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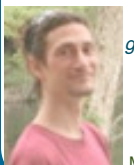
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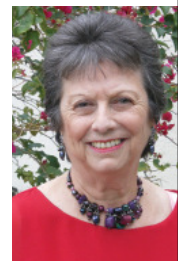
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# HORIZONS

Our Advertising Rates • Low because we're in it for the outcome, not the income ...	6
<b>12 Steps of Spiritual Freedom by Rev. Tom Sannar</b> .....	6
This Month's Thoughts About Things by Andrea de Michaelis .....	7
How To Ask your Angels For Help With A Situation by Doreen Virtue .....	8
The Teachings of Abraham-Hicks .....	9
<b>Herb Corner with Cecelia Aitable</b> .....	10
Conscious Creation by JP Sears .....	11
<b>Abraham Fun: Soulsongs with Karen Williams</b> .....	12
Beware of Greeks Bearing Gifts by AnnMarie Roschilla .....	12
<b>Judging Our Spiritual Progress by Ram Das</b> .....	13
From The Heart by Alan Cohen .....	14
<b>Ask Whitedove with Michelle Whitedove</b> .....	15
Notes From The Universe by Mike Dooley .....	16
<b>Zen Habits by Leo Babauta</b> .....	16
Our Classified Ads .....	17
<b>Our Calendar of Events</b> .....	18
Soul Shaping with Jeff Brown .....	19
<b>Our Phone Directory</b> *Horizons may be picked up at most of these locations* .....	22
About the Cover Art .....	26
<b>Monthly Horoscopes by Barbara Lee</b> .....	30

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



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

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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



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





**Andrea de Michaelis**  
Publisher

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

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

### Hello and welcome to the December 2014 edition of Horizons Magazine.

Lots of people are unhappy with election results. But that's always the way. Lots of these people didn't vote. But that's always the way. At times like this we are encouraged to practice knowing that nothing that happens in the world needs to affect our happiness. It helps to remember that during a storm, the small, slim willow bends in the wind while the giant oak, firmly rooted, may break and fall. A storm may rage on all around us, yet we be completely safe untouched where we are. Entire neighborhoods may be devastated in an earthquake, yet that one lone house on the cliff remain intact.



In 2004, Hurricane Jeanne destroyed 3 mobile homes surrounding one I own. Two were crashed to the ground. Mine had one scratch from flying debris and my tenant moved back in the next day. How did we escape damage while the storm raged on around us? Was it the prayers we said as the storm approached? My tenant at the time was a very devout Christian. Was it our faith that no matter what storm passed over us, it was possible to be on the other side of it quickly enough, with little or no distress? Was it knowing that if my focus was strong enough to envision weathering the storm with ease and grace, that it would naturally come to pass?

I have learned it's all about my ability to stay focused on what it is I want to experience. Because what I am focused on can come to pass for me. During Hurricane Jeanne, I envisioned my home being hugged and protected by the giant branches of the oak out front. I felt safe and secure throughout the storm. I didn't worry about any damage. I awoke to find the oak in the back yard had uprooted and come down on my back porch. Even so, I was not distressed. My neighbor had a chain saw and two sons who had the tree cut away within two hours of me discovering it. Soon after, insurance paid for all repairs including a new roof when I thought only a few shingles had blown off.

So staying focused on the good doesn't mean you'll never have anything "bad" happen to you. It means you come to realize the good in whatever happens to you. In June 2003 fire destroyed acres around me and stopped at my prayer circle. Prayerful intent can be powerful and can stop a storm — any kind of storm — in its tracks, whether a hurricane, a fire or a new political party.

Maybe it's because of my daily meditation practice the past 40 years but I always feel as though it's under control — everything. That no matter what the appearance of anything around me, someOne or someThing with a Greater Plan has it under control. And if I have faith that I will come through fine and upgraded on the other side of it, I will.

How do we call a storm into our experience? We call it to ourselves by attention to it and worrying about it and talking about it with friends, voicing the worst "what if?" scenarios over and over. Help friends find happiness and contentment no matter where they stand by teaching them to seek the good in what is happening around them in every moment. That's where your value lies. How much suffering can you relieve?

Lots of friends are suffering right now, unhappy with election results. I know that no matter who is or isn't in office, I can find happiness. I know that no matter who is or is not in office, I can have a good experience in life, I can find my niche, I can discover my purpose, I can find an ideal job, I can find love and pursue my dreams.

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



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# HOW TO ASK YOUR ANGELS FOR HELP

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

**God gave you and everyone free will, which means that you can make your own decisions and act according to your personal beliefs.** God won't

interfere with your free will, and neither will the angels. Although God, Jesus, and the angels already know what you need, they can't intervene without your permission. For this reason, you'll need to ask your angels to give you their help. The angels will help you with anything and everything. There's nothing too small or big for the angels. You needn't worry about bothering the angels, as they're unlimited beings who can help everyone simultaneously. Please don't worry that you're pulling your angels away from more pressing matters. There's nothing more important to your angels than helping you. Angels have unlimited time, energy, and resources. It's the angels' sacred honor to help you in whatever way brings you peace. You can ask for their help as often as you like, without any worry of wearing out your angels. They love when you call upon them!

**There are many ways to ask your angels for help:**

**Say It:** Speak your request aloud, either directly to the angels or to God (the results are the same since God and the angels are one).

**Think It:** Mentally ask your angels for help. The angels hear our thoughts with unconditional love.

**Write It:** Pour your heart out to your angels in a letter.

**Visualize It:** Hold a mental visual image of angels surrounding yourself, your loved ones, vehicle, or the situation in question.

**Affirm It:** Say an affirmation, thanking the angels for resolving the situation.

The words you use are unimportant, because the angels respond to the "prayer of your heart," which is composed of your true feelings, desires, and questions. Angels merely need you to ask because of free will. So, it's not important how you ask, only that you ask.

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

Visit [www.abraham-hicks.com](http://www.abraham-hicks.com).

## Who Is Best Qualified to Govern Us?

**Jerry:** In the area of government, who do you feel, among us, is the best qualified to set the standards, terms, and conditions of life for the rest of us?

