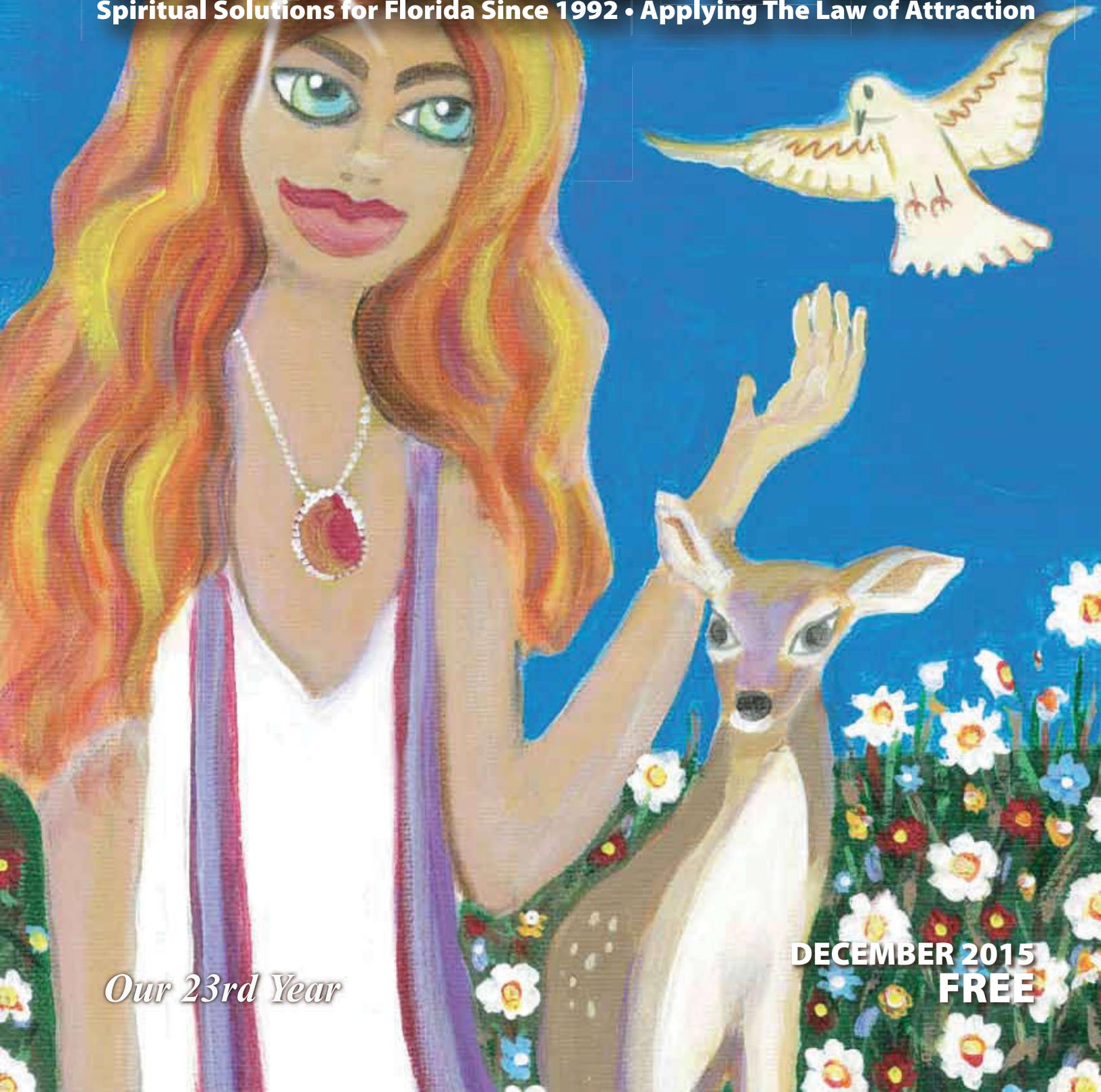


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AROMA SPOT Frankincense

Margaret Ann Lembo is published by both Llewellyn Worldwide and Findhorn Press and the author of many books including Chakra Awakening; The Essential Guide to Crystals, Minerals and Stones; The Angels & Gemstone Guardians Cards. Three new titles coming in March 2016. She is an aromatherapist, and the owner of The Crystal Garden - a book store, gift store, and spiritual center in southeast Florida. www.TheCrystalGarden.com www.MargaretAnnLembo.com

Frankincense has been a valued resin for over 5,000 years. This resin is traditionally associated with the Three Wise Men, who are believed by some historians to have been Zoroastrian astrologer-priests from Babylon. On a spiritual level, frankincense is the ultimate oil for meditation practice. It helps you to align yourself with compassion, inner peace, tolerance, and love. Frankincense aligns you with higher consciousness. It increases your awareness of the spiritual and mystical experience of the unity of the universe. This is a perfect oil for spiritual counselors, intuitive readers, keynote speakers, Reiki practitioners, and meditation facilitators



- On a mental level,** use frankincense to clear your mind of incessant chatter. The result is clarity of consciousness.
- On an emotional level,** frankincense brings a sense of calm and inner peace, thereby quieting ruffled emotions and out-of-balance feelings. As frankincense facilitates deep breathing, it also aids in calming hysteria.
- On a physical level,** use frankincense for all respiratory concerns. It is beneficial to open breathing passages. It's perfect for the healing process during recovery of pneumonia, pleurisy, bronchitis, sinus congestion, and similar ailments.

Frankincense fortifies the immune system, and it has been found to be beneficial for relief from arthritis. Focus on these positive thoughts when you use frankincense. It's a great essential oil all year long and especially during the holiday season. I focus on empathy and kindness. Each day, my intention is to live love and to act with compassion and tolerance with every person I encounter. I am aligned with the healing powers of inner peace and kindness. I am able to help others by vibrating love through my presence, words, and actions.

Excerpted from The Essential Guide to Aromatherapy and Vibrational Healing. (Llewellyn Worldwide. March 2016)

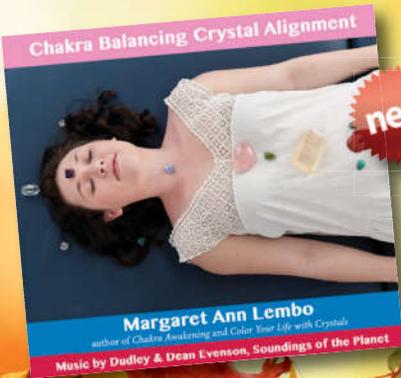


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December 6th 10:00AM WOW! A New Look at the Nativity – a play produced by Unity of Melbourne's Youth and Family Ministry, followed by a Christmas party with interactive activities planned by our teens. We will have a special guest coming to celebrate with us! Ho Ho Ho, Merry Christmas!



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December 27th Burning Bowl Service 10:00AM

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January 3rd 10:00 AM White Stone Service

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Second and 4th Thursdays
Club CHIP 6pm

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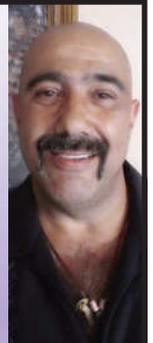


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HORIZONS

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Andrea de Michaelis

On the Cover (page 26)
Madeleine with Doe
by Andrea de Michaelis

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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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- 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.



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 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 2015 edition of Horizons Magazine.

I've had fun using my artwork on the cover of the magazine the past year. I'd created a series of shamanic paintings during a soul retrieval journey, painting the individual messengers and power totems that I encountered along my journey. Those have been the cover art for the past year. I've sketched and painted since I was a kid but never thought of getting formal training nor thought of it as a career path. The first time I saw **Perry Mason** on tv I was hooked and wanted to be **Della Street**. I was a criminal defense paralegal for 22 years, working for high profile attorneys in **Miami and Melbourne, FL** until **1992** when **Horizons Magazine** was born. I've also written since I was a child. I never had formal training and I never considered writing as a career path. I've basically kind of had in mind what I wanted to be when I grew up, then I followed my inspiration wherever it led me. It led me back to writing and painting as my spiritual path work.

