in our woods together each day. And like my friend **S**, who stopped speaking to me after what I thought was a minor instance in July. And like my favorite sister in law **Debbie** who moved to **Portland, Oregon** from **China** 2 years ago; we email often and have many of the same interests. We read the same books and like **Monroe** and **Seth**, etc. We do more inner journeying together than we do outer contact, so we are still as much in touch as ever.

I admit when **Doug & Trish** moved, it brought me out of my shell. I have a tendency to stick close to home and office, and whoever is physically, geographically in front of me the most is the one who tends to be my best buddy.

For the last ten years, anytime I wanted some human contact, I could just mosey on next door and have a few minute chat in the garden or a quick cup of tea. Or we'd bike ride at sunset together. Sometimes I could go weeks without having to go anywhere or see anyone else, because those brief touchstones were all I required to feel balanced and in touch with humanity.

Now they are gone, I have become closer to several other friends, and new friends = new activities, new topics of discussion = new desire within me = the formulation of ideas = new projects to be excited about! I feel I've taken a quantum leap into a new arena, and I'm reached a new level of fun and freedom. Although I publish *Horizons Magazine*, I know very little about the publishing business or about media or marketing in general.

I know that I attract my experience to myself by virtue of the thoughts I think on an ongoing basis. I know that if what I am thinking now is not bringing me a life I enjoy, then I need to change the content of my daily thoughts. I know the easiest way for me to change my self-talk is to create a visualization script and use it several times a day. And that's how I do my marketing and promotion, too.

I have several daily sessions where I spend about 5 minutes visualizing my advertisers and writers and readers having delightful beneficial surprises in their lives, and much financial success. If I have ad space to fill, I will visualize the perfect ad being attracted to go there. And it will appear. If I need a new distributor in a particular area, I will ask for one. And get one. So basically, what I know about marketing and media promotion is the same thing I know about anything else: you envision it, you attract it, you allow it.

Several new friends are publishing professionally, and their ideas prod me to look at what I do from a different level. It is also through them that I am becoming more familiar with several popular authors and the work they do. This naturally drives the topic to what we are each excited about experiencing in the future, and that's always my favorite topic.

Last week I became aware that this is the first time in many years that I have felt deeply inspired by so many people in one time period, on an almost daily basis. Every so often I get the shivers up my spine, just tickled pink that I get to be **ME** right now and have so much fun in my work. And I also know the shivers are signs that my body is bringing itself into balance with the new vibration I am growing into.

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Learn the Language of Your Body and Make Friends with Your Inner Healer

The following excerpt is taken from the book 10 Steps to Take Charge of Your Emotional Life, by Eve A. Wood, M.D. It is published by Hay House (January 2007) and available at all bookstores or online at: www.hayhouse.com



Examining Physical Messages



ften, our body's symptoms are manifestations of our unrecognized psychic pain—of stress, depression, anxiety, grief, and fear. When we're out of touch with our emotional challenges and needs, our bodies feel and express the problem.

We may suffer from sleep difficulties, muscle tension, or shortness of breath. We may become irritable, sweaty, short-tempered, tearful, hypertensive, or "wiped out." We can even develop problems such as headaches, colitis, back pain, cardiac disease, asthma, and esophagitis. Sometimes when we're carrying traumas that we don't even realize exist; our bodies struggle to let us know what's going on by making us sick.

Every moment, our physical selves are registering experiences and communicating with us about what's happening. When someone smiles at us, our bodies register joy, our blood pressure and heart rate diminish, and calming chemicals suffuse our systems. We feel good. Yet when another person cuts us off in traffic and gives us the finger, our bodies register upset. Our blood pressure and heart rate rise; we may get sweaty and jumpy. We feel bad.

Scientist and author **Candace Pert** talks about the molecules of emotion that affect every cell in the body. Hundreds of chemical messengers (informational substances) are registering and communicating emotional experiences throughout our bodies all the time. Whether we recognize it or not, we're physically feeling things. Sometimes our minds can't, don't, or won't register the emotions that impact us. When this disconnect gets large enough, we may feel sick. Our "illness" may take us to the emergency room or to our family doctor. After a thorough assessment and a bunch of tests, we might even be told that there's nothing wrong—in other words, nothing can be found on an exam, x-ray, or blood panel to explain our distress.

But something is wrong: We're ill. We feel bad because something is going on, and our bodies are trying to let us know what it is. It's our job to learn the language

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The Science of Deliberate Creation

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can't be beating the drum of things gone wrong—and offering a vibration about things going wrong—and be in the vibrational place of receiving what you are wanting.



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When you choose a thought that feels better than the thought that you were choosing before, and you consciously acknowledge that you had the power to choose it, and that you did choose it, and that it did change your vibrational frequency—now, there's no place you cannot go. Now, that cloud of despair, that cloud of not being able to control your own experience goes away.

There is not anything that any of you want—whether it's a material object, a state of being, a relationship, a circumstance or event... there's nothing that you have ever wanted or anybody you've ever known has ever wanted—that is for any other reason than you think you will feel better in the having of it... And when you show yourself that you can feel better just because you've decided that you want to feel better, and that you have the power to choose a thought

that feels better, now, you're on your way. And there's nowhere that you cannot go along this Emotional Scale. And when you make it up there into the consistent range of feeling pretty darn wonderful, then wonderful things become the basis of your experience.

Sometimes well-meaning people will encourage you to get happy faster than you can. And the reason that we say that is because, as we said earlier, you cannot put your radio dial on 630 AM and hear what's being broadcast on 98.6 FM; the frequencies have to match up. And if you are in despair, or fear, or anger, you can't jump all the way into bliss; you can't even get a whiff of bliss. It's a different vibrational frequency.

