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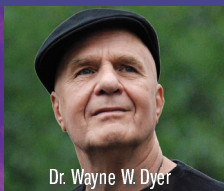
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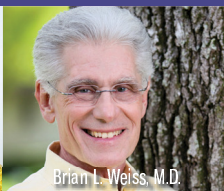
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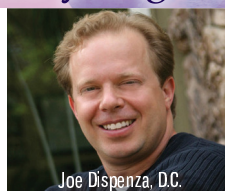
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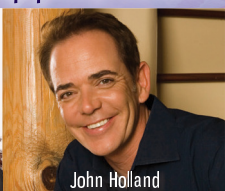
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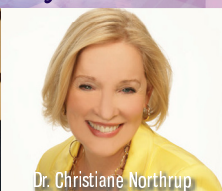
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optical illusion
is separation**

HORIZONS

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On the Cover (page 26)

Herbal Goddess

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Jeff Brown

**"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.



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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 2014 edition of Horizons Magazine. Ah, love is in the air!

Jeff Brown writes, "Sometimes love finds you when it's ready and when you're ready, too. How that happens is anybody's guess. Love is the great mystery stew, its secrets well kept, its ingredients known to providence alone. While both people are being prepared, marinated, skewered, cooked to readiness in the fires of life, the cosmic alchemist is turning the pot, reverently preparing the base for the lovers who will meld into it. Only God knows when the stew is ready to be served. Divine timing."

Divine timing, indeed. While waiting for love to find you, it's helpful to remember that the ones we attract are not always meant to be our romantic or sexual partner. The chemistry, the infatuation, the feelings of love we have are so often misunderstood. I recognize that many of the ones who had crushes on me felt that way because I helped connect them with their higher Self. When you meditate with someone, when you have a breathing practice together, that creates an emotional intimacy no less strong than a sexual bond. It is easy to be misconstrued. I love being an inspiration to connect someone to something higher than they've ever reached.

We go into a relationship with one idea in mind and yet it's really only souls searching for that higher place. Sometimes we think the physical attraction means this is our soul mate, when that is merely the fuel that keeps you involved long enough to work out karma together. The feeling of connection that people are looking for, the exhilaration of being with someone with hearts soaring, is not a function of the person you are with, but instead it is a function of your own connection within

Connie Zweig writes, "This holy longing for something transcendent, something beyond our skin-bound individuality urges us to glimpse the divine Beloved in another human being. It guides us to teachers who offer timeless wisdom and a direction for our devotion. And, if we learn to hold the tension of our yearning, to honor the restlessness of the soul rather than resist it, our holy longing points the way home."

Wise yogi friend **Janell**, pictured here, writes: "Someone got mad at me for saying that 'their love looks and feels like mental illness. I only said it because it was true. I know when someone wants to love me to the point of madness ... drown me, blame me and make themselves a martyr ... I'm not new at this... I want you to love YOU first... and then maybe I will allow you some romantic frivolity. But not a moment sooner. It seems the more mature I get, the less patience I have for those types of relationships. I find them insulting to my soul.'"

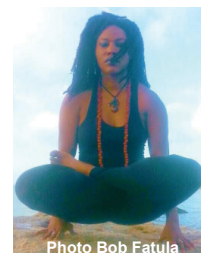


Photo Bob Fatula

We've all had relationships that we found, usually in retrospect, insulting to our soul. But to dismiss them entirely as being without value would be to miss the great lesson we learned about ourselves in the process.: what we expect, what we settle for, what we allow to continue long after its time, and why we do any of what we do.

...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. Excerpted from book, "The Vortex, Where Law of Attraction Assembles All Cooperative Relationships"

You will never find yourself in a point in time when the subject of relationships is not an active part of your now experience, for everything you perceive or notice or know is because of your relationship with something else. Without a comparative experience, you would be unable to perceive or focus any kind of understanding within yourself. Therefore, it is accurate to say that without relationships you could not exist at all.

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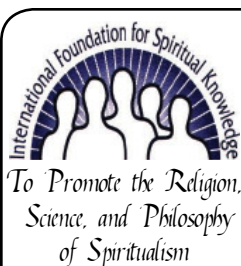
Every Relationship Is Eternal

It is our desire that you come to remember that every relationship is Eternal and that once it has been established, it is a part of your Vibrational makeup forevermore, and that, in your powerful now— where all that you have become converges with all that you are now b e c o m i n g—y o u hold the power to create. A joyful life is not about gaining control of the factors that surround you. A joyful life is about coming into alignment with who-you-are. Joy is not about controlling other people or circumstances. Joy is about controlling your own Vibrational relationship between the physical you and the Non- Physical You. It is alignment with Source that is joy or love or success or satisfaction.

Must "Family Harmony" Inhibit Personal Freedom?

A person who is consistently inside his own Vortex will find harmony with other people even when they are not finding harmony with him. Everything that everyone desires— whether it is a material object, a physical condition, a financial situation, or a harmonious relationship—is wanted for only one reason: They believe they will feel better in having it. Once you show yourself—through practicing increasingly better-feeling thoughts, through making lists of positive aspects, by indulging in rampages of appreciative thoughts—that you can maintain your alignment with your own Inner Being and predominantly stay inside your Vortex of Creation, you will find harmony in the world around you, also.

...continued on page 20...



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A former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," "Ascending with Both Feet on the Ground," and "Love it forward." He is also the producer and key journeyer in the new spiritual documentary - Karmageddon- also starring Ram Dass, Seane Corn, David Life, Deva Premal and Miten. www.soulshaping.com



Sometimes love finds you when it's ready and when you're ready too. How that happens is anybody's guess.

Love is the great mystery stew, its secrets well kept, its ingredients known to providence alone.

While both people are being prepared, marinated, skewered, cooked to readiness in the fires of life, the cosmic alchemist is turning the pot, reverently preparing the base for the lovers who will meld into it.

Only God knows when the stew is ready to be served.

Divine timing.