I had a tummy bug last month. It was an intense time with fever and chills and body purging. I hadn't been that sick in years. Being helpless definitely puts your mind in a different place. Sickness doesn't worry me as I've learned that as long as I'm eating relatively healthy food, anything I "catch" is going to move through my system quickly enough. For the most part I eat healthy and take plenty of vitamins and mineral supplements and have no deficiencies.

I FINALLY UNPLUGGED FROM CABLE

When I am sick or recovering, I find I heal best in a quiet, calm and pleasant space. I turned the tv on for distraction from the nausea and body motions, but found the sharp words and move-

ments were too intense, even with the sound muted. It literally made me more aware of my discomfort and it made me feel worse. I switched over to my DIY and real estate shows and scrolled the channel guide looking for educational and nature programs. Then the harsh commercials got to me. Long story short, I went several days watching Netflix and Amazon Prime and, based on those days of down time, I made the decision to disconnect cable TV. As soon as I made the decision, I began to feel much better.

I DISCONNECTED MY LAND LINE ALSO

I also ported my 33 year old land line number to my cell phone. Now I can catch every call. If it goes to voice mail, I can read it right away in a text message. Make sure I have a text number or email address for you so I can respond even when I'm busy.

MY TV IS SMARTER THAN I AM

I love new technology! My smart tv connects me automatically via wifi to Netflix, Amazon, Youtube, all the services. I'm just now - after disconnecting cable -- discovering what bounty is available on Youtube. For instance, I am just learning that in addition to instructional shows and video seminars, full episodes of many popular shows and programs can be found, many without commercials, like Anthony Bourdain's Parts Unknown in Marseilles, France with Eric Ripert which I just watched. Initially it was cumbersome searching for titles using the tv remote, then I learned I could "pair" the tv with my iPad, which meant I can use the iPad keyboard find a show I wanted to watch, then go into Settings on the iPad and enter the code.

ONLY WHEN MY MIND CHATTER DIES DOWN CAN I HEAR YOU

It took me 3 days out of the office being sick for my mind chatter about work to die down. Only when my mind chatter dies down do I have the space for new thoughts to enter. Only then can I really understand obvious things that escaped me before. I wondered how many other things I am doing that are irrelevant for my lifestyle today. This is why I schedule thought time for important projects, because I keep so many irons in the fire. Having cable for so long was a perfect example of holding on to an old belief simply because it felt familiar and I was used to it. Whether it was good for me or relevant in my life right now or not.

...continued on page 28...

EMAIL READINGS WITH ANDREA de MICHAELIS

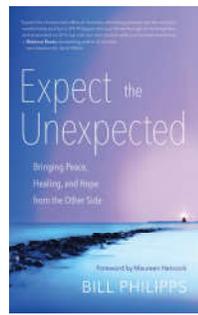
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SIGNS FROM SPIRIT



music and humor. Any time I seek guidance, I look for a white butterfly. To me, that is a sign from my mother. It has been since my late teen years, when I noticed that white butterflies appeared soon after I prayed to my mom for help in certain situations. I am not saying that my mom is the butterfly. I am not even necessarily saying that she sent the butterfly. What I am saying is that she directs my attention to one when I ask her for help. It's her way of letting me know that she is listening.

Excerpted from *Expect the Unexpected* ©2015 by Bill Philipps. Printed with permission of New World Library. www.newworldlibrary.com

Bill Philipps is author of *Expect the Unexpected*. He has helped countless individuals deal with the grief of losing loved ones by bringing through validations, evidential info and beautiful messages which heal and bring a sense of peace. www.billphilipps.com

I firmly believe that my ability as a psychic medium is a God-given gift, and that not just anybody can become one simply because he or she wants to.

Trust me, I know many people who have tried, and without success. But I do believe all people have some psychic intuition — more than most know they have — that can be cultivated enough to enable them to receive and recognize signs from spirits.

The first step in tapping into that intuition is to set your intention by silently asking the spirits for help when you need it. In other words, pray or meditate. If you are going through a difficult time and are looking for answers or guidance in a particular situation, you first have to ask for help and for signs. That's the easy part. The second step, which is more difficult but equally important, is to open your heart and mind to receiving those signs. So how do you know whether something is truly a sign? There is no definitive answer to that; you must use your intuition. If you think you have received a sign but aren't confident that it is one, continue to pray and meditate. Ask God for more help, more signs, more assurance, and see what happens.

I have discovered that signs intended for me from spirits come in threes. I have heard others say the same. Some of us need to have signs thrown in our faces many times and in different ways before the message resonates with us. So if I were thinking about changing jobs, and the spirits were trying to tell me I should, I might get that sign from the waitress and two other signs totally unrelated to her but related to changing jobs. Maybe the next day I will open a newspaper and find a story about how more Americans are changing careers, and the day after that I will turn on the radio and hear Johnny Paycheck's 1977 country hit "Take This Job and Shove It." I think that would be a huge sign! Remember, spirits can relay messages in several ways, including through

For others, a sign could be a bird or something else in nature. I once did a reading for a woman who lived in a big house in California with picture windows in almost every room. For a week straight a bird tapped on the windows all day long. No matter what room the woman was in, the bird seemed to find her. It became so annoying that she went outside several times to try to shoo it away, but the bird always came back. She even considered calling an exterminator. At the end of the week, when we had our reading — I knew nothing about her bird problem — I told her that her mother was coming through and showing me a bird. I asked her if she had had any recent encounters with birds. After the woman acknowledged that she had, and commented on how bothersome the bird was, her mother flashed an image of herself throwing her head back and laughing. That bird was the mother's way of letting her daughter know that she was with her. After the reading, the daughter shifted her mind-set, and that annoying bird instantly became a sound and symbol of peace and comfort from someone she loved so dearly. Fortunately, after that discovery, the bird was spared extermination.

Fluctuations in electricity could also be a sign. Spirits are energy currents, so it is easy for them to manipulate electricity and cause cell phones, televisions, computers, and lights to flicker. Yes, when a lightbulb burns out, that could simply mean the lightbulb was old. But if you are sitting on the edge of your bed looking at a photo album, reminiscing about a grandma who has passed, and a light pops off, I would bet it's her letting you know she is there. All spirits are different, and spirits' methods of communicating with you may vary.

Another way they reach us is through music. My mom once told me that when she sang in her school choir her sophomore year, the song they were best known for was "California Dreamin'" by the Mamas and the Papas. During my sophomore year of high school, just a month after Mom passed away and on our first day of choir practice, our director told us to open our binders to the song on the first page — and it was California Dreamin.' It's a random song from the 1960s. What were the chances? I definitely took that as a sign that she was with me that day and throughout the year as I came into my own element as a singer.

Some will argue the signs I've mentioned are nothing more than coincidences. I understand and respect that opinion but do not agree. I believe everything in the universe happens for a specific reason, and that such synchronicity is often triggered by spirits. If you are open to that belief, the spirits will be open to giving you the signs and guidance you seek. These will enlighten you to a new way of living and thinking and will empower you to build your own communication system. If your mind is closed to the spirits, they will likely recognize your attitude over time and no longer try to communicate with you — which, to me, would be a tremendous opportunity lost.



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The Law of Attraction Needs No Practice

There are three powerful Universal Laws that are of value for you to understand if you wish to guide your life deliberately, and the Law of Allowing is the last of these. It

would seem logical that we would talk of the first Law, then the second and finally the third—and we have done exactly that in previous books. We are, however, emphasizing this third important Law because it is really the Law that you have come here, in this time and space, intending to master. This is the Law that you must practice if you are to become the Deliberate Creator that you came forth to be. The first Law, the Law of Attraction, is not something that you need to practice or even something that you can practice, for it is a Law that exists in every particle of the Universe—and it just is. Just as your Earthly law of gravity requires no practice but just consistently responds to all matter in a consistent way, neither does the Law of Attraction need practice. You do not have “gravity instructors” teaching how to avoid falling up, because falling up instead of down is not an option—or a problem. And, in like manner, you will not need to practice in order to cause the powerful Law of Attraction to respond to you in a consistent way . . . for it will bring things to you that match your vibration, and it will do so even in your ignorance of the Law.

