

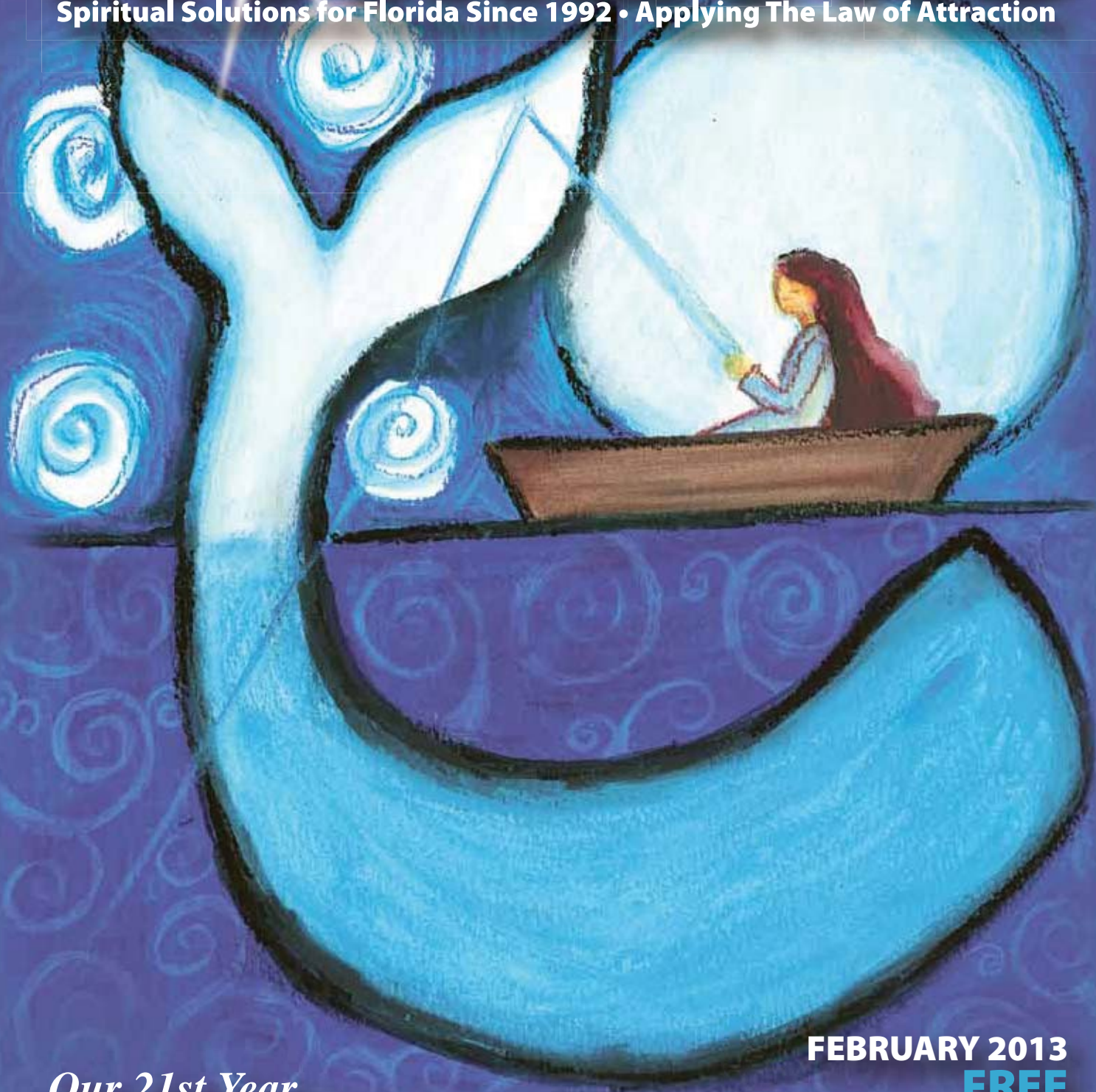
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HISTORY

Albert Bowes has been a professional Psychic for almost forty years. He lives and works in the Spiritualist community in Cassadaga, FL, a community that has existed for over 100 years as a place where Psychic Mediums and Spiritualist Healers practice. He has devoted his life to helping people find answers to personal problems, save relationships, create businesses or restore them to profitable operations, uncover hidden talents, the list is unending...

CREDENTIALS

Albert was the subject of the internationally published book, "**Visions of Time**", in which his gifts were validated by double-blind tests done by a college professor in a four year study. He was also a Project Manager and Lecturer for the **Edgar Cayce Foundation** and the **Association for Research and Enlightenment**. Albert was invited to **Russia** to study with Russian Psychics and Scientists. He has taught **Parapsychology 1 and 2** at the **University of Florida**. He has worked with professionals such as doctors, surgeons, scientists, detectives and archeologists as well as companies like oil corporations and real estate developers. Albert has successfully worked with local and national law enforcement agencies. He has helped to find lost and kidnapped persons, missing airplanes and boats, plus solving many types of crimes. He is a real psychic detective.

Nellie • Cassadaga

Psychic

Medium

Teacher



TESTIMONIAL

I've been meaning to email you but wanted to wait & see if things were going to happen according to the dates you gave me, and sure enough, they did (again)!! My 1st visit with you was in May 2010. When I asked about job, you said things were going to change in Oct (some co-workers were going to leave, &/or new employees hired, I would start making more money). I brushed this off since we rarely have turnover at my job. Sure enough, 1 co-worker got fired and 1 co-worker announced she was moving out of state! Because of their leaving, MY income increased. =) I also asked about 2 very important men in my life (1 from the past & 1 current boyfriend) and you described both of them to the T! My other question was health, you told me to be concerned about something that may occur between my abdomen down to my knees & you were right again! My medical condition didn't come to fruition until a yr & a half later, but when it did, I was blown away. My 2nd visit with you was July 2012. I asked about job again, you said my bosses were under a lot of financial stress & would continue to tighten their belts for a while longer, but they were not going to close our doors. You were right on the \$ with that! I asked again, about my boyfriend, you explained our relationship right down to the T. Last but not least, I asked if/when you could see me moving & you said I would sell my house by the end of the year, I would definitely be moving no later than the end of the year & IT YOU WERE RIGHT! When I tell people about our visits, they are completely floored & amazed...just as I have been every time! Thank you so much for your insight. Your gift is amazing. I will be seeing you again & hopefully for many years to come. Thank you so much, Stephanie



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**In your light
I learn how to love.
In your beauty,
how to make poems.
You dance
inside my chest
where no one sees you,
but sometimes I do,
and that sight
becomes this art.**

- Rumi

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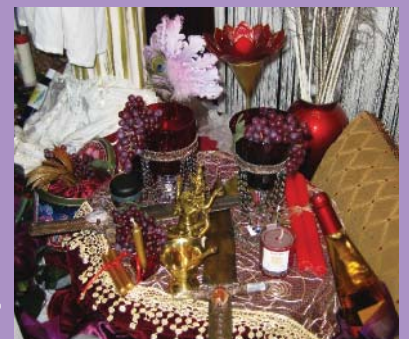
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**The greatest
optical illusion
is separation**

HORIZONS

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Distribution/Billing
Andrea de Michaelis

Thanks for help this month
Morgana Starr

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Barbara Lee
Mike Dooley
Alan Cohen
Tom Sannar

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

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

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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 February 2013 edition of Horizons Magazine.