**Abraham:** Your question leads us back to an earlier-mentioned flawed premise, that there are right ways to live and wrong ways to live, and therefore your objective as a society is to eventually find the right way to live and then to convince all others to agree or comply with this "right" way. The diversity of your planet is of tremendous value and benefit because from variety, springs all new ideas and expansion. Without the diversity, there would be complacency and endedness.

Let us carry the flawed premise a bit further by pretending that your current population were to come into complete agreement with one another. Let us say that, by persuasion or coercion, you came to a worldwide consensus on the proper way to live. But new babies are being born every day from their powerful Non-Physical vantage points of understanding and they are seeking diversity. It is such a perfect process where a small portion is coming into your environment (through birth) and a small portion is leaving (by death), while the largest part of your population remains, providing you with both continuity and stability.

As individuals living life, you are individually, but also collectively, making constant Vibrational requests about an improved life upon your planet; and there is no possible way that you can individually or collectively cease the offering of these Vibrational requests and the responsive Universe steadily responds to those requests. That stable central part of your population that we were just speaking of usually stubbornly holds to its limited beliefs (by attention to what-is), which prevents it from receiving the immediate benefit of the improvement it is seeking . . . but then the old, and therefore "more set in their ways," among you die; while the open and eager ones are born.

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

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# HERB CORNER

Cecelia Avitabile of The Herb Corner and Learning Center in Melbourne FL is a Certified Holistic Health Practitioner with a Masters of Herbalism degree and over 20 years of herbal experience. A member of American Association of Drugless Practitioners and the American Herbalist Guild.  
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## MULLEIN

**Mullein has been used for centuries in many cultures around the world. Today many of its medicinal uses are the same as the uses of our ancestors. As a part of the snapdragon family, Mullein can be found all over the U.S.**

When infused in oil **Mullein** has been used for earaches and ear infections. An Israeli study found that when compared to anesthetic pharmaceuticals for the ears drops made with **Mullein, St John's Wort and Calendula** work equally as effective as medications. Other lab studies have been done showing its constituents have antiviral, antiseptic antibacterial, anti-inflammatory, antispasmodic, analgesic, demulcent and expectorant properties. These actions are made possible from the constituent's hesperidin, saponins, mucopolysaccharides, flavonoids, acubins and volatile oils.

An article written in **PubMed** stated "extracts of **Mullein leaf** have also been shown in laboratory studies to possess anti-tumor, antiviral, antifungal and antibacterial properties" finding it safe and without any adverse side effects other than skin irritation for some.

Traditionally **Mullein** has been used for the respiratory system as a tea, syrup or tincture. At one time its roots or dried leaves were smoked by **Native Americans** to relieve respiratory ailments. Its antiviral, antibacterial, antiseptic and antispasmodic properties help with wet or dry coughs, swollen glands, tonsillitis, bronchitis, sore throat, asthma, allergies and congestion. **Mullein** contains saponins this constituent helps make coughs more productive through its expectorating properties. It also contains mucilaginous properties, which help coat and soothe irritated membranes of the respiratory system helping to calm coughs. When considering long term treatment of a respiratory problem, **Mullen** is a good choice because it strengthens tones and rebuilds tissue that has become damaged over the years.

**On the skin**, the oil of **Mullein's** astringent actions helps heal wounds and its emollient actions soothe the skin making its oil useful for rashes, eczema and psoriasis. It also has anodyne properties making it good for bruises, muscle spasms, burns and pain. **If you have facial neuralgia** you might want to try a compress made of **Mullein**; just be careful because some people find the leaves to be irritating to the skin.

**A tea of Mullein** can be used for cystitis, stomach pain, or diarrhea or a gargle can be used for a sore throat.

**RECIPE:** To make a tea with Mullein use 1 teaspoon-1tablespoon of Mullein in 8 ounces of boiling water. Allow it to steep for 10-15 minutes. Strain and drink.





## CONSCIOUS CREATION: A Powerful Path for Self-Growth

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

**With minds capable of inventing such ideas as skyscrapers, space shuttles, computers and the Internet, is there any doubt that we are equipped with the gift of creation?** Whether you realize it or not, you are always creating. In fact, your degree of inner happiness and health, as well as your life circumstances are your very own creation. So if it is true that you and I are constantly creating, what would it mean to you if you became a conscious creator? Let's explore how the conscious creator can exercise her power of creation for the purpose of self-growth.

### Perception is Creation

With an act as simple as looking at a flower, you are exercising your power of creation. What is being created? Different people will create different experiences, based on their perception of that flower. One person may perceive the flower in such a way that the creation is the experience of a beautiful entity with a sensual fragrance. A different person could perceive the same flower as an ugly plant with allergenic properties, creating a different experience.

A conscious creator is one who realizes that through his perception of people and life events, he is creating his reality. With this awareness, the conscious creator is able to actively choose how he perceives life and can consciously influence the reality that he creates. The unconscious creator is unaware that it is his perceptions that are creating his reality and therefore he will not actively pursue the creation that is most pleasing to him. By inviting ourselves to a place of awareness and motivation to be a conscious creator, we can propel ourselves powerfully on the path of self-growth.

For me, self-growth is not about building love for self or learning how to be centered. I believe being centered and loving one's self are natural states of being. To me self-growth is about healing the emotional wounds and disempowering perceptions of ourselves that cover these beautiful gifts that many strive for. Much like an explorer

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looking for his buried treasure, he must simply dig in the right place to remove the debris that is blocking his treasure that is already present. Because many of us harbor painful experiences and shaming wounds that bury our treasure, we can use our powerful gift of creation to heal ourselves. The key is understanding that what creates the pain or shame surrounding an event isn't the event itself, but rather the perception of the event. So what would you guess might happen if I consciously changed my perception of the event associated with my pain?

*...continued on page 21*

# ABRAHAM \*FUN\*



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

## Easy Money

**If I want more money, I practice appreciation for the money and other resources I already have while envisioning myself easily having more.** These two steps, exercised consistently, will bring amazing opportunities and avenues for income to me.

