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Andrea de Michaelis presents

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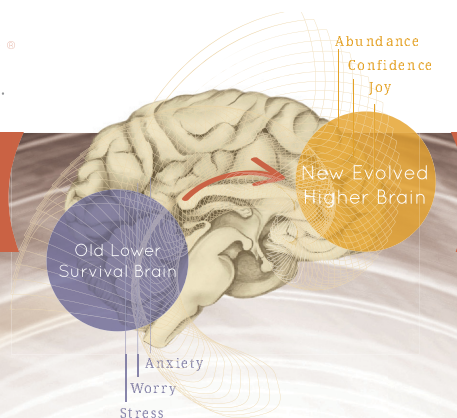


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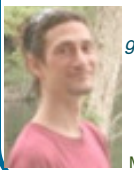
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**10:00am and**  
**Wednesday, Feb**  
**4th 7:00pm**

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virtuoso Native  
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**Sunday, February 1st, 10:00am**  
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**Wednesday, February 4th, 7:00pm**

**John Two-Hawks** will be conducting flute  
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**Sunday, February 8th 10:00am**  
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10:00am Prosperity taught by Reverend Paul Hasselbeck  
10:00am Meditation Practices taught by Roxanne Graves, LUT  
1:00pm Bible Overview: Christian Scriptures taught by Rev. Tom Thorpe  
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optical illusion  
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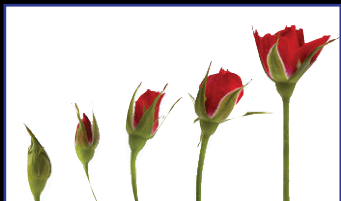
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"And the day came when  
the risk to remain tight in  
a bud was more painful...  
than the risk it took to  
blossom." Anais Nin



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

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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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



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





**Andrea de Michaelis**  
Publisher

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

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

### Hello and welcome to the February 2015 edition of Horizons Magazine.

This month, JP Sears gives tips on Living Beyond Emotional Triggers, and Karen Williams shows how to use the thought of what you don't want as a trigger to change the energy of the circumstance. Michelle White dove shows how to use goal setting to assist in law of attraction and Leo Babauta suggests simplifying, cutting down and imposing limits. *Different strokes for different folks, huh?* Doreen Virtue discusses dreamtime with the angels, and Sonia Choquette shares her favorite traditions that keep her connected to Spirit through daily practice.

Sonia Choquette really speaks to me. I've read all of her books and seen her numerous times. I admit my own life is a series of routines and rituals. It's not due to superstition, it's just that over the years I've developed daily practices that help keep me centered and set the tone for my day.

Here are some things I do to connect to Spirit each day: I wake up early and do my morning puja, my morning spiritual routine. I fill a glass of water and set on the altar as an offering, as prasada, to drink afterwards. I light a candle and incense, I say a series of prayers as I stretch into my morning yoga. Doing this creates the mind space for me to settle into meditation

time. I know meditation is done once I feel I've settled into the Presence and made contact. On some days, I don't feel I've made contact. I just sit, breathe and release thoughts for my sitting time anyway. *I'm always connected. Whether I feel it or not depends on my focus.* I drink the glass of water, taking the prayers into my body. As I enter my office, I light a candle and say a prayer for the clients, callers and advertisers, sending a blessing for their success. Using incense, I smudge the office doorways, the phones, the computer, the in box, the out box and the mail tray. I pray that whatever comes in and goes out is blessed by Spirit, uplifted and healed, including me. After work, I stretch into yoga to unkink. I prepare my evening meal with Love, as though I was preparing it for the Beloved. I eat it with a prayer of gratitude. Later, I'll do an evening review: I sit quietly either before the meditation altar or at the firepit and in my mind I go over my day. Is there anything I'd like to amp up via creative visualization and vibe with for a few moments? I do that. Is there anything to forgive? I do that. If there was anything I'd have done differently, I take note of that. I end with a prayer of gratitude for another day of life on this wonderful planet. Those are things I do to invite Spirit into my life each day.

*Were you stretched in 2014? Were you pushed beyond your comfort zone? If so, thank the Universe for that blessing. You're stronger now that you've snapped back. Exercising that muscle made you more powerful than you were. What are you going to do with this power in 2015? What's next?*

Two friends are having a falling out. One has lived in the other's home rent free for a year. They no longer have fun sharing space. Both want to be free of the situation. Both have posted snarky comments on Facebook about the other. They've gotten wrapped up in the drama playing out to their Facebook friends and began to lose sight of what they really want. Both understand metaphysical principles, yet in the heat of the moment it's easy to forget what we know.

...continued on page 28...

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*Yes! I want to receive Horizons Magazine at my own front door*



## HEALING MESSAGES FROM THE ANGELS

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

**Our dreamtime is often the most productive time to gain new spiritual growth and understanding.** Many people have psychic dreams that foretell the future, or that give guidance about career, home, and family. You can receive consistent and clear guidance while you sleep by inviting angels into your dreams. This is an especially good way to gain new understandings and creative ideas when your daytime thinking mode is locked into black-and-white viewpoints. While sleeping, we let go of rigid thought patterns. God and the angels can more easily transfer Divine ideas to us when we are open-minded, such as when we're asleep.

Before going to bed, meditate, then affirm: *"Dear God and angels, Please enter my dreams tonight and give me guidance and new ideas about (fill in the blank with your specific request) situation. I ask that You help me to remember these ideas upon awakening clearly. Thank you and Amen."*

This powerful affirmation will shift your consciousness so you have powerfully vivid – and unforgettable – dreams. We interact a lot with the angelic kingdom during our dreams. You'll increase your number of angel messages and the speed of your clearing work simply by inviting the angels into your dreams. For example, if you are undecided about your career direction, mentally say a prayer similar to this as you lay your head on your pillow: *"Angels, please enter my dreams tonight and give me clear messages, that I will remember, to help me to know which direction to take with my career."*

You will likely have a lucid dream which you easily remember, or the angels may help you in your sleep in such a way that you don't recall your dream's contents. Yet, you awaken and know that something shifted within you during the night. You feel happier, more positive, and much clearer about which direction to take. This is a sign that the angels have rearranged your thoughts and beliefs, to help you release fears that keep you indecisive about your career. If you feel blocked in any area of your life, write this message on a piece of paper and place it under your pillow. Repeat the phrase mentally three times as you are falling asleep: *"Dearest Angels, I ask you to work with me in my sleep tonight, to clear away any blocks which keep me from fully enjoying my life. Please either call these blocks to my attention, or completely remove them from my mind, emotions, and body during tonight's sleep. Thank you."*



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## YOU MIGHT WANT TO FILL UP WITH SOME BETTER FEELING THOUGHTS

**So..something happens, you observe it, you take the hit, it doesn't feel good.** And then you are embarrassed because you have negative emotion. Do you feel embarrassment when your gas tank indicator tells you that you are on empty? Or do you just go get some more gas? You don't condemn your indicator for telling you that you need more fuel and we want you to stop condemning your indicator that's telling you: you need more connection to Source Energy. That's all it's telling you. IOW something that you are focused on right now is not a vibrational match to who you really are. You might want to fill up with some better feeling thoughts so you are more of a match to who you really are.