I generally don't do relationship articles in the February issue because I think relationship has to do with everyone and everything, not just two people. I figure as far as sex and romance, two people who genuinely like each other will find a way to get along. I count my biggest relationship as the one between who I am at my essence and in potential, and the personality egoistic me that wants to fall into unproductive thoughts and behaviors and become so lazy that it jeopardizes my quality of life. When I let myself fall into a rut, that diminishes my quality of life. That takes my big, wide world and reduces it to a hamster wheel that I hypnotize myself into contentment with. And that's not living.

I don't have the "romantic partner for life" dream. That makes life so much easier because I have fewer dashed expectations. Now I see partners as steps on the path rather than the destination. A friend said once, "I like being in a relationship, even if it's not the right one. I like having a boyfriend, even if he's the wrong one." I typically am patient while I figure out how I fit and how I feel about a new person. Anytime I allow myself to be rushed into something, I get an important lesson from it. But there are no mistakes. It's always a wake up call I need that can save me a lot of time and angst down the road. 2012 was no exception.

What follows is a time line of a recent issue and the process two becoming-conscious and awakening friends went through for resolution. To those who find this harsh, you do not understand the work we committed to do with each other. One reason I felt free to write this is because he and I continually discuss living our lives as openly and transparently as possible, and to call each other on our stuff. We do it publicly so others can benefit from what we go through and know it's a process. Human emotions arise and are dealt with. We know yes we're Andrea and ____ but we also represent archetypes in the midst of universal and metaphorical lessons. It would be arrogant to think they are lessons for us alone so, in the spirit of seva, we together agreed to feel free share our thoughts via Facebook and our blogs. We are both ok with what's been written here, since it was the process we had to go through to come out on the other side as friends with greater understanding of ourselves and of each other. Here goes:

When a new man aggressively pursues you and jokingly gloats, "they call me Jonestown," and says women he's with go crazy on him and he leaves Armageddon in his wake... believe him.

He's just leaving out what he said and did that makes that keep happening to him. I found out. To joke about it shows no compassion. Forgive him for he is not awake enough to realize he keeps doing it, over and over. He's just looking for happiness, as we all are. It's not easy to be alone with his thoughts, so he's always moving from one thing to the next. His error lies in acting vulnerable and knowingly saying sensitive, seductive words and making empty promises to draw in new toys for delight. His error lies in saying "I love you" from day one, and constantly repeating, "I know you think I'm playing you," when it was not in your mind to begin with. Bless him for admitting once that he just needed something to conquer. Forgive him, bless him. There, but for the grace of God, go I.

...continued on page 28..

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the Law of Attraction and their dvd, The Secret Behind "The Secret." Visit www.abraham-hicks.com.

Vibration of Fear, A feeling of Powerlessness

Question: What causes my fear?

Abraham: Fear is the feeling sensation that is present within you when you have both a desire and a belief that contradicts it. Fear is a response to the state of your vibration. You are a vibrational being, and every moment offering a signal. Your vibration could be called thought, it could be called memory, it could be called fantasy, it could be called imagination, it could be called Energy. In other words, your vibration could be called, "As I stand in my now, and I think about the present, or I think about the future, or I think about the past -- all of that is thought. Whatever it is I'm perceiving is causing me to offer a vibration, and that vibration is being answered or matched by All-That-Is.

So when I feel fear, what it always means is, I am offering a thought that you might call desire and a thought that you might call belief that are contradictory. The presence of fear always means the presence of resistance. The presence of resistance always means not allowing the Energy of desire to flow through me--always, without exception. Same with confusion; same with vulnerability; same with anger; same with unworthiness; same with guilt. All negative emotions mean the same thing. You just call them different things because they play out differently in your experience -- but they all mean the same thing.

The vibration of fear is usually a very strong vibration, which usually means there is the presence of a very strong desire within you. Often, when you feel fear, it is because you have a belief that contradicts basic elements that are natural to you. Your natural instinct, from your broadest Nonphysical perspective, is to know your power. Fear is a vibration when you feel powerless. Your natural instinctual Nonphysical vibration is to know your worthiness, know your rightness, know your value. And the feeling of fear is always when you are contradicting that thought.

We would want you to say, "Quite a bit of the time I feel fearful or vulnerable or limited, and what that feeling means is: I'm in that moment holding a desire that contradicts my past thought, or my beliefs..." Remember that a belief is just a thought you keep thinking, it's just a habit of thought. It's just sort of the way you've always thought it, and so it is the way you are now thinking it.

...continued on page 19...

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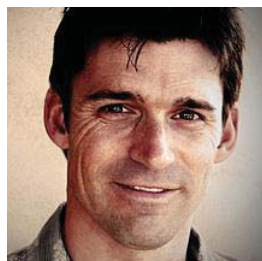
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Through his company, Inner Passage, Matthew Walker's mission is to teach and facilitate leadership development via outdoor adventure, and help people reconnect with their professional and personal potential. He has led expeditions throughout all reaches of the globe; and divides his time between climbing, family, and work—seeking adventure in all.

Visit <http://www.healyourlife.com/authors/matthew-walker>

The line is long. It stretches out past the pavilion, where it's guided by the metal barriers that allow people to snake back and forth past each other every few minutes. The first sign you pass not only says that you must be 48 inches tall to get on this ride, but also that the wait from this point is 60 minutes. The next sign says that the wait is now 45 minutes, even though it's been at least 30 since you passed the last one. As you enter the pavilion, you catch a glimpse of the first hill a good 100 yards away, and you can even see a car making the ascent, only to plummet back down toward the earth.

You start to wonder what the hell you were thinking when you decided to get in line for this roller coaster.

Eighty-five minutes after you entered the 60-minute line, you make your way to the area where the next round of passengers position themselves to enter the cars they'll be riding. As you and your neighbor are about to take your spots in the space reserved for the second car—the line for the first is far too long—you're cut off by a man and his son, who claim the space for themselves.

"Excuse me, sir," you say. "I believe we're supposed to be next."

"No, you are not next," the man hisses as he moves his son behind him in response to the obviously menacing threat your polite tone suggested. "Pay attention."

You look around for an attendant to intervene, but realize that this misunderstanding was born of the fact that this ride—and this theme park as a whole—is severely understaffed. You then look to your riding companion, who shrugs with a blank look on his face, and resign yourself to the fact that the few minutes you'll be delayed waiting for the next ride isn't worth the amount of conflict you'll create if you pursue this any further.