So, what we have noticed as we've been watching you, we notice that when you try to jump from anger or despair all the way to bliss, you don't make the jump; you can't possibly do it. And it's not because you're not good; it's because Law of Attraction is not going to give you access to thoughts or memories or experiences, or other people, that's very far from where you are offering your vibration.

It is so important that you decide today (well, you can decide tomorrow; you can decide any time you want to, but it will be important to you when you make this decision) that you're not going to try to jump frequencies... It doesn't matter where you are; you can move gradually into increasingly better places.

The thing that is so important is that you, now, once and for all, make a decision that the relativity you're going to be aware of is only going to be the relationship between how I am feeling, and how I want to feel. In other words, My dominant intent is to find the best-feeling thoughts that I can find from where I am. Not the best-feeling thought I've ever thought, or not the best-feeling thought that anybody has ever thought, but just the best-feeling thought that I have access to, right now.

Decide, really soon, that you are not going to compare your emotional state with anybody else's, because their emotional state is only about their emotional state; it doesn't have anything to do with you. Your friend that says, "Cheer up; be happy; come with me," say to your friend, "I was depressed yesterday, and today I'm really, really angry. And it's the best I can do. So, don't ask me to jump up there in your bright, fluffy, sunshine, lollipop and roses vibration; it's not possible. It's a quantum leap I cannot make. Go away, unless you like to be around an angry person."

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The Science of Deliberate Creation



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Decide that you're going to be aware of how you feel, and that how you feel really matters, and feel exhilaration when your vibration shifts. When you move from despair or fear into anger, we want you to have a triumphant feeling of celebration because that was enormous, important movement, vibrationally, and because once you get angry, you can move rather quickly into frustration, and when you find that fresh breath of air that frustration gives you, we want you to stop and celebrate your achievement—but you're not going to be able to do that if you are trying to compare yourself with where others are....

Your creativity, has only to do with your relationship with the Source Energy that creates worlds. And your emotions tell you everything you need to know about that relationship. So, it doesn't matter how happy somebody else is; it only matters how happy you are.

Do you know how, in the classroom, they'll give you an A for this behavior, and a B for this behavior, or an E, or an F for that behavior. And so, you begin to think that somebody up there in joy and appreciation should get the A, and somebody down here in depression should get the E or the F. And what we want to say to you is, when you move from depression or fear into anger, give yourself an A, because that movement means everything.

What it means is, you've shifted enough vibrationally that you now have access to a whole other range of thoughts and experiences. And, of course, you do not want to get stuck there in anger, but from anger you have a prayer of reaching frustration, where you can't usually find yourself in the fresh breath of air that frustration is from despair or from fear; it's too much of a vibrational jump.

If you'll look back into your experience, you will begin to notice (and we don't want you to look back too much, but just begin to viscerally feel around) that emotions are always coming in response to what you are giving your attention to. And with far less effort than it takes to learn QuickBooks on your computer, you're going to discover that you can be in



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control of the way you feel, which means, you now have mastered the Art of Allowing. That means, no matter what's going on around you, you have discovered a way to feel good and remain in Connection, and when you've discovered that—then Well-Being must follow you everywhere you go.

Esther talked to a friend who's a magnificent counselor, (using many of the techniques that Abraham has offered over the years with her clients) and she says, "I tell my clients, 'find the eye of your hurricane and stay there.'" And Esther said, "I sort of like that. When you think about all the things that are going on in the world that could be upsetting to you, but there is this calm here where I am. In other words, I don't have to change the world; the world doesn't have to change for me." Do you know that is truly what the meaning of unconditional love is?

Most people, when they see conditions that make them feel bad—they just feel bad. And when they see something that makes them feel good—they just feel good. And then they conclude, "We've got to control the conditions." And so, they make laws, and they get all kinds of patrollers, and they get all kinds of people that then try to enforce the laws because they believe that if they could just control these conditions,

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Dr's. Barbara and Paul Daniele

The Science of Deliberate Creation



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then they would never have to look at anything that upsets them again. But then you discover that the tsunami will come, and that there aren't laws or rules, or armies, that can stop that. Or the hurricane will come, or the earthquake will come... In other words, there's always going to be something that is going to challenge your idea that you can control circumstances.

You cannot control circumstances. You never intended to control circumstances. You intended to discover unconditional love. You intended to discover a way to feel good, no matter what, because you have the facility; you have the power; you have the ability to focus. You have the ability to choose where you focus, therefore, you have the ability to offer vibration deliberately, therefore, you have the ability to choose the way you feel. But it takes some practice.

As you practice, every day, something will happen and you will feel it viscerally in your body. Somebody says something or does something, or you see something on television, and then you've got to stop, right then, and you have to say, Nothing is more important than that I feel good. And, right now, I'm going to do my best to find the best-feeling thought that I can find.

Now, sometimes, you can change the subject. It's easy to change the subject. Or, you could meditate; just quiet your mind; put your brain on pause; that makes you feel better immediately, too. But if there are circumstances that are hammering you, things that come up often: somebody in your experience that is there every day, or often, if there's something happening in your experience that you consistently feel bad about, then you've got some work to do on this Emotional Scale.

Once you show yourself that that person, or that circumstance, does not have to change for you to move from fearful up to hopeful, or from despair up to anger to frustration... once you show yourself that nothing has to change, in terms of the action journey, for you

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The Science of Deliberate Creation



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to have real movement in the emotional journey, once you show yourself that, then watch what happens to your action journey. Once you shift; once you beat that drum; once it settles in; once you find the groove of that, once you are there, once you've shifted that belief, once you've modified that vibration (far less effort than you think), everything will begin to shift in your experience.

So, contrast causes you to offer rockets of desire. The desire is nowhere near where you're vibrating. So, you've given birth to an idea of something you want that you are not a vibrational match to it. So, you do your best to find thoughts that feel closer and closer and closer to it. And when you begin to feel the elation that you will feel when that manifests, even before it manifests, now, it must manifest, and it must manifest fast.