So when you are realizing that your emotions are your friend... Your emotions are letting you know what you are doing vibrationally. Your emotion is letting you know how full of who you really are you are or how much you are pinching off who you really are.

You know what negative emotion is? It's how you feel when you've chosen a thought that your Inner Being doesn't agree with. If your Inner Being is in agreement with your thought, your IB joins you fully and you feel full. You feel radiant, clear-minded, vibrant, you feel energy, joyous, passion, you feel love, you feel appreciation. When you are choosing a thought that your IB and all that is Source joins you in, you feel fabulous. But when you choose a thought that is you out here on your screwy leading edge choosing something that is absolutely incomprehensible in terms of what Source knows to be. Things like: "I'm bad" or "I'm unworthy". Things like "I'm not good enough" or "I'm not smart enough". Things like "I should have done something differently and now because I've done something differently, now I'm in a condemned, unblest place". When you choose those thoughts and you beat the drum of them, you just hold yourself out there in the darkness for a while. Not because light is not shining all over you, it is. But you put up your big umbrella shade and you are just keeping yourself separated from the Source that is really you. From the Source that is always beaming to you. From the Source that is always available to you.

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## INSOMNIA

**Millions of Americans take sleep medications rather than using Alternative approaches that are just as helpful with far less side effects.** Every once-in-awhile you may miss a night of sleep; it's when this happens every night it becomes bothersome. Maybe you are someone who can fall asleep but you wake-up over and over. Sleep is only beneficial if it is re-cuperative. The obvious signs of sleep deprivation are lack of concentration, confusion, moodiness, pain plus when you don't sleep well your body begins to over-produce cortisol and adrenaline which leads to poor health due to a weakened immune system.

In most cases insomnia can be helped with a few simple herbs. **Chamomile** is a very mild herb that most consider first its soothing and relaxing properties are safe even for restless or irritable children. For adults chamomile can be helpful if pain, anxiety or tension is what's keeping you awake. Just one teaspoon in eight ounces of boiling water steeped for 5-10 minutes may be all that you need.

Let's say you're the type of person who falls asleep easily but you wakes up and can't fall back to sleep because of thinking too much. You know what I mean the list of chores, things said or unsaid and the list goes on. Then **Lemon Balm** can work wonders because it quiets the mind. The terpenes in **Lemon Balm** give it its sedative properties this is good for over-active or nervous adults or children who can't sleep. It's also known as "The Gladdening Herb" for insomnia due to depression, tension, anxiety or nightmares **Lemon Balm** works wonders.

**Valerian** is a very powerful non-toxic, non-addictive sleep herb that has been used centuries. It will put you to sleep rather quickly with out a feeling of grogginess the next. Valerian relieves anxiety relaxing the CNS without quieting vital functions. It helps insomnia brought on by stress, pain, tension or **Post Traumatic Stress Syndrome**. Because of its definitive odor you may want to use valerian in tincture form or as capsules.

You can use a sleep pillow be made with a small muslin bag or a sock (you now have a use for your un-matched socks) filled with herbs like **Lavender, Chamomile, Roses or Hops** (use only a small amount of Hops or you will think you're sleeping with dirty socks).

An aromatherapy diffuser with the oils of **Lemon Balm, Lavender, Marjoram and Clary Sage** blended together can ease you into sleep and help to keep you there.

Take some time before bed to unwind, listen to some quiet music, a guided meditation, drink a cup of relaxing tea (using herbs like **Chamomile, Lemon Balm, Catnip,, Linden, Roses, Passion Flower** or **Oatstraw** either alone or in combination). Take a nice warm bath filled with relaxing herbs, light some aromatherapy candles and ease your way into sleep. Sleep should be enjoyable not just a chore to get you to the next day.





# LIVING BEYOND EMOTIONAL TRIGGERS

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

Have you ever flown off the handle at someone only to look back at the emotional carnage left in your wake to say, "How did that happen?" Have you ever noticed yourself directing your own emotional shrapnel inward rather than outward, hiding it from others with the veil of piercing silence? When you are emotionally charged, do you get bigger and aggressive by puffing up your chest or do you get smaller and passive hoping to go un-noticed?

## What Does it Mean to be Emotionally Triggered?

Being emotionally triggered is an experience of being overcome by an emotion and then reacting without mindful intent to that emotion. When this happens it's not so much that we're a person with the emotion, it's more like we are the emotion with a little bit of person involved!

When triggered, our ability to respond to a situation is greatly minimized because we are being overwhelmed. The result is that we just live through the reaction. This situation is much like when your doctor checks your knee reflexes. When her reflex hammer strikes the patella tendon, your leg reflexively jerks upward and this is pure reaction. Much the same, when emotionally triggered our actions and words come from an unconscious place, a level of consciousness far below that of conscious consideration.

You'll see a lot of emotionally triggered people acting out very reactive behavior during episodes of road rage. You can watch people retaliate for being cut off, leaning out of their cars screaming, even people getting out of their cars to fight. Putting their safety in jeopardy that way is nothing but pure reaction to being emotionally triggered. If the same person were to respond rather than react, where he considers the consequences of his actions and whether they will improve his

*...continued on page 27*



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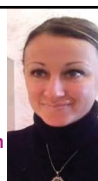


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# DAILY PRACTICE KEEPS US CONNECTED



Sonia Choquette is a world-renowned author, storyteller, vibrational healer, and six-sensory spiritual teacher. She's the author of several best-selling books, including The New York Times bestseller *The Answer Is Simple...*, *Ask Your Guides*, *Trust Your Vibes*, and *Soul Lessons and Soul Purpose*. <http://soniachoquette.com>

**Unless we maintain a daily practice of connecting with**

**our Spirit, we won't feel its presence and support in**

**our lives.** My grace in life was learning early on how to connect with the Holy Spirit within on a daily basis. I was shown how to make it the foundation of my existence through many practices that have been so reinforced by repetition that they are now woven into the very fabric of who I am.

One of my favorite daily traditions was first introduced to me when I was a child in Catholic school. The practice was to recite the **Lord's Prayer** - the **Our Father** - out loud every morning. I started doing this in the first grade, and it's still part of my regular morning routine. This ritual immediately connects me to my Divine Source, my Creator, and leaves me feeling grounded, balanced and confident as I begin a new day.