The second of these three powerful Universal Laws is the Law of Deliberate Creation. By deliberately directing your attention and thoughts toward the outcome that you desire, you can be or do or have anything that you choose. The application of this powerful Law has resulted in the manifestation of this magnificent planet upon which you live, and in everything that you are able to see. And in the same way that the Non-Physical Source Energy applied this Law—and through powerful focus, created this environment that you call life on planet Earth—you are continuing the process of creation from your physical vantage point.

Living the Law of Allowing

And while these first two Laws are of extreme importance and your awareness of them is of great value to you and to All-That-Is, your understanding and application of this third Law, the Law of Allowing, is really where all of your personal power lies.

...continued on page 29...



Rev. Andy Conyer



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

Overactive Bladder Solutions

Bladder keep you up? According to the Natural Association for Continence, 25 million Americans struggle with **bladder control** problems; from that number 75% are women. As we age, the inability to control our hold of urine can diminish for a number of reasons including **reoccurring urinary infections, being overweight or medical conditions** like **Parkinson’s, diabetes, MS** or **depression**. Even **medications** like BP meds, antihistamines, antidepressants or chemo drugs can weaken and interfere with the bladder muscles. An overactive bladder or incontinence is caused by problems with the muscles or nerves in the urinary system that control how we hold or empty the bladder.

For women, bladder problems can be brought on by **pregnancy menopause**. The more children, the greater chance because the weight of babies pressing on the pelvic floor muscles for months weakens them. The decrease of estrogen with menopause thins and dries the vagina and urethra making it less responsive to proper nerve impulses. **For men**, incontinence usually due to an **enlarged prostate** which prevents the bladder from emptying completely.

Herbs can be of great help for an overactive bladder because they have a synergistic approach when different actions are combined together. For instance **antimicrobial and antiseptic herbs** like **Yarrow, Parsley, Buchu Uva-ursi** and **Usnea** can help rid the urinary system of pathogens that can be causing infections, which overtime weaken the urinary system. **Immune supporting and adaptogenic herbs** like **Astragalus, Echinacea, Oregon Grape root** and **Uva-ursi** in the urinary system help you to better cope with the stress that can be causing the problem or is caused by the problem. **Antispasmodic herbs** like **Valerian, Saw Palmetto, Wild Yam** or **Black Cohosh** can help when the sphincter muscles are over stimulated.

For women, using herbs with **phytoestrogenic** properties like **Black Cohosh, Wild Yam, Sarsaparilla** and **Red Clover** strengthen the pelvic floor muscles and increase blood flow to the area working much like hormone replacement therapies. **For men, prostate-toning herbs** like **Nettle root, Saw Palmetto, Pygeum, Agrimony** and **Suma** support the whole male-genitourinary system, relaxing the smooth muscles of the bladder neck reducing an overactive bladder especially at night.

There are also herbs like **Mullein root, Agrimony, Yarrow** or **St. John’s Wort** help to strengthen and improve the tone of the sphincter and pelvic floor muscles in the urinary bladder so it can hold urine in the bladder better lessening dribbling and incontinence. And you may want to consider Horsetail, which is high in silica; necessary for the health of connective tissue in the urinary system.

A synergistic blend containing **Yarrow, Agrimony, Astragalus** and **St John’s Wort** addresses **antiseptic, antispasmodic, immune supporting, adaptogenic, and antimicrobial** properties reducing dribbling and incontinence by helping to tone and strengthen the pelvic floor muscles improving the whole genitourinary system.

4 STEPS TO SUCCESS

A Summary of The Millionaire Course



Marc Allen is a well-known writer, speaker, and musician. He has written several books, including The Millionaire Course, The Magical Path, and Visionary Business, and also released five albums of original music. He is founder and president of New World Library, a leading independent publisher. He leads seminars gives teleseminars that reach people all over the world. Visit www.MarcAllen.com or www.NewWorldLibrary.com.

1. Imagine your ideal scene. Imagine five years have passed, and you are living your ideal life, doing what you love to do, being who you want to be, and having what you want to have. What does your life look like? Write it down, on a sheet or two of paper. Don't be afraid to build your castles in the air – that's where you have to start, in fact. You have to begin with the dream, and keep the dream in your mind and heart, and then you build the foundation under the dream, step by step.

2. Make a list of your goals as affirmations. Within your ideal scene are a list of goals. Get out another sheet of paper, and write them down. For example: "Become successful doing my art."

Now do something I did the day I turned thirty – years after, looking back, I appreciate more and more the power of this step: Rewrite all your goals as affirmations.

For example: "In an easy and relaxed manner, in a healthy and positive way, I am now becoming successful doing my art."

Keep affirming your goals are coming into being, in an easy and relaxed manner. Do it often enough so that those goals sink into your deep and powerful subconscious mind.

To this day, I carry my goals as affirmations around with me, in my back pocket, and pull them out and repeat them often.

3. For every major goal, make a one- or two-page plan. Over time I found that, for every major goal I had made, a simple plan emerged. Or at least the first few steps to take became obvious.

...continued on page 21



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SOULSONGS 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.

DAYS OF OUR LIVES

Every waking moment, I'm leading a double life. No, not in a sneaky way - I'm simply living an external life and an internal life. The external one is comprised of my home, work, relationships, possessions, schedule, etc. My internal life is comprised of my thoughts and the feelings they create.

Perhaps I've spent much effort trying to get my external world to the place where I can feel good in my internal world - achieving the education, job, health, appearance, friends, and appreciation that are common human goals. Perhaps I've been trying to line up circumstances so that I can feel happy.

And I've possibly experienced my share of frustration and disappointment as a result of making my external life the cause and my internal life the effect, whereas reality was designed in the opposite way. My overall thoughts and feelings determine the course of my life, and I could never work hard enough or smart enough to override that truth.

Now I know where to concentrate my efforts: inside myself, developing optimism, gratitude, contentment, and the ability to shrug off what I cannot change. Then I'll be able to achieve twice as much with half the effort and little wear-and-tear on my body, except those muscles I use when I smile.

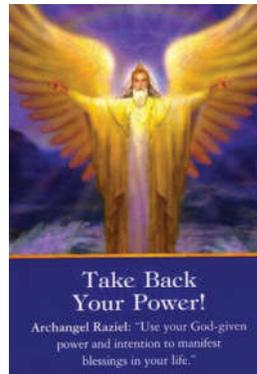
ARCHANGEL ORACLE CARDS



Doreen Virtue is a spiritual doctor of psychology and 4th-generation metaphysician who works with angelic, elemental, and ascended-master realms. Doreen is author of 50+ books about angels and mind-body-spirit issues. See www.angeltherapy.com

Who is Archangel Raziel?

Raziel (as Ratziel) is the archangel of the Chokmah, second Sephirah (aspect of God) of the Kabbalah's Tree of Life. There Raziel presides over the action of turning knowledge into practical wisdom. Raziel helps us humans ply our knowledge until it becomes spiritualized and second nature to us. In the Chokmah sphere, we learn how to stay focused and avoid tempting distractions. This requires attuning to our higher self, which is the connection to Divine wisdom.



Raziel's persona is similar to a wise old wizard. Think Merlin with huge eagle wings and you'll get a sense of Raziel's energy. This magical archangel is happy to impart esoteric wisdom, especially with a healing intention. His halo is rainbow hued, like sunlight reflecting through a clear quartz prism.

