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Andrea de Michaelis presents

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# Rev. Albert J. Bowes

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## HISTORY

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



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appointment

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See Albert on  
Facebook  
and YouTube

## CREDENTIALS

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



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- o 1<sup>st</sup> Sunday of the month (Mar 3<sup>rd</sup> & Apr 7<sup>th</sup>) 4:00 PM Reiki Healing Service with Lloyd Reiser
- o 3<sup>rd</sup> Sunday of the month (Mar 17<sup>th</sup> & Apr 21<sup>st</sup>) at 2:30 PM Mini Sunday Service at Carnegie Gardens
- o 4<sup>th</sup> Friday of the Month (Mar 22<sup>nd</sup> & Apr 26<sup>th</sup>) at 6:30 PM Couples Group meets

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**The greatest  
optical illusion  
is separation**

# HORIZONS

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**Thanks for help this month**  
Morgana Starr

**On the Cover (see page 26)**  
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by Ashely Lilith

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Jeff Brown

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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. 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](mailto: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](mailto: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 March 2013 edition of Horizons Magazine. At the time of the Spring Equinox on March 20, we celebrate new beginnings!** If you want the update from the relationship article of last month, you have to read it online at [www.horizonsmagazine.com/blog/](http://www.horizonsmagazine.com/blog/) since it's old news now. I attracted a partner that was deceptive, but I am not without fault in doing so. He once again left his Facebook page open on my laptop and I witnessed his conversation with a new girlfriend. I watched mesmerized for a few minutes not knowing what I was seeing, then logged out of his accounts and cleared all passwords. I don't need to reveal their conversation. If she thought for a moment that I was anything like he portrayed me, bless her for coming to his aid. I believed what he told me for 16 months. Based on what I saw, I ask forgiveness of anyone I've ever judged thinking what anyone ever told me about you was true. I forgive you for judging me. I'm honored God let me read the words he said to her about me. It took my blinders off and instantly cut the emotional cord. If that was really how he felt about me, wow. If it was not how he felt, wow.

**I ATTRACT KARMIC BACKLASH IN RELATIONSHIPS BECAUSE I HAVE NOT ALWAYS ACTED ADMIRABLY WITH MEN.** A friend recently asked about the lessons we attract and who we attract to learn them with. People show who they really are according to how they perceive us, and how they act with us because of how they perceive us. The lessons I learned last year are likely karmic momentum from the me of 20+ years ago. I did not always act admirably with men. I used flirtation to gain favor. I implied sexual promise to keep their attention. When my attention wavered from one man to another, I was quick to move on with little regard of how the other felt. I didn't give it a thought, I was done. There was always a new man on the horizon. I knew I was near the top of the looks and personality chart, *I just didn't have a soul yet.*

Friends were always setting me up, keeping me distracted with new toys. Since it was a small community, there were overlapping relationships, and it was always a round robin of being involved with someone's ex. Then the claws came out, the accusations flew and drama was the order of the day. I saw later how my behavior initiated some of it, but I was quick to step out of the situation and on to the next person, ignoring the wake I left behind. It was a long time before it all began to feel meaningless and I began any kind of introspection. Until I went through an extended period of introspection, I kept coming across the same scenarios. That was because everything I was doing was geared to attracting just that.

When I realized my giant part in it, I felt overwhelming compassion, shame and remorse. I clearly saw how my actions and reactions impacted them all. I never wanted to bear that burden again. The weight was squashing my soul. I stopped that sh\*t. I made amends where I could. While I still flirt and have fun with friends, I no longer seek a romantic or sexual partner. Trust can take years to earn and be lost in a moment. Basically, all I ever trust is that the Universe will deliver to me just what I'm in vibrational alignment with. I'm in charge of attracting what comes next. The wake I want to leave behind me is a wake of hope and possibility, of good feelings and happy moments.

*...continued on page 28..*

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

**You can take all the action you want, but until you take the emotional journey, you will not find your freedom. At any point you can get a grip on yourself and be present in the now, to take the emotional journey and not let the action journey dictate how you feel.** It's not ever going to be where the imagination gets it all done in advance. It will always be unfolding. We want you to not care so much about getting it right and find ways to enjoy the sculpting of energy into form. Your relationship to the stream isn't about them. You have to not give a rip about how everyone else feels about how you are doing and make how you feel about how you are doing your priority. Focus on your own vibrational field. Half an hour of shifting vibration is worth 2 or 3 or 5 years of therapy!

My role in life is to make my life work first. Anything I choose to do has to be mutually beneficial. Come from a place of respect in talking to that person at work who has been critical.

Say, "I'm honored to be a part of this, and I want to do right by you. If you do not see that, it is a misunderstanding. I am good at what I do. I am glad to go if you are unsatisfied with me, because I would never want to spend a moment where I am not wanted."

When you come into your power, you will discover that no one is inspired to come to you with criticism. When you are feeling powerless about something, you are a magnet for criticism. Make sure there is nothing unpleasant in you that would lock on to something unpleasant in them. You cannot perform excellently until you love yourself and deem yourself excellent.

When your car (energy) is going really fast, you need to give yourself a lot of leeway and soothing. Otherwise, you're crashing into trees (resistance) and calling yourself names. We notice that almost everyone we try to drag up the emotional scale wants to tell us why it is hard. That's why we love it when people have terminal illnesses and are out of physical action options because finally they will work on their emotional vibration, which is the only thing that works anyway.

Manifestations say to you, lovingly and sometimes not gently, "This manifestation is a match to my vibration." Your work is to think about your situation and rework it until it feels better, BECAUSE it feels better to see it differently.

*...continued on page 19...*

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# Apologies To The Divine Feminine (from a warrior in transition)



A former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," and the just released "Ascending with Both Feet on the Ground," endorsed by authors Elizabeth Lesser, Oriah Mountain Dreamer and Katherine Woodward Thomas. 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](http://www.soulshaping.com)

**I apologize for my inability to distinguish the benevolent warrior from the heartless warrior, a reflection of my own confusion dealing with the battlefields of yore.** When I opened my heart too wide, I was vulnerable to attack from warring factions. I was conditioned to believe that I had to stay rigid, focused, prepared for any eventuality, in the desire to protect myself and others from attack. But I went too far, and closed too tight, and eradicated the bridge between our hearts. I am seeing this now and I am sorry.


I apologize for my perpetual absence, a reflection of my own inner absence, my inability to connect from a heart jammed tight by unresolved emotions that I did not have the tools to work through. I still lack many of these tools, but I am open to their emergence.

I apologize for my inability to distinguish relationship from war. Like a warrior in enemy territory, I would sneak in and out of your life in the night, plundering and selfishly taking what I needed, then crawling back to the other side of the abyss with the spoils. I gave little back for fear that I would become vulnerable to attack. I had war on the brain and I could not see the river of love waiting on the other side of the battlefield. I now recognize that love is the antidote for the armored warrior, but I could not drink the antidote in my driven state.