Another daily practice is one my mother introduced to me when I was six or seven years old: before I go to sleep each night, I thank my unseen spiritual guides, ancestors, guardian angels, and all Divine helpers for the assistance, support, and blessings they bestowed upon me throughout the day.

These are just two of many practices used for connecting to Spirit that have been handed down to me by my mother; my spiritual teachers and mentors; my wise elders; and at times, by life itself. All have become a cherished part of my being. Some practices I've kept the same, doing them exactly as I was taught to, and others have evolved over the years. The constant, however, is that not a day goes by without my taking the time to anchor my awareness in Spirit, with gratitude and wonder, and ask the great Creator - the Giver of all life - to lead me in this day.

After much reflection on how I've been so lucky to have such an intimate and powerful connection with Spirit, it became obvious that it was the result of my daily focus. Each day (sometimes several times a day), I pray to, invoke, or meditate on Spirit for guidance, direction, and leadership; and then I completely surrender to its force.

With daily practices a sense of inner peace returns. When you surrender your attention to this higher force and allow it to direct your life, magic begins, synchronicity replaces struggle, doors open instead of close, all relationships improve. If you're ready to reconnect with your *kefi* - your beautiful, peaceful, holy Spirit - simply decide right now to leave the past behind and commit to the consciousness and daily practice that your transformation requires.

# SOULSONGS ABRAHAM FUN



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

## Soulsong #416 Beneath the Surface (Shifting Energy with Your Thoughts)

Despite the rock-solid appearance of things in physical experience, everything is energy. And in order to change a stubborn, unwanted situation, I must approach it beyond the physical level. I must shift the energy of it.

How do I do that? By my thoughts.

I can use my thoughts to change the energy of any circumstance - lack of money, illness, loneliness, work overload, hateful people, low self-worth, or lack of purpose, for instance.

In fact, I came into physical expression fully aware I was entering a mixed-bag world full of things I would want and things I wouldn't want to touch with a ten-foot pole. That was A-OK by me, for I knew the power of my thoughts.

And now I'm remembering what I once clearly knew.

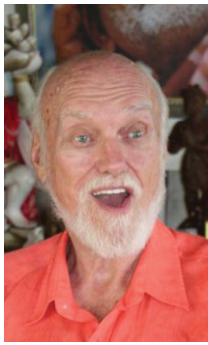
Every time I encounter a persistent, unwanted situation, I can transmute the energy of it by asking, "What do I want here?"

The answer might be more money, good health, companionship, a manageable workload, enjoyable people around me, self-confidence, or a sense of fulfillment and meaning.

When I use what I don't want as a trigger to think of what I do want, I transmute energy.

It may take a little while for the results of my efforts to show up in physical reality, but it will be dramatically worth the wait.





# THE MIND REACTS

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

[Spring On Maui Retreat April 29, 2015](#) Visit [ramdass.org](http://ramdass.org)

"In fact, a person always finds when he begins to practice meditation that all sorts of problems are brought out. Any hidden aspects of your personality are brought out into the open, for the simple reason that for the first time you are allowing yourself to see your state of mind as it is. - Chogyam Trungpa

Over the years we develop strong habits of perceiving the universe, and we come to be very secure within these habits. We selectively perceive our environment in ways that reinforce them. This collection of habits is what we call ego. But meditation breaks the ego down. As we begin to see through it we can become confused as to what reality is. What once seemed absolute now begins to seem relative. When this happens, some people get confused; others fear they may be going insane.

You must expect that growth requires change. A child's structure of reality alters as his or her endocrine system starts to change in puberty, leading sometimes to confusion and emotional upset. So it is with meditation that as you grow into a more conscious being, your old realities crumble and there will be moments of disorientation. The best strategy for dealing with this disorientation is to note it and let it be. Don't try to push

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it away and retreat into familiar habits. Most people need not fear this disruption. Although you may feel some anxiety, the ego's defense mechanisms usually give way no faster than you can handle it. But if you find these reactions too disturbing you can cut back on the amount of meditation you do, or even stop altogether for a while. When you feel more calm and relaxed, ease back into meditation.

The path to freedom is through detachment from your old habits of ego. Slowly you will arrive at a new and more profound integration of your experiences in a more evolved structure of the universe. That is, you will flow beyond the boundaries of your ego until ultimately you merge into the universe. At that point you have gone beyond ego. Until then you must break through old structures, develop broader structures, break through those, and develop still broader structures.

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# FROM THE HEART

Alan Cohen is the author of many inspirational books, including *Relax into Wealth*. Join Alan's upcoming Life Coach Training Program to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com).



## How to Get Out of a Coma

**I was honored to meet Morton Lauridsen, a genius musician considered by many to be the world's greatest living composer of choral music.**

He is widely respected for his stirring opus, "*Lux Aeterna*" ("Eternal Light"). Morton told me that one of his dear friends, a conductor who often conducts Lauridsen's compositions, fell into a coma. After several weeks, doctors could not predict whether or not he would awaken.

Morton went to visit his friend, who was lying inert in a hospital bed. After a minute Morton began to gently sing the chorus of "*Lux Aeterna*." Then, to onlookers' astonishment, the patient raised his hand as if he were conducting a chorus.

This was the first time the man displayed any activity since he had fallen comatose. Eventually he was resuscitated. (For a moving journey into Lauridsen's music, watch the documentary *Shining Night*, available at [innerharmony.com](http://innerharmony.com).)

This healing incident is as metaphoric as it is literal. We have all fallen comatose. In the *Book of Genesis* we are told that "a deep sleep fell over Adam," but nowhere in the Bible does it say that he woke up. We are all Adam, still immersed in the dream of limitation. We have become sleepwalkers, trudging through our days wondering who we are and why we are here. In the poignant film *Joe Versus the Volcano*, Meg Ryan's character sums up our predicament: "Almost the whole world is asleep. Everybody you know. Everybody you see. Everybody you talk to. Only a few people are awake, and they live in a state of constant total amazement."

How, then, do you awaken from the coma of a dreary, burdensome, or oppressive life? The antidote is passion. Passion is the avenue through which life guides you to fulfill your unique purpose. When Morton Lauridsen's friend heard music that stirred his soul, he found a reason to awaken and live. We all have a reason to awaken and live, but we must act on it to reap its benefits. In the classic movie *Ferris Bueller's Day Off*, Ferris phones his friend Cameron to ask him to play hooky. Cameron tells Ferris, "I'm too sick." Ferris replies, "You're not sick. You just can't think of anything you want to get up for."

...continued on page 26...