Eventually, it's your turn. You enter the car, and the safety harness locks into place as you guide it over your head and shoulders. You then look to your neighbor with that eager, childlike smile reserved only for the most highly anticipated moments in life. The car jolts as it advances out of the pavilion, and you roll out into the sun.

...continued on page 20



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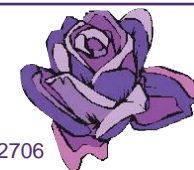
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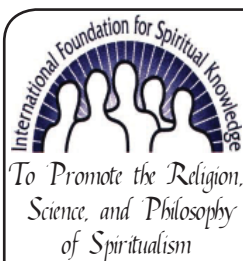
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Email andrea@horizonsmagazine.com Andrea de Michaelis is a Certified Hypnotherapist, ABH

HERB CORNER

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

HERBS TO SOOTHE A SORE THROAT

A sore throat can be anything from a nagging tickle in the back of your throat to a severe pain that keeps you from swallowing. When this happens your body is sending a signal that you need to boost your immune system. A simple sore throat can be brought on by fatigue or screaming at a football game. It can also be brought on by allergies, smoking, post nasal drip or a yeast overgrowth. If it is accompanied by fever and body aches it may be part of a virus, bacteria or strep. With strep there can be pain with swallowing or chewing, fever over 101, yellow or white spots on the back of the throat and a distinct odor emanating from the throat.

Herbs can be used in a number of ways to soothe a sore throat. You can make a gargle using **Honeysuckle**, **Cinnamon**, **Lemon juice** and **Honey**. Here, the **Honeysuckle** alone has over twenty different antiseptic compounds. **From the kitchen you can use the juice of ½ a lemon, 1 tsp. honey and 1 tsp. cider vinegar in 8oz. boiling water. After the water cools gargle with half the liquid and drink the rest.** I can remember a time when my daughter who lives out of town called, knowing she had nothing herbal on hand I suggested she wrap a warm cloth soaked with salt around her neck for an hour. She was amazed at how well that worked. If she had a fever or any other symptoms I might have sent her husband out for some herbs since they have the ability to soothe mucous membranes, boost the immune system and reduce inflammations.

Astragalus is an antiviral herb used for centuries to help heal re-occurring sore throats strengthening the immune system and the upper respiratory system. **Oregon Grape Root** contains berberines that have the ability to attack many types of bacteria including strep. **Fenugreek** has been used since Egyptian times for reducing swollen glands, sore throats and colds. **Calendula**, **Marshmallow**, **Slippery Elm** and **Licorice** help soothe a dry irritated throat. When steeped in boiling water the mucilaginous properties that soothe and coat the throat are released. Plus the **Licorice** and **Calendula** have antiviral properties helping reduce infections that have a viral link. The widely known **Echinacea** boosts the immune system by stimulating macrophage cells (cells that engulf and destroy microbes). When this happens it makes it much easier for the body to recover from sore throats that accompany colds or flu. To any of these herbs as a tea you can add **Sage** or **Lemon Balm** these are antibacterial and antiviral plus they help reduce inflammation and heat.

If you are being bothered by a sore throat now is the time to get some rest, increase your fluid intake (but not dairy) and see if you can convince someone to make you some homemade chicken soup. It's full of the vitamins and minerals that will help you feel better quicker.

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ABRAHAM *FUN*



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

Soul song #441 Will God Give More Than I Can Handle?

A common, reassuring saying is that God will never give me more than I can handle. God may allow me to be tested nearly to my breaking point but will choreograph circumstances and/or soothe me so that I never completely "lose it" or lose faith.

Actually, there is no God who plays this role in the affairs of humankind, for it is always I, myself, who magnetizes the circumstances of life via my habits of thought.

I live in a benign and benevolent Universe where it is natural for good things to flow to me, summoned by my desires. The only way that trouble and problems can enter my experience is through my repeated attention to them - in my personal life, the lives of others, or the world in general. This process, and this process alone, will hinder the well-being that seeks me.

There is no puppet master God who manipulates me for my own good. There is me - part and parcel of God/Source/All-That-Is - and there is Law of Attraction that decrees "like attracts like" with regard to my mental focus.

I can release the notion of a fearsome God who acts in ways that I must accept yet can't fully understand. I can rest assured that the nature of the Universe is gratitude, unconditional love, and joy. And as I start aligning with those qualities, they will become my certain experience, and I will thrive.

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Ma Yoga Shakti

See page 31

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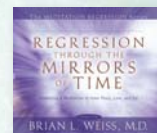
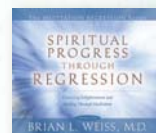
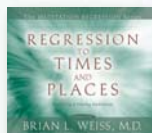
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Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. She has been greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email yogashaktipb@yahoo.com visit www.yogashakti.org (321)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

Conserving Energy of the Soul

Mind always goes out into the world through the five senses. There are previous objects stored in the mind. If we have seen an object before there is a negative of it in our mind. When we see an object inside it uses less energy than when we see it outside. When we listen to people we use more energy. When we sit in meditation we are using less energy. When we speak we are using energy. When we observe silence we are conserving our energy.

The energy giver is the soul. Without the soul the body will not survive. Meditation is an effort to come close to the soul. Soul gives energy to the senses. It is a giver not a receiver. Senses receive from the soul. They cannot give to the soul. Soul has all power and energy and knowledge within itself.

The soul is like God. It knows everything. It has everything. It does not need anything. You cannot give food to one who is not hungry. You cannot give riches to one who is not poor. The soul is complete within itself. The senses die and become sick. The soul does not run out of energy.

Have firm faith in your soul. It is omnipresent, omniscient. Soul is a part and parcel of God-consciousness. Know the limitations of your senses. They can receive, but they cannot give back. The poor can receive, but cannot give back. If we unplug our senses we shall not be consuming energy. When you do not use too much energy your bills will be low. The soul has a lot of energy which is supplies to the senses, but we waste it. All is not properly consumed. Through meditation we learn to save our energy.

May your body be healthy, wealthy and emit the rays of the soul. May it be a fit instrument in the hands of the divine, or soul. May your body be used in the direction it was designed for. May your body be a fit carrier for the journey of the soul.



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 What karma is unfolding in your life?

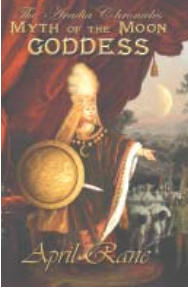
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Paul Goldman, author of *Journey Into Oneness*, is an Ecstatic Poet, engaged in transcribing the words of the Beloved, much like Rumi. Just another one on the path of awakening, Paul's passion is fostering awakening in others. Visit <http://stonespiritlodge.com>

COMING CLEAN

The day we finally
 come clean with ourselves,
 a new world opens

as we see through a lens
 spotless. All or our perceived
 faults and blemishes

have been cleansed in
 the baptismal pool
 of our own quantum

forgiveness. The quick
 realization that we are
 so much more than this

body or any of the bodies
 we have until now seen
 out there as separate.