In my personal life, I continued on my separate way - not dating, not looking for love, nothing. I had tried it all, and nothing satisfied me like the beloved. Another may come, but I doubted she would come if I went looking.

Sometimes I felt lonely, but it was a different kind of lonely. When you have loved as God loves, you no longer yearn for companionship in the same way.

You no longer feel isolated when you walk alone, because you have been penetrated by divinity. Because you have been transformed beyond yourself. Because you walk in shared shoes. Because you always feel the beloved close at heart.

There is a time to adventure heartily into new possibilities, but there is also a need for quiet integration time on the self-creation journey.

We can have all the peak experiences we want but the real work happens between the peaks, while laying down and integrating on the valley floor.

Growers are inch worms. Lasting transformation is an incremental process, one soul-step at a time. This may frustrate us, but it's the only way to craft an awareness that is authentic and sustainable.

Rev. Dr. James W.R. Thomas
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FEBRUARY 2, 2014 -- Sunday (3:30pm - 4:30pm) -- MEDITATION GROUP -- facilitated by Ann Moura. This month will be a guided meditation CD. Refreshments provided for grounding after the meditation. (\$2.00)

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NOTES from the Universe

Like most things in life, getting what you want, or doing something new, or being really honest with yourself, is typically very, very hard for first timers, but then... it becomes patently, ridiculously, absurdly and preposterously EASY for the rest of eternity.

I'd say do it right, nail it, whatever it takes, because "easy" is good, and eternity is long.

Comprende?
The Universe

Is it my imagination, or are you receiving guidance from within? You know, by the kind of feelings that either tell you to "have back at it" with the zeal of a lion, or perhaps to finally turn the page, the entire page, not just dog-ear it, and move on.

I thought so.

Well then, may I suggest you act on it, as if nothing else mattered?

I LOVE OUR LITTLE TALKS!
The Universe

HERB CORNER

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

LUPUS

Lupus is a complex auto-immune disease where the body seems to be attacking many different tissue and organs. This multi-system, multi-organ connective tissue disease is usually very hard to diagnose because it's very vague symptoms including low-grade fever, fatigue, depression, weakness, anemia, nausea, diarrhea, constipation, headaches, menstrual irregularities, mouth sores, seizures, psychiatric disorders, joint pain, light sensitivity, lung or kidney weakness or lesions on the face. **Just as there are many types of lupus there are many causes.** Most people believe it to be brought on by ultra-violet radiation from sun exposure but it can be also related to environmental toxins from dyes, pesticides or other toxic chemicals. It has a genetic component where it seems to affect many people in the same family. **Lupus** can also be caused by hormonal imbalances, stress, improper assimilation of nutrients, medications, food sensitivities or low blood levels of antioxidants. It can also be triggered by bacterial or viral infections that cause a malfunction of the immune system, or it can be multi-factorial and have no specific cause.

The actions of the herbs that may help should support the root cause of the problem as well as the symptoms. **Alterative herbs (Milk Thistle, Nettle, Dandelion, Licorice and Pau d'Arco)** help to remove toxic substances from the body. **Anti-inflammatory herbs** work like cortico-steroids reducing pain and inflammation. **(Wild Yam or Licorice)** These contain natural hormones and saponins stimulating aldosterone and cortisone helping the body to hold on to its own prednisone and cortisone enhancing their effectiveness as opposed to long-term use of cortisone-like drugs that cause adrenal atrophy and the suppression of the body's defense system, weight gain, edema, osteoporosis, depression and sleep disturbances.

Adaptogenic herbs help the body cope with overall effects of the disease soothing frazzled nerves. **(Ginseng, Ashwaganda, Schizandra, Holy Basil and Borage or Buplerum)** These increase circulating ACTH within the blood protecting the adrenal glands from deterioration caused by long term use of prednisone. **Immune Modulating or Antiviral herbs** help the body heal itself. **(Ashwaganda, Pau d' Arco, Usnea, Garlic, Elderberry or Astragalus)** These herbs are rich in polysaccharides; a chief nutrient needed for the regulation of the immune system.

Anti-rheumatic herbs ease painful joints **(Wild Yam, Buplerum, Nettle, Ashwaganda, Licorice and Black Cohosh).** **Diuretic herbs** reduce edema caused by Lupus or medications given for Lupus **(Nettle, Borage, Artichoke Leaf, Celery, Dandelion).** **Nutritive herbs** prevent tissue damage benefiting the overall vitality of the body **(Oat Straw, Nettle, Dandelion, Spirulina, Chorella and Horsetail).** All of these herbs are not meant to replace allopathic medications instead they tone and support the body; hopefully reducing the dependency on steroids and other medications.

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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 FB and like her FB page, "Soulsongs." karen@karenmoneywilliams.com.

How Do I Control My Emotions?

Yelling at people can sabotage my relationships and reputation. But what do I do with the irritation and frustration that can accumulate each day?

I don't want to "stuff it" and suffer in silence. But I don't want to "vent" and thus upset and scare people, either.

The most important insight I can grasp about emotions is that they always follow thought. And as I change my habits of thought, I'll change my emotions.

Emotions are actually my guidance system, notifying me if I'm thinking about what I want (and thus feeling good and magnetizing good things via Law of Attraction) or if I'm focusing on what I don't want (thus feeling negative emotion and summoning, well, crap). To tussle with my emotions constitutes shooting the messenger and makes no sense.

I can actually use each interruption, each aggravation as a springboard to summon what I do want from life. A long wait at the grocery store can prompt me to think of how I want to proceed efficiently through the supermarket checkout line next time. A whining, imposing friend can cause me to envision cultivating friendships that are mutually enjoyable. A traffic back-up can remind me to think about traveling easily on freeways. A disappointment at work can trigger visualization about advancing steadily at my job. An obnoxious relative can stimulate me to think about how I want to spend my next vacation.

Each time I encounter something that I don't like, I can use that instance to spark a brief visualization of what I do want in the future. I can stop stubbing my toe on unwanted events and instead utilize them as powerful tools to improve my experience.

