

FREE
MARCH 2014

Andrea de Michaelis presents

HORIZONS

Spiritual Solutions for Florida Since 1992 • Applying The Law of Attraction

Our 21st Year

MARCH 2014
FREE

WWW.HOLLYSIERRA.COM

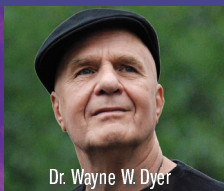
Get in the flow and sail through life in Fort Lauderdale!

I CAN DO IT!®

FORT LAUDERDALE, FL

APRIL 26-27, 2014 | Broward Center for the Performing Arts

Mind-Body-Soul Retreat



Dr. Wayne W. Dyer



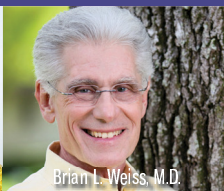
Kris Carr



Doreen Virtue



Gabrielle Bernstein



Brian L. Weiss, M.D.

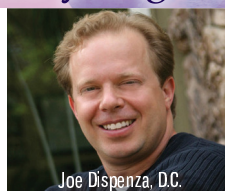
Join us for a few hours or an entire weekend!

- Unlock your infinite potential
- Connect to past lives to receive healing messages for today
- See clearly how obstacles bring you closer to your higher self

Uncover your greatest gift – a happier, healthier you!



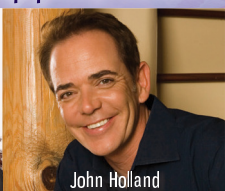
Immaculée Ilibagiza



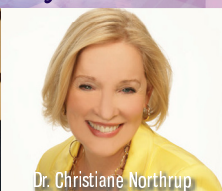
Joe Dispenza, D.C.



Cheryl Richardson



John Holland



Dr. Christiane Northrup

Call 800-654-5126 or Visit www.hayhouse.com/events

Register Early & Receive a FREE Gift!



Become a Certified Angel Card Reader™

With Doreen Virtue & Radleigh Valentine



Ft. Lauderdale, FL
Broward County Convention Center
April 28, 2014 10:00 AM – 5:00 PM



Join Doreen and Radleigh and take your readings to the next level!

Call 800-654-5126 or visit www.hayhouse.com/events

Register Early & SAVE! These events will sell out!

A Florida Destination for:

7 days a week

Complete Spiritual & Metaphysical services

Our Spiritual & Intuitive Practitioners:



Intuitive Spiritual Guidance & Chakra Healing: private appointments with Cheri Hart

Cheri is a Visionary, Professional Intuitive & Certified Reiki Master-Healer, with over 25 years experience. She works at a very high spiritual level and will connect with your spirit guides, angels, and the Ascended Masters. In the beginning of the session, she will balance all your chakras (providing information on the causes of any blocks), infuse you with healing light, and raise your vibrational level. Then you can ask questions about anything at all that will be helpful to you at this time. Cheri will be able to see your aura, see inside your body, your connections with others, and your spiritual gifts. 45 - 50 minute session.

The Orion Method: Transformational Sessions with Sedona Hypnotherapist, Bruce Orion

The Orion Method is a quantum leap forward in achieving emotional and physical health. It was developed by Bruce Orion and is the end result of over 40 years in his study of alternative healing, quantum physics, metaphysics, and hypnosis. The method produces quick and permanent release of deep seated emotional issues and the reversal of many physical disease. In the vast majority of cases, a single 90 minute session can clear several issues at a time. It works on all levels, not just the physical, but the emotional, mental and spiritual levels as well.



Bruce's background includes: spiritual counseling, astrology (since 1971), hypnotherapy, mysticism & healing. Bruce has appeared on The Discovery Channel, was interviewed on "Meetings with Remarkable People", and was a frequent speaker at the United Nations. www.BruceOrion.com

Intuitive Massage Therapy & Spiritual Healings with Teren Nichols



A gifted Spiritual Healer since early childhood, and a graduate from The Florida School of Massage in 1999.