When To Call On Archangel Raziel

Raziel helps you recall all of the lessons that your soul has accumulated over time and condense these into usable energy for your present life's mission. Raziel also assists in healing from painful memories and past traumas, especially if they create fears of moving forward with your life mission. Additionally, Raziel can help you dissolve any troublesome vows you may have made in previous lifetimes, such as those of poverty, self-sacrifice, or chastity. If you don't want the effects of those vows in your present life, call upon Raziel to undo them.

Color: Rainbow Colors

Crystal or Gemstone: Clear Quartz

Astrological Sign: Leo, the dramatic rainbow of colors and bright light

"Thank you, Archangel Raziel, for helping me heal away any fears from previous lifetimes so that I may focus clearly upon my present-day Divine life mission."

PLANNING YOUR DEATH - ENJOYABLY



Holley Kelley, M.S., C.P.G., gerontologist author of *Sunrises and Sunsets, Final Affairs Forged with Flair, Finesse, and FUNctionality*.
www.sunrisesandsunsetsbook.com
www.latterlifeplanninginstitute.com

New Year's resolutions are a long-held tradition, marking new beginnings and renewed commitments for more of what we hope for, but fell short of achieving in the years prior. Marked with motivation and newfound pledges, the best of resolutions often fade to the wayside by February.

So this year, how about a New Year's resolution that makes the top of the list for priorities, is guaranteed to be personally enriching, and is met with complete success in just two months? Instead of planning your life, how about planning your death!?

End of life planning allows for renewed spiritual advancement and encourages familial elevation in incomparable ways

The secret recipe for richer enjoyment and deeper satisfaction is ensuring all areas of advance care planning are achieved now...well before the crisis point. The best time to plan for later is now.

We often spend so much time focusing on specific goals, that we easily overlook the omnipresent aspect of our life... aging-and ultimately being a conscious participant in our own future passing. Acknowledging

these two inevitable realities creates a wonderful opportunity to personally define your destiny for gracious and dynamic aging, while thoughtfully putting your signature on the specific details of your future providence. It's letting your body and your spirit depart on YOUR own terms.

However, final-affairs planning is also an incredibly important component of your existing life affairs today. It's far more than just matters such as advance care planning aspects, advance directives, and your Last Will and Testament. It's really about having peace of mind while you are living!

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FROM THE HEART



Alan Cohen is the author of *A Course in Miracles Made Easy*. Join Alan and intuitive Dougall Fraser in Hawaii, Feb. 21-26 for a life-changing retreat, *The Guru in You*. For more info about this program, Alan's Life Coach Training Program, free daily inspirational quotes, and weekly radio show, visit www.AlanCohen.com.

Why the Holidays Don't Matter

For the many years I've been writing this column, I conclude each year with an inspirational message about the importance of the holidays. This year I would like to take a different approach. I would like to suggest that the holidays don't really matter and there is nothing you really need to do about them.

Such a suggestion, of course, reads like heresy. "But the holidays do matter!" a voice in your head chides. "They are religiously significant, a season to gather with family, a time to complete the old year and prepare for a new and better one." Certainly. But try this approach on for size and see how it might fit:

The holidays, while fun and significant, drive lots of people crazy. There are pressures to buy the right presents for the right people; obligatory family and office gatherings; commercialism up the wazoo; running up credit card debt; pregnant women trampled to death by **Black Friday** shoppers rampaging the superstore at 5 AM; hassling with companies that don't ship presents on time; traffic and travel gluts; fielding invasive questions from obnoxious relatives and co-workers about your relationship status; fighting over whether the kids are going to stay with mom or dad; and on and on. Thus the season of cheer becomes the season of stress.

If your holidays have become more and more work and less and less fun, this year don't do anything for the holidays that grates against your soul. Don't do anything because you are supposed to. Or because you always have done it that way. Or because you might disappoint someone if you don't. Or because you feel guilty. Or because you are afraid.

A coaching client told me she had planned to go on a 10-day silent meditation retreat, but she was receiving lots of pressure from her family and friends to cancel. I asked her why she might not go. "I'm afraid I might lose their friendship," she answered.

I replied, "So what you are saying is that you have lots of dysfunctional relationships in which other people selfishly want you to live the life they would choose for you to meet their own neurotic needs, and they want you to sacrifice your joy so they can feel secure in their own little controlling world . . . And you are afraid of losing such demeaning relationships?"

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Dear Michelle, I'm at my wits end. My husband & I have been trying to conceive for two years then finally we went to a fertility specialist. Is there a spiritual reason for this widespread issue? --Notta Momma in Minnesota

Dear Notta, My heart goes out to you and your husband. A soul must have permission to be born into this realm. We pick our parents pre-birth to be born into a set of circumstances that will lead to lessons for the soul's growth to work on their personal karma. Not everyone is meant to give birth. Adoption is another way that a child (who is meant to be yours) can find its way to your family. There are so many beautiful babies, toddlers in need of adoption or foster care. I would urge you seek one of these other methods and find a beautiful soul in need of your nurturing and care.

Dear Michelle, I'm confused about the terms Psychic and Medium, they seem to be interchangeable. I want to have a reading with someone local but I'm confused with the terminology. Please explain.- Wanting a Reading in Wyoming

Dear Wanting, There seems to be much confusion when it comes to the abilities of a Medium and those of a Psychic. It's important to know where they get their information. A psychic reads energy; they tap into the energy or vibrations that surround you. Many psychics can read the vibrations of objects too. This is called Psychometry and can be used to read jewelry or other personal belongings.

A medium is a psychic and they possess the additional gift of tuning into the Spirit World to be guided by beings of higher consciousness or as I call them your Unseen Support Team: Spirit Guides, Angels, Saints and God The Creator. Some people are born natural mediums, others develop their gifts along the way. A spiritual medium meditates and prays to raise their life force or vibration to connect with Heavenly Guidance. They can also receive information from our dearly departed for messages of love; although it's important to ask for advice only from your Unseen Support team because they are more spiritually evolved. A psychic medium must train themselves so they become proficient in receiving this high vibrational information. The more time spent in prayer, meditation, listening to and following the voice of Spirit then the more gifted they will become. Intuition is a like a muscle the more that you use it the stronger it becomes. These days, there are lots of people that claim to be something that they are not. I'd invite you to do some research and seek someone with a good reputation.

Chief Aiku

*16 Cowries Oracle, Ifa diviner
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MAKING REAL MAGIC

Excerpted from Sidewalk Oracles: Playing with Signs, Symbols and Synchronicity in Everyday Life ©2015 by Robert Moss. Printed with permission of New World Library. www.newworldlibrary.com. Robert Moss is author of Sidewalk Oracles and other books about dreaming, shamanism, and imagination. He is the creator of Active Dreaming, an original synthesis of dreamwork and shamanism. He leads creative and shamanic adventures all over the world and leads popular online courses in Active Dreaming for The Shift Network. His website is www.mossdreams.com

We are embarking on a path of real magic. Real magic is the art of bringing gifts from another world into this world. We do this when we go dreaming and when we remember to bring something back. In dreaming, we go to other realities that may include places of guidance, initiation, challenge, adventure, healing. When we bring something back from these excursions, and take action in ordinary life to embody the guidance and energy we receive, that is a practice of real magic.

We go dreaming in the night. We do it quite spontaneously. We can do it by setting an intention for our nocturnal adventures. We can do it as lucid dreamers, awakened to the fact that we are dreaming and able to navigate the dreamlands consciously. We can do it in the way of the shaman, traveling intentionally, conscious and hyperawake, riding the drum to locales beyond the ordinary, and bringing back gifts.

We can also walk the roads of everyday life as conscious dreamers, learning to recognize how the world is speaking to us in signs and symbols, and how a deeper order of events may reveal itself through the play of synchronicity. In night dreams and conscious excursions, we get out there; we go near or far into other orders of reality where the rules of linear time and Newtonian physics do not apply.