I apologize for not seeing you, my eyes blinded by congealed rage and unshed tears. If it is any consolation, and I imagine it is not, I could not see myself either. I saw only that which served my hyper-vigilance, my warrior focus. My mirror was a battlefield.

I apologize for my ungrounded materialism, my power driven tyrannies, my obsession with accumulation. Somehow I imagined that accumulation would protect me and those close

*...continued on page 20*



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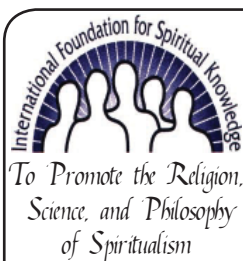
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~ 2:00-4:30 PM ~ \$25

**Orlando** Monday, March 11<sup>th</sup>  
~ 7:00-9:30 PM ~ \$25

**The Villages** \*\*NEW GROUP\*\*  
Starting March 26<sup>th</sup> 2013

**Jacksonville** Wednesday, March 27<sup>th</sup>  
~ 7:00-9:30 PM ~ \$25

**Edgewater** Saturday, March 23<sup>rd</sup>  
~ 10:30 AM-1:00 PM ~ \$25

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

## NOTES from the Universe

**There are only miracles and to one degree or another they all soothe, pamper, and enrich. However, to avoid blowing too many minds at once, some are disguised as unpleasant surprises, botched circumstances, and twisted acquaintances that can rarely be seen for who or what they truly are until the pendulum has fully swung. Yes... don't I think of everything?**

**Be careful how you talk to yourself  
because you are listening**

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# HERB CORNER

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

## BUILDING BETTER BONES WITH HERBS

With calcium being the most abundant mineral in the body it's important to re-supply the body every day especially since our bone mass starts to decline around age 30. For women this bone loss speeds up for the first 10 years after menopause. Not only is calcium needed for bones, it's needed for muscles, blood vessels, teeth, nerve functions, the formation of red blood cells, the metabolism of iron and for the secretion of hormones. Our bones serve as a bank for calcium and when these other areas are in short supply due to a lack of calcium it goes to the bank for a withdrawal. Some other things that may cause a depletion of calcium can be medications such as antacids, aspirin, cortisone, laxatives and thyroid medications as well as soda, coffee, white flour, tobacco, alcohol and stress.

There are a number of herbs that contain calcium and other nutrients for better absorption of calcium. Lemon Grass contains 65mg of calcium. It grows in warm tropical climates such as Florida with long grass-like blades in dense clumps up to 6 feet tall. In small amounts it can be added to vinegars, marinades, soups and stews. In a tea blended with other herbs it has a nice lemony flavor and aroma. Fennel contains 42mg of calcium. It protects the bones by reducing osteoclasts, which has a protecting effect on the bones. Even its seeds have the ability to prevent bone loss. Sliced fennel can be added to salad and on sandwiches or added to soups and the seeds can be added to vinegars and to teas. Burdock contains 61mg of calcium it can be added to soups, stews, gravies and to teas. Along with being high in calcium it also contains the other vitamins and minerals needed for calcium absorption. Dandelion was first recorded in Chinese medical texts in AD 659. Its young spring leaves contain the most calcium, just one ounce of this herb has more calcium than one glass of milk. It can be added to salads or sandwiches and its flowers can be made into wine. Nettle contains 96mg of calcium. It can be steamed with spinach, broccoli or leeks and added to rice. It can also be added to soups and herbal teas. These herbs can be used alone or together with other herbs high in calcium such as Kelp, Horsetail, Oat straw, Red Clover, Chickweed, Alfalfa, Dill weed, Thyme, Oregano, Basil, Rosemary and Sage.

To prepare an herbal tea use one total ounce of any of these herbs or a combination of these herbs to one quart of boiling water after steeping 4 hours or overnight strain and drink throughout the day.

To make an herbal vinegar use fresh picked herbs steeping them in cider vinegar at least 6 weeks. After straining, this vinegar can be used over salads, vegetables, beans or rice or in soups, one teaspoon can even be added to 8oz. water and drank.

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Plants have been, and still are, the back bones of our modern medicine.

As a Master Herbalist it has always been my desire to educate people concerning the medicinal uses of herbs and foods so that they can be a part of and take charge of their healing. I have seen more and more of you in the shop with the desire to learn but the cost of my classes were holding you back. Because it is my desire to teach as many as I can about herbal health, I will be offering my classes at a 33% discount charging \$20 per class (pay as you go).

Reclaiming Our Roots will start you "on the road" to herbalism providing the options of health-promoting herbal skills nearly lost to our "modern" world. In this 7 month journey you will learn how to treat non-emergency health problems, and gain an excellent grounding in the basics of herbal medicine making including teas, tinctures, salves, syrups, compresses and more.

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If you are ready to take your health into your own hands because you are tired of the many side effects and the outrageous costs from your medicines then I hope you will join me in these classes.

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# ABRAHAM \*FUN\*



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

## Soul song #140 SIMPLY ALLOW

**What is it that I want to increase in my life? Do I want more fun money? A better place to live? More friends and social activities? Opportunities for education, career, or romance?**

Do I yearn for things less tangible, such as greater acceptance and understanding? More wisdom and common sense? More flexibility and adaptability? Respect for others as well as myself? An ability to "lighten up?"

I pause now in the stillness and allow the things tangible and intangible that I seek to actually seek me. In this quiet moment, I relax and become deeply receptive to my infinite flow of good.

I rest in the awareness that my desires are on their way to me, sent by a benevolent Universe that responds to my every wish and utterly delights in my delight.

I don't need to know how. I don't need to know when. I simply allow.

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See page 31

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

*Caroline Myss*

## ARE YOU IN SPIRITUAL EMERGENCE-Y?

Are you in turmoil in relationships?  
Have you been fired or feel betrayed?  
Do you have a total sense of abandonment?  
Is your emotional life a roller coaster?  
Are you moving between feelings of numb  
blankness to darkness and despair? Are you:

Have you had a major life upheaval such as	hurt
paranormal or mystical experience	angry
near-death experience	irritable
death of loved one	fatigued
change of location	restless
job change	resentful
marriage	melancholy
disability	mentally foggy
divorce	over or under fed
illness	sleepless or overslept
	using addictive substances?

Are your spiritual needs not being met in the churches?  
You know your spiritual needs are being met when you have a sense of stillness within you, and a feeling of connection to the Creator/Source/Universe/Energy/God/Goddess of your understanding. Spiritual emergence-y is a form of identity crisis where you undergo drastic changes to your belief system. This is a sign that deep work and purification are unfolding. It can be uncomfortable and painful, not easy to function in society and to continue with daily tasks and responsibilities. As we pursue a spiritual path, we all deal with the same issues,



**"Who am I?"  
"What am I doing here?"  
"What is my purpose?"  
"Why is there so much  
pain & suffering?"**

These questions arise from contemplation of something that does not fit into our present belief system. In order to break through, you have to burn away your current limited view of the world

and of your place in it. There are rules to navigating this smoothly and I can teach you those rules, so you can live a more expansive life. So much of my practice is currently on the topic of spiritual emergence-y that I decided to make it a focus for 2012. Together we can discover more of who you came here to be. \$60 for one hour by phone at your schedule, and affordable because this is important work.