Intuitive Bodywork * Reflexology * CranioSacral
Neuromuscular * Structural Integration * Connective tissue
Polarity * Pranic Psychotherapy & Healing
Crystal Healing * Meditation & Hatha Yoga Instructor
Massage License #MA33885 Establishment License #MM13334



Mediumship: Author, Mark Anthony
Readings with Bhagavan Das & Kali
Astrological Counseling: Bruce Orion
Resident Shaman: Jade Wah'oo
Psychics: Laura Wilson, April Rane & Daniel



Call 321-729-9495 for appointment



AQUARIAN DREAMS Inspirational Gifts & Books



Crystals
Incense
Candles
Journals

New Age Music
Gemstone
Jewelry

Global Imports
Inspirational Art
Yoga & Meditation Supplies

Clothing from Nepal & India

Children's Books, Toys & Clothing



Large Metaphysical Book Selection

Over 100 classes & events every month:

March

Yoga
Tai Chi
Raw Foods
Kundalini
Chanting
Meditation
Deeksha
Rebirthing



Kirtans & Satsangs with BHAGAVAN DAS

Shamanic Teachings with Jade Wah'oo

Children's Yoga, Meditation & Healing Classes

Yogananda Teachings * Intuitive Healing

Reiki Certification * Sacred Symbols Art Show

Sound Healing * Vegetarian Dinners

Holistic Healing * Crystal Bowls

Bach Flower Remedies * Organic Gardening



Every Sunday at 11:00:
Spiritual Gathering & Free Healings



Serving Brevard County since 1986:



AQUARIAN DREAMS

414 N. Miramar Ave (Hwy A1A)

Indialantic, Florida (321)729-9495

www.aquariandreams.com





Stop in and
see if what
we offer
nourishes
your soul...



1745 Trimble Road
Melbourne, FL 32934
321.254.0313

Unity offers practical, spiritual teachings that empower abundant and meaningful living

SUNDAY Services 10:00am

Rev. Beth Head welcomes you

Always check www.unityofmelbourne.com for events

DIRECTIONS TO US: I-95 exit 72, follow Eau Gallie Blvd (518) to Wickham Rd & go left, then left on Trimble. Trimble is north of Eau Gallie Cswy, south of Aurora.



WELCOME TO THE UU CHURCH OF BREVARD

Unitarian Universalist Church of Brevard
2185 Meadowlane Ave, (at end of Helen Street)
West Melbourne, FL 32904

321-220-3472

www.uubrevard.us



We are a Welcoming Congregation.
Sunday Service 11:00 a.m
RE provided for children during service

Email: uucb2185@gmail.com
Follow us on Facebook under
Unitarian-Universalist-Church-of-Brevard



**10:30AM
SUNDAY
MORNINGS**

Held at The Aquarian Building
238 Peachtree St in Cocoa

2 streets North of 520,
1 block East of US1
Under the water tower
See fish art on the building.

Come find what you're missing

See website for class
and event schedule

www.thenewway.us



Rev. Mark Pasqualino

Admin@TheNewWay.us
321-458-7956



*A positive path
for spiritual living*

Listen to our Sunday talks online
www.unitymerrittisland.org

4725 N. Courtenay Parkway
Merritt Island, Florida 32953

321-452-2625

Email info@unitymerrittisland.org



MINISTER
Rev. Rose M.
Whitham

Sunday Services 10:00 am

The greatest optical illusion is separation

HORIZONS

Publisher/Editor/Layout

Distribution/Billing

Andrea de Michaelis

On the Cover (page 26)

Moon Dance
by Holly Sierra

Contributing writers:

Michelle Whitedove

Cecelia Aitable

Ma Yoga Shakti

Abraham-Hicks

Karen Williams

Debra Strasser

Mike Dooley

Barbara Lee

Al Rapaport

Alan Cohen

Tom Sannar

Our Advertising Rates • Low because we're in it for the outcome, not the income ...	6
12 Steps of Spiritual Freedom by Rev. Tom Sannar	6
This Month's Thoughts About Things by Andrea de Michaelis	7
The Teachings of Abraham by Esther and Jerry Hicks	8
Yoga: A Natural Pathway to Godhood by Ma Yoga Shakti	9
Notes From The Universe by Mike Dooley	10
Herb Corner with Cecelia Aitable	11
Abraham Fun: Soulsongs with Karen Williams	12
Open Mind Zen by Zen Master Al Rapaport	13
Ask Whitedove with Michelle Whitedove	15
From The Heart by Alan Cohen	16
Our Classified Ads	17
Our Calendar of Events	18
Spring Equinox - Ostara with Debra Strasser	19
Take a Magical Healing Shower by Andrea de Michaelis	21
Our Phone Directory *Horizons may be picked up at most of these locations*	22
About the Cover Art	26
Suggested Reading, Watching, Listening	26
Monthly Horoscopes by Barbara Lee	30
Our Mission Statement	31

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

The views expressed in Horizons Magazine are those of the authors and not necessarily those of its publisher or advertisers. We do not necessarily endorse the ideas or products of our advertisers, but we honor their right to offer them. We reserve the right to edit material for space and content. Horizons Magazine © 1997 Andrea de Michaelis