That's why we asked you that all-important question as we began. Do those unfulfilled desires please you?

And some of you lie and say yes, some of you say no. But we want you to work on getting to the place where you say, "Yes, I love this unfulfilled desire! I love knowing that there's something in the offing for me. I love knowing that it's out there percolating, and I love doing my work, which is, gradually, gently, consistently bringing myself into vibrational alignment with it."

When it feels like the next logical step—then it comes right in. So your work, as you stand in the absence of something wanted, is to pretend it, to imagine it, to become so familiar with the essence of what it would feel like when it comes, that even though it hasn't come, you still feel good. (You get this?) Even though my lover hasn't come yet, I'm excited about the idea of my lover coming. I'm anticipating. I feel excited about it. But if I'm depressed, if I'm discouraged, if "all the good ones are taken," then, it's not the next logical step.

We think you heard that.

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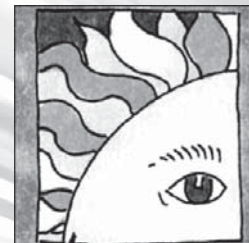
Use Horizons Magazine to create your own Horizons Community Group

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

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

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

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SOULSONG #393 **MISSION POSSIBLE**

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

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

This is the way the Universe is designed.

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

When I dwell on what I don't like and don't want, I generate negative emotion, such as fear, guilt, blame, anger, regret, even despondency. These emotions are foreign to and incongruent with my Source identity, and when I hang out in those places, I hamper my connection to divine and infinite supply.

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

As I get a grip on the price I pay for negative emotion, I begin to choose better feeling thoughts.

Deliberately. On purpose. Little by little. Starting, well, how about now?

OUR CALENDAR OF EVENTS

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Mondays PT CHARLOTTE Psychic Development with John Culbertson and Lisa Freeman. 7:00PM - 9:00PM. \$20/class. Starchild. 941-743-0800

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Thursdays TITUSVILLE 12-1pm Oceans of Love Women's Group A weekly women's meeting that will focus on the healing affects of the beach/water on our body, mind and soul. This will include natural spa therapies, healing water therapies, ocean meditations, discussing ocean writings and poetry, healing past wounds thru the waters of our life, and so much more! Love offering, Call Shanti for more info 321-747-0684. www.peacefulbliss.com

Thursdays PT CHARLOTTE Belly Dancing with Sandy Anastasi. 7:00-8:00pm. Free. Starchild. 941-743-0800.

Thursday FORT WALTON BEACH Saht Meditation led by Sonny Goldson. Thursdays at 7 PM. Way of Life Unity Center 1797 Hurlburt Field Road 850-864-1232 Info: sonnysound@aol.com

Thursdays MELBOURNE 7-9PM Mindwalk Expand your abilities! Improve your life! Weekly classes in psychic and personal development. Beginners and intensive workshops too! www.SuzieMiller.com email Aquaaura@gmail.com 321-254-0000

Thursday TALLAHASSEE Psychic/Spiritual Development Class - 1 Thursday/month - 7:15-9:30 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Held at but not sponsored by United Church in Tallahassee, 1834 Mahan Drive. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776.

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

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

Friday FORT WALTON BEACH Tai Chi Taught by Bill Weimers. Fridays at 10 am at Way of Life Unity Center, 1797 Hurlburt Field Road 850-864-1232 Info: unityinstitute@cox.net

2nd & 4th Fridays WEST PALM BEACH All Message Service 7PM \$10 United Metaphysical Church 528 S. Haverhill Road 561-686-0217

Saturday WEST PALM BEACH December 16 Psychic Saturday 11AM-4PM Mini-readings United Metaphysical Church 528 S. Haverhill Rd 561-686-0217

Saturday ST. PETE/TAMPA Psychic/Spiritual Development Class - 1 Saturday/month - 7:00-9:00 PM. Includes meditation, lesson, actual hands-on practice to develop your personal skills. \$20 if prepaid for 3 classes or \$25 each class. Marilyn Jenquin, International Foundation for Spiritual Knowledge. <http://www.ifsk.org/>. 407-673-9776. Locally: Karen 813-356-8066.

Saturdays ORLANDO Pranic Healing Circle 2-4pm With the blessings of Grand Master Cho and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Christ Church Unity 771 Holden Avenue in Orlando. For information, call 407 852-3940

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee but love donation gratefully appreciated. Hield Road is off Minton Road, just north of Palm Bay Road, go west a mile or so.

Sundays MERRITT ISLAND Sunday Services 10am Unity Center for Spiritual Living 321-452-2625

Sundays MELBOURNE 9:15, 11 am Sunday Service Unity Church 1745 Trimble Rd (off Wickham) 321-254-0313

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

Sunday WEST PALM BEACH December 24 -Christmas Eve Candlelight Service 6PM United Metaphysical Church meets Unity in Pines, 6073 Summit Blvd 561-686-0217

Sunday WEST PALM BEACH December 31 - New Year's Eve Burning Bowl 6PM United Metaphysical Church meets Unity in Pines, 6073 Summit Blvd 561--686-0217

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

Sunday FORT PIERCE Science of Mind For Positive Creative Living. We meet at Unity 3414 Sunrise Blvd Ft Pierce each Sunday at 4pm come join us, we have great speakers 772-785-8525

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

2nd Sunday COCOA Eckankar Services, 11:00 AM at the Holiday Inn Express, 301 Tucker Lane. Cocoa (520 and I95). Learn more about the ancient religion of Light & Sound. This month's topic is "How TO Deal WITH THE Crossroads of Life". Free Booklet.

2nd and 4th Sunday MELBOURNE Pranic Healing Circle 4:30-6:30pm With the blessings of Grand Master Cho Kok Sui and Master Stephen Co, Central Florida Pranic Healing Circle invites everyone to participate in an afternoon of meditation and healing at Unity Church of Melbourne, 1745 Trimble Road For information, call 321-254-0313.