*"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 myself. Thank you."*

**Andrea de Michaelis 321-722-2100**  
Email [horizonsmagazine@aol.com](mailto:horizonsmagazine@aol.com)

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# YOGA: NATURAL PATHWAY TO GODHOOD



Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. Greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email [yogashaktipb@yahoo.com](mailto:yogashaktipb@yahoo.com) visit [www.yogashakti.org](http://www.yogashakti.org) (321) 725-4024. Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the sanskrit word "Yuj" to unite. It means union or identification,

The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga. Page 31 for map, more info.

## Looking in the Mirror

**I invoke the Divine Power to bless all of us. You don't need to go anywhere to search for that power. It is residing in each and every one.**

There are many problems in the world. They are given to you only to polish yourself. Unless you face the problems, you will not be able to grow. If things are very smooth in life, one doesn't learn enough. Consider the problems as stepping stones. They help you to go up. You have to change your attitude towards life. If a problem comes it is only for your training. It's for knowledge to make you stronger. Become stronger than the problems. There is a verse in Hindi where Tulsi Das says "The world lives in the hearts of the people, in the minds of the people and in the thoughts of the people". All the thoughts are materializing everywhere. The whole world is a projection of your own mind and thoughts. If it is a projection from within, then instead of changing from outside we must change within ourselves.

If you look into the mirror and see a black mark on your face that you don't want, why waste time rubbing the mirror? The mirror doesn't have a black mark. Where is the black mark? It is on our own face. Christ said it very beautifully. He said, "Don't look at the defects of others. Take out the great beam that is in your own eye". Don't find fault with others. Rather change your own self. If the self is changed the whole world is changed. The whole world is changed because you are the axis of the world. You are creating the whole world. You can create a bad world and you can create a good world also. The master of the house is responsible for the decorations of the house. He can change the house in whatever fashion he wishes. You are the master of the world. The world which is in you, is projected outside. The inside world is to be changed, not the outside.

The world cannot be corrected. We can do our best but we will find there are always problems in the world. When you are doing service to others actually it is a service to your own self. God is always in you, within you. He is not outside. If we want to see our face, we need the help of the mirror. Has anyone seen his own eyes or only a reflection in a mirror? We see only reflections and the world is like a mirror. We see our reflection in the world and God is seeing his own reflection in the world.



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# EARTH SOUL RETRIEVAL

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Jade Wah'oo Grigori brings forth authentic Shamanic Ways on behalf of All Peoples. With his first Shamanic Initiation in 1956 at 5 years of age, Jade's life has been one of intense dedication to carrying forth these venerable Shamanic Ways.

**A voice lonely, lost and afraid calls out from the Darkness. In your dreams and in those moments when your attention is free-floating, you hear this yearning call.** Shivers of unsettled memories

accompany the tearful voice from the Shadows. You have just heard your Soul call out, reminding you that it is disconnected still, that there is no wholeness without the integration of that which is lost.

Our *Earth Soul* (we have three Souls: the Earth, Underworld and Celestial Souls) is the Soul from which we experience Life in all its grandeur. Cognitive functioning, linear thoughts,



short-term memory and the immune system are all elements of its domain.

When, due to trauma or to insure the sanctity of our life's most sublime qualities (vulnerability, safety, innocence, trust, etc), the Earth Soul will disengage, carrying with it those qualities of life that were experienced as being threatened by the situations of abuse, demeanment, negligence or disavowal of one's right-of-being.

When the Earth Soul disengages, it retreats into the Dream Realm, which is mytho-symbolic in nature. The place of security is, within the Dream Realm, presented as a Cave. It is into this Cave that the Earth Soul retreats.

Our own Underworld Soul provides a Guardian to stand in protection of the vulnerable Earth Soul within the Cave. The Guardian might appear as a character from classic mythology, pop culture, or an animal. However it may appear, its job is to prevent any further harm to the Lost Soul.

Where the Guardian is encountered in standard psycho-therapeutic or energetic-based work, it is seen as being the 'blockage' that is preventing the person from engaging their full potential. All attempts to get rid of, or vanquish the perceived emotional obstruction are doomed to ultimate failure, as the Guardian is not a blockage to be removed; it is an expression of the person's very Soul!

In the Shamanic paradigm, the Guardian is not seen as the problem, but honored as that which has enabled the traumatized person to prevail and survive. When honor is given the Guardian for its dedication in protection of the Lost Soul of the individual, it is released from duty. The Guardian shifts, transforms, to become the person's Advocate and Guide, promoting that which will best enable the person in fulfilling their life's path.

The actual retrieval of the Earth Soul may now transpire. An important element of a full retrieval is the integration of the person's creative passion. Whatever the Earth Soul's inherent creative passion is, they will have engaged in during their time in the Cave. It is critical, for full integration, that the person commits to the participation of their Soul's creative desires in their 3D life.

The return of the person's Earth Soul having been accomplished, that person will experience life with a greater verve and passion, an enthusiastic engagement of life, with a grounded presence and sharper focus in all arenas of life. Life becomes joyfully awesome, at last!

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**Details and Registration:** [www.shamanic.net](http://www.shamanic.net)

# Ask Whitedove



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

**WATCH Michelle Whitedove on BRAVO TV's Millionaire Matchmaker Tues March 26<sup>th</sup> at 10pm/9ct. See you There!**

## Dear Whitedove,

My father's grandmother was a considered an eccentric lady. She once expressed to the family that she was born with a veil over her face which gave her the ability to see dead people. Can you explain exactly what she meant by the "veil" that gave her this special power? - Curious in Canada

## Dear Curious,

Your great grandmother was a Medium, and all natural born Mediums are marked by God in some fashion. In days of old, when babies were born with a "caul membrane" covering the head; this was referred to as being born with a veil. Midwives knew the meaning, the child was blessed and marked as a seer. Today, midwives still witness these special births. In contemporary medical terms, the caul is a fetal membrane that encloses the amniotic sac. During most births either the mother's water breaks at the onset of labor or later the sac is purposely broken by a doctor or nurse. This means that the amniotic sac usually ruptures pre-birth. To be born with caul, the baby is delivered with the amniotic sac intact and pulled tight across the face, completely enveloping the head. Being born with the veil or caul is rare and is always a clear sign that the child is special and a gifted Medium. Caulbearer's are known to have a Saint-like mission on Earth.