In this reality of all
 realities, there is
 at last no one left

to forgive. For each body-
 including this illusory self,
 are just fictions of perception,

and in Truth,
 only realized richness
 of the One.

Ask Whitedove



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

Dear Whitedove, Recently my mother gave me a family heirloom. She said that it was a protective amulet handed down from her Grandmother. Out of respect I wear the small cross necklace that's beautifully inlaid with a smooth turquoise stone. I'm not a superstitious person but I am curious. Can an amulet have protective powers? **Bling in Buffalo**

Dear Bling, Many times gemstone jewelry with a cross or other sacred symbols would be worn as spiritual protection. To describe a piece of jewelry as an amulet this means that it has been blessed by a Holy Person; a monk, priest, rabbi, lama or shaman so that it emanates that consecrated energy. In Tibetan tradition, they wear a Buddhist prayer box necklace inlaid with turquoise. The small box is filled by a Lama or Priest with a sacred mantra and objects to bless the wearer. The gemstones always have significance too. Turquoise is a stone that is revered by many ancient cultures and is known for its overall protective qualities that include health, abundance and to guard the wearer from negative forces. Depending on the strength of the blessing and the wearers' belief in it, this will determine the power of the protection. So wear your necklace in good health and know that your mother just wants you to be divinely protected.

Dear Whitedove, As I travel the world I've come to recognize that Jesus is most loved here in the Western World. I find it strange that in the Middle East, where Jesus was born, preformed miracles, and taught that he's not the most revered religious icon. I'd love to hear your insights on Jesus.
-World Traveler from Wichita

Dear Traveler, Jesus is a Universal icon. His spirit radiates throughout the Heavens. On Earth, he incarnated to show the way, he willingly gave his life to balance the karma of fear and darkness and create more light. In the Middle East, the prophet Mohammad is the central religious figure of Islam. And Moses is considered the father of all prophets by the Jewish. While on Earth these prophets had the same mission - to help mortals come to a higher understanding by teaching the importance of living a humble life in service to God the creator. *My prophet is better than your prophet* is a game that we need not play; it only helps to create segregation. In God's eyes he loves us all the same.



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Dear Whitedove,

This is the year of the snake and there is so much symbolism surrounding that scary little reptile. What aspect should we focus on in 2013? **Good Girl in Galveston**

Dear Good Girl, Spiritually speaking, the snake totem has many messages for humanity. One aspect that is important for the coming year is to awaken the sleeping serpent energy from within. Snake is the symbol for the kundalini energy that coils at the base of your spine; it's the spiritual force that travels up the spine to activate the chakra energy centers. Learning to harness your life force will open you up to your unlimited spiritual potential. You may want to begin with Kundalini Yoga to help train the mind and body to become aware of the energy, learn to move it and simultaneously evolve your consciousness. With practice, your life force energy connects with the Divine through meditation. Awakening your Kundalini energy will serve you well during for the coming years, because the answers are within. God is always talking to us and now is the time open up and get connected to the source.

From the Heart

Alan Cohen is the author of many popular inspirational books, including the newly-released *Enough Already: The Power of Radical Contentment*. Join Alan beginning March 1 for his acclaimed Life Coach Training Program. For more information about this program, Alan's other books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, email info@alancohen.com, or phone (800) 568-3079 or (808) 572-0001.



A Tale of Two Fathers

My coaching client Gregg told me that he was trying to figure out his identity as a husband and father.

"I grew up with two fathers," Gregg explained. "One was my biological father, and the other the man my mother married after she divorced my father for cheating on her. "My first father was a real player, a high-roller," Gregg went on. "He loved to make money and spend it. He was generous with me and everyone. When I saw him after the divorce, he always had a new car and a different girlfriend. He seemed to be having fun, but I never saw him have a real relationship.

"My second father was the exact opposite: He was ultra-conservative, serious, and stingy, but stable. He was a solid guy, but didn't seem to be enjoying life. "Now that I have my own wife and family," Gregg confessed, "I struggle between these two images. I'm not sure which man I want to be more like."

I told Gregg, "You are very blessed to have these two fathers to learn from. You had a soul contract to learn from both of them. Each had traits you liked, and traits you disliked. You don't have to be like one or the other. You can choose your first father's playfulness and generosity without cheating on your wife, and you can choose your second father's stability without being stingy."

With that suggestion Gregg experienced a huge "aha! He discovered that he can "take the best and leave the rest."

My mentor Hilda Charlton taught, "Everyone teaches you something. Some teach you what to do, and others teach you what not to do." It is rare that we meet someone who models all of what we want or all of what we don't want. We human beings are gloriously complex and embody a wide spectrum of traits for better and worse. It would be naïve and simplistic to want to be all of what someone is or all of what they are not. A mature person discerns traits within a person, and appreciates what is valuable and what is not.

During one class Hilda guided the students on a unique exercise. "I want each of you to stand and tell what ethnic group you have descended from. Then say, 'I choose to take the positive trait of _____ from my heritage, and I choose not to take the negative trait of _____ from my heritage.'"

Because the class took place in New York, students from many different cultures spoke. Chinese, Jewish, Italian, Irish, African-American, and many others identified the best and

...continued on page 27...



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

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

4th Fridays CASSADAGA The Gatherings @ The Well presents the 4th FRIDAYS FOR FAIRIES; every 4th Fri, starting January 25; 7:00 pm; Brigid's Well; \$5.00; 460 Cassadaga Rd; 386-246-8610; Co-Sponsored by Enchanted Walkabouts.

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

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

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

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

Sundays Rockledge 10AM Sunday Celebration, Wednesday Life Enrichment Series 7PM, visit www.cslspacecoast.org for info. Center for Spiritual Living-Space Coast, 4310 S. US 1, Unit A, (321) 474-2030

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

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

SATURDAY February 9, 2013, Cassadaga Spiritualist Camp (1112 Stevens Street, Cassadaga, FL), 10am - 4pm, Heart of Spirit Gala Day! Free Admission! Mini-readings by Certified Mediums, \$20; Mini-Seminars \$5 Donation; Alternative Healing Modalities; Street Vendors and More. For more information visit our website www.cassadaga.org or call 386-228-2880. Vendors welcome, call 386-228-3171 to inquire.

SATURDAY February 9, 2013 MELBOURNE Young Living Class/Workshop at 1:00 pm A workshop on Young Living Products and the new compensation plan. Anyone interested is welcome. A love donation for the use of the room at Heaven Scent Wellness 4455 Pinewood Road Melbourne, FL 32934. call 321-652-5910 for information.