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## Dear Whitedove,

My life has gotten off track. I'm not where I want to be in my love life or my career. I wish there were a way for me to create more success and happiness in those areas. Any advice?  
[Lost in Louisiana](#)

## Dear Lost,

First, you need to understand that you are right where you are meant to be. Every step that you have taken has taught you many valuable life lessons. Great Spirit tells us that we are co-creators of our reality. So once that you have a clear idea of what you want to improve upon; it's time to take action.

Begin with goal setting. Create a specific list of what you want in your work life and love life, these are your new goals. With pure intent, create action steps to manifest this new scenario. Your thoughts are energy; they are the building blocks of creation. So as you plan, think about each step, visualize it in your mind's eye and then speak the words out loud. Your words have power; the energy of your words invoke matter into being.

Also it's important to generate the feeling of a new love and a wonderful new career. Step into that energy, this will open you up to already BEING that which you desire. While being that happy and driven individual, know with great certainty that your new life is attainable. This goes beyond mere faith, it's a knowing.

Then go through the physical motions to make it happen; work towards your goals every day. You'll be surprised how quickly that your life will begin to shift by using the Universal Law of Attraction. God helps those that help themselves - we just have to do the work to make our dreams into reality.

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

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## NOTES from the Universe

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

**I have a special request to pass on to you, directly from the morning sun, herself; echoed by the clear blue sky, the earth under your feet, and the trees in your life who each long for your passing. From time to time, however sporadic or brief, they'd absolutely adore your undivided attention. I'd want to know, so I thought you would, too.**

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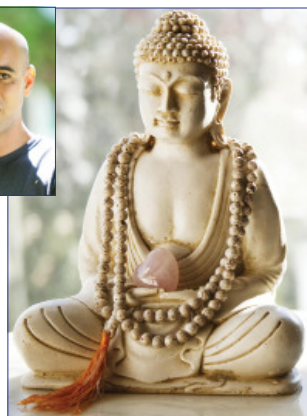
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## ZEN HABITS

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



### IN PRAISE OF LIMITS

**We live in a world of abundance, often to the point of excess: we can buy anything anytime, consume as much of the Internet as we want, eat anything all the time, work as much as our bodies will allow.** With so much available, it can become overwhelming, unhealthy, unbalanced. I'd like to propose a few limits. Instead of unlimited time online and on the phone, what if you limited yourself to 2 hours a day, not including time spent on work tasks? You'd now have space in your life for other things: exercise, reading, meditation, cooking healthy food, cuddling with loved ones

Instead of working from the minute you wake up until you're going to bed, what if you only worked six hours a day? Or four hours? That would be dependent on what kind of job you have, of course, but in this hypothetical situation, you'd probably use that limited time better, with more focus, and get your important tasks done first. And you'd be better rested and therefore have better focus and energy when you did work.

Instead of eating as much as you can, what if you only ate during certain predefined times? For example, if you only ate between 12-1 p.m. and 6-8 p.m., you'd probably eat less. Or what if you only could eat whole foods, nothing pre-prepared or with sugar, white flour, or weird chemical names? You'd eat less and your health would improve.

Instead of being able to buy things all the time, what if you could only buy things (other than groceries and toiletries) on the 1st of every month? You'd probably buy less, and your debt would decrease and savings and investments would increase. What if you could only do 3 tasks a day (besides responding to emails)? You'd pick the important tasks. What if you could only sit for a total of two hours a day? You'd move around more, do some work standing up, drop some of your back problems, and lose some weight. These limits, of course, are only arbitrary. It would take some experimenting to figure out what would work best for you. But you can see in these examples that limits can be powerful, because they force us to choose, to focus, to go from excess to healthy moderation.

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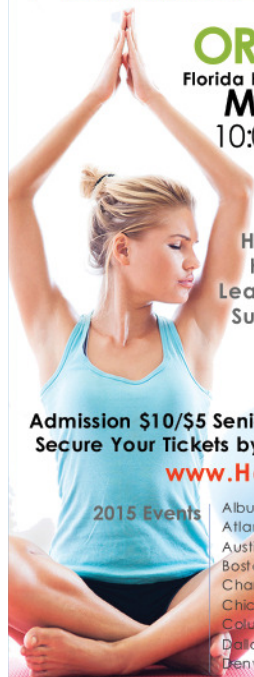
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Wednesdays -COCOA Spiritual Living Circle meets every Wed at The POD - Aquarian Cultural Center, 238 Peachtree St. 32922 from 7-9 pm, to discuss articles from The Science of Mind magazine. Call Kathryn 321-458-7956 or Gloria 321-289-1377 for details.

2d, 4th Thursdays MELBOURNE/PALM BAY 7pm Wiccan-Pagan Outer Court Classes, Church of Iron Oak email [scribe@ironoak.org](mailto:scribe@ironoak.org) 321-722-0291

2nd Saturday CASSADAGA Tea Leaf class 5-7pm with Torre LaRock at Cassadaga Hotel \$25 per person RSVP 386-228-2323 [www.venusinvelvet.com](http://www.venusinvelvet.com)

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 Love offering [www.yogashakti.org](http://www.yogashakti.org)

Sundays, FT MYERS 9:15 am and 11am services at Unity of Fort Myers, with Rev. Jim Rosemergy. [www.unityoffortmyers.org](http://www.unityoffortmyers.org)

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 1924 Melody Lane behind Melbourne Auditorium (321) 321-728-4738

Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 [openmindzen.com](http://openmindzen.com)

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169 [www.orlandoreligiousscience.com](http://www.orlandoreligiousscience.com)

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast 602 Brevard Avenue 321.474.2030 [www.cslspacecoast.org](http://www.cslspacecoast.org)

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church Dudley Memorial Chapel 1108 N. Dixie Highway (US 1) Visit [dbcuuc.org](http://dbcuuc.org)

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Monday, February 2 - March 9, 2015 7:00 - 9:00 pm -Trusting The Intuitive Self, held at Mystic Gems (By Circle K), 2280 Harris Ave, Suite 5, Palm Bay 32905. An experiential class to assist you in developing, using and TRUSTING your Intuitive Self. Designed to be a 6 week commitment. Pre-registration is required. To register, please call Rev. Kathryn Flanagan, 321-458-7956



**Airs Feb 5 and 19 from 8-9pm EST on Google TV & YouTube. Hosts: Morgana Starr & Daena Croghan** talk with their angels, **Anael & Azrael**, about spiritual principles, such as life after death, mediumship, psychic protection and more! **FREE TO WATCH AND CALL IN FOR FREE**

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Speaking for both sides is like being a see saw, as you go back and forth, giving what you don't want equal measure, it creates confusion in the signals to the Universe, and you get what you get. Practice staying on point everyday. Practice speaking in the positive, and when the opposite comes up, shut up and go back to what you want. No excuses, no reasons, just do it. When you stop working for the opposition, your dreams come true.