## Dear Michelle,

It's been said that a few people have witnessed their doppelgänger, an exact twin that is a mirror image of oneself. Can a person be in two places at the same time? If so, does the soul actually split? -Soul Surfing in Sweden

## Dear Surfer,

This is a complex spiritual concept. First, the basics: humans are multidimensional beings. As light beings we are on an eternal journey. We agree to come to Earth for a period of time yet, even while we are here, fragments of our soul are having additional experiences. We actually leave a piece of our essence in the Heavens. This tells us that we already exist in more than one place. Veteran remote viewers also know this to be true. As they sit in a room, they use their ability to project a piece of their soul to another location as a psychic spy. Here are some other examples: Twin-Flames are a single soul that has split in order to have two earthly experiences at



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the same time. There is also the phenomenon of bi-location. This is when an advanced soul can project its lighter body to a separate location for a specific purpose; for instance when there is a world crisis. Today's most brilliant scientists have a theory of "Parallel Universes". Many of them believe that we are here, yet we are also having a separate life in another place. You see, time and space are an illusion; it's like a program that only works on Earth. It does not exist in the Heavens.

The doppelgänger of German folklore is an exact duplicate of a person; this twin spirit is said to be the bringer of bad luck, tragedy or an omen of death. I believe these body doubles to be one of two phenomena. The first being when a person sees an apparition of themselves; they are psychically glimpsing into the future and having a premonition. History has noted that Abe Lincoln foresaw a vision of his death. The second is bi-location; when someone reports seeing a look-alike around the time of a tragedy; yet that person was known to be elsewhere. As our soul travels at night while the body is sleeping, our lighter body can be seen by others. We humans are a unique and beloved race of God's children.



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# From the Heart

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



## A Critical Gift

During an overnight airplane flight I perused the entertainment selections and discovered the audio book *Fire Starter Sessions* by Danielle LaPorte. I liked what I heard and found Ms. LaPorte to be an articulate, poetic exponent of living a juicy, authentic life. She had my attention.

One of the ways to recognize your talent and passion, LaPorte suggests, is to consider what other people have criticized you for. I had heard, "What you thought was wrong with you may be what's right with you," but the idea of using criticism as a compass to greatness takes the lesson to a whole new level.

Consider, for example, humor writer Dave Barry. In junior high school Barry was the class clown, often dismissed to stand in the hall after disrupting the class. One day Barry's teacher told him, "You'd better get serious, Dave Barry—You can't earn a living making people laugh."

Fast forward five decades: Barry's weekly columns have been syndicated in over 500 newspapers, he has written 30 popular books, and The New York Times dubbed him "the funniest man in America." Oh, and by the way—he also won a Pulitzer Prize.

"The Dog Whisperer," Cesar Millan, shy and unpopular as a child, was teased by his friends for spending more time with dogs than he spent with them. They nicknamed him, "*El Perrero*"—"dog boy." Since then he has starred in a wildly successful television series broadcast in 80 countries, written five bestselling books, produced a line of pet products, established dog sanctuaries, and donated large sums to charities.

Albert Einstein, Thomas Edison, and other genius inventors were chastised by their early teachers for not paying attention in class. Their minds were about other things. Einstein later declared, "Imagination is more important than knowledge."

Let's reframe the verbal and emotional arrows that others cast at you for not fitting in, and regard them as arrows pointing you in the direction you were born to walk. The world rarely welcomes genius in its early stages; more often it is ridiculed.

...continued on page 27...



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# CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 30c per word, due the 10th of the month before. Email [HorizonsMagazine@aol.com](mailto:HorizonsMagazine@aol.com) or call 321-722-2100 with credit card info. No calendar listings taken by phone. Listings must include time and physical location. \$10 extra for color or box around your listing

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

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

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

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

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

Sundays ORLANDO 10am Meditation, 10:30am celebration and Service at Center for Spiritual Living, 709 Edgewater Dr. 407-601-1169 Email [cs\\_l\\_orlando@yahoo.com](mailto:cs_l_orlando@yahoo.com) [www.orlandoreligiousscience.com](http://www.orlandoreligiousscience.com)

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

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

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

Sunday March 3 WINTER PARK ENCHANTED NATURE WALKABOUT; 10 am; Mead Garden; 1500 S. Denning Ave; Winter Park; [www.meadgarden.org](http://www.meadgarden.org); RSVP @ [b\\_in\\_joy@hotmail.com](mailto:b_in_joy@hotmail.com); \$10/A; \$5/C.

Saturday, March 16: DUNEDIN NATURE'S GRAB BAG PLAY SHOP & PHOTOGRAPHING FAIRIES; 2 pm; Enchanted Earth; 733 Main St; Dunedin; RSVP; 727-216-6594; \$15/Person; \$25 @ Door.

Sunday, March 17: OCALA ENCHANTED WALKABOUT; 2 pm; Sholom Nature Park; 6840 SW 80th St; Ocala, 34481; \$30/Couple, \$20/Adult; \$5/Child; [www.hapi-info.org](http://www.hapi-info.org); Call Tina @ Forever Treasures/Rsvp @ 352-693-4977 or 407-704-2320; \$5 OFF/Adult for Pre-Paid Registrations.

Friday, March 22 CASSADAGA 4th FRIDAY IS FOR FAIRIES; A Fairy Gathering @ Brigid's Well; 460 Cassadaga Rd; 7 pm; 386-246-8610; \$5 Donation; RSVP. For Displaced Fairies coping with the Human World.



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Saturday March 30 CASSADAGA BRIGID'S FAIRY FAIRE ; Brigid's Well; 460 Cassadaga Rd; 10 am; FREE; Vendors, Fun & Entertainment. 908-392-4676; [www.cassadaga.com](http://www.cassadaga.com)

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



## ABRAHAM-HICKS

*...continued from page 8*

You want to confront him, but we are teaching you to privately clear up your vibration, not to confront him. Confronting him may come later as inspired action, or it may shift just from your vibrational realignment. Getting your energy into alignment reclaims your power. Alone, in your head, practice your vibration as you want it to be. Then next time, your interaction with him will be different.

People who come on too strong often feel insecure. But he has many characteristics that feel good to you. Any meeting you go to could attract someone who has an answer you are asking for, but sometimes good answers even come in annoying people. By your attention, activate the good things about people. Joy vs. pain is all in how much freedom you perceive yourself to have in this moment. Freedom is really resident in the vibration rather than in the action.

Who you really are is ecstasy. Tend to your own vibrational distance between where you are and where you want to be. Where someone else is needs not have anything to do with what you are feeling in this moment. It is so freeing to finally discover your ability to be joyful no matter what anyone else is doing. Your legacy, your inheritance, your right to feel good all hinge on your vibration in this moment. Focus on where the love flows for you.

I am selfish because I have only the perspective of self. Self is God force focused through me. When I allow anything to give me horrible feelings, I am denying my true sense of self. Keep reminding yourself to come back to your knowledge of who you really are. You cannot think contrary thoughts and maintain your connection to Source. Negative emotion is denying your true relationship to yourself. You are loving, clear minded and healthy. Wellbeing is natural for you.