HORIZONS MAGAZINE
575 Escarole Street SE • Palm Bay, FL 32909-4802

321.722.2100

We accept all credit cards and Paypal

Visit www.horizonsmagazine.com

Email HorizonsMagazine@aol.com

Classifieds \$1.50 per word page 17
 Calendar \$.30 per word. page 19
 Phone Directory \$5 per line page 22

DISPLAY ADVERTISING RATES

Ad size	1 month	3 months*	6 months*
Small Strip Ad	\$ 50	\$ 40	\$ 30
Business card	\$ 60 per month since 2010 (\$75 color)		
1/4 page	\$180	\$150	\$125
1/3 page	\$200	\$175	\$150
1/2 page	\$300	\$250	\$220
1/2 on pg 31	\$350	\$300	\$250 *horoscopes
Full page	\$400	\$350	\$300
Back page color	\$625	\$565	\$475
Inside back color	\$525	\$465	\$400 color
Inside front color	\$550	\$485	\$425 color
Page 3 color	\$550	\$485	\$425 color
Page 4	\$450	\$400	\$350
Front cover	\$900 (Restrictions apply)		

COLOR ADD 25% *You must prepay to get discount
 Example: Small strip ad for 6 months is \$180 prepaid
 Full page ad for 6 months is \$1,800 prepaid
 Broken contracts receive full advertising credit

BEST AD RATES & WIDEST DISTRIBUTION
 of any spiritual growth magazine in Florida.
 We're distributed monthly to 200+ bookstores
 and health food stores all over Florida, as well as
 by private subscription. See pages 22-25 to see
 where HORIZONS MAGAZINE is distributed

*For good advertising results, studies show
 it takes a reader 3-4 times seeing a new ad
 before it is noticed and acted on. By the 4th
 ad, readers begin to call.*

**Payment is due by the 10th
 with your ad**

DISPLAY AD SIZES

Full page ad is 7.25" wide by 9.5" tall
 1/2 page 4.25" tall by 7.25" wide or 9" tall by 3.5" wide
 1/3 page 2.8" tall by 7.25" wide or 9" tall by 2.3" wide
 1/4 page 4.25" tall by 3.5" wide or 2" tall by 7.25 wide
 Business card ad is 2" by 3.5"
 Small strip ad is 1" x 3.5"

**WE ACCEPT ALL CREDIT CARDS
 AND PAYPAL ONLINE**

Email HorizonsMagazine@aol.com

321-722-2100

Mail ad with payment to
HORIZONS MAGAZINE
 575 Escarole Street SE
 Palm Bay, FL 32909-4802

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 March 2014 edition of Horizons Magazine.

Spring cleaning, my favorite! I was clearing old files out and found all my old log sheets from when I was an online psychic back in the 90's. I worked for the **Psychic Friends Network** from 1992 thru 1996, doing calls out of my home.

Remember those hokey commercials in the middle of the night, with **Dionne Warwick** and **Linda Georgian**? I'd cringe when I'd see them! I had a separate line for the readings, and we had specific schedules to work. I always volunteered to work midnight to 4am and holidays and those were always the busiest shifts. They had us fill out log sheets that gave the date, time of the call, caller first name and birthday, as well as other names and birthdates mentioned in the call. That way, if someone refused to pay saying they did not make the call, we would say "Well, the caller has a husband named Oscar born 10-15-65 and twins named Sarah and Melissa born 2-14-95."

We only had about an inch of space, the width of the page, for notes. I got my share of "who's my baby's daddy?" but also got many calls from people in the entertainment industry, wondering when their break would come.

I enjoyed giving predictions, and that's a way to build up a following very quickly. But I'd also give a creative visualization or sample of visualization scripts for them to work with to bridge the gap for them, from where they were now to where they wanted to be. I'd ask them to report back to me and was stoked to get a lot of callbacks by those who were actually doing it.

So was that wish fulfillment rather than accurate prediction? Or would technically the wish fulfillment be an accurate prediction?

*I loved that part
of the job, letting
the callers know
that they basically
never had to call
me again. In a ten
minute call, I could
give them enough
info to tap into
their own guidance
system, and
activate their own
psychic sense.*

I liked empowering the callers that they had this inside themselves as well and the only difference between them and me is that I exercise that muscle more often. I've been riding that bike longer, so I know how to do it well. That's it.

20 HELPFUL TIPS ON DEVELOPING ACCURATE PSYCHIC SKILLS

1. Ask yourself why do you want to develop your psychic ability? There are no wrong answers. Is it to help others? Is it to be of service? Is it to gain advantage? Is it to gain recognition? Is it because everyone else says they are getting psychic and you want to know what you're missing? Don't judge the answer, just know the answer.