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# SOUL SHAPING



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

**There's not always a lesson related to who we chose.** Sometimes we chose for all the right reasons, and still got fooled.

Sometimes the lesson comes later, when we have to decide whether to close our hearts, or give love another try.

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# THE CLUMSY BUDDHA

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

## Insecure, Unsure and Obscure

**Everyone is insecure. Ironically, the people walking around behaving as if they know and have done everything are the most insecure people.** I do not understand those people. If I don't know something I will simply tell you, "I don't know." For some reason the "know it alls" have to stake claim and let you know how much better they are than you. Do yourself a favor. Don't try to argue with these people just to prove a point. These type of people aren't listening to anything you have to say. All they hear is what they want to hear. So just nod your head and let them tell you about how they created the universe and everything in between.

Know that recognizing the difference is what makes you the more secure person at the end of the day. I am more open about my insecurities. Some stuff is typical girl nonsense (wishing I had thinner thighs, flatter stomach, clearer complexion). I have no problem telling people what I think my weaknesses are because in the same breath I can describe my strengths. People look at insecurities as something to be ashamed of. Embrace your true self. Don't tuck away or hide pieces of yourself just because they might not present as well. You're not weak for feeling insecure or unsure. The people who fake it until they make it are the weak ones. They have to hide behind an act because they are not willing to face their own truth.

I have never been able to hide my emotions. To tell you the truth, I think I feel more than most people. I am a natural empath if you will. I would be called "too sensitive, or too deep" for these very same reasons. Looking back I realize how far ahead I was emotionally and spiritually than my peers. At the time I just felt like an outcast because I was ostracized for being "different." My teenage years were very challenging to say the least. I think everyone can agree that high school is the breeding ground for insecurities. You are young, naive and just trying to find yourself. It was during those trying times that I faced some of my biggest insecurities.

I was constantly put in situations where the choices were to cave and cower or to stand tall. Confidence appears when your feet are firmly planted. Don't put so much pressure on yourself to be a certain way. Confidence comes with time and experience. I know this because I am living proof. Am I the most confident person? Absolutely not. Am I confident in certain situations? Yes. We all have our strengths and weaknesses. Recognize them, embrace them and learn what you can.

Even as a grown adult I have moments where doubt and insecurities try to invade their way into my mind. Old habits certainly die hard. I have worked diligently to re-program my brain from my past high school experiences. I have learned to accept who I am and who I am not. It is in that sentence that you will find peace and freedom from most of your insecure thoughts.

You are going to be wrong sometimes. How else are you going to learn? Don't be afraid to fail. Failing just means you are trying. When you are insecure all that it means is that there are somethings you don't know or don't have the answers for. But it doesn't mean that you wont ever get the answers that you seek. Keep looking.

It's okay to be weird. We are all weird and obscure in our own way. People will show you what they want you to see. Don't assume anything. In my personal experience I have found that most people are full of crap. The reason for this goes back to what I said before, when people aren't ready to face their own truths they will use fluff and propaganda to paint a prettier picture. So you look at the pretty picture mesmerized and distracted by it's color and its texture never focusing on what the picture really is.

I see the world very differently than most and I guess that makes me "weird." Doesn't bother me one bit because I can see what the picture really is.

It's natural to feel insecure from time to time. **YOU DON'T KNOW EVERYTHING!** And guess what? That's okay, your not supposed to. Be humble and stand proud. Feeling insecure, unsure or even a little obscure is a part of your journey.

March on! You are never alone

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# STEP INTO MY PHASE



Taking a quiet sideways glance at life, Marlene Buffa offers insight through her words from experiences. . A student of new-thought teachings, Marlene finds practical spirituality around every corner and seeks wisdom through observation of life's inter-relationships. Sometimes playful, sometimes poignant, always thought-provoking, her writing inspires readers in meaningful ways. [www.wordsofmind.com](http://www.wordsofmind.com).

**We move through our Spiritual and work lives through several phases. With perseverance and attention, and to a great extent reflection and action, life moves with us as years progress.** Along the way, we ponder our purpose, our impact, our affect on loved ones, our community and the world. As we expand our thinking to imagine that our life experience follows a flow and pattern similar to others, we learn that moving through these phases results in a dynamic symbiosis between the Spirit within and the resonance of what we experience.

## PHASE 1 - WHAT YOU DO

Effort, labor, stamina, and work epitomize this initial phase in our lives. During this time period, we gather information and knowledge through a variety of learning opportunities. The rigors of daily school tasks, followed by tests and requirements of academia occupy our youth in demanding ways. Here, we explore the various methods of receiving information and assimilating it (learning) and with any luck, discover which delivery method works best for us.

Many Phase 1 "entry-level" jobs are labor intensive and require onerous physicality for little pay. Often, they are repetitive, menial and tiresome. Remember, this type of work is fact-gathering, information accumulating and not meant to be your life's purpose or the end of the employment vista. The back-breaking jobs are the "paying your dues" jobs that serve to bolster us in years to come. We're paid for what we do.

In the spiritual Phase 1, we gather information about the unseen. We learn about various approaches to God, dogma surrounding worship and assess what feels right in our hearts. Studying, listening, engaging in ritual, all serve as channels through which we explore our relationship with the Infinite.

## PHASE 2 - WHAT YOU KNOW

Learning never ends. Phase 2 is the time to apply all we've accumulated in the world thus far and capitalize on it! It's the glorious time for creativity, expansion, insight and the application of knowledge. When we embrace learning, our light shines in the darkness for all to see. In our career path, Phase 2 is the time we see recompense for all the effort expended earlier in life. Acquired skills coupled with the ability (and most



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importantly, the desire) to continue learning, pay handsomely during this large portion of life. In this phase, we are paid for what we know.

Our spiritual Phase 2, is the practice and example-setting phase of all earlier explored beliefs. We begin to look at life and our place in the world through the eyes of our beliefs and often turn to the Infinite for advice or comfort. During this time of life we develop friendships and set boundaries and look for deeper meaning. We wrestle with concepts such as judgment, acceptance and free will. Here we learn what works for and with us in our chosen spiritual path, and what does not. We learn to make decisions with God in mind while solidly living the human experience.

## PHASE 3 - WHO YOU KNOW

While Phase 3 isn't the "end," we see it as a pinnacle of our active lives. Think of Phase 3 as the corporate CEO of your life. He's probably flipped burgers (Phase 1), worked hard to achieve success in his profession and establish a kinship between his work life and spiritual nature (Phase 2).

In this phase our value to others is measured by the ability to bring together the relationships we established along the way. While this phase rarely requires or expects manual labor, it does demand a special insight into the ways of the world and how to get things done. The best - and sometimes only - way to ensure forward success is knowing who holds the knowledge, wherewithal, and desire to accomplish a task, then assembling a team of those individuals to perform specific functions to reach a goal and keep them all in balance and happy. In Phase 3, we are paid for who we know.