Saturday, March 30 CASSADAGA Brigid's Fairy Faire (BFF); ; Brigid's Well; 460 Cassadaga Road; FREE; 10 am - 7 pm; www.cassadaga.com; Co-Sponsored by Enchanted Walkabouts.

April 4th MELBOURNE ~ 6:45 - 9:30 PM ~ Psychic Mediumship Development Class. If you are REALLY SERIOUS about actually understanding and developing your personal skills this is the class for you. Designed to be ongoing once per month. Marilyn Jenquin, International Foundation for Spiritual Knowledge. www.ifsk.org 407-247-7823 e-mail dependablepc@earthlink.net



ABRAHAM-HICKS

...continued from page 8

And so, as you are feeling fear, all it means is, "I've got a desire that my belief is not agreeing with. Now, what thought feels better about this? I've got hold of this stick, where my desire is here, my belief is here. What thought feels better?" And as you just softly talk to yourself about that subject, reaching for the thought that feels better, what happens is you shift the Energy.

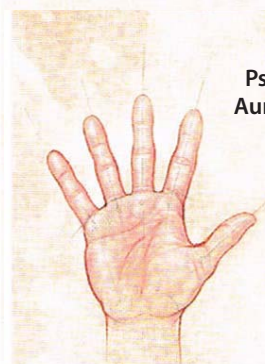
It's like the teeter-totter on the fulcrum, and it's clearly down here, and you would like it to be up here. And so, you reach for the thought that feels better, and you reach for the thought that feels better, and you reach for the thought that feels better...and it doesn't look like anything's happening. And then, all of a sudden, one more time, you reach for the thought that feels better, and there it goes! The fear is gone without even knowing it, just by reaching for the thought that feels better. There is so much reward in just feeling better in your "now". Because, so often, you're wanting to reach for the thought that feels better because, "Whoop-de-doo, this is big time good fun!" In other words, "I want to get there! I would like every effort to take me there. I would like every thought that I think, and every time I go to a workshop, and every time I make a little bit of effort, I would like it to take me there!" And it's irritating that it doesn't take you there, to that manifestation.

We want you to not get so hung up on the manifestation, and start taking pleasure in the incremental relief. Pleasure in the fact that this feels a little better. Pleasure in the fact that you can actually, with your own will power and your own determination, choose a thought that feels better.

It is Unnatural to Not Feel Good

We offer an analogy, about the cork bobbing on the body of water. It's up here floating, floating, floating. And in our analogy this cork is bobbing in the place of Pure Positive Energy. When you take hold of the cork and hold it under the water, that's what negative emotion is. You're not allowing the natural quality of the cork, you're doing something that does not allow the cork to do what it usually would do. You're holding it in an unnatural place with your attention to this thought of something that you do not want.

...continued on page 21



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SAT. FEB. 9 -- TOOLS OF THE CRAFT with ANN MOURA -- (1pm - 3pm) -- Take a visual
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SAT. FEB. 16 -- REIKI with REIKI MASTER WAYNE LEE -- (12:30pm - 5pm) -- Learn how to connect with Reiki for energy work and healing. Includes Attunement and Certification in Reiki I. Reservations Required -- call the store at 321-363-4883. (\$75)

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SAT. FEB. 23 -- REIKI II with REIKI MASTER WAYNE LEE -- (12:30pm - 5pm) -- Certification in Reiki I required. More in-depth instruction on using Reiki and receiving individual Attunements. Reservations required at 321-363-4883. (\$150)



ADVENTURE IN EVERYTHING

...continued from page 9...

Just like that, you're off. Unlike those rides that use a chain system to get you over the first hill, this one starts you off in a shock of speed. One second you're still, and the next you're traveling at what the brochures and television commercials say is 128 miles per hour. You begin to ascend that first hill you saw an hour ago, and, like the cars you also saw, you only barely make it over the top. You're sure you left your screams back at the peak, for the descent is so fast and so . . . vertical that you might as well be breaking the sound barrier. Improbably, there's a flash of light as you enter a loop, and you wonder if you were simply seeing things as you go right into a double corkscrew, another loop, and the second steep drop before the car makes a sharp turn and then finishes off with the standard series of camelback hills that has ended nearly every roller-coaster ride you've ever been on.

After disembarking, you waddle down the exit ramp and try to reorient yourself to the ground. As you begin to relive the experience you just had, you notice a series of screens. One of them displays your picture, taken right after the longest descent—perhaps you really did see a flash after all. You don't remember screaming quite as much as the photo suggests, but the ride happened so quickly that you barely remembered any one moment in particular.

You already knew it was going to be short, however. You were told the ride was one minute and ten seconds long, and it lasted for exactly that amount of time.

Life Is Not an Amusement-Park Ride

Consider for a moment some of the choices you've made that have had a significant impact on you. For example, what schools did you attend? Who is it you've decided to spend your life with? What was the first career you pursued? Where was the first place you moved after you left your childhood home? When did you have kids? When did you write a book or start your own business?

Next, consider how different your life would be if each of those choices had been gift wrapped with a guaranteed outcome. What if you knew what job you were going to have before you even started your freshman year of college? What if you decided to have a boy and a girl born three years apart, and that's exactly what you got?

On the surface, these situations sound pretty good, don't they? In each one, you have complete control. You are free to carefully craft, mold, and develop your path with the absolute assurance of the best possible result. Regardless of whether or not this sounds good, it does seem just a bit ridiculous, doesn't it?

However, this is precisely what we often attempt to do in our lives. We try our hardest to guarantee an outcome for every situation, and we go out of our way to maintain control of all the different variables. For instance, we predict exactly where we see ourselves in 5 years, even 20. This is not only a maddening proposition, but it's a losing one. It's as if we're wrestling a ghost.

Now, think about the roller coaster featured in the previous narrative. What happened during that initial shock of speed? It provided a thrilling rush of adrenaline, and then perhaps a moment of terror when it felt like the car wasn't going to make it over the enormous hill. The experience was entertaining and momentarily exciting, and for \$14.95 it could be captured forever in a souvenir photo. It was, nevertheless, only a ride. It led you on a predetermined path to those thrills, without causing harm to you or anyone else who's at least 48 inches tall.

...continued on page 26...

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ABRAHAM-HICKS

...continued from page 19

But when you withdraw your attention from it, and you let go of the cork, it bobs right back up there. It is natural for you to be in this pure positive place. It is unnatural for you not to feel good. But what happens in your physical environment where you've been trained by other humans who didn't feel so good either, is that you've come to accept the way you feel as being the natural way that you feel.

And now, through meditation, or through consciously reaching for the better feeling, you set higher standards. Until then it becomes consciously uncomfortable for you to dip into the lower Energies. You will never be at a place where you won't feel negative emotion. Nor would we ever want you to be at that place, because that would be like shooting Novocaine into your fingers so that you don't feel anything hot or sharp. You say, "Well, it sure is a lot better now that I can bang my hands on things. You know, I can shut my hands in car doors and it doesn't even bother me any more. I feel no pain." But it's not good for your fingers. Pretty soon you have flat, little flabby hands flapping around. You've destroyed your hands, even though it was painless.