2. Begin a regular meditation practice. Even if it's just for 20 minutes twice a day. This helps clear the layer of your own thoughts. Don't listen to a guided meditation, no music, no headphones, simply sit in the silence and follow your breath. Don't count it, just follow it. When your mind wanders, and it will, just return it to your breath. If you do this regularly, another world will begin to make itself known to you.

3. Take a 90 day break from newspapers, radio and tv, other external media. This helps clear the layer of other people's opinions, which clutter and cloud the typical mundane mindset.

4. Drop the drama in your personal life. Assess who you spend time with that is uplifting and who is draining. For 90 days, make time only for those who empower you. This helps clear the layer of everything you are not really responsible for. If you have any hard feelings against anyone, ask internally for forgiveness, mean it, and let it go.

5. Make a list of all the questions you want to ask the Universe. Choose the top 3 and keep them written on a card that you keep in front of you for the next 90 days.

6. Keep a notepad with you and write down any thoughts that come to you, whether they make sense to you or not. You will later go through the notes with each of the above questions in mind. Look for the Universe to bring your answers in a way that you do not expect.

7. Begin to look for signs in the everyday life around you. See what you notice in each moment, and see if what you notice has any bearing on any of your questions. Make a game of exaggerating the metaphor or expanding the interpretation very broadly if that is what you need to do in order to lighten up and be creative in how you look for signs and symbols in your daily life.

...continued on page 28...

ABRAHAM-HICKS



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

Question: Is my scarcity caused by my feeling a resistance to receiving abundance?

Abraham: If it feels like discouragement, fear, uneasiness, frustration, if it feels like anger -- that's what it means. That scarcity feeling has all those feelings wrapped through it. They are all indicators of some resistance within you. What those feelings are actually saying is, "Ah, as I'm feeling this


thing that I'm calling scarcity, I'm a vibrational mismatch to the abundance that I want. I want abundance, but I'm not vibrating there. So as I reach for the thought that feels better, reach for the thought that feels better... so that those negative emotions subside, now I'm no longer resisting. I'm allowing. I've lined up the Energy within me."

Once the manifestations start coming in response, it gets easier and easier and easier. Now it's easier to hold yourself in that good feeling place because you have more things of an appreciative nature surrounding you. Your second million will come much faster than your first, because as you get comfortable with the feeling of the first, the second is natural. And the third and fourth.


Esther heard a very wealthy man, **Ted Turner**, saying, "The world is awash in money." And he knew it as he spoke it. It is his experience, everywhere he turns. He gave a billion dollars to the **United Nations**. Money is flowing to him and through him, more than he could ever, in this lifetime and a hundred others, figure out what to do with on a personal basis.

"The world is awash in money!" And as **Esther** heard him say that, she knew he knew that. And she thought, "I know that, too. He knows it so clearly, that now I know it." It was something about the intensity with which he spoke it, that, in that moment, Esther knew it. And then, for the next month, she must have said that to **Jerry** 5,000 times. "The world is awash in money." It was a titillating thought to her, because she, like you, had seen where so many people had pinched themselves off from Well-being, that she'd come to believe that the world was not awash in money. She had come to believe that only a few had it, and they had it stashed back there somewhere where others could not get it.

...continued on page 20...




BIPOLAR RECOVERY GROUP (OPEN)
Tues. 1:30 p.m. - 3:30 p.m. at: Circles of Care 1770 Cedar St., Rockledge, FL 32955 **Group for Consumers Only**
 Contact: Daina Gold **(321) 482-0106**



To Promote the Religion, Science, and Philosophy of Spiritualism

On-Going Psychic/Medium Spiritual Development Classes

www.ifsk.org for locations and times



IFSK Director
Marilyn Jenquin

Private Readings
BY APPOINTMENT
 In Person
 or by Phone
 \$75 / 45 minutes

407-673-9776


Melbourne Tues, March 4th ~ 6:45—9:30 PM
 Tallahassee Thursday, March 6th ~ 7:30-9 PM ~ \$25

Gainesville Saturday, March 8th~ 2:00-4:30 PM ~ \$25

Orlando Monday, March 10th ~ 7:30-9 PM ~ \$25

Jacksonville Wednesday, March 19 ~ 7:30-9 PM ~ \$25 Call for **New Location**, Jacksonville

The Villages Saturday April 5th 12:30-4:30
 Spiritual Healing / Energy Healing - \$50