Of course, I can think in ways that most people think about money and manifest varying degrees of shortage. I can view money as scarce and elusive. I can become upset and frustrated over prices. I can grumble and complain about taxes, wages, the job market, and the stock market. I can feel guilty when others have even less than I do.

Or I can focus on the absolute truth about money - it is unlimited and flows easily to me in response to my desire, appreciation, and relaxed frame-of-mind. And that which comes to me in no way reduces the amount available to others, for they have access to the same infinite supply that I do.

Money is as accessible as the air I breathe and would flow to me as readily if I hadn't learned to think of it in worried ways. I pause and breathe deeply. Money and air...money and air. Both are right here.

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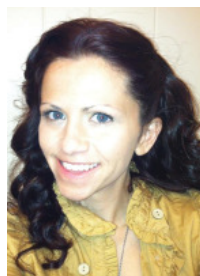
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# BEWARE OF GREEKS BEARING GIFTS



AnnMarie Roschilla is a proud Long Island, New York native. She is a spiritual enthusiast with a desire to make meaning out of life's struggles and share them with the world. With a B.S. in communications, AnnMarie has a love for writing and regularly updates her blog. Visit her at [www.ClumsyBuddha.com](http://www.ClumsyBuddha.com)

**My grandmother said this to me one day when I was discussing having some trouble with a particular person.** I told her that I think this person might have come around because she gave me a peace offering. My grandmother, being the old school hard core Italian that she is just threw her hands up at me. As to say, "what are you stupid or something?"

She said, "beware of Greeks bearing gifts." and I just looked at her like she was nuts. I was about 15 years old and realized I needed to brush up on my Greek mythology. My grandmother ever so gingerly tried to tell me that if someone I normally wouldn't get along with suddenly does something nice, to be careful that they don't have an ulterior motive.

Her advice still resonates with me to this day. It has become a very useful tool for people masquerading as my friends who are in-fact foes. I used it like someone would use a metal detector on the beach. When my spidey senses start firing and my gut is in knots, I know I am in the presence of negativity.

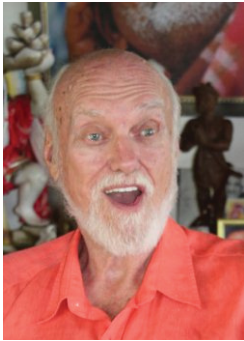
My responsibility is to not judge that person, but to just protect myself and be cautious. We are all fighting hard battles behind the scenes. Sometimes people just come off wrong and sometimes people want to watch the world burn. You just have to trust yourself enough to know the difference. When your detector starts beeping, don't dig for buried treasure. Instead, throw more sand on top and walk away.

When your elders give you advice, listen. The life experience they can offer can be your flashlight when you feel like you are bumping around in the dark. I was your typical know-it-all teenager. "Grandma is old, she doesn't understand what it's like." Sure, from generation to generation things have changed quite a bit but people's motives, personalities, and quirks all stay along the same lines.

She was giving me a cheat sheet to one of life's hardest lessons; and that is trust. I believe trust is earned. Now, please don't get me wrong. This is purely my personal experience with certain people. It does not apply to all situations. She taught me to call a spade a spade and now I am teaching you.

It's called the ripple effect. Knowledge creates waves. Make a tsunami.

# JUDGING OUR SPIRITUAL PROGRESS



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

**Our deep conditioning from school exams, grades, and the like gives us the habit of looking at every achievement competitively, in terms of where we stand. How are we doing: are we better, equal, or worse than others on the same journey?**

Such evaluation of our position becomes a real obstacle in spiritual life, for it constantly leads us to look at spiritual evolution in comparative terms. Someone tells you they have visions of lights when they meditate. You never have had such a vision. This fills you with feelings of inadequacy and jealousy. On the other hand, you may sometimes feel yourself leaving the body when you meditate. Your friends don't experience this. This fills you with a subtle spiritual pride that feeds your ego.

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

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

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

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

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

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





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# From the Heart

Alan Cohen is the author of many inspirational books, including *I Had it All the Time: When Self-Improvement Gives Way to Ecstasy*. Join Alan's upcoming Life Coach Training Program to become a professional life coach or incorporate life coaching skills in your career or personal life, join. For more information about this program, Hawaii retreats, Alan's books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com).



## Pray to be Wrong

**I had a neighbor I saw as a nasty alcoholic. Brenda would regularly sit around the kitchen table with her husband, drink, and complain. I did not find any good in her.** Then she and her husband took in a young man to live with them. Mark helped the older couple around the house and stayed with them for years. When Brenda passed away several years later, Mark told me, "Brenda was one of the kindest people I have ever known. She and her husband treated me like a son. I will always remember and love her." In that moment I realized how skewed was my interpretation of Brenda. I was focusing on one aspect of her that brought me pain to consider. Mark, on the other hand, had focused on an aspect of Brenda that brought him joy. Each of us was reaping the result of our interpretation. From that moment on I began to think of Brenda as a kind person, which has brought me peace.

**A Course in Miracles** tells us that perception is not a fact, but an interpretation. The world we see is determined by the kind of vision we use to observe it. When we view the world as unsafe and threatening, populated by ignorant, evil people, we will find plenty of evidence to prove our assumption. All belief systems are self-validating. If, on the other hand, we view the world as a place of kindness, filled with people willing and able to make life easier for each other, that is the world we will experience. An infinite variety of realities exist simultaneously. The one we live in is the one we focus on.

If the reality you are currently living in is not bringing you joy, abundance, connection, and healing, pray to be wrong about the judgments that form the platform of your beliefs. You cannot simultaneously be right about your limits and your possibilities. For one to proliferate, you must release the other. **Jesus** said, "A man cannot serve two masters. He will hate one and love the other." You can live in but one belief system at a time. **Jesus** also said, "Choose ye this day whom you will serve." Ultimately there are only two belief systems: love and fear. You are either serving love or serving fear. Nothing in between.