And so, that's what that fear is. It's sort of an acquiescence. It's submission to a vibration that's not natural to who you really are. And you're awakening now to those higher standards.

Take mood checks and ask yourself, what is my mood? Well, I'm feeling fearful. And then ask yourself, well overall, do I have reason to fear? And as you reach for the more general statement, you recognize, you don't have anything to be fearful about.

We think what you're doing is sort of very specifically, channeling the worries of a larger mass consciousness. You are susceptible to Energy. And so, for example, if you were living in a retirement community where there were many people who were feeling vulnerable about their money, or feeling worried about what their future would provide, and you are sensitive to Energy, you could very well be picking up on the consensus of the group around you, even though it has nothing to do with who you are.

But you must have a little spattering of that within you, or you could not be finding harmony with that greater consensus. Every thought that has ever been thought exists. And then, by Law of Attraction, those thoughts coalesce, so that there are pockets of Thought Forms. And so, very often, just driving from city to city, if you are sensitive to vibration, you can feel different Energies in different cities. Well, what we are wanting you to do, is get so good at setting your own Tone, that it doesn't matter what the fluctuations of Energies are around you, you are always holding a steady course.



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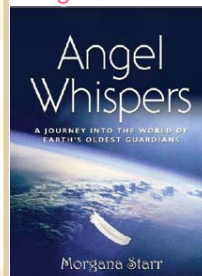
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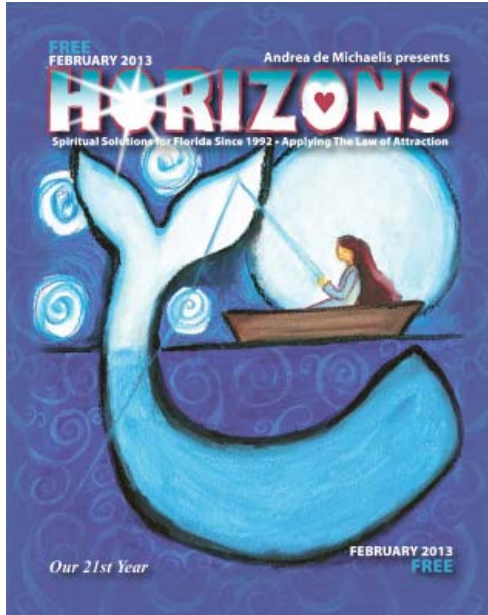
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COVER ART FISHING

by Leah Piken Kolidas



"In this image, a woman is casting out, reaching out for support and the whale's tail shows up to let her know that even though she can't always see it, she is supported always." When we feel alone, we are still supported, we just can't feel it then. This piece was drawn with pastels on paper.

Leah Piken Kolidas lives with her husband and daughter near Boston, MA. She is a mixed-media artist and creativity guide. She spends her days chasing an energetic toddler, singing Old McDonald Had a Farm over and over and over, squeezing in time for art-making, and finding that creativity abounds in everyday life. She has always been drawn to certain imagery, including the moon, trees, the ocean, and whales. Leah creates in an intuitive fashion, letting her dream-like images come forth. Her work can be found at <http://www.BlueTreeArtGallery.com>

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

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ADVENTURE IN EVERYTHING

...continued from page 20...

But by the time it delivered you safely back to the loading platform, what were you left with except for a self-contained and predetermined experience? Aside from the long line and the conflict with the man and his son, you went on the ride without incident and continued with your life. In truth, a roller coaster, for all the fun it might provide, is just a temporary reprieve from the uncontrollable realities of the real world. It will always last for one minute and ten seconds—no more, no less.

We all need a certain allotment of prearranged outcomes in our lives . . . a little control. We also benefit from having routines, such as being sure to always brush our teeth before going to bed, and arriving for work on time every day. To neglect consistency would not only be irresponsible, but it would likely lead to chaos. However, habitual activities and predetermined consequences can only serve as backdrops for our growth as human beings. They aren't vehicles for inspiration or illumination, and certainly not for finding Adventure in Everything.

Uncertain outcome is exactly what it sounds like: an end result that's unknown at the outset of a pursuit. An amusement-park ride, for all its thrills and excitement, may be immediately gratifying to the senses, but it is in no way beneficial to us in the long term. An endeavor with an uncertain outcome, then, is filled with rewarding possibilities. If you know what's going to happen, then it isn't a high endeavor. Instead, it's simply another activity that fills up part of your day.

Seek Uncertainty in Your Life

Why should it even be necessary to explore the topic of uncertain outcomes? Shouldn't it be enough to simply say that we need to find endeavors in which we don't know what the result will be and leave it at that?

Of course, while the concept of uncertain outcomes is simple, it's not always easy to put ourselves in situations that exemplify this quality. Not knowing how something will turn out opens us up to the possibility of not succeeding, of feeling like a failure, or generally brings about a sense of pain or loss if things don't go the way we want them to—it ultimately causes us to feel fear.

It may be immediately gratifying to grab a burger and fries at the local diner, but we all know that eating a meal of vegetables, whole grains, and lean proteins will provide greater benefits in the long run. The same is true for seeking uncertain outcomes in our lives: it may be scary, and it might not be as pleasing in the short term as something else that has a more certain outcome, but it will provide us with much more of an opportunity for growth and fulfillment over the course of our lives.



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From the Heart

...continued from page 16...



worst traits of their culture, and took a stand for what was helpful and what was not. That class was a real eye-opener for me. Although it took place many years ago, I remember it clearly to this day.

To identify any person or event as all good or all bad is a form of nearsighted vision. (Stephen Wright said, "A conclusion is where you got tired of thinking.") There is a little bit of good in things that seem very bad, and there is a little bit of bad in things that seem very good. Your experience depends on what you choose to focus on. The ancient yin-yang symbol depicts a little white spot in the black sector and a little black spot in the white sector. When we recognize life as multidimensional we can use mature discernment to make healthy decisions.

Dr. Barry Vissell and his wife Joyce Vissell (sharedheart.org) are gifted teachers of relationship. In a recent magazine article, they offered this quiz:

"It's time to elect a new world leader, and only your vote counts. Here are the facts about the three leading candidates. Who would you choose?"

"Candidate A associates with crooked politicians and has two mistresses. He also chain smokes and drinks 8 to 10 martinis a day. Candidate B was kicked out of office twice, sleeps until noon, used opium in college, and drinks a quart of whiskey every evening.

"Candidate C is a vegetarian, doesn't smoke, drinks an occasional beer, and never cheated on his wife. Which of these candidates would be your choice?"

"Candidate A is Franklin D. Roosevelt. Candidate B is Winston Churchill. Candidate C is Adolph Hitler.

"Obviously, some important details were left out of the candidates' resumes, but this example shows how important it is to look deeper before you judge."