Check www.ifsk.com for details or to register

Email dependablepc@earthlink.net



REV. TERRI MCNEELY
 Spiritual Advisor
 Medium
 Reiki Master

Email OwlVisions@aol.com
<http://smile-village.com/OwlVisions/>

OWL VISIONS
 501 Florida Ave
 Cocoa Village
321-292-9292

Gifts, jewelry, crystals, books, tarot, divination decks and tools, sage, altar items, music, readings, aromatherapy

Gemstone mala beads, different stones and stone sizes, Crystal Journey candles, soy tealights, spell candles, new pendulums in different stones, pashmina shawls, silk scarves, gold etched Reiki wands

Open Wed - Sat
 2:00pm until ?
 Call First 321-292-9292

YOGA: A Natural Pathway to Godhood

Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. She has been greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 visit www.yogashakti.org (321) 725-4024. Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the sanskrit word "Yuj" to unite. It means union or identification, The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga. Friends of the World Gathering in Yogashakti Mission Pavilion from 12 - 4 pm on March 16th. See page 31.



Rev. Dr. James W.R. Thomas Certified Medium & Healer

Please call for an appt
386-451-7214

1138 McKinley Street
Cassadaga, FL 32744

Email IAM1981@aol.com



GUIDELINES FOR LIVING

- Observation is very important. Learn without being told.
- Be aware of yourself all the time.
- Be attentive, meditative, you will be queen of your life.
- Meditate impartially on your problems.
- Suffer gladly and courageously.
- Everything is within you. Everything is of God.
- Meditate on your personal business. Work sincerely.
- If you don't know what you want, you will get lost.
- You have to make your own decisions.
- Something within will give you guidance if you meditate.
- Act on your inspiration.



1951 Stimson St.
Jacksonville, FL 32210
(904) 389-3690
www.earthgifts.com
Open 7 days a week

ROCK SHOP,
CANDLES,
INCENSE,
HERBS, OILS,
BOOKS, TAROT,
READINGS

**Also, new show with Morgana Starr: Angels
Unveiled debuting March 13th! See page 19**

Psychic and Spirit Readings

DAENA CROGHAN 330-472-9716

\$20 for 15 min \$35 1/2 hr \$70 1 hr

Phone, Skype, Email, In Person and Group readings

www.psychicandspiritreadings.com



Don't miss Central Florida's 1st annual.....

PSYCHIC FAIRS

With world renowned Medium
Gerta Lestock from the HBO
Documentary "No One Dies in Lily Dale"

- **Psychic Mediums from New York and Florida**
- **Lily Dale Mediums • Psychic Readings**
- **Tarot Cards • Palmistry • Astrology**
- **Numerology • Crystals • Jewelry**
- **Past Life Regression Hypnotism & Mentalism**

Single Day Admission \$7
Weekend Admission \$10
Children 12 and under Free

March 15-16 Apopka Elk's #2422 201 West Orange St.
March 22-23 Port Orange Elk's #2723 5702 Ridgewood Ave

Show Hours both events Sat. 10-6 Sun. 10-6
For more information visit www.prettyrox.com



Enchanted Gifts for the
Mind, Body and Soul

Creative Energy

Crystals, gemstones, jewelry, salt lamps, drums,
didgeridoos, singing bowls, books, tarot, CDs, candles, incense, oils,
herbs, sage, divination tools, statuary & altar items, men & women's
clothing, belly dance accessories, henna, tapestries, peace- promoting
items, faeries and much more!

Readings Friday, Saturday, Sunday

835 East New Haven Avenue
in Historic Downtown Melbourne
(Think Purple)

Monday thru Thursday 10 am - 6 pm

Friday & Saturday 10 am - 8 pm

Sunday Noon - 5 pm

321-952-6789



"Where Old Melbourne meets the New Age"



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

NOTES from the Universe

Whoa ... did you mean for this to be happening? Did you intend to change the course of history? Do you fully comprehend the "ripple effect"? Well, just so you know, these are the unavoidable consequences of thoughtfulness, patience, and unbridled kindness.