*...continued on page 26...*

# ASK WHITEDOVE



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

**Dear Michelle,** I was told that I'm entering a phase of my life called a Shaman's Death: I'm not dying, just transforming. Can you give me further details of what to expect as I go through this? [Dying to know in Delaware](#)

**Dear Dying,** We are in a time of quickening and many souls are in a hurry to work through their karma. This means that you don't have the luxury of dying a physical death to reincarnate as an infant to start again. A shaman's death is a symbolic death, as you go through this evolution every aspect of your life will change: your work, your health, your home, your love life, your religion and spirituality and even your appearance will change. Your old life is over so don't resist change. Try to go with the flow to allow a smooth transformation. You are a caterpillar that is morphing into a beautiful butterfly. What an adventure is in store for you, a whole new life!

**Dear Michelle,** I have a friend that is a proclaimed Atheist. He says everything is explainable by science not by a fairy Godfather. I really don't understand how people get through a day without the faith that a Higher Power is in charge of this life. But more importantly, what will happen to his soul at the time of death? [Worried in WI](#)

**Dear Worried,** An Atheist's soul is the same as any other. At the time of death, his soul will be pulled towards the bright light of Heaven that radiates an overwhelming feeling of unconditional love and acceptance. All atheists including your friend have a big surprise in store for them. Most will be greeted by someone that they loved deeply; this convinces them to move into the light. Believers most often are greeted by their guardian angels and they may see the Spiritual Master that they revere like Jesus, Moses, Mohamed, Mother Mary, Buddha or Quan Yin and our loved ones come to greet us too. So don't fret, the truth will be revealed on the other side of life.

**Hi Michelle,** I have a question that has been bothering me for a long time. I understand that The indigo, crystal and rainbow children are spiritual beings that have come to Earth to help us get to a higher level of consciousness. Yet many are said to be autistic, or have Aspergers or like conditions: with the nonverbal ones, how can they help us? Please share your thoughts. [A Concerned Mom from Miami](#)

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



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## NOTES from the Universe


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

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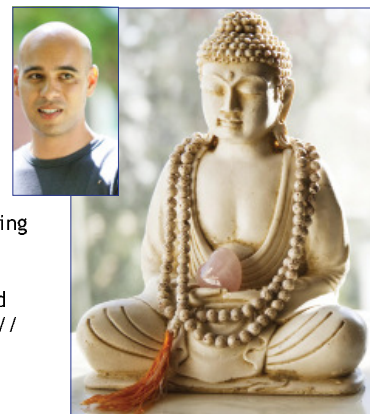
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# ZEN HABITS

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



*'A few strong instincts and a few plain rules suffice us.'* ~Ralph Waldo Emerson

**Life can be ridiculously complicated, if you let it. I suggest we simplify.**

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And as always, these rules are meant to be broken. Life wouldn't be any fun if they weren't.

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# SOUL SHAPING



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

**Those who don't want to deal with their issues have a tendency to pass them onto someone else. Then they can pretend they don't have them anymore.**

Unfortunately, some of us become carriers of the virus-carrying another's unresolved toxicity up the hill, legs buckling, short of breath, close to collapse. It's too much. It's hard enough to get through life without adding someone else's baggage to our load.


It is essential that we do a conscious baggage check now and then, being painstakingly honest with ourselves about the ways that we have accumulated other people's stuff: What form is it in? How heavy is it? How does it block our expansion? Whose baggage is this, anyway?

No one, absolutely no one, has the right to pass their baggage to another without their permission. Check their baggage at the nearest dump- it's only yours if you choose to carry it. Better to travel life's highways light.

Just as passive aggressiveness causes suffering, so does passive non-aggressiveness. Passive aggression hurts those who fall victim to its misdirected arrows. Passive non-aggressiveness wounds those who bottle up their expression, their anger congealing into a cache of weapons that explode internally.

The healthier approach is to learn how to express anger healthily and in a timely manner, so that it doesn't turn outward and harm innocents, and so that it doesn't turn inward and cause disease. Because of all the horrible things that humans have done in anger, anger has been given a bad name. But it is a legitimate emotion that signals that someone has been violated.

It's time we raised healthy anger back to the rafters of acceptability, and work together to clarify a way of expressing it that both holds everyone safe AND allows us to honor its inherent wisdom. Not abusing self or other, but seeing the feelings all the way through to the healing and lessons they contain.



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# ABRAHAM-HICKS

*...continued from page 9*

And so, life continues to improve in response to the asking that life summons from you.

There are many who would argue that there are ideologies that are more conducive to a better life, and that even within those ideologies there are those who are better suited to lead and guide and make laws and decide what is the better approach to life, and all of that molding of the clay of your lives is pleasurable and satisfying. But there is something very much larger than that happening upon your planet: You are billions of people, living the perfect diversity, just as you knew you would, constantly asking for improvement and thereby setting up, for the next generation, that improved life experience.

If you understood that, and no longer clamored for the “one right way to live,” things would go better for you sooner. So the answer to your question, “Who, among us, is the best qualified to set the standards, terms, and conditions of life for the rest of us?” is: No one is more qualified than you to set the standards for you. But there is nothing to worry about because you cannot cease making your requests, and Source never ceases answering them. And when you, right here, right now, no longer offer resistance to what you are asking for (by focusing on the opposite of it), it will reveal itself in your life experience immediately.

In other words, if you focus upon something that your government, or someone in leadership, is doing that pleases you, then you are not resistant to the things you have chosen by the living of your life. But if you are bothered by something you see and are chronically pushing against it, you then use that unwanted thing as your reason to hold yourself in resistance to what you have chosen. Appreciate your government, or any other, in every way you can; and, in doing so, you will not disallow the thriving that is already set up for you, and by you, that is on its way to you. The powerful Law of Attraction always, no exceptions, is best qualified to deliver to you the standards that your own individual lives have set.

**Jerry: So, how would you envision the perfect form of government for us here?**

**ABRAHAM:** It would be a government that allows you freedom to be or do or have as you want. And that will come only when there is an understanding of how you are getting what you are getting. You see, your government, for the most part, has become one of rules and regulations primarily established to protect one of you from the other of you. When you come to understand that you invite through thought, then you will not feel so much need for all of that restriction, and then your government can be established as it was begun, more to offer services rather than restriction or control.