In Spiritual Phase 3 we receive gratification from our relationship with God. We've worked hard to discover God in our lives and practice our beliefs and now we actualize the essence of Spirit and enjoy how it relates to every aspect in life. When we begin to see God everywhere because of understanding inter-relationships, we bask in a little magic and contentment.

## IT'S JUST A PHASE

No matter where we stand in life, it's only temporary. We move forward and backward between various stages of our life. Life patiently and generously offers up the same lesson until we learn it and move on. More importantly, we learn the lesson, learn from the lesson, and learn to avoid the circumstances in the future.

The Infinite stays with us, ebbing back and forth like the rolling tides of change, as we swim to the shore then dare to venture into the ocean of the unknown. Quietly providing buoyancy, Spirit patiently waits until we learn enough to move on. And if we don't, Spirit loves us anyway.

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# COVER ART

## Anna of the Blazing Heart

By Andrea de Michaelis



I've published **Horizons Magazine** since 1992. I use painting as a medium for my spiritual path work. When I paint a person, I take them as a guide who's come to give me a message, then I wait for the message to unfold itself to me. They tend to have wild hair since hair is a natural extension of the

nervous system, like fine antennae enhancing intuition and guidance. They tend to have large eyes for seeing the broader picture than I do. I've been making the eyes blue and green on each face in this series. In **Edgar Cayce's** color meanings of auras, blue is considered the color of the spirit, prayer and contemplation. It signifies having found one's work and being heavily immersed in it. Green is the color of health, vitality and healing. A green with blue in it signifies truthfulness and trustworthiness. I use the blue and green to raise the level of healing vibration of the paintings.

**Anna of the Blazing Heart** is a variation of my mother, Anne. Anna is a Latin form of the name meaning "favor" or "grace". **Saint Anne** was the mother of the **Virgin Mary**. Her hands are raised in surrender and her heart blazes fiercely and brightly with radiant love and compassion, reminding me I can do the same. The sun represents each day is a new beginning and the bluebird of happiness is the reminder that all is well in the end. And if it isn't, then it isn't the end.



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

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



## Alan Cohen

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

If you feel sick or tired, ask yourself, "What might I do during a day that would make me want to wake up in the morning to do?" Your honest answer to that question will open the door to your next important step in life.

When you follow your bliss, you deliver gifts that stir others to find their passion and fulfill their purpose. **Frederick Buechner** declared, "To find our calling is to find the intersection between our own deep gladness and the world's deep hunger." Acting on joy is not selfish at all. It is your gift to humanity. In a world where many people are suffering, those who choose happiness are the lifeline by which others find their own way home.

I saw a documentary about a high school student named **Steve** who had poor grades and getting into trouble. His parents and teachers tried to correct him, but nothing worked. Then Steve discovered a bird sanctuary where injured birds of prey were given refuge, resuscitated, and released back into the wild. Steve was fascinated by this place and daily visited after school. He became a volunteer and eventually got a job. Meanwhile he stopped getting into trouble. The final scene of the documentary showed Steve giving a lecture at the sanctuary to students on a class trip—the very class he had been flunking. When Steve found something that stimulated him, his life lined up.

To be true to your passion, you must release activities that run counter to your joy. You cannot simultaneously be comatose and passionate. Every thought you think, word you speak, and action you do either enforces your coma or releases you from it. To get and stay awake you must tell the truth about what brings you life—It—and what saps your life—Not It.

An army general noticed that one of his soldiers was acting weird. The private would walk around the post, pick up papers, and after reading each one he said, "That's not it!" The general sent the soldier to the psychiatrist, who concluded that the he was deranged, and wrote him a discharge order. When the private read that paper he spouted, "That's it!"

Everything in the world either reinforces the insanity that keeps it in force, or opens the door to escape from it. Meanwhile there are bigger, wider, richer worlds that also reinforce themselves if we step into them. **William Blake** declared, "If the doors of perception were cleansed, every thing would appear to man as it is, Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern." We are spiritual beings who have gone to sleep only to experience the joy of waking up. At this moment a genius is singing to you a song to stir your soul. The moment has come to lift your arm and return to the podium to conduct the chorus of your life.





## CONSCIOUS CREATION

*...continued from page 11*

situation, we would see a tremendous altering of the acted out behavior. That is because the decision about how to act would come from a conscious place, rather than a dark, constricted, reactive level of unconsciousness.

We all have our unique emotional triggers. They could be anything ranging from a spouse leaving a mess in the kitchen, a child talking back to us, a coworker disregarding our input to a conversation, or how a parent still treats us like a kid.

### How Does Being Triggered Look?

The scene of being emotionally triggered can take on one of two polarities, either active or passive reactions. **The first polarity of active reaction** is likely the one we think of most with emotionally charged behavior. Shouting, insulting, defending one's actions, blaming others, and even violence toward another are characteristics of the active reaction. If we pay attention to when we fall into this category, we may notice trembling of our hands, our throat constricting making it very hard to speak words in a normal tone of voice, and difficulty controlling what words we do speak. These behaviors are all very childish ones acted out by otherwise mature adults, which is a mirror for the level of consciousness one descends to when triggered.

**The other polarity of behavior accompanying emotional triggering is that of passive reaction.** It is very helpful for us to consider this aspect of polarity as we could otherwise be seducing others into believing we're calm, cool and collected, and more importantly actually deceiving enough to make ourselves believe the same even though we're far from it!

Passive reaction is just as reactive as an active reaction. Here our behavior isn't so much acted out, but rather it's acted in. When cut off in traffic, instead of yelling at the other person for being in our way, we feel sorry that we weren't out of their way sooner. We can become disassociated from our thoughts and emotions, leaving us with very little cognitive memory of details. Or we can experience almost a paralysis where we are so charged that we can say or do nothing. It is worth reaffirming that passive reactions are dangerous territory because they can hide us from the fact that we are triggered in the first place as we take on the external appearance of a conscious response of tranquility.

*...continued on page 29*



## ASK WHITEDOVE

*...continued from page 15*

### Dear Michelle

My Aunt passed over this week and the Catholics in our family went to church to light candles for her. When a loved one dies, does it really help to light a candle for them? [Christian from Kentucky](#)

**Dear Christian,** I am sorry for the loss of your Auntie; I see that she was the matriarch of your family and will be greatly missed. Please know that lighting a candle for a loved one is a wonderful tradition. This custom of candle lighting is practiced in combination with prayer; it is faith in action.