CALENDAR CONTINUED ON NEXT PAGE...

OUR CALENDAR OF EVENTS

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

Tuesday Dec. 5th PORT ST. JOHN Gain a deeper insight into the depth of healing possible. 6:00-8:00pm Chiropractor and certified BodyTalk practitioner Dr. Mary Jane Ward will speak on ENERGY HEALING. Learn how tension and stresses can be shifted with techniques that balance, relax and heal. Bring your friends and loved ones. One free demonstration following presentation per individual. Port St. John Library, 6500 Carole Ave, Cocoa, FL 32927 (321) 633-1867

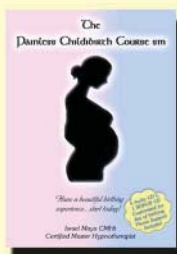
December 16 ST. PETE gates open at 7 PM GreenSong Grove Yule Sabbat - 2900 31st Street South St. Petersburg FL. Website: greensonggrove.org for more information email Council@greensonggrove.org

Friday, Feb. 9 - Sunday, Feb. 11, 2007 - FORT LAUDERDALE AREA - Angel Guidance Practitioner Course, a 3-day certification workshop by Ellen Valladares, an Angel Therapy Practitioner® certified by Doreen Virtue. Experience a transformational workshop in which you will deepen your connection with your angels, sharpen your intuitive abilities, gain clarity on your life purpose, and learn methods for bringing healing and guidance to others. Includes daily yoga and lunch. Held at the Marriott Courtyard in Weston. Cost: \$333 Email ellenwv@aol.com, call 786-877-6242, or visit www.connectingwithlight.com.

February 20 - March 8, 2007 INDIA An Extraordinary Adventure Awaits Those Joining "A Mystical Journey Through India". For many participants this will be a once in a lifetime transformative and joyful spiritual experience, and for others a return to the exotic and mystical charm of India. To find out how you may take your place in this colorful spiritual adventure, please visit www.greatmystery.org/events/india.html

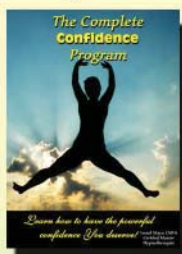
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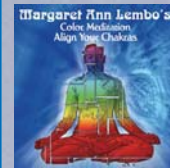
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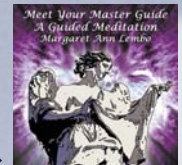
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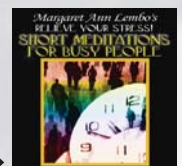
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"Margaret's collection of guided meditations is an invaluable tool for anyone with a sincere interest in developing inner tranquility and self-awareness. By listening to these meditations you can develop meditation skills at a time you choose in the privacy of your own home. Margaret offers a complete curriculum that makes meditation virtually effortless and totally fun!" - **Melissa L. Applegate**, Meditation instructor and author of *The Egyptian Book of Life: Symbolism of Ancient Egyptian Temple and Tomb Art*

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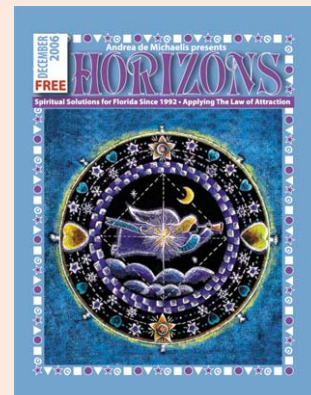
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COVER ARTIST

ANGEL OF JOY By Barbara Alana Brooks



Barbara's journey as a wife, mother, teacher, writer and adventurer have enriched her current vocation as a mandala artist.

Swimming with pods of wild dolphins and humpback whales in Hawaii and the Caribbean and a recent pilgrimage to the Inca ruins of Machu Picchu in Peru have inspired many images.

Designs in a circle are also known as mandalas which is the Sanskrit word for circle. Worldwide spiritual traditions have used this art form for healing and transformation.

"When I draw a new design, I set an intention to connect with the sacred energies of the universe and bring forth a symbol that will delight and balance myself and anyone else who may view it.

My symbols are created in a vibration of love and harmony with an intention of bringing that frequency into your experience."

Each person will experience the designs in their own unique way. If you are drawn to a particular mandala, perhaps it is awakening dormant areas of your subconscious mind. Feel the potential gift hidden in that piece.

Barbara has exhibited her work at the Wallflower Gallery in Miami and Backus Gallery in Fort Pierce.

Adapted to gifts for our everyday lives, Barbara's images are available on prints, cards, magnets, mouse pads, night lights and decorated boxes.

Visit www.circleart.net or call Barbara at 772-473-9090 or email alana@circleart.net.

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SOLAR & LUNAR CELEBRATIONS OF THE ANCIENTS

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

DECEMBER

December! This is the month of the winter solstice and the birth of many gods, especially the sun gods! One of these gods is Mithras, who was worshipped in Rome around the period of 200 BC through 394 AD when the Christian Roman Emperor Theodosius made paganism illegal. It is believed by some that Mithraism continued in the Alps and Vosges up until the 5th century. There is a lot of debate regarding the influence of Mithraism on Christianity, but I won't get into that. Not that I wish to duck debate, but I don't have enough room to present the various arguments. After all, this is just a calendar! ...Really!

Well, anyway, it's all about the sun! The earth is tilted on its axis, so as it rotates around the sun once a year, the northern hemisphere is tilted away from the sun in the winter and toward the sun in the summer. The Winter Solstice happens because to the people in the Northern Hemisphere, the sun appears to be as far south as it will ever get. This is the Winter Solstice, the time of the longest night. After this time the sun...and the Sun God...return!