If I stand on my head to please you, I'm teaching you conditional love, I am showing you something that does not help you. Instead, show that you are radiant, prosperous and free! I am joy! I am God force in physical form and eager to play with you. I am not making your behavior determine how I feel. The kindest thing you can say is that when we are equally joyful, Law of Attraction matches us up.

If you like what you have, keep beating the drum of that. Otherwise, you must make peace with where you are to change things."



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WED. MAR. 13 -- READINGS WITH TORRE' -- (3pm - 6pm) -- RSVP 321-439-3073 or 321-363-4883. (\$40 for 30 minute reading/\$60 for 1 hour reading).

SUN. MAR. 17 -- SPIRIT CIRCLE WITH TORRE' -- (2pm - 3pm) -- Connect with Spirit and giving messages in the Circle. Meets monthly to help realize/develop your mediumship skills. RSVP 321-439-3073 or 321-363-4883. (\$10)

SAT. MAR. 23 -- WELCOME SPRING FESTIVAL AND PSYCHIC FAIR -- (10am - 6pm) -- Featuring the **DROPA SKULLS!** -- Vendors: Healers and Readers (\$20 per 15 min.); **Ostara Sabbat Ritual at 1pm presented by Coven of the Goddess Moon.** (no cost) Set your own time with the DROPA SKULLS for guidance and/or confirmation in your spiritual progress in this Year of Transformation! (\$1/min. per Skull ie. \$20/10 min. with each Skull -- RESERVATIONS RECOMMENDED)

SUN. MAR. 24 -- ENERGY 101 with WENDY -- (10:30am - Noon) -- Learn to work with energy, see auras, feel energy emanations, and more. Monthly class. (\$20)

WED. MAR. 27 -- READINGS WITH TORRE' -- (3pm - 6pm) -- RSVP 321-439-3073 or 321-363-4883. (\$40 for 30 minute reading/\$60 for 1 hour reading).

SAT. MAR. 30 -- REIKI I with REIKI MASTER WAYNE LEE -- (12:30pm - 5pm) -- Learn how to connect with Reiki for energy work and healing with an experienced Reiki Master! Course includes Attunement and Certification in Reiki I. Reservations required by calling the store at 321-363-4883. (\$75)

SUN. APR. 14 -- 2013: OUR AMAZING TRANSFORMATION! -- (3pm - 5pm) -- Presented by International Speaker and Life Coach LAURI CLOUD. Learn about the Earth's energy shift enhancing our innate manifesting powers and how to attune our resonances to find our new definition of Self as Beings of Light! (\$25)

**Guest: I want to vibrate correctly so my mate will come.**

**ABRAHAM:** What are you really picky or something? The Universe always yields to you the best it can and you say, "No, that one's not right!" You have to make peace with where you are. He may be not feel yet like your ideal, but he is a match to where you are right now. If what you are getting is not what you want, your vibration isn't a match to what you want.

*...continued on page 21*



## Apologies To The Divine Feminine



*...continued from page 9...*

to me, but I failed to recognize that it just perpetuated the madness. I also apologize for my egoic abuses, a reflection of my own misguided ego, pumped up to deal with an inherently competitive world. I couldn't distinguish the healthy, confident ego from the cocky, unhealthy ego. I went much too far in the wrong direction.

I apologize for a sexuality that was objectifying and disconnected from the heart. I know you longed for real intimacy, a merging of our souls along the heart-genital highway. But there were too many defenses around my heart, and no bridge could form between our souls. There were moments when your loving ways freed me from my body masks, but I had no template to stand in that heart-fire. I am sorry for this, for I know that the path you longed for was the path to God.

I apologize for my horrifying acts of violence, a reflection of my own congealed rage, my own inability to distinguish real enemies from friends. There are no words that can undo what I have done in those moments of madness. I know this, I do. I would hide my face in shame, but that won't make things better. I need to own my misdeeds, and then find a way to believe in my capacity to move from a more loving place. I call out to other male warriors to be accountable for the actions of our gender, not in a way that is self-hating, but in a way that is courageously self-honest and genuinely compassionate. The heartfelt warrior acknowledges the error of his ways, and has the courage to do all he can to make amends over time.

I apologize for my inability to develop a conscious relationship. You were right there with your beautiful heart on your sleeve but I was too attached to my individualism and afraid of this unknown terrain. I know the forests, the marketplace and the ways of the outer world so well, but my inner geography is foreign to me. You called me to a place I was ill-prepared to go, although I sensed, below the surface of my bravado, that you called me home.

I am grateful for your willingness to believe that who I was in those rare moments of vulnerability was the real me. You were right- the real me lives inside of my heart- but a few moments now and then was the most I could handle. I saw you as dangerous, for in your presence I began to taste a surrendered way of being. Nonetheless, your faith in my goodness kept me going through many a battle, and restored my faith in life when I most needed it. You were the light at the end of a barbaric tunnel, and I am blessed.

I am grateful that you stuck with me through thick and thin, and I also understand those times you had to give up and let go. I now recognize that there is meaningful difference between a love-ship and a relationship. Love alone is not enough. Without a shared willingness to become conscious, there can only be frustration. I was so often impossible, clinging to my unconsciousness like a soldier clings to his weapons. I recognize the courage it took for you to keep your heart open in the presence of my resistance. You had every right to seek an authentic relationship, as your spirit was ignited in its presence. Your beautiful heart had every right to be met in its openness and willingness. I am grateful for the time you gave me, a moment's respite from the hiding places I mistakenly called home.

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

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## ABRAHAM-HICKS

*...continued from page 19*

**Do this two week trial experiment to solve this problem:** Each day the Universe yields someone to you who is not a perfect match to your list. The Universe knows that you are, say, 86-87% a match to that person, because that is where you are vibrating. They are a good potential partner, but you immediately focus on the 13-15% of them that feels wrong to you, holding that part actively in your vibration. The Universe is always giving you all you have access to, but you are doing too much observing of that 13-15%.

So the next day, with the next person, make a list of positive aspects of them that affirm that over 80% of them is just right! In doing so, you keep clearing up your vibration about finding your lover. You don't leave them wounded, as you move along, because by focusing on their positive aspects, you leave them in a vibrational place where they then immediately also meet their next best match.

People treat a one week vacation differently than a relationship. It's that whole, death-do-you-part thing! You are saying, "From where I stand right now, I have to figure out everything I'll ever be and what matches that."

We think good marriage vows would be, "I like you pretty good, let's see how it goes!"

Sure you can also intend potential long term core resonance and a person who evolves along with you. But it sure takes the pressure off the relationship if you can take it one week at a time. If you were activating the best of them, they'd love staying with you. If you focus on what you don't like about them, it's not what they want either and you are bringing it out in them.