As you light the candle, you are sending your love and prayers to that soul. Whether the person is alive or on the other side, your prayers do make a difference. When you pray for the dearly departed, your love and intent is felt by that soul. You see, prayer is much like telepathic communication; it transcends time and space. Candle lighting is way to show honor and remembrance. This is not to be confused with praying TO a loved one because souls on the other side are limited, you should only be praying for them. Always take your prayers to the top!

**Dear Whitedove,** Last year I was so depressed over the loss of my home that I considered suicide. My life has much improved since that time but I often wondered - what if? [Happy and healthy in Hyannis Port](#)

### Dear Happy,

Thank goodness! Suicide is never a solution because your soul contracted to come here and learn some tough lessons. If you cut your life short, well guess what? Your soul would still need to learn those important lessons and you'd just reincarnate to do it all over again.

Congratulations are in order; you came though the test with flying colors. The loss of your home and many possessions was an important experience for your soul's growth. No matter how big or how small those worldly possessions are only things, they don't define you. What is important: the love that you give and the people that you help - those are the deeds that you take with you to heaven! Spread the word! No one takes their money to Heaven.



## 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."*

It happens. That's an ongoing part of the spiritual path: we have a revelation, we understand, we forget, then we get the same lesson over and over until we remember again. That's why it's called the *Path of Return*.

So, instead of having a discussion with each other and setting boundaries, each for awhile chose to act at home as though nothing was awry, while smack-talking the other on **Facebook**. I recognized what was happening when I saw the news feed. Each contacted me after I'd commented on their post.

**I reminded them of what they really wanted, to be free of the other with a new living situation. The process to do that was:**

- (1) intentionally finding something else to focus on.
- (2) Stop focusing on what the other was doing and saying.
- (3) Take steps to move forward on their own, without waiting for the other to take steps.

For one, that meant finding a new home. For the other, it meant readying their home with fresh energy: clearing new space and organizing storage. For both, it meant recognizing they were misguided in their perceptions.

### LEARN TO SPEAK UP AND COMMUNICATE THRU CONFLICT

Something like this doesn't happen overnight. At some point, it stopped being mutually fun, **yet no one spoke up**. At some point, familiarity began breeding contempt, **yet no one spoke up**. When they began speaking up, instead of doing it with each other, they did it on **Facebook**. This is what happens to well meaning friends who've never been taught how to communicate and work through conflict.

As a journalist and as a spiritual seeker striving for transparency, I'm all for living an open life and letting **Facebook** in on my daily journey. That's how I discover if I am who I say I am. I once spent a year wasting time being irked at someone who loved having power over my mood. All I had to do was focus elsewhere rather than respond to every shenanigan, but it took me awhile to remember that. As soon as I remembered, I was free.

When friends have disagreements and are hurting, miscommunication happens. I've learned if I write out what I want from the other, there is much less misunderstanding. I suggested the landlord leave a note telling the tenant exactly what she required of her. She did.

### IF THEY BLOW UP IN PERSON, STATE YOUR CASE IN WRITING

When tempers are hot, my experience is it's a good idea to write, to email rather than talk. If a civil conversation can't be had without one blowing up, emailing your side of the story can clarify a situation, while giving time to defuse it.

After the note was sent, the landlord and tenant spoke and a lot of the tension dissipated. Now a dialogue has been opened and they each know what to expect of the other. When you find yourself in a situation like this, ask for the grace to open your heart, your eyes and your mind to see a way out of the tension. All things are possible.

### KEEPING MY "STUFF" MANAGEABLE HELPS KEEP MY LIFE MANAGEABLE

I bought myself a few big gifts in 2014: a new steam mop, new stove, new dishwasher. I'm not a big spender. I buy what I need when I need it but my timing could be better. I was down to one burner and no oven before I thought I needed another stove. Only the last few years have I cooked enough to justify having a dishwasher again. I gave mine away 20 years ago. Now I look forward to more convenience, and more counter space.

The older I get, the less clutter I want around me. I like to see into all the corners and edges where the floor meets the wall in each room. It gives me a sense of spaciousness, whereas



when I look at clutter, I feel a little contracted and confined. I like having space between my molecules. I don't like to feel bound or tethered. Even in my stocked storage shed, I can see behind the stacked furniture and walk between the boxes.

I like knowing what I have. That lets me know when it's time to get rid of something. I don't like to keep things around unless there's a reason and they serve a purpose. Either they are in use, or I have a vision for their future use, or they're given away. Keeping my "stuff" manageable helps keep my life manageable.

And if there is any conflict going on, I can be sure that the act of clearing out clutter and reorganizing new space will also be what triggers me to find resolution in the conflict. It never not works. It's all related. Everything in life. All of it.

Accept all things. It's the only way to wake up... anything else perpetuates the dream.

Enjoy our offering this month.

Hari Om.

Andrea





## CONSCIOUS CREATION

*...continued from page 27*

With active and passive reaction, because one is no better or worse than the other, our purpose is to notice what their terrain can look like so we are able realize when we're in it!

### Why do we Get Emotionally Triggered?

Being emotionally triggered is more often than not the symptom of a deeper core emotional experience, usually emanating from the humiliating core emotions of fear or shame. Our triggered response oozes out of these deeper emotions for a number of reasons. One reason is for self preservation. When we are not able to access our mature adult ability to experience and process fear or shame, we use triggered behavior, largely being inward or outward projected anger, in order to divert ourselves away from our inner experience in the moment. We do this both for emotional and physical self preservation. Dr. David Hawkins points out that fear and shame carry very low vibrational frequencies, shame being the lowest out of all emotions and therefore the most threatening. We look to nature where it is said that the fox never kills the rabbit because the rabbit dies of fear before the fox gets to it. With this we realize the reactive technique of deflecting from threatening emotions we've developed is very purposeful! However we also realize that without going back to resolve the emotional chaos once we are removed from the heat of the moment, we stay frozen and reactive.

Few of us are taught in schools or at home how to experience fear without being afraid of it or how to experience shame without being ashamed of it, which puts our healing and processing on the back burner while our emotional reactions continue to get ignited. With that said, it is my experience that an essential ingredient to minimizing how often and to what magnitude we get emotionally triggered is giving ourselves permission to process our core emotions of fear and shame by simply experiencing them.

Other times we find ourselves being emotionally triggered by a person or situation not because we're upset about them, though that is how it appears, but because the person or situation instantly reminds us of an unresolved wound from our past that we're still upset about at some level. This, considered with the above possibilities, implies that whenever we're able to catch our breath after being emotionally charged, we can look back for the messages about our deeper inner experience that are there to be learned.

### Going Beyond Emotional Triggers

Now that we have some characteristics of triggers and why they happen we can entertain approaches to lessen the inertia they have on us.