Flickering shadows of dimming light,
as winters snows drift at night.
Now my spirits are growing higher,
As I warm my tootsies by the fire!

Getting back to December, the name comes from the Latin for the number "ten". Later, two months were added making December the twelfth month. It was named for Decima, the goddess of childbirth. With Nona and Morta she forms the Parcae (the three Fates).

Come, come thou bleak December wind,
And blow the dry leaves from the tree!
Flash, like a Love-thought, thro' me, Death
And take a Life that wearies me.
- Samuel Taylor Coleridge, 1772-1834, Fragment 3

Dec 3rd - Christian: Advent, start of holy season ending with Christmas

Dec 4th - Full Long Night Moon 7:25 PM EST

Dec 8th - Buddhism: Bodhi Day, day of enlightenment of the Buddha

Dec 8th - Roman Catholic: Celebration of the Immaculate Conception of Mary, mother of Jesus

Dec 15th - Jewish: Hanukkah, Festival of Lights or Festival of Rededication at sundown

Dec 17th - Roman: Beginning of Saturnalia, celebrating dedication of temple to Saturn

Dec 20th - New Moon 9:01 AM EST

Dec 21st - Winter Solstice at 7:22 PM EST

Dec 21st - Wiccan/Pagan: Yule, celebration of winter solstice and return of the sun

Dec 25th - Mithraism: Birthday of the sun god Mithras

Dec 25th - Christian: Christmas, celebration of Jesus, son of God

Dec 25th - Egyptian: Birth of the god Heru (Horus) the child of Aset (Isis)

Dec 26th - Egyptian: Feast of the goddess Neith

Dec 26th - Zoroastrian: Death of Prophet Zarathustra

Dec 31st - Islam: Id al-Adha, celebration of the completion of the hajj (pilgrimage) at Mina, Saudi Arabia

A factoid with which to end the month:

The sun starts its apparent return from the south on the winter solstice, but it was not visually noticeable for a few days giving rise to the celebrations of many pagan gods associated with the sun on the 25th of December. These gods include Apollo, Attis, Baal, Dionysus, Frey, Helios, Hercules, Horus, Mithras, Osiris, Perseus, and Theseus.

An Experience Of Cosmic Consciousness

Courtesy of Self-Realization Fellowship, Los Angeles



Paramahansa Yogananda at Self-Realization Fellowship—International Headquarters, Los Angeles, 1951

Sri Yukteswar seldom indulged in riddles; I was bewildered. He struck gently on my chest above the heart.

My body became immovably rooted; breath was drawn out of my lungs as if by some huge magnet. Soul and mind instantly lost their physical bondage and streamed out like a fluid piercing

light from my every pore. The flesh was as though dead; yet in my intense awareness I knew that never before had I been fully alive. My sense of identity was no longer narrowly confined to a body but embraced the circumambient atoms. People on distant streets seemed to be moving gently over my own remote periphery. The roots of plants and trees appeared through a dim transparency of the soil; I discerned the inward flow of their sap.

The whole vicinity lay bare before me. My ordinary frontal vision was now changed to a vast spherical sight, si-

multaneously all-perceptive. Through the back of my head I saw men strolling far down Rai Ghat Lane, and noticed also a white cow that was leisurely approaching. When she reached the open ashram gate, I observed her as though with my two physical eyes. After she had passed behind the brick wall of the courtyard, I saw her clearly still.

All objects within my panoramic gaze trembled and vibrated like quick motion pictures. My body, Master's, the pillared courtyard, the furniture and floor, the trees and sunshine, occasionally became violently agitated, until all melted into a luminescent sea; even as sugar crystals, thrown into a glass of water, dissolve after being shaken. The unifying light alternated with materializations of form, the metamorphoses revealing the law of cause and effect in creation.

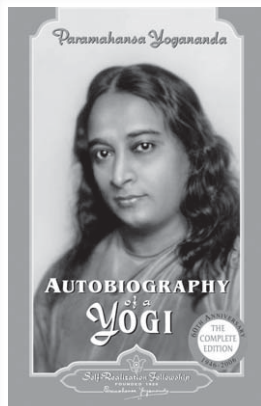
An oceanic joy broke upon calm endless shores of my soul. The Spirit of God, I realized, is exhaustless Bliss; His body is countless tissues of light. A swelling glory within me began to envelop towns, continents, the earth, solar and stellar systems, tenuous nebulae, and floating universes. The entire cosmos, gently luminous, like a city seen afar at night, glimmered within the infinitude of my being. The dazzling light beyond the sharply etched global outlines faded slightly at the farthest edges; there I saw a mellow radiance, ever undiminished. It was indescribably subtle; the planetary pictures were formed of a grosser light.

The divine dispersion of rays poured from an Eternal Source, blazing into galaxies, transfigured with ineffable auras. Again and again I saw the creative beams condense into constellations, then resolve into sheets of transparent flame. By rhythmic reversion, sextillion worlds passed into diaphanous luster, then fire became firmament.

I cognized the center of the empyrean as a point of intuitive perception in my heart. Irradiating splendor issued from my nucleus to every part of the universal structure. Blissful amrita, nectar of immortality, pulsed through me with a quicksilverlike fluidity. The creative voice of God I heard resounding as Aum, the vibration of the Cosmic Motor.

Suddenly the breath returned to my lungs. With a disappointment almost unbearable, I realized that my infinite immensity was lost. Once more I was limited to the humiliating cage of a body, not easily accommodative to the Spirit. Like a prodigal child, I had run away from my macrocosmic home and had imprisoned myself in a narrow microcosm.

My guru was standing motionless before me; I started to prostrate myself at his holy feet in gratitude for his having bestowed on me the experience in cosmic consciousness that I had long passionately sought.