There are no two perfect people. Everyone has many potential activation points. What goes wrong is that this one gives the other one responsibility for their feelings and ends up saying, "You don't bring me flowers anymore!" You have to decide YOU are responsible about how YOU feel. There are thousands of potential partners for you who are equal in their satisfaction value. Your perfect partner lies within YOU! Create it in you and the Universe will match it. Just pick someone and line up with your decision. Keep focused on noticing all the best things that you do like, keep bringing all the best out. Who cares who else is out there if you are having a delicious time of it with this one. Find someone and then make them the best possible partner by activating the very best in you.

Anytime anyone is sleep a lot or ill or despondent, they are disallowing the full connection of Source in this moment. As an uplifter, your role may be to help their reconnection.



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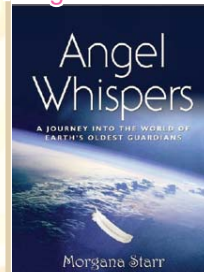


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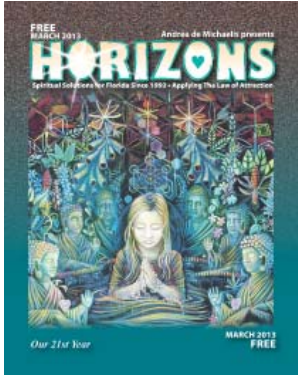
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# COVER ART

## I Know That Language by Ashely Lilith



"Art has become a method for hacking my inner fire-wall, helping me to feel normal and process the experience of being both human and spirit. Making my art has granted me gradual access to a more integrated and multidimensional reality and has probably been what has saved my sanity in a time of unconsciousness.

I think the most powerful thing we can accomplish with our work is to inspire each other to accept responsibility for the liberation of oneself from the conditioning we receive from excessive television and media bombardment, social institutionalization, corporate-political persuasion, and ancestral or genetic programming.

Most of my work is emotionally autobiographical, mirroring the lessons and leaving breadcrumbs and signposts for fellow journeyers on a similar path. My intention for my work, beyond personal healing, is to reflect a simple Truth-- that consciousness & reality are not products of the mind or brain, but rather the opposite; That the Universe is made of a profound Love beyond human categories, and that Life continues long after Death closes each chapter of a long and never-ending but completely positive story.

My process varies, but primarily involves listening to and honoring the energy I feel in the Present Moment. I do not believe mind dwells in the head of man, but rather that it is shared collectively, and can be utilized to receive information if one takes the time to cultivate the ability to listen and translate it. This field is sentient and is the source of Life itself, always available to tune into when needed."

Ashely travels & shares her vision widely across the US in Transformational Art Festivals and Galleries, doing solo and live large-scale mural collaborations.

Contact her directly for sales, inquiries, commissions, collaborations, and art licensing;  
[ashely@1320studios.com](mailto:ashely@1320studios.com)

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## Apologies To The Divine Feminine



*...continued from page 20...*

I am grateful for Grandmother, for no one saw my tenderness more clearly. I am grateful for Mother, for choosing to bring me into being and for nourishing my body until I could find my feet. I am grateful for Mother Earth, for grounding my expansion and enlivening my spirit. I am grateful for the Divine Mother, the real Mother of us all. I now feel her divine presence, so close. Fiercely compassionate, she was always right here, breathing life into me, holding me safe. I sit in her lap as she breathes me.

I look forward to the day when the only thing that ignites relationship is two souls calling out to one another, two souls hearts beating in the same direction, a whisper of longing that bridges one essence to another. I want to want you not because it gratifies my ego, not because you are outwardly beautiful, but because your very presence invites my Godself out of hiding. I want to touch you with my heart on my sleeve, to know chemistry between us that is not gender identified, but that is essence sourced, loves liquid lava flowing from the heart to the genitals to the great beyond. In this love-struck world, relationship will always be experienced as spiritual practice, a devotional expression of our God-self.

I had always believed that sensitivity is impossible to hold to in a harsh world. Yet in this moment, I feel sensitive, but without the fragility. I am still wearing armor but there is a shift in the direction of my intensity. I can linger in the heart-space a little longer than I once could, I am softening in places. After so many lifetimes with weapon in hand, a tenderling warrior is being birthed in the core of my being. He is confused, but he intuitively knows that this is the way home.

Please don't give up on me or my fellow warriors. Forgive us our misdeeds, or, at the least, be open to the possibility that we will change as the trail expands to meet our shifting intentionality. The day will come when our warrior spirit loses its harsh edge, and comes into alignment with benevolent action. Some of us are already there, and many more of us will follow. The road to transformation is dependent on a bridge between genders, a benevolent bridge that celebrates our differences with respect and kindness. That work must begin with healing the rifts along the gender continuum, working hard to heal the collective heart until one day we can stand on a bridge across forever, hands held together, hearts open and alight, embracing the sacred masculine and divine feminine living at the heart of us all. I will meet you there.

May you feel the love of the Divine Mother crashing down on your heartfelt shores, graciously lifting you up above the madness of the world, nestling you in the grateful arms of those you have nurtured. Those of us who have received your blessings may not always acknowledge it, but your acts of love have landed within us, growing us stronger and infusing us with love's light. Thank you.



## SUGGESTED READING WATCHING LISTENING

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# From the Heart

...continued from page 16...



Jonathan Swift said, "When a true genius appears in the world, you may know him by this sign, that the dunces are all in confederacy against him." Einstein echoed, "Great spirits have always encountered violent resistance from mediocre minds."

Another way to appreciate your holy weirdness is to recognize that your biggest challenges can become your most helpful assets. Nearly all successful teachers have risen to greatness by passing along the skills they gained through overcoming their undesirable traits. The founders of Alcoholics Anonymous had to get beyond their own drinking problem; weight loss teachers were overweight; yoga teachers were stressed; relationship gurus have had bad marriages; and on and on. Your biggest problems offer you the most fertile opportunities for personal transformation and service to others. So don't criticize yourself for your problems or apologize for them. Turn them into rocket fuel for awakening, a dazzling livelihood, and world upliftment.

You will gain far more by authenticity than by conformity. Conformity is safe but boring; realness is risky but empowering. After I gave a lecture an audience member told me, *"I took a course in public speaking, and as I observed you giving your talk, you violated eight of the ten rules of public speaking. But of all the speakers I have heard, you are my favorite because you are the most authentic."* I took his statement as a compliment. (I didn't ask him which rules I broke. I refuse to spoil my career with training.)

I know many people who have either quit or been fired from "straight" jobs because they couldn't survive as a cubicle dweller. Then they went on to become successful entrepreneurs, selling unique products and services they never would have developed if they remained in their cube. Sherrie Baxter became sick living and working in the rainy Northwest. She contracted "Seasonal Affect Disorder." In finding her way back to health, Sherrie discovered full-spectrum light bulbs that compensate for lack of natural sunlight. As a result, she now has a thriving business ([bio-light.com](http://bio-light.com)) providing SAD sufferers with the products that helped revive her.