## WHEN OUR WANTS DIFFER, WHO WINS?

Co-creating with another person can be fabulous. Two or more people thinking a little differently -- can add balance and breadth, and depth, to one another's desires. Two people, master minding, can add power to a desire.

Although you assist in adding variety and further perspectives, you often hinder by worrying about control issues or things of that nature. So the optimum creative experience is to be able to open to the breadth of more input without closing to the breadth of more input. It's like a two-edged sword; it can stimulate you; it can shut you down.

So, whether it's one or a hundred that you are co-creating with, use the stimulation factor, but don't allow yourself to get worried about their choice or their control. Just know that Well-being always flows to you.

What they think about anything does not matter. Only what you think. But when you start thinking about what somebody else thinks, and forming a judgment about what they're thinking -- now you're thinking, and now you've introduced resistance. And then you say, “Well, I didn't feel resistance before I was thinking about what you were thinking, so if you'd stop thinking about it, then I wouldn't have resistance.” And we say, you could stop thinking about what they're thinking, and there wouldn't be any resistance, either. And you say, “True enough, but it would be a lot easier for me to not think about what they're thinking if they're not thinking it, especially if they're not speaking it.” There is where allowing really serves you.

*...continued on page 29*

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## CONSCIOUS CREATION

*...continued from page 11*

Some of the most powerful creation for self-growth can occur by changing how we perceive events in the past that generated pain or discomfort within us. We of course are not able to change what actually happened during one of life's events, but what we can do is change our perception so that we have a new version of an occurrence that no longer causes pain or discomfort. By acknowledging that one's perception is the source of all joy or pain we can realize our power to transform our dark shadows into radiant light.

### Re-parenting for a New Creation

One powerful method of gaining a more empowering perception of an otherwise painful event is through a process called re-parenting. This is a method I use regularly myself and with many of my clients. Because much of what we learn is by example, we often begin to adopt our parents' perceptions of us, our life and life in general. So if Dad perceived all Democrats to be condemned to hell, we may hold a similar view. If Mom thought it was irresponsible for a person to leave a secure job to follow their dreams, it would be pretty easy for most of us to hold a similar perception.

Our parents are a tremendously important influence on how we perceive ourselves, especially since most emotional wounds about ourselves are generated through our perception or judgment of ourselves. So if adopting our parents' perceptions causes us to view ourselves in a hurtful way, perhaps we can be our own parent and teach ourselves to create a more empowering way of perceiving any event so that we experience less self-judgment and move forward in our journey of self-growth.

I'd like to share an experience from my own life to illustrate how re-parenting to consciously create a more empowering experience can work. The summer before my sophomore year in high school I decided not to return to the football team, as it was not something that I really desired to do. When I told my mother this she responded by saying that I was very selfish and I was ruining my life. Because I'm like many other people and learn by example, my mother perceived me a certain way and I adopted the same perception of myself. The self-judgment I had about this event was very painful in many ways. However, many years later I invited myself to offer parental guidance to the person that I was as a 15 year-old in a way that is different than how my mother did - a way that allowed me to consciously create

the healing that I desired. The subtle yet powerful words used to create my new perception of this experience were,

In speaking to you 15 year-old JP, I give you permission to follow your heart, even when Mom wishes for a different course of action. You may leave Mom's burden with her and stay with your heart. Your heart contains the safety and inspiration that you weren't getting from Mom at the time.

My new perception of quitting the football team and the perspective I have about myself in relation to that event allowed me to make a very powerful shift away from pain toward happiness and self-acceptance. Most of us have learned a great deal and benefited tremendously from what we were offered by our parents, and most of us would also do some things differently than how our parents did.

With that in mind, I would like to invite you to embrace the re-parenting process when you feel that you are judging your self about an event that has occurred in your life. For me, there is always a good chance that I'm being critical of myself the way my parents were.

*...continued on page 27*

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# COVER ART

## Red Hamsa

By Andrea de Michaelis



Andrea has published **Horizons Magazine** since 1992. I use painting as a medium for my spiritual path work.

**When I paint a person, I take them as a guide** who's come to give me a message, then I wait for the message to unfold itself to me. They tend to have wild hair since hair is a natural extension of the nervous system, like fine antennae enhancing intuition and guidance. They tend to have large eyes for seeing the broader picture than I do. Some have skewed eyes, so they can see from many

perspectives.

**The Owl is often referred to as Night Eagle**, as Owl is at home in the night. It has great awareness of all around it at all times. It has great intuition. It has the courage to follow its instincts. Owl's medicine includes seeing behind masks, silent and swift movement, keen sight, messenger of secrets and omens, shape-shifting, link between the dark, unseen world and the world of light, comfort with shadow self, moon power, freedom. If you carry Owl medicine, you have the ability to be aware of your own shadows and see the shadows of others. Your heightened perceptions allow you to be able to see through appearances and illusions without judgment.

**She's wearing a moonstone necklace.** As an Aries times 5 myself, I tend to have an abundance of yang energy. Moonstone is a good balance for me, since it is an expression of the yin. The soothing and mysterious energy of the moon, moonstone is the bringer of calm, peace and balance. A stone for "new beginnings," moonstone is a stone of inner growth and strength. It soothes emotional instability and stress, and stabilizes the emotions, providing calmness. Moonstone enhances intuition, promotes inspiration, success and good fortune in love and business matters. Moonstone aids the digestive system, assimilates nutrients, eliminates toxins and fluid retention, and alleviates degenerative conditions of skin, hair, eyes, and fleshy organs such as the liver and pancreas. It stimulates the pineal gland and balances hormonal cycles, being excellent for PMS, conception, pregnancy, childbirth, and breast-feeding. Moonstone is also beneficial to men in opening the emotional self.

**I often depict symbols in the palms**, adorning the hand chakras. It is in the palm since it is being offered to the viewer. Historically, the eye in the palm is an image used for protection from the evil eye, as in the fear banishing gesture of a Bodhisattva hand showing on its palm the compassionate Eye of Mercy. The eye represents your vigilant authority over self. The eye-in-hand icon manifests the bond between two essential human functions: sensing/observation (the Eye) and doing/acting (the Hand.)