All good people do some bad things and all bad people do some good things. Each of us must learn from the example that others show us, especially from the fruits of their actions.

In a sense, we all have two fathers. We have role models of people who inspire us to follow their model, and others who inspire us head in the opposite direction. Let us be grateful to them all, for they all serve.



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This month's thoughts about things...

... from page 7...

TO HE I TRIED TO HELP

To he I tried to help, forgive me for giving you what you begged for, the affection and attention that you said would finally make everything right in your world. To he whose illusions I shattered by tearing down every wall you said was an obstacle, forgive me for laying bare your own soul before you for close inspection, and showing you no obstacles existed. To he for whom I was sole captive audience and father confessor the last 15 months, I am honored to have been able to bring Light to get you through your dark night. To he with the hard past of disrespecting women, of smooth words, thank you for the opportunity to reveal to me my own weakness and strength. It showed me I can sustain seeking good in the face of illusion. To he with the hard time with truth, fear not, the truth will set you free. It's not just a bumper sticker.

I know he longs to live a different life. I know he feels the pull of his soul. I know he found me as he was hitting the bottom of a very low past. *I'm a strong diving board. I can take it. The board doesn't lament the diver, it knows its sole purpose is the gift of momentum.* Preferring to be the chameleon to get what he thinks he wants, he doesn't mean to hurt others in the process. Like the butterfly, he flits from here to there, just a sip, next. Seek as he might, he never fills the empty spot within. Although he'll say you fill it with your enchanting, mystical magic, the likes of which he's never before experienced... for a minute. Like an hourglass with no bottom that just keeps emptying, giving no way to flip it over and start again. My job was giving him respite, a bit of foundation so he could regroup and refill the hourglass so it could be flipped again. It was my honor to serve in this way.

He knows the pretty words and the adoration they elicit, but does not always live the words. He'll put the pretty phrases online yet not the true, deep changes he's actually going through. The real soul work, that's where the magic lies. That's where alchemy takes place. He knows that, he longs for that. He's not always ready to process that. He promotes open communication, yet does not respect those closest to him by saying honestly what is on his mind, punishing instead by silence and sharp words. Only in anger will he speak his truth. That is not how he wants to be. In clear moments he knows that: sorry again.

Never for a moment be with someone you no longer want to be with. But never for a moment use sharp words to mock them or belittle them to create distance. There's never an excuse to be purposely hurtful, to anyone, ever.

To he who, try as he might, is not yet who he says he is: we all go through that, it's all part of the process. To feel you must dishonor women in order to gain their attention merely shows where you are on the wheel of conscious evolution. The wheel moves. Time goes on. We grow up. We take responsibility for how we perceive the world and how we react to it. We really grok the concept that it's all related. We clean up the past so we don't drag it into the future with us.

We no longer merely pay lip service to the cute inspirational quotes of the day. We can take just one of these quotes and meditate upon it deeply for a day and take it into practice and allow it to change our world. Or we can post as many as we can in 4 hours on Facebook, not really seeing the clear messages before us. We WANT TO WANT TO be who we say we are, but we need to practice it continually if we're to grow in to it.

THE REMEDY: Do some serious soul searching. Ask yourself serious questions. Wait for the answers. Take them to heart. People will love you for who you really are. Grace them with the opportunity to do that by being who you really are: good, bad, up, down, manic, creative, depressed. Let who you are be enough and you will attract the right people to you. Never doubt that. After all, we attracted each other. Thank you for the opportunity to serve. It's been my honor. I mean that sincerely.

After I'd posted the above on Facebook, he blocked me and I understand why. He is entitled to not have to see me on the FB newsfeed while he's moving on with his life. He is entitled to focus on whatever brings him happiness and keeps him in a good flow. We all are. One reason I felt free to write it was because we continually discuss living our lives and transparently as possible, and to call each other on our stuff. We know that is the deep spiritual work and we are both committed to growth. We write in our blogs and on Facebook publicly so others can benefit from what we go through, and witness the stages of emotion that we experience as they are happening. That is how readers know they are not alone when it happens to them. This helps them realize we are all connected, we all go through the same things.

And the pendulum swings. When I saw him the next day, he was angry and I did not know why. He had a few choice words and called my post full of lies. I asked him what specifically was a lie and told him I'd remove it immediately. He could name nothing. His initial anger didn't last long, he contemplates later what's been said and gets the higher understanding. We talked just the week before about the awakening process, noting that everyone has to undergo a crucifixion in each lifetime. He agreed it was part of their growth to the next step, to the brighter future. He knew he'd been ungoing a crucifixion the past year in order to clean up his karma and he'd surrendered to however that might unfold.

...continued on page 29...

This month's thoughts about things...

...from page 28...



Andrea de Michaelis, Editor

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

If we had not spoken about it almost weekly the last year, if we had not talked always about being open and honest in using our lives as a message of hope to others, that would be a different story. If we had not talked about this is how we influence people, by letting them know our own personal issues and how we work through them, that would be a different story. We were always on the same page about full disclosure, we always had been.

Being initially angry, a distorted story played in his head until the wheels wound down and his intuition kicked in. He knows that. He's not irked for long. He comes to his senses and sees what's played out and when he's over-reacted. I did nothing wrong, just shared my thoughts about what I had experienced.

THE REASON FOR IT ALL. Knowing from day one that we were ultimately headed in different directions, last month we discussed that when his feelings for me changed, my key would be returned immediately and no hard feelings: friends. The next day I unexpectedly find he's already told two Facebook women weeks ago that he's not in relationship, and he's available. I met him at lunch and picked up my key and figured that was that, no drama, *hi, thanks, bye*. I graciously transferred all his files to a thumbdrive and packed his belongings neatly in several carry bins for the next day.

I couldn't help but wonder if it's like the first time he said, "we're over," and then later "you're the one who wrote that in stone, I just threw it out in anger, I didn't mean that." I can't imagine saying anything I don't mean whether I'm angry or not. Later he's irked and we're "over" again, followed a week later by "remember I'm still your boyfriend," when I'm texting an unknown person. Mixed signals, then "Isn't it clear I don't know what I want?" Ah, honesty. Thank you. The air was cleared. I figure we'll hang when it's fun and won't when it's not. It began being fun again.

I stopped asking him to do anything for me. Having zero expectations, I was never disappointed. I happily supported him in all his projects and ideas when he said he had no one else to help him hold a higher vision, no one else who understood him. I happily gave him a place to spend quiet time. I've happily driven him everywhere he's had to go all year. We discuss on a regular basis that we want to be as transparent as possible to lead by example that issues addressed can be worked out and we do this via our blogs and Facebook. *I understand that when the personality isn't ready to work on an issue that the soul knows it's time for, the mental body takes over and can derail for a few days.* On the other side of it is understanding and gratitude for the finger pointing to the moon.