In honor of the 60th Anniversary

of AUTOBIOGRAPHY OF
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Fellowship has created a
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In addition to providing the
extraordinary history behind

the making of the book, first-hand accounts of meetings with the great Yoga master, and audio excerpts from the book (read by Sir Ben Kingsley), the website invites the millions of Autobiography of a Yogi readers to send in their stories of how the book has changed their lives.

AUTOBIOGRAPHY OF A YOGI is still one of the most widely read and respected books ever published on yoga and meditation. Often recommended as a spiritual "must-read", this literary masterpiece has influenced and inspired generations of spiritual seekers and still appears on bestseller lists today after 60 years of continuous print!

Covered By Love

...continued from page 18...

barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27 And can any of you by worrying add a single hour to your span of life? 28 And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, 29 yet I tell you, even Solomon in all his glory was not clothed like one of these. 30 But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? 34 "So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Even the very smallest and seemingly insignificant of God's creation are covered by the love of the creator - Would it be less for you?

Evidence of insurance of love sometimes shows up in unexpected ways -

Approx. 1 year ago a newborn baby was abandoned in a forest in **Nairobi, Kenya**.

Doctors believed the baby had been left about 2 days before she was discovered. Her survival alone is remarkable, but circumstances in which found even more impressive. Two children reported hearing the baby's cries near their ramshackled home of wood and corrugated metal.



When adults found her, baby dressed in a torn black shirt and wrapped in a plastic bag - LYING NESTLED IN WITH A LITTER OF PUPPIES. The tan, mixed breed mother dog protectively lying beside the mud-spattered baby.

This nameless, stray dog apparently heard the baby crying and carried her across a busy road and through a barbed wire fence to the shed where she dropped the infant in with her puppies.

The baby, named "Angel" by hospital staff, thanks to rescue of mother dog is now thriving. Angel was covered by God's love.

Jesus said, "Remember this: when you are sick, lonely, tired, stressed, confused, you are covered by love."

When our relationships are falling apart, when life seems empty and difficult, when we have lost what was most important to us - We are covered by God's love.

God's love is our best insurance - We live and move and have our being under the influence of God's love.

How would it change your life if you approached every challenge or situation with that knowledge? The everlasting truth is that each one is covered by God's love. You are covered by God's love, now and forever more. God bless!



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This month's thoughts about things...

...continued from
page 28 ...



"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 look around my external landscape right now, yes many faces and places are new, but I am growing into these new things also. I understand how I could only come here on my own, having left behind what felt comfortable and familiar. I would not have vibrated in this new place at this time if **Doug & Trish** were still next door and I hadn't had to venture out of my shell. Some friends have come with me and some have not. Some, we no longer have mutual interests, or it becomes clear we are travelling different paths. For whatever reason, we just don't vibe together anymore. So I stop to look around and see who is being thrown right in front of me this day, and ask myself to be open to the highest potential I can glean from our interaction. I've learned that when I pay close attention and listen for the subtlest of clues, I am ready to catch any opportunity that comes my way.

Little by little this year, I have cleared out another entire layer of physical stuff. And I was already down to having no clutter! It seems the less things I have, the more open space I have between molecules, the better and more free I feel. And the better and more free I feel, the more good comes into my life! Just last month I had to finally get a new garage door, after 22 good years. I realized my cookware was 30 years old, so I replaced it. It's amazing how much more ease of operation there is driving in to the garage now, and delight in cooking. And to round out for 2006 the clearing out of old stuff, my cell phone leaped into the washing machine.

Cell phone in the washing machine! Aaaaugh! I pulled it out and immediately removed the battery and SIM card, then came to the computer and **Googled** "cell phone washing machine." The general consensus was "place phone in a 125 degree oven for 5 hours." I opted instead for a timed 15 minute bake at 200 degrees, the lowest setting on my toaster oven. Long story short, that was not the thing to do. I called **Cingular** to ask if I was somehow miraculously covered by insurance, despite the fact I'd baked my phone after submerging it. And I was! The replacement phone arrived via Fed Ex 18 hours later and I charged it up, put in my SIM card with my original cell phone records and, voila - no address book. Hmmm, I took it in to Cingular and was told that my address book all along was not being saved to my SIM card, but to the phone itself. So I lost all my numbers. I had not put them all on the database in my computer, and I had them only in the cell phone. And this two days before going out of town to a conference, were I would be connecting with others via cell phone only! hehehe I had

to laugh! The phone was originally programmed by someone who moved out of my life this year, so it was an appropriate send off, along with all my phone numbers. hehehe My lost phone records contained the private numbers of a literal **Who's Who** of recognized metaphysical and spiritual authors and speakers and their publicists. Ah well, obviously time to release the past and move forward! So if I had your private number before, please email it to me at HorizonsMagazine@aol.com so I can re-enter it in my new phone.

I had a final great idea for the end of the year 2006. I have long needed a new system of sorting the incoming email, since I answer it all myself. So I decided to categorize. Now when mail comes in, I have one screen name I will forward any potential new articles or artwork or press releases to, until I have time to download and review it, often 90+days. Another screen name I forward anything I personally am interested in, yet may not be for Horizons. I keep at the main screen name all ads and fan mail, and questions about the upcoming issue of Horizons, and I read and answer these daily. This way I don't get distracted during final layout week by having 200 unread emails, when only 6 may be ads I need to see today.

Now I need to officially schedule time to go to the new screen name to download and review article and art submissions. I need to officially schedule time to go to the other screen name to read about what Andrea is personally researching right now. It helps me avoid burnout when I make time for the various aspects of myself like this.

So, this month I have learned or been reminded of:

*along the spiritual Path, friends will come and go.

* new friends = new activities, new topics of discussion = new desire within me = the formulation of ideas = new projects to be excited about.

* what I know about marketing and media promotion is the same thing I know about anything else: you envision it, you attract it, you allow it.

* I would not have vibrated in this new place at this time had I not left behind what felt comfortable and familiar.