When I use negative events to trigger positive states of mind, I will no longer endure a build-up of eruptive emotions. And since the Universe is responding in kind to my state of mind, this is worth the effort indeed.

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TESTIMONIALS:

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

I had a reading with Andrea a while back and she told me to be patient... Today I saw evidence/confirmation of what she was telling me to believe and trust in... If you've ever wondered about having a reading with her, it was great! Melissa D.

I posted earlier that Andrea had indicated would come to pass and had made manifest. Recently, the next step happened, just as she said. If you're contemplating a session with her, run...don't walk...and sign up! Looking forward to seeing more things come to fruition! Melissa D.

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

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

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

"Just a quick update from the reading you did a month or two back - You mentioned my brother needing surgery for something and there may be some complications, but all will bring the family together - got the call today artery blockage to his heart. Just another confirmation under your belt!" TPC

How blessed I was to find you. Who so effortlessly showed me who I was and made me see through the lies I'd been told and began to believe in myself. Thank you. JJB

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

OPEN MIND ZEN



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

Deja Vu All Over Again

One of the most basic tenants of Buddhist meditative practice is belief in the existence of consciousness before birth and its continuance after death. In other words, we have all lived many times before and will continue to do so in the future. Although there were parallels to this belief in early Christian writings and in esoteric Judaism, for the most part this idea is difficult to accept for the Western-trained mind. Although we can practice meditation without this belief, it is an integral part of the teaching that we need to come to grips with at some level.

The Buddhist sense of transmigration differs from that of reincarnation, in that the term “reincarnation” implies that there is a “soul” that reincarnates. As Sogyal Rinpoche’s preceding quote indicates, Buddhism teaches that there is a continuance of consciousness or mind itself, not the rebirth of a particular entity or being. This constantly changing mind, through its attachment to life, is repeatedly drawn towards rebirth in other bodies, in which the karma created by past existences is experienced. It is said that through prolonged spiritual practice, a highly realized master can actually choose to be reborn in a particular time and place in order to help teach others. This type of being is called Bodhisattva.

Of course, in a sense we are all Bodhisattvas! In one way or another, we all choose our own path, although this may not actually be a conscious choice. Nevertheless, a choice is being made at all times, including the choice of manifesting as a physical being. Realizing that this amazing journey we are all on is the reality of life is a profoundly liberating experience. Why cling anxiously to this one existence when it is but a small part of an infinite journey? Thus, the liberation of our mind is the realization of the continuation of the mind throughout all space and time. In a way, we can’t even say that the Buddha-mind continues, as it is beyond distinctions of beginning, ending, continuing or stopping. Language really fails us in this, as it can’t be described or categorized, only experienced.

Does Anybody Really Know What Time it Is?

There’s no doubt that our modern conception of time as a fixed, immutable thing is the cause of tremendous suffering in our lives. We constantly hear the expression, “I don’t have enough time”, and “not having enough time” is a frequent excuse for those who really don’t want to meditate.



Janice Scott-Reeder, AA, BA, Druid

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Upon closer examination we find that time simply does not exist as the linear, sequential process we first believe it is. In fact, if we cling to this concept it is virtually impossible to meditate for long periods, as we find ourselves constantly moving and worrying about when the meditation period will end.

We certainly can’t deny that the hands on a clock move, signifying a set period has elapsed, but the psychological sense of fixed time is belied by our own experience. For instance, everyone has noticed that “time passes quickly when you are having fun.” Why is this? It’s simply that when we are not occupied with time, i.e. enjoying the moment, we don’t experience its passage in the same way. Being absorbed in the present, psychological time ceases for us. So, thought and intention govern our experience of time.

...continued on page 14



OPEN MIND ZEN

...continued from page 13

The issue of how or whether we experience time passing is very important to our meditation. If we are continually occupied with time, experience of the moment eludes us. As our meditation practice deepens, we find that moment to moment reality is a timeless state. More specifically, time and thought are integrally related. When our dependence upon thinking wanes, the timeless moment grows in power.

Being present in the timeless moment to moment reality is what Zen is all about. Only by being in this way can we relax and truly experience sounds, tastes, touch or other phenomena as they are without our self-imposed ideas and time restraints.



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Time as a fixed concept is so important in today's world. But even with all the time saving machines and devices we now have in our lives, how many of us truly feel that we have more time than those of the past did? Our concept of time has doomed us to constantly attempt to create more leisure while rushing from place to place to make the money to get that leisure. It's one of the great curses of modern society that we experience constant stress because we just don't have the time to do everything in our lives. To practice Zen, we must learn to let go of the manic desire to constantly be doing something. We need to create space in our lives to meditate - space in our lives to experience reality.

The Sound of One Hand or What Good Is a Gateless Gate?

The Zen Koan points us to the fact that the big questions of life, death and our true nature simply cannot be addressed in a solely logical manner. **Master Kyogen** said, "It is like a man up a tree who hangs from a branch by his mouth; his hands cannot grasp a bough, his feet cannot touch the tree. Another man comes under the tree and asks him the meaning of Bodhidharma's coming from the West. If he does not answer, he does not meet the questioner's need. If he answers, he will lose his life. At such a time, how should he answer?"

-Koan by master Kyogen, Zen Comments on the Mumonkan p.53

...continued on page 27...

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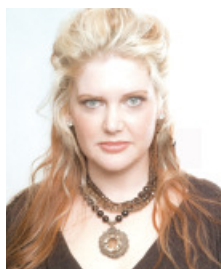
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Dear Whitedove: I'm trying to detach from the craziness and drama that surrounds my family and friends. I really just want time and space to do my own thing. I'm just letting go and pulling away from everyone and trying to let them be responsible for their circumstances. We as mothers and nurturers carry so much guilt about helping family so I'm asking you: is this the right thing to do? -**Drama's Momma in New Mexico**

Dear Momma: There is a big difference between Detachment vs. Non-Attachment. Detaching from everyone that you love can be dangerous. This type of withdraw or total detachment from the world can create depression and lead to a downward spiral. The art of letting go is really about non-attachment; you are present although not attached to the outcomes. The negative aspects surrounding your family and friends may remain unchanged. Although you can choose to experience peaceful non attachment and no longer have a personal relationship with the drama. Love them and guide them but give yourself the freedom of non- attachment by way of non-judgment. It's not your job to hold on to the root of their emotional unhappiness.