In the New Testament we are told that Jesus told a sick person, "This is not an illness unto death, but unto greater life." Thus we might regard the barbs and pains you have been dealt for not fitting into the cookie cutter mold. That mold is appropriate for some cookies, but not for all.

There is nothing wrong with you. Self-criticism is based on illusion. A Course in Miracles asks us to remember, "Let me recognize the problem so it can be solved," and then, "Let me recognize that the problem has been solved."

Every experience is a gift, including criticism. If criticism is valid, you can take the feedback and improve. If it is not valid, affirm your strength and your purpose to the contrary. Thank the world for criticism. It is your arrow to positive destiny.





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

... from page 7...

### NEW BEGINNINGS!

I always wake up wondering *what unexpected and exciting magic is waiting for me today? What gift will unfold before my eyes, if I keep them open and looking for it? What person will I run across who may become a forever friend and how will our lives change because of a 10 minute call? What if magic and happiness comes out of it in surprising ways? What if? What if?*

**Clearing the path was like clearing any path in life: you get a glimpse down a different road and want to explore it a little**

I've been in the west woods the past month, clearing a new path through the pines and palmettos. Properly armed with gloves and pruners, wearing jeans, long sleeved shirt and yard boots as protection from the undergrowth of thorny vine, the first thing I do is separate the grapevines into left or right of the path, then I look for a pattern within the vegetation: *where might I make the widest path while cutting the fewest palmetto fronds? How much undergrowth shall I clear?* I graciously re-route every time I came across a critter den. After the first one I exposed, I began looking deep into the brush for clues before cutting away the dead fronds. I mused that clearing this path was like clearing any path in life: you get a glimpse down a different

road and want to explore it a little. On your way to do that, you have to brush your way past old, dried debris and a few young strong stalks may be weeded out to ease the flow of the journey.

We've only had a handful of real chilly days this winter. Since I like doing outdoors projects when the weather is cool, at the first cold snap each year is when I typically cut the new trail in the west woods. I cut the trail 2-3 months ago but have yet to clear away all the underbrush around it. I make sure to leave a nice habitat for the critters when I do.

I am very mindful that I share space with lots of animal life here, so I made sure to consider them when I make changes that affect them. I don't cut down anything that is a food source for them, the grapes, the saw palmettos, etc. I don't block

**I like sharing space with the critters but, just as with friends, it works best when we keep a little distance and privacy**

their trails. When I see them out and about, I don't interact with them. I don't feed them. If they come too close as when I'm sitting at the firepit, I hiss to keep them at a distance. I like sharing the space with them but, just as with friends, it works best when we keep a little distance and give each other plenty of privacy. On a daily basis I'll see squirrels, birds, hawks, owls, raccoons, opossums, armadillos, turtles, snakes. We all share this space in harmony with each other.

Maybe not so harmonious when my fat feline Yinnie the Minicow grabs a young cardinal and gets dive bombed by the parents until she lets it go, unharmed this time. She doesn't think about the consequences of her actions. She's a cat. *Something catches her attention, she grabs for it.* That's all the thought she gives to the matter. *Thwarted in getting that one? No matter, another will be along soon enough.* That's the law of the wild. That's life, too.

I've been watering the line of turk's cap and arbutus cuttings along the north property line since 2008, when each was about 12" tall. Until even last year they seemed to be inching along. They clearly didn't get enough water and it is on a piece of the property I don't spend much time in. Last year I began noticing areas of my life I'd left somewhat forgotten and undernourished and I began actively working on those as diligently as I began watering the line of *aren't-they-ever-going-to-grow* turk's cap and arbutus. Last week, I ventured into that space and I was thrilled to see that all of the plants had shot up 3 to 5 feet tall, with sturdy trunks and lush leafage. It was a surprising difference. For four years, there appeared to be so little growth, yet all the while the magic was taking place below, out of sight, in the unseen world where manifestations first unfold. The fifth year, the big showing came all at once.

This happens when we feel very stuck, and as if nothing is happening to move us forward. As I watered the bushes today, I thought how like the turk's cap and arbutus; so much happening behind the scenes yet so little making itself visible. It's easy to doubt something you don't yet see evidence of.

**Never doubt that things are in the works in spite of seeing no evidence of it yet**

That's one reason I practice — through creative visualization — seeing and feeling "the best case scenario as if" in my imagination. Yes, it's a yoga to hold that better feeling thought when there's evidence to the contrary in front of you. But with just a little exercise of your Will, it becomes easier. Never doubt that miracles are happening in spite of seeing no evidence of it yet. Stop taking score. Arrange your life so you can have the most joy possible within whatever your confines may be. You are where you are for a reason. *If someone else gets that client, well she wasn't your client then, was she?* You and she were not a vibrational match.

...continued on page 29...

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

...from page 28...



Andrea de Michaelis, Editor

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

Immediately begin searching for those who are attracting what you have to offer. She wasn't the last client on the planet, unless you believe she was. For every one you lose, a dozen more will come, if you believe they will. And you don't need a billion clients, all you need is a handful of the right ones. It's your choice. And your Will. Choose to use it and exercise it, or not, it's your choice. You're the one who will be living the outcome of your choices. Just as you are now. Believe me, it gets easier and it gets better.

**SPRINGTIME! NEW BEGINNINGS! PATIENCE.** Now, wouldn't that be a nice quality to develop this season? When I was younger, I used to be very impatient and wanted things to happen NOW. Looking back over the last 30 years, what a blessing it was that I had to wait for my good to come to me. If I'd have gotten everything I thought I wanted when I thought I wanted it, I'd have had to wade through much more of my own nonsense in order to get to my wonderful NOW.

What a blessing to have to stay focused on something long enough to magnetize and attract it to you. How powerful to discover that our thoughts attract our experience to us. What a relief to learn that we are the ones that attract people and circumstances and events into our lives and that if what we're living is not what we want our life to be, we can begin now

to focus more attention on what we want to experience, and focus less attention on what we're ready to be free of.

This Springtime, I want to leave behind any judgments I may have held about people or things I didn't understand. I want to leave behind any hard feelings that I may have caused or I may have felt. I want to leave behind all disbelief and doubt that the world is indeed a holy and magical place, filled with loving and compassionate people. I want to be free of any idea or person or circumstance that binds me and keeps me tethered to a world that is less than what I consciously choose to live in.

This new season, I will accept nothing less than joy and love in every moment. Even if I am the only one offering it. Especially if I am the only one offering it. I know that nothing ever needs to change except my perception, and my prayer this Springtime is that my eyes be opened more fully, and that I allow my mind and my heart to be opened more fully as well. I give thanks for all the lessons I learned last year, and for all the loving friends I've encountered along the way.