* when I pay close attention and listen for the subtlest of clues, I am ready to catch any opportunity that comes my way.

* I for too long had my physical and psychological space cluttered with unnecessary things and thoughts that I was used to. Once those were removed, wide open spaces could be seen, which sparked new impressions and new ideas.

* even when I seem to "lose it all", in the big picture it really doesn't matter all that much - everything can be recreated anew.

*it's exciting to have a blank new canvas to work with - infinite potential!

Enjoy our offering this month.

Life is good! Hari Om.

Andrea



Learn the Language of Your Body

..continued from page 29...

of our physical selves, to determine what's amiss, and to allow our symptoms to guide us in finding our unique path to wellness. We can all do this, and I'm going to show you how. Let me give you some examples of what I'm talking about. I'll start by telling you something about how my body talks to me, and how I've learned to heed its lessons.

Developing Awareness: My Story

Many years ago while I was in a residency training program to become a psychiatrist, a psychologist was teaching our class about psychological testing, which is a system of structured questions and exercises designed to be administered and scored to provide help in understanding brain function and diagnoses in patients. He told us that a new computer-based tool had just come out, one that would spit out a psychological profile of anyone who completed a several-page questionnaire. He offered us residents the opportunity to be evaluated in this way so that we could see what we thought of the tool. My whole class chose to do it, and we got our results back the following week.

My profile said that I was a stable, well-adjusted person with an optimistic outlook and a clear sense of self and my goals in life. But it also reported that I had a propensity for somatization—that is, at times I'd feel my distress through physical symptoms such as headaches or stomach pains. How odd, I remember thinking. I have no awareness whatsoever of doing this. But I hadn't yet learned the language of my body.

The teaching stayed with me, and I began to pay attention to what my body might be telling me that I was missing. I started to appreciate the wisdom in my physical responses to life occurrences. I found that I'd get headaches or stomachaches when I was operating from a place of guilt, or when I was trying to do what I thought I should, instead of what I wanted to do.

Each time this occurred, I challenged myself to change my behavior and thus eliminate the symptom. I learned to do it so well that eventually the need for the physical sign went away, and I rarely do anything from a place of "should" or guilt today. On the infrequent occasions that I begin to be drawn in that direction, I start to feel ill or unsettled. At that point, it's my job to stop, look at the situation, listen to myself, and then shift gears.

I want to share a few additional clinical vignettes—examples of different ways our bodies tell us our stories—from my practice. As you read each one, think about your own body's language. How do your cells and organs talk to you?

Worrying Herself Sick: Sandra's Story

I was having coffee with a colleague when she said, "I'm really worried about my friend Sandra. Something is really wrong with her. She has all these neurological symptoms—numbness, weakness, and pain. She had to take a leave of absence from work. She's been hospitalized and evaluated at



several medical facilities, but no one can figure out what's wrong with her. Would you be willing to see her?"

Concerned and perplexed, I responded, "Of course."

As I sat with Sandra the next day, she described a significant disconnect between her spiritual life and her work. "I hate my job," she said, "but I don't know what I want to do instead. My spiritual practice is totally separate from everything else I do." As she told me her life story, I kept getting the sense that she wasn't really in the picture. She'd had many interesting experiences, but very few of them seemed to reflect her choices, passions, purpose, or even interests. They sounded more reactive to others than driven by self-knowledge or drive. She was anxious and very self-critical.

Sandra also described her neurological symptoms and the extent of her medical evaluation. She had numbness, weakness, pain, and sensitivity in her arms and legs that would come and go. It didn't follow the usual distribution of any neurological illness. She described the pain as mini-explosions all over her limbs. I thought, Something is pushing to get out, screaming to be heard.

As I sat with Sandra and immersed myself in listening to her story, dreams, symptoms, and pains, my inner voice began to scream, There's nothing neurologically wrong with her! Her workups had been exceptional; it was her story that was shouting to be heard. Her body had forced her to pause—to stop doing what she had been—so that she could examine and fix her life.

"There's nothing neurologically wrong with you, Sandra," I said, voicing my inner wisdom after sitting with her for two and a half hours. "You're not in your own story. Your body is telling you that you need to stop, take stock, and figure out how to take charge of your life. You need to bring what matters to you together with what you're doing, and I can help you do so. You're going to be fine."

Sandra began to cry with relief; her inner healer had been recognized. "I know you're right," she said. "I'm just so anxious and overwhelmed." Her physical complaints were masking her generalized anxiety. She was scared and confused, not neurologically ill.

"You need to stop focusing on the symptoms," I said. "The more you worry about them, the worse they'll get." I explained that whenever she began to experience the symptoms, she needed to say, "There's nothing wrong with me. I'm just anxious. What is my body trying to tell me?"

The real work—the process that would eliminate these signs all together—involved figuring out how to heed the language of her body. We had to determine what she needed to do to take charge of her emotional life.

Recognizing the truth in my explanation, Sandra began to quiet her body with the thought-stopping technique, anxiety management, and self-exploration. She was soon able to return to work and start examining the pieces of her current life that suited her and identify the ones that needed to be changed. Although Sandra isn't finished with her long-term work, she's on the way to wellness, and she's come to see her symptoms as messages from her inner healer. They're to be welcomed, not feared.



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



HOROSCOPES FOR

Aries: March 20 to April 19/20 "I Am". This is not a time to withdraw and keep your feelings to yourself. Your feelings and emotions are much more intense than usual at this time. Find a creative outlet to pour your intentions into, take a yoga class and learn to release the anger of the past, and try to refrain from thinking that everyone thinks the worst of you when they don't.

Taurus: April 19/20 to May 20/21 "I Have". With this cold weather you are chilled to the bone which only puts a damper on your motivation. Your slow response time implies considerable inertia that makes you even more methodical regarding important decisions to be made. Your sensitivity is also at a number 10, remember not to take everything so personal.