Dear Michelle: A said I'm high strung, too needy and should chill, be more zen. I nearly flipped my lid! So I guess that it's true; any suggestions? - **Notta Buddha in Arkansas**

Dear Notta: Congratulations, for your self-evaluation and recognizing that there is an issue at hand. Maybe it's time to slow down and be more mindful of your thoughts and the words that race out of your mouth. It's not always about you although your ego and intellect seem to think so!

Your friend made an excellent suggestion; being Zen is a peaceful state of meditation that would benefit you greatly. High strung individuals need to harness their energy and direct it to be of service to one's self and others. I would highly suggest Meditation and Yoga which are transformational for the mind, body and spirit. Stillness of the mind is key in order to be centered and have a deep sense of inner peace.



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Dear Michelle: Everyone is so fanatical about their personal religious beliefs. You've been to the other side, tell us: Does God have a religious preference? -**Wondering in Wales**

Dear Wondering: So many people visualize God as a wise old man sitting in judgment on a throne in the clouds. In actuality God is without gender, God is the all-powerful universal energy of unconditional love and light. Our all-knowing God does not need manmade rules and limitations. Religions are manmade systems designed by humans to keep society running under strict controls. All souls enter Heaven regardless of their religious beliefs on Earth. God does not play favorites or prefer one religion or sect. Jews, Gentiles, Muslims, Buddhists and all other religious followers are treated equally in Heaven. Earthbound religions are left behind as a soul moves into the continuing cycle of life. More important than any manmade religion is a person's purity of heart, that is our guarantee of a place in Heaven. There is no religion in Heaven: there is only Love!

From the Heart

Alan Cohen is the author of *Enough Already: The Power of Radical Contentment*. If you would like to become a professional life coach or incorporate life coaching skills in your career or personal life, join Alan's celebrated Life Coach Training Program beginning March 4. For more information about this program, Alan's books, free daily inspirational quotes, and his weekly radio show, visit www.alancohen.com, or email info@alancohen.com.



Your Secret Stash

In the opening scene of the movie *Mr. and Mrs. Smith*, we find the couple in a therapy session. Mrs. Smith tells the therapist, "There's this huge space between us, and it just keeps filling up with everything that we don't say to each other." While we might be inclined to define relationships by what we say to each other, they are more accurately defined by what we don't say to each other.

My friend Carol owns a successful business she has built over many years with her executive assistant Marcia. In general the two women are good friends, but recently they had an argument. Marcia told Carol, "I am still deeply hurt by what you said to me a few years ago."

Carol was stunned. She couldn't imagine what she had said that had disturbed her friend so much. "Please tell me what I said that hurt you," she asked, wishing to rectify the problem.

Marcia shook her head. "I'd rather not tell you."

Marcia's response indicates her hidden agenda to keep the problem in force. If she truly intended to heal her pain and maintain the best possible relationship with her friend, she would have revealed the incident by which she felt hurt. Then the two could have processed the experience until they came to resolution around it.

Marcia's investment in holding on to the grudge than releasing it indicates that she held it as a "treasured wound." She perceived a payoff for feeling slighted: she got to be "right" at the expense of Carol being wrong, and maintain

a victim identity. Marcia knew that if she held the experience up to the light, it would dissolve. But she chose instead to keep it in the dark so she could continue to claim it. This perceived payoff kept the relationship, or at least a portion of it, underground, and impeded the friends from moving ahead together. One day the issue will be resolved, but only when Marcia perceives a greater benefit in releasing it than clinging to it.

Fear regards light as an enemy. Michael Pritchard declared, "Fear is that little darkroom where negatives are developed." Love, by contrast, is willing and eager to bring all things into the spectrum of greater awareness. If your intention is to heal, you can hold anything up to the light and it will serve the healing process. We have heard, "the truth hurts," but the only thing truth hurts is illusions. Compassionately expressed, honesty works in your favor and that of those you touch. It has been said, "Those who are brutally honest are more interested in brutality than honesty." Any communication delivered with love begets loving results.

What we withhold from relationships is what keeps us feeling separate and alone. I'm not suggesting that you tell everyone everything all the time; relationships can be damaged by too much information. I am suggesting that the important things need to be shared. If emotional pain is standing between you and your friend, putting it on the table can dissolve it. But take care how you share it, and why. If your intention is to punish your partner, be right, or fuel the same argument you have been having for years, you are better off keeping your mouth shut. If, however, your intention is to dissolve upset, come closer to your partner, and deepen your relationship, your communication will serve as a gift to both of you.

Your experience in all relationships is the result of your intention. You use relationships to project what you want to make of them. Some people create relationships to be a source of deep reward and soul fulfillment. Others use relationship to intensify discord, separateness, loneliness, combat, and pain. The good news is that even if one of your relationships, or many, have been horrid, you have the power to shift any of them by choosing harmony over discord. Your well being does not depend on the other person's actions or attitude. It depends on your choice. The other person may continue to choose upset, but if you choose peace, you have mastered the situation and bestowed upon yourself the only gift worth gleaning from it. When you choose peace for yourself you invite the other person to meet you on higher ground.

The key to healing relationships is joining—finding common ground on which you and your friend are unified. In my book *Happily Even After* I interviewed couples who had been steeped in bitter acrimony as a result of a breakup or divorce, and then found ways to harmonize and support each other. The most common theme I discovered was that couples who had children agreed that they both wanted the best for their children, which gave them a shared purpose and opened a door to joining. To heal a relationship you don't have to have children, but you do need a vision of connectedness. "We are in this together, so let's do what we can to make it a happy ride for everyone involved."

In the world of separation, there seems to be a huge space between us. What we fill it with makes all the difference.