**You're on a roll,
The Universe**

Tom Arcuti *Yachack Shaman of Imbabura*
SHAMANIC CEREMONY
CASSADAGA HOTEL
2nd Saturday each month 7 pm
386-747-9294 tom@allipacha.com www.allipacha.com

Rev. Andy Conyer

UNITY LIFE ENRICHMENT CENTRE 863-471-1122
10417 S. Orange Blossom Blvd, Sebring, FL 33875
Email unity@vistanet.net www.unityofsebring.org

Spiritualist Chapel of Melbourne

Spiritualism +
Mediumship
Classes
Thursdays
6:30-8:30 pm
\$5

We Welcome All To Sunday 10 AM services

1924 Melody Lane, Melbourne, FL 32901
Spirit Messages - Healing Service
Guest Speakers • Private Readings
\$15/15 minutes after Services

321-961-5390

Friend us on Facebook [SCM=SpiritualistChapelOfMelbourne](https://www.facebook.com/SCM-SpiritualistChapelOfMelbourne)

Luna Sol Esoterica, LLC

METAPHYSICAL AND NEW AGE SUPPLY STORE

311 S. Park Ave in Sanford, FL 32771

321-363-4883 www.lunasolesoterica.com



Crystals, candles, oils, incense, herbs, books, jewelry, statues, altar supplies, divination & ritual tools, classes, & psychic readings

Credit and Debit Cards accepted -- Knowledgeable and Experienced Staff
Open Wed - Sat 10 am - 6 pm; and Sundays 11 am - 6 pm

MARCH 2, 9, and 16, 2014
-- Sundays (1pm - 3pm) --
CONTINENTAL CELTIC
PAGANISM with SEGOMAROS
WIDUGENI -- Spirituality, deities, worldview, and magic of the ancient Gauls. (\$20)

MARCH 2, 2014 -- Sunday
(3:30pm - 4:30pm) --
MEDITATION GROUP -- with Ann Moura. Refreshments provided. (\$2.00)

MARCH 8, 2014 -- Saturday
(1pm - 3pm) -- LEARNING
THE TAROT with ANN MOURA
-- Bring your own Tarot deck and materials for taking notes. (\$20.00)

MARCH 12 and 26, 2014 -- Wednesday (3pm - 6pm) -- PSYCHIC READINGS with TORRE' -- Psychic Medium and Channel of Cassadaga. Reserve your time at 321-439-3073 or 321-363-4883. (\$40/30 min.; \$60/hr.)

MARCH 15, 2014 -- SATURDAY (10am - 6pm) -- OSTARA FESTIVAL and PSYCHIC FAIR
FEATURING the DROPA SKULLS! -- 1 pm Ritual with Coven of the Goddess Moon (no cost). Healings: Shaman Jeff and Master Wayne Lee (\$40/30 min.). Readings: Tarot, Bones, Runes (\$20/15 min.); Vendors. Reserve time for guidance with one or both skulls (\$1/min. per skull - ex. \$20/10 min. each).

MARCH 23, 2014 -- Sunday (1pm - 2pm) -- PHENOMENON: THE MAYAN TEMPLES, with TORRE' -- discussion, stories, and pictures. Refreshments. RSVP required at 321-439-3073 or 321-363-4883. (\$10)

Check the store website Events page for more on upcoming classes and events at <http://www.lunasolesoterica.com>



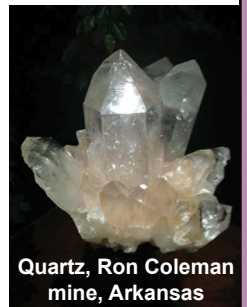
High Springs Emporium

North Central Florida's ONLY Rock Shop

The most unusual store in town
Rocks, Crystals, Gifts, Jewelry

Spring Is Here!

See the new treasures from the Tucson Gem and Mineral show at the High Springs Emporium. Aquamarine, topaz, tourmaline, labradorite, ocean jasper and rarities from all over the world!



Quartz, Ron Coleman mine, Arkansas

Melissa Harris, world-renowned visionary artist and psychic, is

coming to the Emporium. Get a personal Spirit Essence portrait and reading - call for details.

OPEN Mon-Sat 11 am-6 pm and Sunday noon-5 pm

660 N.W. Santa Fe Blvd • High Springs, FL 32643

386-454-8657

<http://highspringsemporium.net>

HERB CORNER

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

THYME

Over 4000 years ago Hippocrates, "The Father of Medicine," along with the Sumerians and the 1st century Greek physician Dioscorides, used thyme medicinally for gastrointestinal disorders, respiratory problems, memory and mood disorders. Even the American colonists used thyme for medicinal and for food preserving.

Today **thyme's** antiviral, expectorant, antitussive and antispasmodic properties make it one of the best herbs for **clearing chest congestion, infections, dry cough, sore throat, laryngitis and bronchitis.** German Commission E recommends thyme for **whooping cough, asthma and emphysema.** Not only does it loosen and expel mucous it also relaxes the muscles in the respiratory system making it easier to breathe.