Through synchronicity, powers of the deeper reality come poking and probing through the walls of our consensual hallucinations to bring us awake. Sometimes they work to confirm or encourage us in a certain line of action; sometimes they intercede to knock us back and discourage us from persisting in the worst of our errors.

Synchronicity is when the universe gets personal.

Navigating by synchronicity is the dreamer's way of operating 24/7. Though the word synchronicity is a modern invention – Jung made it up because he noticed that people have a hard time talking about coincidence – the phenomenon has been recognized, and highly valued, from the most ancient times. The Greek philosopher Heraclitus maintained that the deepest order in our experienced universe is the effect of “a child playing with game pieces” in another reality. As the game pieces fall, we notice the reverberations, in the play of coincidence.

When we pay attention, we find that we are given signs by the world around us every day. Like a street sign, a synchronistic event may seem to say Stop or Go, Dead End or Fast Lane. Beyond these signs, we find ourselves moving in a field of symbolic resonance that not only reflects back our inner themes and preoccupations, but provides confirmation or course correction. A symbol is more than a sign: it brings together what we know with what we do not yet know.

Through the weaving of synchronicity, we are brought awake and alive to a hidden order of events, to the understorey of our world and our lives. As in the scene in the movie *The Matrix* when the black cat crosses the room in the same way twice, riffs of coincidence (for which I have coined the term *reincidence*) can teach us that consensual reality may be far less solid than we supposed.

You do not need to travel far to encounter powers of the deeper world or to hear oracles speak. You are at the center of the multidimensional universe right now. The doors to the Otherworld open from wherever you are, and the traffic moves both ways.



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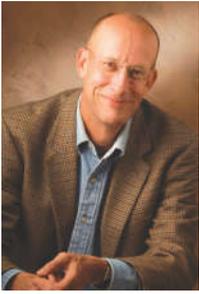
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NOTES from the Universe

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

The very same magic, the very same that you used to get your first job, to find a best friend, and to heal what hurt, that even now finishes your sentences, beats your heart, and inspires your dreams, is the exact same "grade" of stuff that can make what you most want today come to pass.

Point being: You've already engaged it. You've already commanded it. You've already done the impossible... So what's the big deal about doing it again?

Oh go on...
The Universe

SOUL SHAPING



Former criminal lawyer and psychotherapist, Jeff Brown is author of *Love It forward*, *An Uncommon Bond*, *Apologies to the Divine Feminine* and the spiritual documentary - *Karmageddon* - which stars Ram Dass, David Life, Deva Premal & Miten. Soulshaping.com

One afternoon, I went into the woods with my heart open and bared and actually asked for love.

I walked miles from civilization, in the midst of a wild rainstorm, carried forward by a determination that defied reason. I arrived at a rambling brook, one I had never seen before but that felt entirely familiar. It was getting dark and the branches were clanging in the wind. There was an ominous energy, an oddly inexplicable combination of destruction and passion. I got down on my knees beside the brook and said aloud: "My spirit is tired of stumbling this earth alone. Please bring me love. Please..." The warrior within chastised my vulnerability. The lover being birthed beneath my armor celebrated.

I had actually asked the universe for love before, but never with this depth of conviction. To this point, the universe wouldn't take my calls. It seemed my soulular phone plan wasn't activated yet. Or perhaps I hadn't paid my karmic fees yet. Whatever it was, it knew I wasn't ready for the great crack open, the grand teaching. My heart was still too protected, my relational patterns too unstable. I needed more inner prep work to clear the lines. So they sent me substitute teachers, preliminary lessons on the path to readiness. No sense planting the cosmic seeds in an ill-prepared field. Better to prepare the soulsoil for a real good harvest.



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You Are Perfect



Aleya Dao is the author of Seven Cups of Consciousness. She opened the first alternative health-care clinic in Telluride, CO, and has built an international healing practice with her online subscribers and students. Visit www.aleyadao.com. Excerpted from the book Seven Cups of Consciousness ©2015 by Aleya Dao. Printed with permission of New World Library. www.newworldlibrary.com

You are perfect. Fully experiencing this perfection is a key component of your spiritual journey. When you experience your perfection at a conscious, awakened level, you will be able to easily rise above life's challenges.

During my enlightenment experience, I was acutely aware that I was a beam of light expressing myself from the heart of Source. I was divine perfection. The light that flows within you is also exquisitely beautiful and perfect. The more you hold your awareness in your divine line, the better life keeps getting.

There are three steps to the Seventh Cup. The first is learning to connect with your essence. The second is learning to hold responsibility for connecting and loving your essence. And the third is learning to let go of issues that are not yours and that prevent you from connecting with your essence. As you master these three steps, you will live in a state of divine connection and be conscious of your inner perfection.

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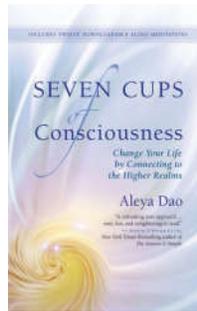
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Connecting with your essence is natural; you do it all the time. All you need to do is take a breath. Each time you inhale, you move into a deeper level of connection with your essence. Most people forget to breathe deeply or consciously. They connect with their essence but only at a tiny fraction of what is possible. When you breathe consciously, you accelerate your connection with your divine essence. Think of your breath as a type of exercise equipment to help you increase your divine connection.

The more you use your breath to consciously pull yourself into your divine line, the more connected you will feel, and the brighter your light will shine.

Using Your Breath to Connect with Your Essence

Take a deep breath. As you inhale, imagine pulling yourself into your divine line on the front of your spine. Ask your Higher Self to pull all your awareness into your divine line and to activate the vibration, sound, and light of your essence in your divine line. Ask your body deva and your Team, at the level of their Higher Selves, to pull all their awareness into their divine lines and to activate the vibration, sound, and light of their essence in their own divine lines.

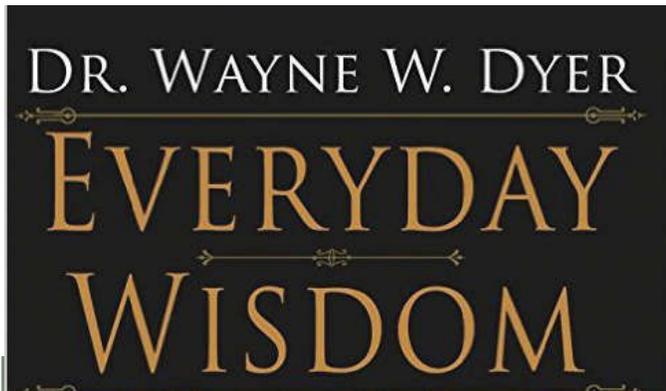
Wait. Imagine that the energy selves of you, your body deva, and your Team are doing the work in the higher realms.

Take another deep breath, and as you exhale, imagine standing in the middle of a stream of beautiful light. Each time you inhale, intend for your breath and your Higher Self to pull you deeper into your river of light. In this river you are safe, connected, soothed, and perfect. Breathe in again, and repeat the process. Notice if the connection to your essence gets stronger. In the beginning, do this conscious breathing for five cycles. (Be careful not to hyperventilate.) This is a simple, gentle practice that requires some repetition. When your mind wanders, and you lose your awareness of your divine connection, take a break and come back to it later.

If you do not feel the vibration of your essence flowing within you, just imagine it. Ask your Higher Self to do the work up high. Over time, you will feel the ripple effect as your Higher Self pulls all your awareness into your divine line and activates the vibration of your essence.

The Seventh Cup helps you deeply know that you are a beautiful beam of light. When you love that light, everything else starts to flow. It also helps you feel the state of oneness. When you hold your awareness in your divine line, you are one with everything and act from a place of love.

A conscious breath increases your perception of your divine connection. It strengthens your alignment with your spiritual power, wisdom, and mastery. Just ten conscious breaths a day will increase your consciousness perception of your perfection. So start now, take a deep breath, pull yourself into your divine line, and feel where you are perfect, safe, and whole.