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Consider simply observing yourself the next time you are triggered. When we can notice our reactive tendencies to being triggered with an alert recognition, the force of the trigger is reduced greatly. When noticing ourselves, we become both the player and the observer. When not noticing ourselves we are just the player which means we're completely enveloped in a low level of reactive consciousness. At those times we are the observer as well as the player, there is at least a portion of our awareness that is removed from the level of unconscious and resides at a more ascended level. You may also choose to notice the temptation to avoid even acknowledging the fact that you are triggered at all. We can become triggered about being triggered and slip into denial about it. The notion that what we resist persists suggests that if we did nothing other than acknowledge when we are triggered and reacting in our own unique way, we've already begun the process of diffusion.

Another strategy available to us once we are triggered is to purposefully take a slow breath prior to engaging in words or actions. Because the slow breath is initiated with conscious intent, it allows more consciousness to come in diluting an otherwise unaware domain. As the breath detaches us from the stronghold of reactivity we are able to interface with responsiveness; where we are able to think before we speak or act, unfreeze our paralysis, and most importantly process the emotional energy within our bodies.

**Conclusion --** By having some clues about what it means to be emotionally triggered, why we get triggered, and what triggers us, we can recognize when we are in unstable terrain. This is necessary before we can move to higher ground. Utilizing subtle skills for lessening the intensity of our emotional triggering allows us to become a responsive person with emotions rather than a reactive bundle of emotional dynamite towing a person behind.





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](http://www.IntuitiveReflections.com), or email [barbaraleellc@gmail.com](mailto:barbaraleellc@gmail.com)

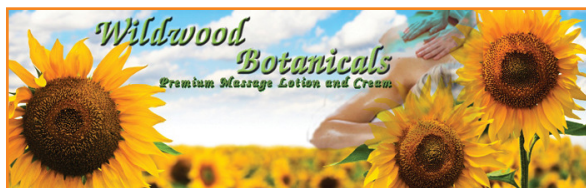
## HOROSCOPES FEBRUARY 2015

**Aries: May 20 to April 19 "I Am"** Welcome to the year of the Goat!. Being a Ram, you can feel very at home with friends and family members. February 20th and 21st are great days for you to reevaluate your work environment. You may have to instigate some new procedures to streamline your productivity which leads to an increase in money.

**Taurus: April 19 to May 20 "I Have"** Being a Bull in a goat year, you may have to soften your approach to relationships as well as going after what you want, power struggles are out of the question. Your lesson is to be willing to give more than you receive. Fear will only come into play when you allow stress and worry to take hold. By the end of the year you will understand the meaning of giving.

**Gemini: May 20 to June 21 "I Think"** This February, the year of the goat will help you have the compassion of a glass bottom boat where you can see into the depths of the water free from emotion. You will understand what you need to know this year on a higher level that will transform your family relationships. But first you will come to terms with your own humanness.

**Cancer: June 21 to July 22 "I Feel"** The year of the Goat will bring you many opportunities to understand why you have to rationalization your feelings away. You are a Cance, for God's sake, allow yourself to experience your emotions. If crazy things happen, just give yourself extra time to think about and integrate the new energies into your life. Peace and harmony will be your motto.



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**Leo: July 22 to August 22 "I Will"** Your lesson for the Goat year is to tame your appetites, goat and sheep make good food for you out in the real world as a Lion. This year your lesson is honoring your commitments and understanding the value you place on people, places, money, things and partnerships. Basically if you can articulate what you want and go about getting it on an energy level, then it is yours!!

**Virgo: August 22 to September 22 "I Analyze"** This goat year brings you back to the garden where humans coexist with nature and animals. Don't get lost in details and perfectionist tendencies that steal your energies over inconsequential that push away the people in your life who are trying to help you. Be kind to your self and your nervous system, you can let go of the reins and the Sun will still rise every morning.

**Libra: September 22 to October 23 "I Balance"** This Goat year has many lessons of peace and healing and untold stories for you. The key to your happiness will be your ability to allow life to bring you to your knees to succumb to the thirst for nourishment on so many levels. How you feed yourself will be the answer to your questions. Be at peace, enjoy the climate.

**Scorpio: October 23 to November 22 "I Transform"** Wow, the Scorpion in the Goat year: many lessons of kindness and teamwork and cooperation. You are also in a huge creative phase this month, you can be such a workaholic but you must remember to balance career and home life as well as focus on your health practices. Stay clear and be happy.

**Sagittarius: November 22 to December 21 "I Perceive"** Half man half goat, you are also a friend to the year of the Goat. You will soar high above the stars as long as you stay focused on what you want. Saturn is in your sign just 3 degrees, and will be there about 2 1/2 years. Follow your dreams, set your goals and have the stamina to go after what you want. Don't stop until you get it!

**Capricorn: December 21 to January 19 "I Use"** The Goat itself!! If you are lucky enough to be a goat, then this is an extra lucky year for you, double whammy of good luck. This month, your relationships are up for an overhaul, be kind and loving to everyone, you never know when you might need their support. Your close one on one relationships need your extra attention to heal unresolved issues.

**Aquarius: January 19 to February 18 "I Know"** An Aquarian in a Goat year will pour out a continuous flow of universal life force energy, love and prosperity. Nurturing yourself and your ideas is very important. Start making time for meditation to record the influx of channeled information that wants to come through you. The goat energy will keep you grounded.

**Pisces: February 18 to March 20 "I Believe"** Being a fish, you may never touch a goat on land. This could be an interesting year for you in regards to learning how to integrate such different energies. You will experience a major healing crises that will affect you in profound ways for the better. I hear inspiration and visionary creativity.

# THE DRAGONFLY STORY

Walter Dudley Cavert

In the bottom of an old pond lived some grubs who could not understand why none of their group ever came back after crawling up the lily stems to the top of the water. They promised each other that the next one who was called to make the upward climb would return and tell what had happened to him. Soon one of them felt an urgent impulse to seek the surface; he rested himself on the top of a lily pad and went through a glorious transformation which made him a dragonfly with beautiful wings. In vain he tried to keep his promise. Flying back and forth over the pond, he peered down at his friends below. Then he realized that even if they could see him they would not recognize such a radiant creature as one of their number. Even if I could go back, not one of the grubs would know me in my new body. I guess I'll just have to wait until they become dragonflies too. Then they'll understand what happened to me, and where I went." And the dragonfly winged off happily into its wonderful new world of sun and air. The fact that we cannot see our friends or communicate with them after the transformation which we call death is no proof that they cease to exist.



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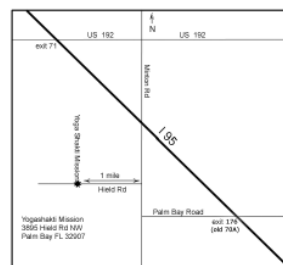
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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



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