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Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1970 Melody Lane behind Melbourne Auditorium (321) 961-5390
Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

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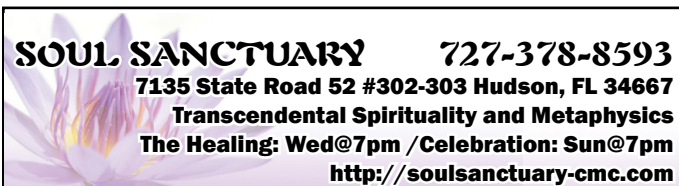


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ABRAHAM-HICKS

...continued from page 8

Appreciation is Your Key to the Vortex

We want to call your attention to the Vibrational Reality that you are in the process of creating. We want you to be aware of your Vortex of Creation; and we want you to find a way, by the deliberate directing of your own conscious thought, to become a Vibrational Match to the contents of your swirling Vibrational Vortex of Creation, because every desire that has been born within you thus far exists there, just as you have dreamed it to be, waiting for your alignment.

Everything that you see that is now physical, tangible, visible, audible reality was previously swirling in a Vibrational Vortex of Creation; for first there is thought, then thought-form, then reality as you know it in your physical world. Your dreams and desires and ideas of improvement have been received by the Broader part of you; and as that older, larger, wiser part of you focuses purely upon your requests, holding no resistance whatsoever, the powerful Law of Attraction responds. And then, all cooperative components (all components with same Vibrational frequency) are drawn into this swirling Vibrational Reality, this precursor to the physical reality that is now available to you. Only one thing is necessary for this Vibrational Reality to become real in a physical sense, manifested into things and experiences that you can see and hear and smell and taste and touch: You have to go into the Vortex!

The key to getting inside your Vibrational Vortex of Creation; of experiencing the absolute absence of resistance; of achieving complete alignment with all that you have become and all that you desire, and of bringing to your physical experience everything that you desire—is being in the state of appreciation. And there is no more important object of attention to which you must flow your appreciation than that of self. The habit of thought, or belief, that holds most people outside of their Vortex of Creation, more than all other thoughts put together, is the lack of appreciation of self.

What If We're Fearing a Worldwide Financial Crisis?

Every emotion that you feel, good or bad, is about the relationship between your current thought and the understanding of the Source within you on the same topic. Some people are feeling acute fear or anxiety because they are personally, right now, without work or income. But the fear that most people are feeling today is because of their negative speculation about how bad conditions may yet become and the negative impact that those future, unwanted conditions may have on their personal lives.

As more people observe hardship and strike a tense, resistant pose—and therefore disallow their own Well-Being—others use them as their reason to do the same. And, in a very short time, a very negative pattern of resistance can sweep through your population. The good news in this scenario is that, in every moment that every person is feeling negative emotion about the economic state, Vibrational requests for more abundance are launched—and those requests are heard clearly, and responded to immediately, by Source. And a Non-Physical, Vibrational Vortex of Creation begins to swirl in powerful response to that powerful asking—and all compatible components are drawn into the Vortex for the discovery and relief of those who allow themselves to be drawn inside.

It is natural that you thrive, and the resources are there for all to thrive. But chronic thoughts of shortage, or chronic thoughts of pushing against those who are thriving, hold you in contradiction to your own desires and, more important, to what you have put into your Vortex of Creation for yourself. If you seek financial well-being for yourself—you must praise it wherever you see it.

If you would like more abundance for yourself, personally, or for others you care about—you must not criticize those who are experiencing abundance. When you criticize or condemn or push against anything, you activate an opposing Vibration to what you seek. Every time. No exceptions.

Selfishness, And the Law of Attraction?

Some offer criticism because we place such emphasis on the value of your feeling good, accusing us of teaching selfishness. And we acknowledge that true selfishness is at the very core of our teaching because if you are not selfish enough, if you do not care how you feel, if you are not willing to continually redirect your thoughts in the direction of feeling good, you cannot come into alignment with the Source within you. And unless you are in alignment with the Source within you, you have nothing to give another. Alignment with Source—being inside your Vortex of Creation, becoming one with the true expanded version of you—is the ultimate selfishness.

And yes, in that state of alignment, all good things must come to you. Every rocket of desire that you have launched will be fulfilled. True success is not the attainment of things, nor the achievement of tasks, nor the achievement of financial abundance. True success is the coming into alignment with You. Selfishly aligning with your desires, your clarity, your confidence, knowledge, your love—with Yourself!

Contrast Really Isn't about Something Going Wrong

We want you to reach the place where you are willing . . . not just willing, determined . . . not just determined,

...continued on page 29...



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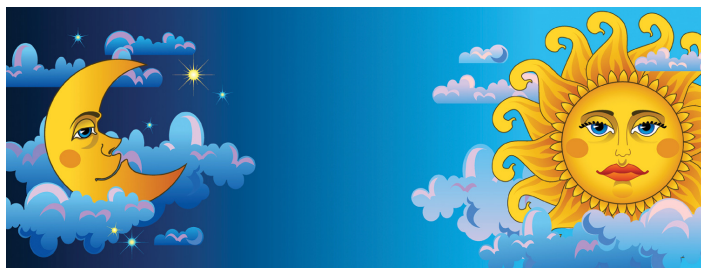
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Imbolc and Maha Shivaratri



Debra Strasser's blog can be found at
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 Email her at dstrasse500@gmail.com

IMBOLC

We enter **February 2014** fresh from a **New Moon** on **January 30th**. Maybe you're starting the month feeling a little discouraged about those **New Year's** resolutions, finding them a little hard to keep? On **February 1st**, midway between the **Winter Solstice** and the **Spring Equinox**, **Imbolc** is observed. **Imbolc** is a word of **Celtic** origin meaning 'in the belly or womb'. Imagine it as the seeds planted when you made your **New Year's** resolutions. Don't rush them or feel discouraged. Feel it growing, imbue it with your will. Think of something you stubbornly refused to give up and find the energy in you that drove you there. Learn to match success with what truly makes you happy.