Every day of this year can be the best day of your life so far if you will just make the effort to do one thing: Replace every negative thought with a positive one. This very simple act can do more to alter the fabric of your life for the better than just about anything else I can think of.

Dr. Wayne Dyer

www.drwaynedyer.com



HORIZONS SUGGESTED READING

The Millionaire Course by Marc Allen

Seven Cups of Consciousness by Aleya Dao

Expect the Unexpected by Bill Philipps

Sidewalk Oracles: Playing with Signs, Symbols and Synchronicity in Everyday Life by Robert Moss

Sunrises and Sunsets, Final Affairs Forged with Flair, Finesse, and FUNctionality by Holley Kelley, M.S., C.P.G

OMG How Children See God by Monica Parker



4 Steps to Success from The Millionaire Course

...from page 11...

For every major goal, I have a simple one- or two-page plan. It's an essential ingredient to the process I stumbled upon, and it's truly magical. Take a single sheet of paper (or two if necessary), put your goal at the top, and write out a plan to reach that goal. Don't worry if you can't see the whole plan at first. Just write down what you can, and then keep adding to it over time. Take the first few obvious steps in front of you, and the next steps will become obvious as well. Keep your plan fresh. If you feel stuck, take out your daily calendar, and make sure you mark something in there – some action step – that moves you forward on your plan.

4. Identify and overcome limiting core beliefs. The final step is the most challenging for most people: As soon as we dare to dream, what happens? Doubts and fears come up, in full force. How can we most effectively deal with all the doubts and fears that inevitably arise? That's a great question. As soon as you resolve even a few of those doubts and fears, you find yourself making remarkable progress toward your goals.

During my twenties, I learned something called “the core belief process”: When you realize you have a doubt or a fear in your mind, say it out loud, as clearly as you can. For example, maybe you're thinking, This is so hard. I'll never get this. Then try to find the deep belief that underlies that doubt or fear – for example: I'm incapable of this, I don't have what it takes. Express it as clearly as you can.

Then find the affirmation that directly counteracts that limiting (or so called negative) belief – for example, I'm enough. I have everything I need to create the life of my dreams, in an easy and relaxed manner, in a healthy and positive way.

Don't underestimate the power of this process. Try it for yourself, and you'll see. Over the years, I came to understand this – in spite of all my weakness and shortcomings:

We have everything we need
to create the success of our dreams:
a miraculous body, a phenomenal brain,
and a vast and powerful subconscious mind.
Now it's just a matter of focusing them
in the right direction.

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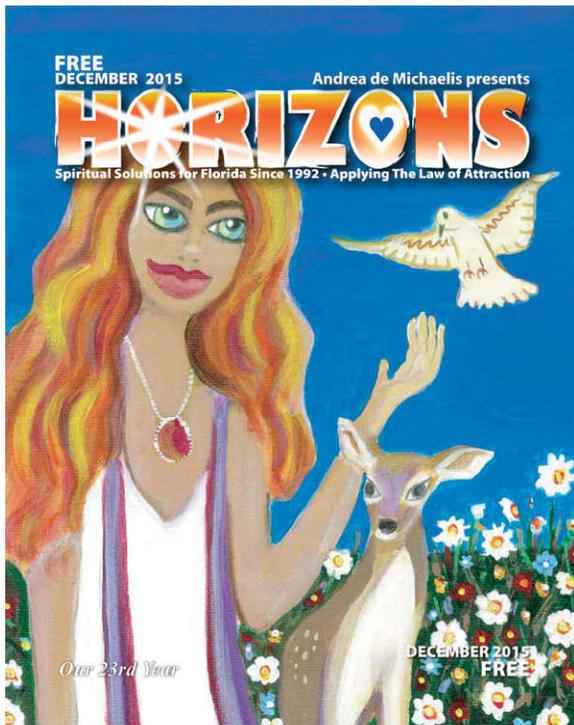
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COVER ART

Madeleine with Doe and Dove

by Andrea de Michaelis



I've published Horizons since 1992. When I feel led to 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.

I painted **Madeleine** as part of my shamanic soul retrieval series. The name **Madeleine** came to me as I painted her large aqua eyes. I later Googled the name and learned it is a form of **Magdalene**.

Jesus is said to have cast 7 demons out of **Mary Magdalene**. She was most notably present at the crucifixion of **Jesus** and was the first person to see **Jesus** after his resurrection. As I painted her, I felt an overshadowing sense of gentleness, grace, quiet dignity, faith and hope.

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



Alan Cohen

...from page 14...

She had to laugh. I was dramatizing the situation, but not by much. Real relationship empowers everyone involved to be more of who they are and to follow their joy. If your holiday relationships fall into that category, they are truly serving you. If people are pressuring you to do what they want you to do, or your inner critic is beating you up for not making someone else happy, you could make this the best holiday season of your life by letting go of everything that is dysfunctional and embracing only what brings you peace.

We are told that the three wise men followed a star to the **Christ** child in **Bethlehem**. The wise men represent the highest use of body, mind, and emotion. The star is the guidance of your soul. The **Christ** child is your true self. When you follow your inner peace, you are led to the **Christ**. When you burn the flame of your soul, you light a menorah that can never flicker. It's all about finding and fanning your inner light, your only purpose in life.

You are an eternal being who lives beyond time. You are greater than any cycles that occur in form. **Jesus** was born on Christmas, but the **Christ** is eternal. The miracle of **Hanukah** occurred a long time ago, but there are new miracles, and many, given each day. And why would a **New Year's** resolution be any more important or powerful than any affirmation you would declare on any other day of the year?

A Course in Miracles tells us that the only purpose of time is to learn to make the best use of it. This year make the holidays your own. Do what is uplifting to your soul and release all else. Your primary responsibility is to your spirit. My friend **Angela** loves Christmas trees. Last year she put up 27 Christmas trees in and around her home. For her, the ritual is holy. She is making the most of her season. Others would rather not go to one party. For them, staying home is holy.

The holidays are holy not for anything we do, but for the consciousness we bring to our acts. This year choose your activities consciously. Be where you want to be, not where you should be. Be with the people you want to be with. Wipe the slate clean of history, tradition, rules, and expectations, and make each day your own. Start a new tradition of soul honoring. Other people can legislate rituals, but only you can—and must—legislate your consciousness. Let joy be your compass.

"Holiday" means "holy day." Every day is holy. The sacred abides with you at every moment, everywhere you are. It is in you. You carry it with you. You are swimming in a sea of blessedness at all times. If you are going to celebrate anything this holiday season, celebrate the light in you and around you at all times. Then the angels will truly sing.



PLANNING YOUR DEATH - ENJOYABLY

...from page 13

Done right, it is a rewarding personal journey, involving a multi-layered approach that creates an opportunity for heartening growth, transcendence into new levels of higher consciousness, and confidence that your desires will be carried forth as you deem them. It's a chance to set the record straight, to unclutter your conscience, and define the legacy YOU wish to leave.

When your affairs are in order, you have distinguished your future in spectacular detail, as well as eased unnecessary burdens from your loved ones. Doing so provides the perfect opportunity to do a house-cleaning self-reflection, to relive what is special and unique about your life, to leave behind a distinctive written legacy that serves as a virtual and meaningful remembrance of you. It is a way to avoid familial discord, by making important decisions about your life and preferences-utilizing dependable faculties and sound mind. When final-affairs planning is purposefully embraced, it makes the second half of life more rewarding, happier and more deeply soulful.