**WE'RE ON THIS JOURNEY TOGETHER.** We're fellow travelers on a Path, you and I, and I want to express gratitude to everyone who walks with me in thought and prayer as we journey together here in this lifetime. Without you to enjoy and appreciate Horizons Magazine, it would not exist. Appreciation is the best fuel to keep things running smoothly. I appreciate the feedback and support all of you give me, whether physical or nonphysical. I appreciate the kind words and the emails and the messages you send, and I mostly appreciate the inspiring thoughts you send my way. I receive them all and my life is made richer because of it.



Enjoy our offering this month.  
Hari Om.

Andrea



**April 26, 27, 28  
2013**

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## ANCIENT CRYSTAL SKULL MAX Coming to Book and Bead Outlet

famous crystal skulls of today. Much research has been done on Max, however his origin is still a baffling mystery, he seems to defy logic. Everything that is known about lapidary work indicates that the skull should have been shattered, fractured, or fallen apart when carved. Many people have profound visions and psychic experiences when viewing Max. Some believe Max is an intricate computer, possibly brought from another planet and that he holds knowledge about the origin of our race and the Planet Earth. Max was given to JoAnn Parks by a Red Hat Tibetan trained Lama. JoAnn knew nothing about Crystal Skulls, so she placed Max in a box in her closet for 10 years. Through JoAnn's open mind and destiny, Max the crystal skull came out of the box in the closet and into the world. JoAnn and Max have been on a spiritual path for 27 years throughout the US and Europe, allowing people to experience, interact, and connect to self through this special tool. To this day, Max serves as a tool of focus and service, reminding people that self and family are very important. Max is known nationally and internationally and has been presented in many documentaries, newspaper articles, books and radio shows world wide.





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 MARCH 2013

**Aries: May 20 to April 19 "I Am"**. March 20, at 4:02 am PST the Vernal Equinox in your sign, brings in Spring! A great time of year for reviewing and taking stock. In general, the way should be clearer to be more self-indulgent and also to pursue personal interests and professional ambitions.. Your new path of direction should be new spiritual endeavors.

**Taurus: April 19 to May 19 "I Have"**. You may feel left out this month because of all the Fire and Water elements, you could join forces with Gemini because earth and air have been singled out this month. In other words don't be a stick in the mud when everyone around you is living it up! There is more than enough steamy passion to go around. Don't forget Pluto in Capricorn!

**Gemini: May 20 to June 20 "I Think"**. You Lucky dog, you!! Christmas has come early, Santa is knocking on your door with Jupiter in your sign for one year! This is a time when all your hopes, wishes can come true. Friends that you have now and have known in the past will come to your assistance. You can have what you want; just get a clear picture of what will make you happy and go for it!

**Cancer: June 20/21 to July 22 "I Feel"**. Your sensitivity will be especially acute with so many planets in Pisces this month. Mercury, Venus, Mars and Neptune all in Pisces, and Saturn in Scorpio to ground in this amazing grand trine. A soothing activity to your soul would be trance dancing, or channeling your higher self, or being a visionary artist in an abstract colorful design. You will experience altered states of consciousness like never before.

**Leo: July 22 to August 22 "I Will"**. This month is a great time for you to engage in new activities and for learning more about yourself and subjects that have interested you. This is not the month to allow grass to grow under your feet, you will be too restless and energetic. Focus is your hocus pocus, take advantage of this transit and get things done!!

**Virgo: August 22 to September 22 "I Analyze"**. You will have many oppositions to deal with this month with all the Pisces energy floating around. The Universe is asking you to find balance in your life, where there is judgment have compassion, where there is misunderstandings seek to understand. The lesson here is to see your life and others lives from a different perspective, sometimes the opposite of what you are used to doing.

**Libra: September 22 to October 22/23 "I Balance"**. You will have your own set of issues this year, but good news, Santa will be arriving at your door step too with Jupiter in Gemini making a grand trine to your Sun. You will be gravitating to a very spiritual connection very soon, one that will take your breath away and bring you to your knees. March 27th Full Moon in your sign, be ready for unexpected bliss.

**Scorpio: October 22/23 to November 21/22 "I Transform"**. This is a good time to spend some quality time at home redecorating, and clearing the old energy out of your house. As far as old energy goes, it is also time to take a deeper look in the personal mirror and make an effort to look inside yourself as well as review how your decisions affect the ones you care about.

**Sagittarius: November 21/22 to December 21 "I Perceive"**. There will be hot steamy romance in your life this month!! The transits do not lie; fire and water make steam. Uranus in Aries will inspire you to get your energy moving. Your lesson this month is to stick with your original plan, you have what it takes and you can do what needs to be done, so do it!

**Capricorn: December 22 to January 19/20 "I Use"**. This month your close relationships will go through a very profound change and transformation. The people in your life are mirrors for what is inside of you and now it is time for you to open up and speak your truth. You can only take so much negativity before it really eats away at your self esteem. Put yourself first and allow yourself to be happy.

**Aquarius: January 19/20 to February 19 "I Know"**. This is a good month to win the lottery, because you are not only lucky in love, but just plain lucky in all areas of your life. You have met all your deadlines and taken extra good care of your health. Light and vitality fill every cell in your body, and your wallet is stuffed to the brim! Happiness is in every part of your life, enjoy it. The best of the best is yet to come.

**Pisces: February 19 to March 20 "I Believe"**. You have lots going on in your life!! With 7 planets in your sign forming a stellium you have everything you need to manifest the life of your dreams. March 11th, a new moon in your sign Pisces is a brand new beginning. Your intuition will open your senses beyond your control, so be sure and exercise to keep you grounded.



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### Barbara Lee

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# HORIZONS MAGAZINE MISSION STATEMENT

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

## OUR PURPOSE IS:

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*

# YOGA SHAKTI MISSION



Ma Yoga Shakti

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

## Annual Friends of the World Gathering Sunday March 17 Noon to 4pm

There will be a variety of cultural dances, music, drama, international food and vendor booths. We hope to provide an atmosphere of openness and genuine appreciation of each other's special talents and cultural heritage, thereby promoting understanding and friendship of all races and cultures.



Sat March  
2 at 12pm  
Vegetarian  
Luncheon \$10

Sun. March 10  
at 1pm Siva  
Raatri Puja

# YOGA SHAKTI MISSION

3895 Hield Rd NW Palm Bay

**321-725-4024**

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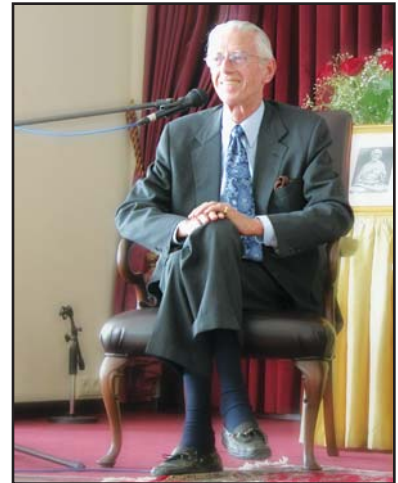


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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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



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