Imbloc is sacred to **Brigit**, also known as **Saint Brigid**. A sacred flame is kept for her in **Kildare, Ireland**. **Candlemas** is observed at this time in the **Christian** faith, as the candles that will be used in the church during the coming year are blessed. Make motivation like a sacred flame to you. Imagine it always burning in your belly.

FEBRUARY'S FULL MOON

On Saturday the **15th** at 12:53 am, this moon is known by the names **Full Snow Moon**, **Ice Moon** and **Full Hunger Moon**. Following on **February 19**, the Sun enters the sign of **Pisces**. Now would be a great time to combine the themes of 'What do you hunger for?' and 'What do you dream of?'

MAHA SHIVARATRI

On February 28th, the **Maha Shivaratri** is celebrated by the Hindu faith. **Maha Shivaratri** celebrates the birth night of **Lord Shiva**. Included in the rituals of **Maha Shivaratri** is again a flame, with the lighting of a lamp to help gain knowledge. The **New Moon** follows the next day on **March 1st**. It is my wish that everyone ends February not with a **New Year's** resolution burn out, but with a flame of will and desire burning brighter than ever. Blessed Be!



MAYA

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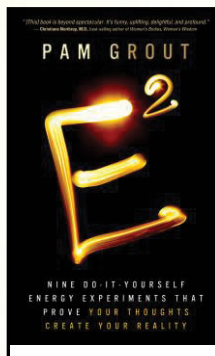
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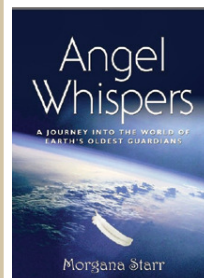
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COVER ART

Herbal Goddess

By Holly Sierra



The Herbal Goddess sits in splendor amidst her Earthly Garden. Atop her head is a halo of flowering herbs... Beside her, a teapot for brewing Herbal teas~ As well as a trowel and terracotta pots for work in the garden. She is a feast for the eyes with her lovely attendant bird friends. A Hummingbird visits her and below are four Songbirds who represent, Parsley, Sage Rosemary and Thyme! It's a tribute to Simon & Garfunkel's beautiful song 'Scarborough Fair'!

My paintings are about color, magic and mystery. I am inspired by languorous meadows, the buzz of the honeybee, the wildflowers of the wood and the moon's reflection in the sea!

I love creating Goddess and Mystical beings. My paintings are filled with decorative details from a myriad of ethnic cultures and mystical lore.

Holly Sierra's art is marvelously decorative, colorful and vibrant. With an amazing penchant for detail, her paintings allow us a glimpse into an enchanted world filled with Goddesses, Mermaids, Green Men, Fairies and Captivating Beasts. Holly has been drawn to painting things 'mystical and magical' for as long as she can remember. After her fine art education at SUNY Purchase in NY, the next decade found Holly living and traveling extensively in Asia. She now blends her marvelous multicultural memories with themes that influence and fascinate her today.

Upon her return to America, Holly went to work as a children's book illustrator. Her paintings adorn a variety of books, magazine covers, t-shirts, art bags and greeting cards. At present she awaits the publication of the 'Chrysalis Tarot' deck by U.S. Games, featuring 78 of her original paintings. As well, many of her paintings are offered as greeting cards through Leanin' Tree Publications. For those interested in her highly imaginative and detailed 'Earth Goddesses' series, prints and greeting cards are featured for sale on her website.

Holly makes her home with husband Steve, children and beloved pets amidst the picturesque green mountains of Stowe, Vermont, where she is an active member of The Vermont Hand Crafter's Guild and the local 'Arts and Crafts Festival' circuit.

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OPEN MIND ZEN

...continued from page 14

The Zen Koan is certainly one of the most unique devices ever invented to stimulate spiritual awakening. Koans are often misunderstood by scholars and meditators who have not had their understanding tested by a master who has traveled that path before them. Such testing is essential, and it is a major component of Zen training, as we can fool ourselves in so many ways into thinking that our understanding of a koan is complete when it is not.

Simply put, a koan is a word, phrase or story which is designed to force one to access the state beyond thought. This does not mean that koans have no answer or that any answer will do (a common misunderstanding). On the contrary, each koan has a distinct and correct answer, although the answer can take many forms which may or may not include speaking. The point of the koan as an exercise is to wean us from our overdependence on logical, sequential thought as a means to solve all problems. A koan can only be solved by experiencing it 'holistically'. That is, we have to totally become one with the question in order to discover the answer. Our whole body and mind must come into play if we are to discover our true nature and break through the wall of conceptual thought.

In the West, and especially in modern times, we tend to view any issue that can't be solved logically as abstruse or paradoxical. The Zen Koan points us to the fact that the big questions of life, death and our true nature simply cannot be addressed in a solely logical manner. It's not that there is anything wrong with logic, but it is too narrow to bring us to the totality of experience necessary for true understanding.

The koan which begins this chapter is often called, "Kyogen's man up a tree." It is a classic and vivid example of a story which defies a logical answer, and yet an answer is exactly what the Zen teacher demands. Bodhidharma, who according to legend brought Zen from India to China about 520 A.D. is often the focus of Zen koans. Asking why he came from west to east is akin to asking, "What is the essence of Zen," or, "What is the essence of life and death?" Indeed, it could be said that we are all hanging from the tree by our teeth - we can lose this life at any time. Only through becoming totally one with the man, tree and question does a solution to this dilemma arise.

Koans do not necessarily have to be classic Chinese Zen stories or riddles. For instance, during the Kamakura era in Japan Zen teachers had numerous samuraistudents who knew little or no Chinese. Thus their interviews had to be conducted with few words, and classical Chinese language was out. These teachers developed a whole system of koans which related to common themes in Japanese life and practice. In a way, the warriors made great Zen students, as they faced death on a regular basis, and they tended to take the practice very seriously.

...continued on page 29

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This month's thoughts about things...

... from page 7 ...

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

What we feel as sexual energy is simply the flow of life force energy focused in a particular energy center, or chakra of our body. Each Chakra is involved in the functioning of a body and impacts certain organs, glands, parts of the body.