We're on the other side of this now, as friends on the Path. All that was at play there was an understanding soul temporarily suppressed by a stung ego, and a mind fearful of what people will think. They'll think you're human. They'll think you go through the same stuff they go through. They see we whack out and come back to balance, just as they do. They'll wish they had your insights on it. Anger is fine when that's what it takes to crack open the shell of understanding. Moody behavior is fine, too. That is not a crime. Trying to guilt someone by blaming them for something you've completely attracted to yourself is pointless. I love you deeply. We have a soul connection whether we have an in-person personality connection or not. *I will not censor my life lessons to keep anyone comfortable.* Two days later, he walked down the street and we made our apologies to each other, both focused happily forward, in different directions.

LIFE GOES ON. I had to laugh, within a week he began using the same seductive lines he used on me to seemingly woo others publicly online, except now I've added Rumi and the other popular mystic poets to his repertoire. *Gotta love it!* When someone finds a line that works, ya can't blame them for recycling it. He's entitled to seek happiness. I just don't need a ringside seat to it, so I asked him respectfully to block me from his FB wall. He did. Rejection is protection. The moment he did that, I felt free. My heart opened in a new way to him. When we speak now, I have a new understanding. When we speak now, I have more compassion. Being on the other side of it, we recognize what an honor it was to experience this amazing Universal life lesson together.

Elizabeth Gilbert said, "People think a soul mate is your perfect fit, and that's what everyone wants.

But a true soul mate is a mirror, the person who shows you everything that is holding you back, the person who brings you to your own attention so you can change your life. A true soul mate is probably the most important person you'll ever meet, because they tear down your walls and smack you awake. But to live with a soul mate forever? Nah.

Too painful. Soul mates, they come into your life just to reveal another layer of yourself to you, and then leave. A soul mate's purpose is to shake you up, tear apart your ego a little bit, show you your obstacles and addictions, break your heart open so new light can get in, make you so desperate and out of control that you have to transform your life."

So, everyone I know:

Whether you pushed me or pulled me, drained me or fueled me, loved me or left me, hurt me or helped me, you are part of my growth and no kidding, I thank you.

This Valentine's Day, open your heart in a new way, to old friends, new friends, everyone, everything. It will change your life and expand your horizons. 2012 did that for me. I wouldn't have missed it for the world. Enjoy our offering this month.
Hari Om.

Andrea





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

HOROSCOPES FEBRUARY 2013

Aries: May 20 to April 19 "I Am" You may be tempted to run out on your career here in the near future, too many changes and too many supervisors. It can be difficult when you have been at a job for a very long time then some new boss takes over and tells you what to do, and you know what they are saying is wrong. Hang in there, their true colors will show.

Taurus: April 19 to May 19 "I Have" You may be the sign that thrives on stability but you are also someone who can spot an opportunity that will benefit you financially, maybe a sugar momma or sugar daddy. What you need to realize is that you can make it on your own. Who ever you get involved with wants an equal partner, not someone that puts weights around their ankles.

Gemini: May 20 to June 20 "I Think" You may find that when you take a step back and take a deeper look at your life; you see the duality of your relationships. Are you really authentic with the ones you care about, and if not take a moment to think about what is really important to you. Be courageous and take a chance on love with the ability to be yourself, shine your light.

Cancer: June 20/21 to July 22 "I Feel" You are at a crossroads, are you able to continue to ignore the red flags in your life, and if so at what cost? Because you are so sensitive this month be sure to avoid self-absorbed or despondent friends, be clear about boundaries especially since you are very sensitive with awareness of emotional undercurrents.

Leo: July 22 to August 22 "I Will" Whatever you do this month you will do it in a big way, and yes you will be the center of attention. Live as if God is watching you! Being the month of love you are extra full of yourself and looking for love in very unusual places. Having everything in its place will be very important when it is time for you to dress to impress!

Virgo: August 22 to Sept 22 "I Analyze" It appears that you have more than your share of paperwork this month. Maybe your middle name is velcro. Recycle what you no longer need and file the rest. This is also the time for you to set up future engagements, lectures, and meetings with potential clients. Be clear that you are ready and willing to have a very delicious day every day.

Libra: September 22 to Oct 22/23 "I Balance" Being in a nostalgic frame of mind will transport you back to your past in many ways. Looking through an old photo album of old forgotten letters, and old pictures of lifetimes ago may enliven your memory of long lost loves. You may wonder what is it that I am missing, if anything, questioning your life path comes natural to you.

Scorpio: October 22/23 to Nov 21/22 "I Transform" Your love of education and study is so natural to you. You would enjoy researching the depths of some of the greatest love stories ever told. Shine with a hand full of your hearts desire, and others will feel the glow from within your heart to theirs. Be the lover you wish you had and they will enter your life at the perfect moment.

Sagittarius: November 21/22 to Dec 21 "I Perceive" Your enthusiasm is the number one positive attribute to being successful in your career path. You work and play hard and your love life will be very steamy in the near future. This month you will feel much more grounded than you have felt in recent times. Let this be a word to the wise, establish yourself and listen to your own advice.

Capricorn: December 22 to Jan 19/20 "I Use" You may be experiencing defensiveness and oversensitivity to others that seem to continually drop the ball when it comes to being a team player. Just because you play by the rules does not mean that the ones close to you have the same ethics, let alone the same intentions. Love more and work less and you will have exactly as you wish.

Aquarius: January 19/20 to Feb 19 "I Know" This month your positive energy is part of a Grand Trine, with wealth, friendship and a rooted balance in home. You have a very odd sense of psychic awareness going on this month. You are picking up on issues that you have no way of knowing, but you do. This is a good time to play the lottery because of your sixth sense.

Pisces: February 19 to March 20 "I Believe" It is now or never! Take those classes about healing, You are open and flowing with positive energy. Therapeutic healing on all levels is your path of greatest intent. Write a book, take a class, relax and allow the higher energies to fill your body.



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HORIZONS MAGAZINE MISSION STATEMENT

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

OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,
Andrea de Michaelis*

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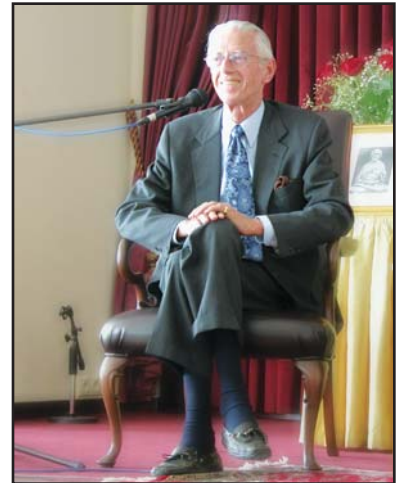
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

Center for Spiritual Awareness world headquarters and meditation retreat center is in the northeast Georgia mountains. Our spiritual director is Roy Eugene Davis, a disciple of Paramahansa Yogananda.



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