For the respiratory system, a tea can be made using $\frac{1}{4}$ c. **dried thyme** to 2c. boiling water. After this mixture has steeped 20-30 minutes it can be sipped throughout the day adding 3-4 lemon slices and honey for flavor. Not only will it support the respiratory system it also helps with the removal of toxins and with the formation of white blood cells which, boosts the immune system.

Thyme can also be used with peppermint or eucalyptus in a steam **to clear nose, throat and chest congestion.** I particularly like this for chronic sinus congestion.

When **thyme** is added to toothpaste, mouthwash or gargles it is helpful for **gum infections, thrush, gingivitis, bad breath and tooth decay.** When added to bathwater it can **ease aches and pains from sports injuries, gout, arthritis or muscle spasms.** This is because **thyme** has **anti-spasmodic, anodyne and anti-inflammatory properties.** A poultice can be made by pulverizing the herb and mixing it with water or honey. This paste can be applied to insect bites, nail fungus, cuts or wounds. Just be careful because for some people thyme can cause skin irritation.

The **essential oil (ESO) of thyme** also has many applications. When $\frac{1}{4}$ tspn. of the ESO is mixed with 4oz. Jojoba oil it can be massaged onto the skin to fight infections, fungus, staph, viruses or bacteria. The ESO can also be mixed with water in a spray bottle and sprayed in the air to fight viruses, bacteria mold and mildew.

In my home when everyone is being bothered by a cold or the flu I **simmer a large soup pot filled with water and a handful of dried thyme.** As it simmers the antibacterial molecules released by the thyme permeate the house and kill the airborne germs.



THE HERB CORNER AND LEARNING CENTER

NEW HERBAL CLASSES STARTING IN APRIL

Certified Master Herbalist &
Holistic Healthcare Provider on Staff

Hours: Wed-Fri. 10-5, Sat. 11-3

277 N. Babcock St., Melbourne
321-757-7522



Looking for Health Care Options?

Give yourself the gift of "Good Health" with our "Reclaiming Our Roots" Herb Classes

As a Master Herbalist & Certified Nutritional Consultant with over 20 years experience, my desire has always been to provide education in the field of medicinal uses of herbs and foods.

- Education will give you the opportunity to participate in and take charge of your healing process.
- "Reclaiming Our Roots" will start you "on the road" to Herbalism providing options for health-promoting herbal skills that have nearly been lost to our modern world. This 7-month learning journey will provide you an in-depth study of the healing properties of herbs for women, men, children and pets. It will cover all of the body systems, conditions associated with each system, and the beneficial herbs for these systems/conditions. You will learn how to treat non-emergency health problems, and gain an excellent grounding in the basics of herbal medicine. You will also learn how to make teas, tinctures, salves, syrups, compresses and much more. There will be 2 planned herb walks included in the Class Package. This education will give you the opportunity to participate in and take charge of your healing process.
- I am continuing to offer the Class Package of 15 classes for a total of only \$300. Your only financial responsibility will be to pay the tuition in \$20 increments which will be due at each class and a \$40 Non-refundable materials fee due before first class
- If you are ready to take your health care in your own hands, tired of medicine's undesirable side-effects and the high costs of drugs/prescriptions, then please join me

Classes run February - August 2014
"Reclaiming Our Roots" classes.

For more info or to reserve a seat in class

Please call 321-757-7522

Visit www.herbcorner.net for articles, recipes, newsletter

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.

Getting Unstuck

Life is always reacting to my mental and emotional reactions.

So if I want to change my circumstances in any area - finances, relationships, health, living conditions, leisure time - I must first change my reactions to the way things are now. No matter how intensely I take action to improve things, permanent change will elude me until I soften any dislike that I hold. I don't need to mentally revisit the past to dredge up previous traumas and work on my issues. Previous traumas impact me today only insofar as I choose to remember them. It's all about right here, right now: Am I irritated or laid-back? Worried or hopeful? Impatient or chillin'? Aggravated or amused? Regretful or shrugging things off? Am I feeling emotionally good and thus allowing my desires to flow to me or am I feeling bad and choosing to stay stuck? The power is mine.

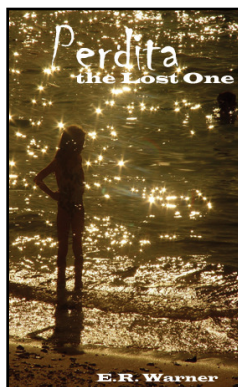
LIGHT JOURNEY ASTROLOGY

Natal, Major Life Theme,
Forecasts Numerology

PAUL NICHOLAS MOKIDES

paulmokides@comcast.net

954-391-7678



Fiction with a Message

Follow Estelle, the main character in "Perdita, the Lost One," a troubled woman who was abused as a child. Spiritually bereft, she hovers on the brink of getting well or falling into the abyss of mental illness or suicide. Read to see what happens and meet Perdita, an orphan Estelle finds on a remote Caribbean island. Find out how Perdita becomes the catalyst for change.