The Crown Chakra: the upper brain, the place of connection with the Higher Power/God/All.

Brow Chakra: lower brain, central nervous system, insight, foresight, inspiration, intuition, clairvoyance.

Throat Chakra: throat, mouth, parathyroid, hypothalamus, spoken word, creativity, self expression, concept of truth.

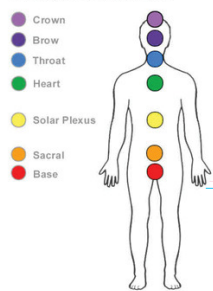
Heart Chakra: heart, arms, hands, lungs, understanding of compassionate unconditional love, forgiveness, balance.

Solar Plexus: digestive system, thoughts, opinions, judgments.

Sacral Chakra: ovaries, gender specific organs, bladder, emotions.

Root / Base Chakra: spine, legs, bones, physical sensation, pain, emotional processing, self-preservation.

The body's seven main Chakras



As we walk along the spiritual path, our focus of attention will take us on a journey through all the chakras. You'll learn which chakras you are currently focused in and where there is a free flow of energy. If you are polarized in a particular area, you'll know it because you'll notice the symptoms and take measures to correct them. Learning about the chakras helped me a great deal, so I knew what was at play underlying my urges and behaviors. Such as:

Some signs of 1st chakra imbalance are feelings of not belonging, feeling unable to cope, nagging insecurities, no sense of community, worry, inability to sustain energy levels, lacking in drive and enthusiasm, easily drained by company, feelings of discontent with home, career, struggling to meet life's basic needs, feelings of not having enough, being distrustful and insecure, hyperactivity, inflammation, physical tension, inability to relax, anger, fear, confusion, mood swings, impatience, anxiety, fidgeting, intolerance, violent outbursts.

I learned helpful suggestions to balance the 1st chakra: Walk and garden so you can get close to nature. Create a home you feel safe and secure in. Make amends to those you've cheated. Make peace with your family of origin. Eat

nutritiously and be physically active every day. I was surprised how "remedies" like that could work, until I finally REALLY GOT that it's all related. For real.

At several stages I chose to be celibate for years at a time and would use the rising shakti/kundalini from thinking about my secret crushes to fuel my meditations and creative projects. I felt guided into a relationship every few years, some walked the Path with me, some left that part of my life to me alone. It was nice when we were in the work together, knowing that cultivating the feeling of "being in love" without expectation of end result, would create the fuel to power the attraction process in our lives. If we were able to stay mindful and keep the feeling generated even despite circumstances, it could be a very powerful learning tool for both. It's rare and beautiful to find someone in the work who has enough control over their emotional body to understand that. Soul work is powerful and life altering. Not everyone has the strength to develop the willpower for the discipline to stand back up after the shattering of the personality. When it happens, it's immensely fulfilling.

I'd go a dozen years living alone to short segments of cohabitation. All of these relationships helped me hone my personality into what it is today. Today there are far fewer layers and filters between my face and the real me. I thank and honor every partner I've ever had for helping unmask me.

A friend recently remarked he noticed the deeper he got into self reflection, the lower his sex drive. I told him that's a common trait to those on the Path. The questioning begins, then the kundalini begins rising and the energy begins moving inside you. You may be over stimulated, you may get very verbal, you may stay up all night writing or thinking or researching the symptoms of what you feel going on inside of you. The lack of sex drive? Not to worry, ebb and flow; it's all ebb and flow.

If on the other hand you find yourself overly stimulated sexually, a regular breathing practice is important, whether you have a partner or not. With twice daily practice, in a short period of time you'll begin to feel the energy rise up from your sacral center and be distributed throughout your torso and limbs, as you breathe it up consciously with slow, deep breaths and controlled exhales. Breathe in deeply and draw the energy up into your heart. Feel it move up your body, then exhale it through the top of your head. Just a few minutes of this a few times a day will activate an initiation within you, and you will begin to draw answers out of yourself to all the questions that come to you.

Regular, steady breathing also de-stresses you, and helps you gain more control over your emotions. Crazy ideas may come, your mind emotionally reacts to them, your thoughts attract particular life circumstances to you, you work through them and gain tools to overcome them: this is the work of personality integration. This is the work of self realization. Your well being never depends on another person's actions or attitude. It depends on your management of your own energy and emotions, no matter what comes your way.

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



Andrea



OPEN MIND ZEN

...from page 27

Nanjio Masatomo, a master of the spear, was at Kencho-jito worship, and afterwards spoke with priest **Gio** about using a spear on horseback.

Gio said, "Your Honor is indeed well versed in the art of the spear, but until you have known the state of wielding the spear with hands empty, you will not penetrate to the ultimate secret of the art."

Nanjio said, "What do you mean?"

The teacher said, "No spear in the hands, no hands on the spear."

The spear master did not understand.

The teacher said further, "If you don't understand, your art of the spear is a little affair of the hands alone."

-Zen and the Ways, Leggett, p.102

Again, here the spear master is being asked to do something that is totally impossible! How can he wield his weapon without using his hands? And yet this question points to the essential matter in life, that which is ungraspable yet must be understood. How do you eat? How do you walk? Without realizing the underlying implications, these acts are just a matter of chewing and putting one foot in front of the other. Through meditation practice, we can understand the purpose our life has.

Years ago, I did a retreat at **Mount Baldy Zen Center** in Southern California led by **SasakiRoshi**, a famous **Japanese Zen Master** who has lived in the U.S. for many years. He spoke very little English, and so had to develop simple koans to communicate with his American students. When a new student came before him in interview, he would ask, "When you see a tree, how do you realize yourself?" Or, "When you hear the sound of the bird outside, how do you realize yourself." In Zen, the senses themselves are the pathways to enlightenment, but the student must become totally one with the sight or sound to understand what these koans point at. If even a small conceptual barrier exists, it creates a gap as wide as an ocean. The answer to the koan will never become clear if we cling to some conception about it.