Prints are available. Email [Horizonsmagazine@aol.com](mailto:Horizonsmagazine@aol.com).

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



## Alan Cohen

*...continued from page 14...*

Last summer a crazed gunman killed the parents and four siblings of fifteen-year-old **Cassidy Stay**, and, after shooting her, left her for dead. Miraculously she survived. At her family's funeral service she quoted **Harry Potter's** mentor **Dumbledore**: "Happiness can be found, even in the darkest of times, if one only remembers to turn on the light." This young woman made an extraordinary choice about how she would process such a horrendous ordeal. She chose love. On the day I read the news article about her eulogy I was upset about a credit card bill. Suddenly my upset felt absolutely trivial. I realized that if **Cassidy** could choose love in the face of such a terrible experience, I could choose love over far lesser challenges. **Harry Potter** author **J.K. Rowling** heard about **Cassidy's** oration and sent her a personal handwritten letter in purple ink from **Dumbledore**, a wand, and several autographed books. While these gifts could not undo the tragedy the young woman underwent, they demonstrate our power to soften each other's pain. "What are we here for but to make life easier for one another?"

This holiday season you will have plenty of opportunities to pray to be wrong about what's wrong and to be right about what's working or what could work. You will have many chances to make life easier for yourself and others. You may experience the stress and pressure of shopping for holiday gifts; crowded travel during high season; family upsets, feuds, and dramas; financial fears; and handling end-of-year details. The season of joy, for many people, is not so joyful. This would be a fabulous time to remember that perception is not a fact, but an interpretation. When faced with fear, anger, or guilt in yourself or another, ask yourself, "Is there another way to look at this that would bring me more ease, relief, or peace?" If there is, pray to be wrong about the way you have been looking at the event so you can see it from a new, more healing perspective. **A Course in Miracles** asks us, "Would you rather be right, or happy?"

The approach of the New Year brings a powerful invitation to let go of the limits that have kept us feeling small during the past year, and replace them with greater possibilities for the new year. Pray to be wrong about everything that hasn't worked in your life, so you can be right about everything that could work, and will. Bless the old year for leading you to the new one, for both the challenges and blessings have lifted you to higher ground. As you consider what hasn't made you happy, heed the profound advice of **Kahlil Gibran**: "Knowing that the gentlest of hands will take and sift it, keep what is worth keeping and with a breath of kindness, blow the rest away."

A happy and blessed holiday season and New Year to you and yours.



## CONSCIOUS CREATION

*...continued from page 21*

If that is the case for you, you can instantaneously re-parent yourself in such a way that allows you to create what you would like rather than what your parents would like. It is just like a painter at his canvas. If his parents physically guide the strokes of his brush, he wouldn't be exercising his full creative power if he was wishing to paint something different than what his parents wanted. However if he is the only one holding the paintbrush, he may still hear his parents' preferences for the painting, but he is ultimately the one that determines how the painting will look.

### The Conscious Creator May Seek Assistance

When consciously creating one's reality, many people, including myself at times, benefit from coaching guidance in their process. When we perceive an event in such a way that it causes us discomfort there will often be a part of us that feels very threatened by the event. For this reason that part of us can keep our conscious mind in denial about what the event means to us and we can therefore encounter resistance in the process of shifting our perceptions to more empowering ones.

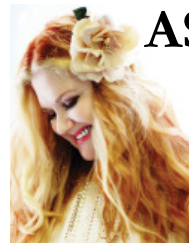
Sometimes with clients I find there needs to be a specific age addressed, sometimes I find an emotional wound is caused by another emotional wound and there needs to be a priority of healing order, and many times clients desire guidance on how to form their own healing perceptions.

A recent client who had incurred trauma from a family member as a child met resistance whenever attempting to heal her perceptions of the traumatic events on her own. It is possible that a part of her was so fearful of what happened that she became triggered and unable to offer herself a new way of experiencing the events.

By listening to what this client said and what she didn't say, I was able to reflect for her to discover what she needed to do and say to heal her painful perceptions and create for herself a more harmonious reality

### Your Creative Power

Just as a seed's creative power is expressed in its magnificent transformation into an elegant blossoming flower, I invite you to choose the path of the conscious creator and to transform disempowering perceptions into graceful self-growth opportunities.



## ASK WHITEDOVE

*...continued from page 15*

**Dear Mom,** These nonverbal children are so very special. Most of their conversations are telepathic and they communicate directly with the Heavens. Some are Angels in disguise. The nonverbal ones help humanity by emanating love and the light of the **Godhead**. By holding this vibration of grace and love it uplifts and heals humanity and heals the planet too. Doctors, teachers and parents are greatly mistaken when they label them as mentally challenged. Some of the nonverbal children labeled Autistic will begin to speak around the age of 3-4 and these sensitive beings will thrive in a **Waldorf** school because it's an artistic and spiritually based education. Others will benefit from **Montessori** school where children are encouraged to work at their own pace and science is highlighted. It is our job to foster their growth and it's a mistake to put them on mood altering medications. In fact Indigo, crystal and rainbow children are born in greater numbers because they are the next step in the evolution of the human species. To help you understand these very special children I would highly recommend the book *Kiss of God, the Wisdom of a Silent Child*. It's a true story about a mother who'd stop at nothing to understand her child and share his message with the world.



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**We're in and out this month, call first please**



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

... from page 7 ...

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

Or I can go on a downward spiral because I let myself be influenced by the grumpy ones around me. It's up to me what I experience because it's up to me where I choose to place my focus. If I can hold my focus while being unattached to how the Universe delivers happiness to me, I can bend like the willow, remaining flexible so I may recognize the gift when it appears. If I am inflexible and hold on to an idea of how my world is going to look if so and so is in office, I will miss the magic in each moment as it comes. I don't want to miss a moment of the magic this life is.