Consider taking these actions as part of your 2016 Final Affairs resolutions:

- Creating a bucket list is a wonderful exercise, allowing you to identify life pursuits and interests you dream of experiencing. It serves as a blueprint for future fulfillment and adventure! Furthermore, it's a way for you to truly express your soul-driven desires.
- But, what is equally important is the "kick-the-bucket list;" defining anything that must transpire so that you can consciously and virtuously solidify your life's passage with genuine peace and comfort. Such items include resolving long-held feuds, making peace or amends, asking forgiveness from yourself or others. The point is to ensure you remain in complete concord with yourself and those you care about. Completing a bucket list and a "kick-the-bucket" list can be a revitalizing and liberating experience, providing surprisingly new opportunities for spiritually-enlightened living.
- Funeral planning is another area of importance and allows you to design every detail regarding your life celebration. This soul-soothing exercise can be really enjoyable, allowing you to personally create your own farewell-one that really reflects your self-expression--a last "themed" festivity for instance, or something with special nuance (think doves, butterflies, uplifting music choices from your life history). Let this be a connection to your living heart and your everlasting spirit.
- Well-orchestrated, pre-determined funerals encourage healing and heartfelt remembrance for those left behind. Wise funeral planning also includes writing your own obituary, a reflective task that tells the world who you are, who you love and what is significant about your amazing life. You'd be surprised to see the immeasurable gratitude this elicits from your survivors!

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- From family trees, archiving family history, to logging important family medical information and financial information--each is a vital and unique piece of the final affairs planning puzzle--including itemizing meaningful personal mementos, family heirlooms and sharing family customs. Defining who gets what in advance can circumvent family quarrels and conflict because wishes have been clearly conveyed. Planning and recording all these matters in advance prevents indecision, infighting, and hurt feelings that often plague families.
- In "putting your house in order," this presents a perfect opportunity to also release those items you no longer need, that don't contribute to your joy and welfare any more, and that would only be left for your family to sort through and discard. Find other places (shelters, thrift shops, direct donations to others, etc.)---where your "things" can be loved and appreciated--a wonderful uplifting feeling knowing they have gone on to bring joy to someone else. And a relief to your survivors!
- While there are many areas of comprehensive final affairs planning, one area not to overlook is sharing your wishes with your family and medical providers. This is one of the most important aspects related to your planning endeavors.
- Yet, there is also a chance for you to impact not only your own healing, but the healing of your loved ones. Besides leaving a written legacy of your life for them to have as a warm and loving memorial to you, there is an opportunity to write letters to individual family members and friends, a beautiful "gift" to those you love, when you are no longer present to do so. Explanations of your decisions, wishes for their future, encouragement, wisdom, requests for family to stay connected, letters to the future bride or grandchildren yet to be born.... You can impact their lives long after you are gone.

The secret recipe for richer enjoyment and deeper satisfaction is ensuring all areas of advance care planning are achieved now...well before the crisis point. Completing these important initiatives must be done while you are capable of making these paramount decisions independently and with a positive and optimistic outlook. The best time to plan for later is now. Doing so certainly allows for renewed spiritual advancement and encourages familial elevation in incomparable ways. It's the ideal way to start 2016!



This month's thoughts about things...

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

... from page 7 ...

DAY 3 WITHOUT CABLE, THE REVELATIONS KEEP COMING

It was interesting to observe my thought processes. I reflected that I am used to sitting in front of the tv twice a day. That's when I wind down from the day's work by checking email and FB on my phone in the recliner. I have the cable listings guide running muted on the tv screen in the background. Occasionally I'll look up and see a show that catches my eye and I'll watch a few minutes of it, then I go back to mute and scrolling on my phone. A big revelation was that it was not the SHOWS I was used to WATCHING on cable that were self-soothing, since I rarely watch anything for long. The familiar behavior that was self soothed was the ritual of SCROLLING for info, of READING the cable listings, seeing the FAMILIAR NAMES in FAMILIAR SEQUENCE twice a day as I sat to relax. These names and words scrolled silently on a beautiful blue background, kind of like a mantra, whether I was paying attention or not.

AT FIRST I USED THE CABLE GUIDE AS CALLER ID

That's how the dialy habit began. I kept the cable guide on the screen for so many years because (1) it was also my clock and caller id and (2) I liked knowing what the possibilities were, whether I chose to participate or not. As much as I like change, I can also be a creature of habit. I am soothed by repetitive words and ritual behaviors. Each evening I wind down by doing yoga then meditation. I have 6 minutes of silent prayers I say as I settle into posture and mindset to meditate. Those 6 minutes of repeated chants and mantras are familiar names to me. I say them in familiar sequence twice a day as I sit for meditation.

LETTING THE CABLE GUIDE TRANCE ME INTO AN ALPHA STATE

I thought, that was kind of how I had been using the cable guide. Twice a day I'd sit in silence watching the familiar names scroll in familiar sequence, as my thoughts settled down from work. It brought a sense of order to my day. It was the repetition of the familiar words that I found soothing. It wasn't often that I was looking for any particular show. It was the act of reading something familiar that didn't require much thought. Like a relaxation exercise, it soothed me into a pleasant alpha state

BETTER SLEEP IS A BONUS!

I've also slept longer and more soundly. As I observe the thoughts that come and go before me in meditation, I see clearly that by having the cable guide scroll in front of me, subconsciously the cells of my body are On Alert, since I am in Seeking mode. As though subconsciously I don't want to go to bed because any minute now there might be a big giant choice of really cool stuff I want to watch, which I'll miss if I go to bed. Disconnecting from cable made me more likely to go to bed.



I like learning new things about myself. Like how after not seeing the blue cable listing guide for several days and just now Googling to find an image to include, I got a dopamine rush like seeing an old lover! Our minds are powerful things! I use it as a reminder that the blue of sky can also give me the same rush.

ONCE I DISCONNECTED, EVERYTHING FELL INTO PLACE

Once I made the decision, everything fell quickly into place and the transition was a breeze.

THE CABLE TECH HAD A PARTING MESSAGE FOR ME

As a final parting gift from the cable company, when their tech arrived to pick up the phone modem and cable box, I got preached "the gospel as it is today," and learned about Luciferians and that masonic symbolism on one side of the pyramid details what amounts to satanism. He mentioned my No Soliciting sign outside and asked if I got many Jehovah Witnesses. Not since the sign went up, I told him I know that's part of their "job" and they get scored on each encounter, so I admire letting their faith not waver despite obstacles.

He told me he used to be a Jehovah's Witness, then he went to an Amway meeting and became born again and studied the Bible. This time he understood it. He has a high level of reading comprehension, he told me, but before being indwelled with the spirit of God he didn't understand the Bible. Now he does and when he's indwelled, he has all 9 gifts of the spirit.

He asked what work I did and I told him I published Florida's new age magazine the last 23 years. "New Age," he asked?? "What's that?" "Oh, basically allowing everyone their own path to God." Then he segued into Nimrod and Luciferians and tower of Babel, and told me about the "witchy satanic symbolism" on the pyramid so NOT ALL paths go to God. Like in Haiti, he told me, where they do spells, or the Science of Mind folks. Then he asked me *what did I believe that was different than what he just said?* A trick question since his statements were all over the place, but I didn't hold the same belief on any topic he mentioned. I knew not to say that. I didn't want to delay this man from his work any longer.

However, by now I'm not naive enough to think he's NOT a messenger sent by God to make me aware of something, but I'm also on a deadline and just got over a flu. I told him that. I know it's stressed out times that we're at our lowest energy and most vulnerable which is clearly how I vibrated him into my experience. He felt he needed to have his say and that I needed to hear it, so I relaxed into it. It felt good for him to take all the loose disconnected cables with him. The house has miles less tangle now. I had no idea how entangled I was until I was free.

Enjoy our offering this month.
Hari Om.



Andrea



ABRAHAM-HICKS

...continued from page 9

The Law of Attraction says, “The essence of that which is like unto itself, is drawn.” And what that means is: If I feel unappreciated because of circumstances that have recently occurred in my experience, the Law of Attraction cannot now surround me with people who appreciate me. That would defy the Law of Attraction. If I feel fat and unhappy about the way my body looks and feels, I cannot discover the process or state of mind that is necessary to achieve a good-feeling, good-looking body. That would defy the Law of Attraction.