There are hundreds of traditional koans, most of which either came from China from between 600 and 900 A.D. or from feudal era Japan. But truly, any question or issue in our life that defies logical answer can be a koan. Somehow, if we use our meditation to sit with a question that is perplexing us, openly and without conception, an answer to our dilemma will arise. We just have to let it happen, and give the meditation process time to work. The more we allow the Buddha-mind to come up with answers to the unanswerable, the easier our life becomes. Buddha-mind includes everything, so naturally it includes both the question and the answer. If we become one with the question, we realize the answer was always present - the ego just had to step aside to let it manifest.



ABRAHAM-HICKS

...continued from page 20

eager . . . to let go of the need of control of things that are uncontrollable—like what anybody else is doing—and give your undivided attention to the only thing you can control, which is how you feel in any given circumstance.

Nothing ever goes wrong, because every piece of contrast, no matter how wrong it seems to be, is always helping you to clarify what it is you do want. And that's the thing that we want you to remember most of all: The contrast, no matter how it looks in any moment, is contributing mightily to your expansion. And the thing that you call "things going wrong" in your life experience are actually only the distance between the things that are so right and your current perspective about it.

Are You Ready To Meet Your Vortex?

This Vibrational Reality is spinning and becoming, and if you are in anger or fear or despair, you're nowhere near it. When you get in the vicinity of hope, when you start feeling hopeful, you're within range. When you feel hopeful, it's drawing you in; it's drawing you in. And once you begin to believe or expect good things to come—you're in the Vortex. And once you get in there, you're no longer the only uncooperative component. Now you are a cooperative component. Now you get to rendezvous with your money. You get to rendezvous with your vitality. You get to rendezvous with your clarity. You get to rendezvous with your lover, with your loving neighbor, with the things of your environment that you've been wishing for. You get to rendezvous with all of the good stuff that you've put there once you begin to get in the vicinity of what feels good. And you can train yourself there—you can do it in a day.

You have control of everything that rendezvous with you when you get control of the Vibration that you offer, and you get control of the Vibration that you offer when you care about how you feel.

It really is more irrelevant than you think what the other people in your life want, but what is relevant is what you think they want. So, if you could just eternally look toward what you want and disregard everything else, the Universe would have to give you what you want, and in so many more cases than you would believe, from where you currently stand.

Often, you can get exactly what you want from the components that are already present in your life. You don't have to go to a whole new place; you just have to chronically define a whole new Vibration. The relationship between your expectation and what you're seeing is the only thing that you ever have the ability to feel around.

We all make too much of all of this. It is simpler than we all make it out to be. Be easy about it. Be kind to yourself. Do things that feel fun. Look for things that bring you relief, and just easily move into that place (your Vortex) where all things that you want have already been lined up for you.



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 2014

Aries: March 20 to April 19 "I Am" Since Uranus continues to be on your tail, you have become accustomed to this electrical and energetic infusion of universal life force energy. You will make a positive impression on many people this month. You are also being pushed to deepen your perception of the world and what role you play.

Taurus: April 19 to May 20 "I Have" You have a blank canvas this month; all your love energy is going towards working and making money. There are some short trips in the near future that will prove to be very educational and lucrative for your career. You are moving towards a shift in your job where you will be working less and making more money.

Gemini: May 20 to June 21 "I Think" Maybe now is the time to take responsibility for the choices that got you to the present moment. If you try to hide the past, it will come back to haunt you on many levels. The consequences don't have to be bad. Just remember that everything happens for a reason, and God is in charge. Take a step back and breathe.

Cancer: June 21 to July 22 "I Feel" The Universe is asking you to bring forth your many talents. As you do, they will be multiplied. As changes occur in your work environment, be mindful of the energy that you are putting out and love yourself in the process. As you do, others will love you.

Leo: July 22 to August 22/23 "I Will" You may feel like you are a kid in a candy store with all the amazing opportunities that are present in your life. This is a time to scale down on your outdoor activities so you can attune to the universal energies that have a higher mission awaiting you.

Virgo: August 22/23 to September 22 "I Analyze" Your educational opportunities will become vitality important in the near future. Surprisingly, an unexpected mentor enters your life to inspire and amuse you. Your greatest lesson this month of love is to be patient and wait for the right person to love, remember to love yourself in the process.

Libra: September 22 to October 23 "I Balance" February can your favorite month as long as you are in a relationship and a down time if not. You enjoy a relationship to feel balanced and grounded, and to grow and thrive in the world. If you are unpartnered now, nurture your relationship with yourself and God. Get clear on what you want in a relationship because the Universe is about to deliver.

Scorpio: October 23 to Nov. 22 "I Transform" If you are having communication issues with your children, remember that they are your children no matter how old they get. They do not understand why things happened the way things did, but in time they will. Be patient with the situation and continue to surround them with your loving energy and support.

Sagittarius: November 22 to Dec. 21 "I Perceive" The time has come for you to be happy once again. Because you are able and willing to live in your authenticity, the Universe has decided to grant you your heart's desire. You have the capability to give and receive so much love and inspiration to others. This is the month to show your gratitude.

Capricorn: December 21 to January 19 "I Use" You are finally reaping the rewards from your career that you have worked so hard to earn. Everyone is so proud of you! This month especially it is very important that you pay extra attention to your home scene. Because you work so much on your success, your loved ones feel a bit left out. Give them extra attention.

Aquarius: January 19 to February 18 "I Know" Happy Solar Return Aquarius, this is your year. If you thought last year was great, wait till you experience what the Universe has in store for you now. This Solar return year may seem a bit like a roller coaster ride but you will have more fun than you ever had and have more money than ever as well. Fasten your seat belt and enjoy the ride.

Pisces: February 18 to March 20 "I Believe" Get your bedroom ready for this Valentine's Day; candles, incense and satin sheets will work. Clean your bath tub and line it with red candles, bath salts and lavender aromatherapy, red wine and strawberries dipped in chocolate. Even if you don't have a date, this will be a very relaxing day for yourself.



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

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