### A client asks: Why Do I Obsess Over Things So Much? Answer: You Just Need to Replace Your Thoughts

**My friend Domino wrote me:** *Why do I obsess over things so much!? My fiancée's ex-girlfriend especially! I know it could be insecurities, but I don't feel insecure. Ugh. I can't get over it.. I'm so analytical. It's aggravating.*

**I replied:** You obsess over it simply because when the thought comes, instead of thinking another thought to distract you, you run the old tape thru your head until it begins the downward spiral of thoughts for you. If she's still in his life, you have to look at her like she's your sister or his, and not "his ex". Right now he doesn't still have an attraction to her, but if he senses you not liking her, he will start to feel defensive for her and have feelings to help and defend her. You can help prevent that.

**Domino replied:** *You're so right. And I try to do that, it's just difficult for me to stay on that track. Maybe it will come with maturity. But I can say, when I look at it that way it makes me feel much better- so I need to keep that mindset. It just helps to hear it from you. Thank you again for your help. Every little bit helps!*

I always like it when friends remind me of what I know at a time I need to hear it. I've learned that no matter what the problem is, it's only a thought and I am the one who chooses which thoughts to focus on. Sure, that's easier said than done, that's why I keep several self talk scripts onhand. When my mind grabs on to something and doesn't want to let it go, I've got something ready at hand to deal with it. Something to read over and over until it sinks in to me that I know a greater truth than the one my mind has on tape-loop and replays over and over for me.

Some friends think I'm so enlightened, and I laugh. I have many of the same thoughts every day that everyone else has

in response to what I see in front of me. The only difference may be that I notice the thought when I have it ("that maniac is going to drive right into me!") and I override my automatic response with a conscious thought ("that driver is being careless, so I'll be extra mindful").

It's not that the "negative" or obsessive thoughts don't come to me anymore, it's just that they no longer freak me out now that I know I'm the one who gets to decide how much air time to give them.

And it's not that I'm avoiding thinking about anything, it's just that I've got better things to think about. I've got a lot of things I'm interested in, that I want to think about. Not just because giving conscious attention to them will help pre-pave and attract it to me, but because it's fun to think about. Because I like how it makes me feel when I think about it. After all, that's the secret.

### The process to gather momentum and amplify attraction power

A friend posted on Facebook seeking a dinette set and I immediately knew I knew someone who had one for him. I did not know who it was but knew there was someone. I was right.

When that happens, when I know that I know something's on its way but don't know who or what, there's a process I use to gather momentum and amplify the attraction power. I meditate on the idea of what I want to attract and spend a few moments running the thought over and over in my head until it begins to come alive for me, until I begin to really feel "yes, this can happen." From that vibrational stance, from that vibrational point of attraction, I make the Facebook post in the hopes I am focused enough to attract the right person.

I asked my friend what size dinette did he want, then I posted on Facebook: *"Melbourne/ Palm Bay: A friend is seeking a dinette set, a small table no larger than 36" round or square and set of chairs. I'll bet you've got one you'd love to gift them or sell cheap. This is a manifestation project and I'd love for you to join in it. One like this might be perfect."* Then I posted a few pics of different styles of small dinette sets. I did this to keep the momentum of the thought and vibe going on that topic, to increase the attraction power.

Then I forgot about it and went about my work day. Nine hours later, a friend posted a pic of a dinette set she was getting ready to put on Craigslist for \$20. It looked ideal. Another friend chimed in saying she'd like one for her daughter. Someone else chimed in with one. This focus and vibrational matching works.

A reminder to close the year: Not loving "what is" will always cause suffering. according to **Byron Katie.**

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



Andrea





## ABRAHAM-HICKS

*...continued from page 20*

### Your Powerful, Important Now

You didn't come forth to get things done that are undone. You came forth for the opportunity to allow Pure Positive Energy to flow through you. If there is anything that we have wanted to convey to you, it is that you never get it done -- and that where you stand is a wonderful place. Sometimes it doesn't feel so wonderful to you when you're in that part of the contrast that is still giving birth to the desire. But if you could quickly give your attention to the desire that has been born -- and then relax and feel appreciation for the circumstances that have given birth to this nugget of desire -- your resistance would fall away in this moment. And the Energy that creates worlds would pour through you. You would feel as dynamic and passionate and eager as you did when you first made the decision to come forth into this physical body.

You are Energy flowing beings, and yes, we know you like the experience of the exposure to the physical stuff of this time/space reality. And so, just for the next thirty days, whenever

you are in a moment of perceiving, let your dominant intent be to find the thought that feels best. Say to yourself, again and again, "Today, no matter where I am, no matter where I am going, no matter who I am with, no matter what I am doing -- it is my dominant intent to look for that which I am wanting to see. To look for that that which feels good. I'm wanting to find reason to allow the Energy that creates worlds to flow through me, now. Right now. I'm allowing or disallowing, right now.

"All of my power is right now. What visions am I using that are allowing the Energy flow? What visions don't let it flow? What memories are allowing it flow? What memories are not letting it flow? What conversations, what topics don't let it flow for me, and what topics do let it flow for me? "I have this powerful moment of selective sifting, where if I choose the thought that lets the Energy flow, then all things that I've told the Universe that I want -- from my moment of stepping forth into this body -- I am now allowing to flow. Oh, what a powerful and important moment this is!"

You are fulfilling your reason for coming, as the contrast gives birth to desire. We are appreciating the contrast that you chew on and the new ideas that you give birth to, and we take great pleasure in exploring each of your new ideas with (or without) you. Your pleasure is our pleasure. We never go with you in your pain.

We think that it is time for you to begin allowing yourself the pleasure of your own creation. All-That-Is benefits. We want you to realize the benefit, in your now, of consciously experiencing the process of creation.

Next fair March 22

### BOOK AND BEAD OUTLET

Knowledge and Gifts from the Earth  
950 N. Courtenay Pkwy  
Merritt Island, FL 32953  
321-453-2665



### PSYCHIC FAIR

Sunday, January 18th

11:00am - 4:00pm



### \$12 for a 10 minute mini-reading with:

**DAENA CROGHAN:** Rune readings

**LESLIE MARLAR:** Astrology

**GEORGE STANKUS:** Tuning fork Healings

**ANDREA de MICHAELIS:** Tarot Readings

**KATHRYN FLANAGAN:** Psychic Readings

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## HOROSCOPES DECEMBER 2014

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

This month you are in a grand trine of fire; if there is anything that needs to be taken off the back burner and dealt with, you better get it done!! Your emotions have been erratic and all over the place lately, it could be that you have a case of cabin fever, and it is time to get your energy moving!