Gemini: May 20/21 to June 21 "I Think". Questions regarding your money issues will play a big role this Holiday season. Your values are undergoing a huge shift from fear of not enjoying what you do have. How you connect to everyone and everything will be much more meaningful. Just remember you get back what you put into it.

Cancer: June 21 to July 22 "I Feel". This Holiday season your communications with others are likely to be very serious and subjective. You will not suffice with petty talk about unimportant subjects, you want the real nitty gritty of life and what makes you and everyone else tick. Make good use of your time this month because everything you do will become more meaningful.

Leo: July 22 to August 22/23 "I Will". If you are seeking powerful connections with others then now is the time to lay the foundation for a huge amount of personal growth and transformation. Think of what you want your life to look like in the next 14 years. You have time to create it and integrate all the needed changes to help you be the person you were born to be!

Virgo: August 22/23 to Sept 22/23 "I Analyze". This season Santa says kick up your heels because it is time for you to have some much needed recreation. Take a chance on love and romance and enjoy the adventure of being in love. If you are already in a relationship then it is time to make it even better. Love is only as good as you make it!

Libra: Sept 22/23 to October 23 "I Balance". In all areas of your life Clarity is a big issue. It may be necessary to confront difficulties in your relationships. You may be noticing a pattern where both of you are unwilling to tackle. Be the one to have the courage to confront unresolved problems in your communication styles and you will be all the better for it.



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DECEMBER 2006

Scorpio: October 23 to November 22 "I Create"

Your nervous system is on overload, take care to get the proper nutrition so you can stay grounded during your up and coming changes. With positive health practices your mind will be well prepared for any kind of mental work. You are much more attentive to detail than usual especially about procedures that need to be implemented. Your work and attention to detail will be rewarded.

Sagittarius: November 22 to December 21 "I Perceive"

Your one on one encounters with others will take on a much deeper meaning. Your connections with your family and intimate relationships will have periods of profound clarity. Any assistance that you need from all walks of life will be available when you need it. Relationships are your mirror. Now is the time to improve your connections with people.

Capricorn: December 21 to January 19/20 "I Use"

Life has opened your mind to other realities as well as a new perspective on how your beliefs affect your own reality. As a Goat you enjoy physical evidence of spirituality, you want the repercussions of a positive lifestyle verses just the idea of a dream unfulfilled. You are very willing to go out and create what you want.

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

Your Spiritual knowingness will keep you focused on the path of self understanding. You are well aware of all that you have learned up until now that there is so much that you don't know. Your thirst for knowledge keeps you going back to the book store for more information. All that you are learning is helping others improve their lives, this is your contribution.

Pisces: February 18 to March 20 "I Believe". Transiting Uranus is causing a revolution in your circle of friendships. You will be attracted to different kinds of people, groups and activities. The potential revolution in the hopes and dreams area of your life will be surprisingly exciting. The newfound freedom of unique ideas and people will light you on fire.



Rev. Beth Head

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HOLIDAY PARTY

Friday Dec. 15th

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Sunday December 24th
11AM CHRISTMAS EVE
MORNING SERVICE WITH
MUSIC AND LESSON. (We
will not have a 9:15 AM
service.)

Sunday December 10th 9:15
& 11:00 AM Join us as we
welcome back Rev. Tom Lee
and Rev. Therese Lee.

Sunday December 24th
7PM CHRISTMAS EVE
SERVICE will be a beautiful
evening service to help
us experience the birth of
the Christ within.

CHRISTMAS CONCERT
With Devotion 7pm
Sunday December 10th

Sunday December 31st
7:00 AM Join us for our
annual PRAYER FOR
WORLD PEACE service.

Sunday Dec 17th 9:15 &
11:00 AM CHILDREN'S
CHRISTMAS CELEBRATION
Sunday service will feature
a movie of a modern day
Christmas story. The movie
stars and was filmed by our
Youth Education Department.
Santa will visit after
service.

Sunday Dec 31st 11:00
AM PREPARE FOR THE
NEW YEAR with a wonderful
spiritual family. (We
will not have a 9:15 AM
service.)

Sunday Dec 17th 7PM
CHRISTMAS CANDLE
LIGHTING SERVICE features
music and the Christmas
story from the Bible.

NEW METAPHYSICAL
DISCUSSION GROUP 7PM
Thursday December 28th
Facilitated by Daphna
Moore

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Muddy Tracks: Exploring an Unsuspected Reality
by Frank DeMarco

Conversations with God: The Making of the Movie
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The Key: Unlock Your Psychic Abilities by Echo Bodine

Eastern Wisdom, Modern Life Collected Talks of Alan Watts

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From www.soundstrue.com

Invocation (music) Ty Burhoe

The Instruction Manual for Receiving God Jason Shulman

Living Wisdom (kit) Dalai Lama, Tenzin Gyatso, & Don Farber

OUR MISSION STATEMENT

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

OUR PURPOSE IS:

To provide a forum to connect those who seek purpose in life, and use our combined power to encourage each other in our personal visions, promoting social transformation.

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, by every thought we think and every word we speak.

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

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

*From my heart to yours,
Andrea de Michaelis*



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



Contacting Your Angels, Guides & Teachers

Andrea de
Michaelis has

designed a new audio series for you.

This cd is 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 vivid psychic impressions from your angels, guides and teachers.

While relaxing, does your body begin to hum or vibrate, sometimes so intensely you think the room itself is shaking? Learn how to manage this energy and use it for more expansive and experiences with your invisible helpers.

Go into each session with questions you would like answered by your angels, guides and teachers.

Sleepytime Recharge



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

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

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

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

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Email HorizonsMagazine@aol.com Andrea de Michaelis is a Certified Hypnotherapist, ABH



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



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



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