If I feel discouraged about my financial situation, it cannot improve. Improvement in the face of discouragement would defy the Law of Attraction. If I am angry because people have been taking advantage of me, lying to me, dishonoring me, and even defacing my property, no action that I can take can stop those unpleasant things from happening, for that would defy the Law of Attraction.

The Law of Attraction simply and accurately reflects back to you in a myriad of ways an accurate response to your vibrational output. In short, whatever is happening to you is a perfect Vibrational Match to the current vibration of your Being—and the emotions that are present within you indicate that vibrational state of Being.

Once aware of the powerful Law of Attraction, many people make a conscious decision to be more in control of their own thoughts, for they have come to understand the power of focusing thought. People attempt to control and more effectively focus their thoughts through a variety of methods—ranging from hypnosis or an attempt to control unconscious thoughts . . . to meditations, affirmations, and strong methods of mind control.

But there is a much easier way of going about the Deliberate Creation of your own experience and of fulfilling your intention for this joyous life experience, and that is an understanding and application of the Art of Allowing. It is the conscious, gentle guiding of your thoughts in the general direction of the things that you desire. And as you come to understand this powerful Stream of Life that we are explaining, and as you get a glimpse of the larger picture of who-you-really-are, and, most important, as you become convinced that your true work is to simply realign with who-you-really-are, the Art of Allowing will become second nature to you.

Go with the Flow of Well-Being

And so we will devote this entire book to assisting you in going with the flow of your natural Well-Being. We will discuss the essence of nearly every conceivable situation that you could find yourself in, and we will offer guidance and suggestions that will cause you to turn and go with the natural Current. We will help you consciously rediscover the amazing sensory perception that you were born with that helps you determine

the direction of your true path. And it is our expectation that as you read this book and return to your conscious awareness of the amazing power of your emotions, you will become the Allowor of the Well-Being that you are from your broader Non-Physical, Source Energy point of view.

The most common misunderstanding that prevents people from getting control of a situation and gaining their personal balance is the belief that I need to get to where I want to be right now or as quickly as possible. We certainly understand your desire to find the answers to your questions quickly or to solve your problems as fast as you can, but still, that urge works against you. When you feel an urgency to be somewhere else, you are pushing hard against where you are.

That is upstream. But an even more important flaw in the premise you are beginning from is this: In your belief that you must hurry to an improved place, you are discounting the power of the Stream, its speed, its direction, and its promise. And in the forgetting of those things, you are definitely pointed in the opposite direction of who-you- truly-are and all that you have become.

So now, turn your attention once again to the upstream/downstream analogy, and feel for a moment the sensation of relief that you would experience if you had been paddling against the Current in an upstream direction and then suddenly just stopped paddling, in an attitude of giving in to the Stream and letting it just turn you and take you downstream. Let this picture soothe you even further as you try now to remember that this Stream is benevolent and wise, and it is actually taking you toward the things that you want. In your mind’s eye, lie back in your boat, feel it turn naturally downstream, and relax into the idea that this Stream will carry you to your inevitable Well-Being and to a fulfillment of your desires.

You Are Adding Power to the Stream

If you can accept that from your Non-Physical vantage point before your physical birth, you had set forth intentions, and those intentions account for part of the momentum of the Stream . . . and that as you are here in this physical body, life causes you to ask for more things, and that those things account for part of the momentum of the Stream . . . and that in all that you have lived, you are constantly shooting vibrational rockets out ahead of you, and that those rockets account for part of the momentum of the Stream . . . and, most of all, if you can accept that your Inner Being, the Source within you, now stands in vibrational alignment with all of that becoming, and that the Law of Attraction is drawing to that furthestmost summoning point . . . now you understand the power of this Stream.

So now, before you read further, just lie back for a moment and contemplate this wonderful, powerful Stream of Well-Being, which moves unendingly in the direction of your becoming, and toward the fulfillment of that which is you.

And now you are ready to apply the upstream/downstream comparison toward any and all aspects of your own life experience. It is our expectation that you are now ready to personally acknowledge, thought by thought, if you are pointed upstream or downstream; and whether you are closing the gap between you and You or are holding yourself unnaturally apart.



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

HOROSCOPES

DECEMBER 2015

Aries: May 20 to April 19 "I Am.

This December you greet the world with enthusiasm and grace, and others you encounter are inspired by your unique approach to life. Your creative outlook on life always puts you in the right place at the right time with the right people doing exactly what the Universe has intended you to do.

Taurus: April 19 to May 20 "I Have.

This Holiday season make time to spend it with your family, you will be much happier if you do. You may be on the fence about some huge decision that you feel you have to make, so decide what is really important and go with what makes you happy.

Gemini: May 20 to June 21 "I Think.

I see travel plans in your near future, lots of short trips for fun and pleasure. You may also have the opportunity to be the head of a neighborhood community outreach program. They might ask you to be their treasurer. All in all this month brings you more responsibility over other people's money.

Cancer: June 21 to July 22 "I Feel.

The Holiday season may bring up many memories from the past that may not have been that great; but this is the year that you get to recreate your future. Don't focus on what you don't want, think about, dream and intend what you want your life to look like and consider it so.

Leo: July 22 to August 22 "I Will.

Your creative urges are being channeled into spectacular avenues of creativity. You may be missing some family members from a silly misunderstanding. You could be the one to reach out first, and you will be so happy you did. Pay attention to your thoughts because they create your world.

Virgo: August 22 to September 22 "I Analyze.

This month you have been called upon to be of service in a profound way beyond any normal expectations. The Universe asks you to be more gentle with yourself now. If you do find something that you do not like about yourself then let it be a lesson to learn from.

Libra: September 22 to October 23 "I Balance.

Being your peace loving self will give you plenty of opportunities to stand your ground. This month your focus is on romantic relationships, does this connection nurture or tear you down? What will it take for you to no longer settle for less? Until you make that choice for yourself, then you can be you.

Scorpio: October 23 to November 22 "I Transform.

Whatever is not working for you right now will soon fade away to allow the right vibration into your life. Getting rid of the old to make room for the new can be a big trust issue, but you are strong and can do anything you set your mind to. Go forth and create with gusto!!

Sagittarius: November 22 to December 21 "I Perceive.

You are on the verge of something super big, get your ducks in order. I smell money and lots of it! Keep your thoughts positive and pure and you will soon purr like a cat. The Universe will soon be giving you a down load of amazing info to share with the world. Ready, set, go!!

Capricorn: December 21 to January 19 "I Use.

Right now you may be feeling a tug of war stuff between who you really are and what others expect you to be. Your career is very demanding but don't shy away from who you really are. Find some joy in being unique and unusual to the max.

Aquarius: January 19 to February 18 "I Know.

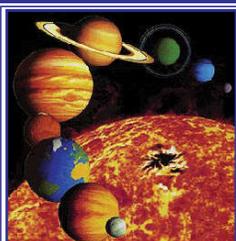
This month is like no other, continue to nurture your creations and what you intend to have. This is the month to dream big, Santa Claus is coming to town so be good, be happy and peaceful. Send out positive vibes and you will receive 100 fold back. Believe in yourself and your prosperity.

Pisces: February 18 to March 20 "I Believe.

You have entered a period of plenty, you have a lot to be thankful for, banish your fears of lack and doubt and be thankful for what you are about to receive. Everything that you have worked so hard for is now here. Embrace your goodness and bless all those around you.



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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*

YOGA: A Natural Pathway to Godhood



Ma Yoga Shakti is a beloved teacher with ashrams in India and US, instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd NW Palm Bay FL 32907 www.yogashakti.org 321-725-4024 and email yogashaktipalmbay@gmail.com Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is derived from the sanskrit word "Yuj" to unite. It means union. The union of the Individual Soul the Supreme Soul is known as Yoga.

Spiritual life is like putting wheels to heavy luggage. If life is very heavy and we have a lot of problems, we can put wheels to it with spiritual life, spiritual study, spiritual service. Then everything will run smoothly and the load will be lessened.

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

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