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

This is the month that your finances will change for the better. Just keep doing what you have been doing and low and behold opportunities will arise out of no where. The Universe knows your intentions, so live your life as best you can as you follow your heart, and treasures you will find.

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

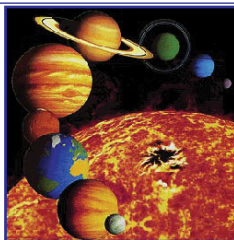
Help is on the way, all that you value is strong and sure footed, just know that the Angels hear your prayers for peace, prosperity, and personal freedom. If you want something you have to be willing to give up what is not working free from guarantees to receive your heart's desire.

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

The very foundation of your life is being rocked between the worlds of Heaven and Earth. Issues with your mother and father have surfaced and are now coming to a healthy place. Reality is always what you make it, within reason. Stay calm, breathe and the stresses of your outer world will melt.



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

You are gathering support from all corners of the Universe right now. There is an amazing creative circuit of energy running through you. Go for it, let it flow, be bold and do what you have always wanted to do for the highest and greatest good of all concerned in the most positive ways for humanity.

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

Health and career issues weigh heavily on your mind this holiday season. In your efforts to change your diet and exercise program, you have also opted to consider looking into a healthier work environment. If you don't have peace in your life, then work on finding it first within yourself.

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

This month you feel like your life is like a circus act; the show must go on! There has been so much preparation and now it is time to do what you came here to do. Whatever it is; sing or dance your heart out, be one with it. Your connection is the key to everything, relationships are immanent.

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

Use your holiday time to recapture some lost romance and be inspired to reconnect with your soul mate. Reevaluation of joint goals and dreams will put you both back on the same page to work and play as a true partnership. With this in mind you will solidify your connection.

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

The energies are ripe for a financial windfall this month; buy a lottery ticket for sure! It appears that you have some pretty powerful energies around you now. Your nervous system is sensitive to other people's chaotic energies as well. Spend extra time outdoors in nature and that will regenerate you.

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

Travel will be a big theme for you this month but be sure and double check all your flight plans, routes and hours of operation. Be clear with your intent and why you are doing what you are doing. Yes you are undergoing some powerful changes now, you will make it to the top, keep climbing, it is all in the journey.

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

You have worked hard for where you are in your life; and you continue to enjoy the journey. Your career continues to climb higher and higher as you develop your psychic gifts and healing modalities. You are truly a gift to the world and so many appreciate you! There are many gifts awaiting you!

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

As the wounded healer you begin to take an honest look at yourself in the mirror, and you like what you see. You can only have true compassion for yourself and others when life has brought you to your knees. Healing and forgiveness has improved your life and your peace of mind.

# YOGA SHAKTI MISSION



Ma Yoga Shakti

**Sunshine Lectures**  
**Sundays 9 - 10am**  
*Talks on Spiritual Topics*

**First Saturday at noon**  
**VEGETARIAN LUNCHEON**  
\$10 donation  
(children free)

Ramayan Chanting  
Sundays  
10:15-11:15 am

## YOGA CLASSES

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

Monday 7-8pm Gajendra Giles  
Tuesday 7-8pm Maryann & Jim Loafman  
Thursday 9-10am Sonal Mehta  
Thursday 7-8pm Chip & Shyama Iacona

### New Year Retreat Jan 2 - 4th 2015

#### The theme is Patanjali Yoga Sutras

Retreat to another world. Spend a weekend in the wooded seclusion of Yogashakti Mission, Palm Bay, Florida. This Ashram was created by Ma Yogashakti and purified and energized by her. Study Yogic scriptures; Learn meditation; Be introduced to Patanjali's Yog Darshan; Take part in 3 Hatha Yoga classes; Learn Deep Relaxation. Six home-cooked vegetarian meals will be provided. Accommodation is shared or you may bring a tent.

**REGISTRATION:** In advance before December 1st - \$120.00 per person, families \$170.00. At the door \$130.00 per person or \$190.00 for families.

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

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

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

E-MAIL or CALL TO REGISTER

**YOGA SHAKTI MISSION 3895 Hield Rd NW Palm Bay**

Email [yogashaktipb@yahoo.com](mailto:yogashaktipb@yahoo.com) **321-725-4024** Visit [www.yogashakti.org](http://www.yogashakti.org)

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### Connecting with Your Angels, Guides & Teachers

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



**Healthy Eating Habits** By the power of suggestion, your desire to overeat will be replaced by increased willpower; your craving for unhealthy foods will be replaced by finding fun ways to increase your physical activity. Turn up your body's metabolism to burn fat and leave you with a higher energy level. Each time you listen, you can experience a new and healthy vital energy flowing.

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

### OBE: You Are Not the Body.

An astral flight out of the body. Being out of your body is a natural state that happens every night whether you recall it or not. With this recording, you will become aware of your existence beyond the physical realm. With repeated listening, you will realize your ability to leave your body, to return safely, and remember it.

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\$10 mp3 files at [http://horizonsmagazine.com/CD\\_Page/index.html](http://horizonsmagazine.com/CD_Page/index.html)

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

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**West Palm Beach**

Sunday, January 11 10 a.m. – 4 p.m.

**EMBASSY SUITES HOTEL**

1601 Belvedere Road

Start 10 a.m. Lunch Break 11:30 p.m.

Second Class & Meditation 1 p.m.

Kriya Yoga Initiation 2:30 p.m.

**Cape Coral**

Sunday, January 18 2 p.m. – 5 p.m.

**CENTER FOR SPIRITUAL LIVING**

406 SE 24 Avenue, Cape Coral

revgauvreau@gmail.com

**Sarasota**

Sunday, February 1 2 p.m. – 5 p.m.

**UNITY OF SARASOTA**

3023 Proctor Road

Roy Eugene Davis has taught spiritual growth practices in North and South America, Europe, West Africa, Japan, and India. He was ordained by Paramahansa Yogananda in 1951.



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