Available at Amazon.com
Visit www.erwarner.com to read the beginning
Email author@erwarner.com



EMAIL READINGS

with ANDREA de MICHAELIS \$25

WHY A PSYCHIC READING BY EMAIL??? To have a written record.

There is a kind of **MAGIC** that happens when you type your questions out. Make your question as complex as you wish.

Whatever you want, I can help you make it happen.

Email and Paypal to horizonsmagazine@aol.com.

All credit cards, Paypal

Also Available • Phone Sessions • Astrology

SOME KIND TESTIMONIALS:

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

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

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

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

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

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

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

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

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

OPEN MIND ZEN



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

First There Is A Mountain

Why carry around a dead self that is actually a concept rooted in non-reality?

Shunyata

There is a famous passage in the Heart Sutra, which is considered in Zen to be the seminal teaching of the Buddha on the nature of meditation practice, which states, "Form is emptiness, emptiness is form."

The ancient Sanscrit word shunyata is translated into English as emptiness, but in English this word usually refers to a vacuous or nihilistic state, which is almost the opposite of the original sense of shunyata.

This emptiness or no-thing-ness of shunyata is what we begin to experience when we practice meditation. It has many names: God (without the patriarchal personality), Buddha, True Nature, Buddha Mind, Unborn Mind, Big Mind, Universal Consciousness, etc. The more we investigate the mind the more we realize that everything is empty, or devoid of a fixed, solid nature. At first we believe that there is a fixed solidity to the material world, but when this concept is subject to the microscope of meditative examination we find that we are mistaken. The idea of the solidity of the material world begins to break down under observation, and we begin to experience the reality of shunyata. Even on a scientific level it has been discovered that what we perceive as solid matter is simply a field of electrons orbiting around a minute nucleus. There is very little matter in matter, but rather small particles in an electrical suspension field.

Now, if one has a really strong realization in body and mind of the fact that everything is empty, this is called an enlightenment experience, or satori in Sanscrit. (This experience is explained in greater depth in the next chapter, How to Catch an Ox). The second part of the teaching, that "Emptiness is Form," is an even more advanced stage of practice in which we let go of the experience that everything is emptiness and realize that emptiness is manifest in form, or the material world. So, the old saying, "First there is a mountain, then there is no mountain, then there is", means that first a

...continued on page 27...



Janice Scott-Reeder, AA, BA, Druid

Licensed Psychic, Astrologer, Broward County, FL
Master Tarotist, Hypnotherapist, Psychometry, Spirit Contact

954-698-6926 (Coconut Creek 33073)

www.facebook.com/cosmicsalamander



website design, logos, print, ecommerce
online marketing, social media

www.StudioThirdEye.com

IntuitiveInternet@gmail.com

INNER FOCUS COACHING

904.270-9686

Get YOUR questions answered! Explore Past Lives,
(Dolores Cannon QHHT). Channeling of your Higher Selves.
Phone, Skype, In Office.

Email heather@innerfocuscoach.com

Rev. Dawn Casseday

Psychic, Clairvoyant, Medium

Reiki /Energy Healing, Tarot
Past Life Regression Specialist

*Phone
readings
available*

386-478-0341

www.revdawncasseday.com

CASSADAGA

QUANTUM HEALING HYPNOSIS THERAPY PAST LIFE REGRESSION

Carla D. Kohberger, MA
Certified QHHT Practitioner

A Unique Hypnosis Therapy Where You Experience a Past
Life and Contact Your Higher Self to Further Your Development

Live the Life You Were Meant to Live!

HealingHypnosisOrlando.com
407-291-9766



Enchanted Spirit

Angelically
Inspired

Products

- Gemstones
- Crystal Balls
- Celtic & Astrological Jewelry
- Crystal Singing Bowls
- Incense
- Meditation Oils
- Candles
- Chimes
- Aromatherapy
- Cosmic Happy Cards
- Magnets
- Posters
- Sacred Tools
- Soaps
- Relaxation & Meditation CD's and Books
- Music & Books
- And Much More!! Stop in to see all the products we have to help with your relaxation, spirituality and meditation wants and needs

Grand Opening

Celebration

Coming in April

Services

- Intuitive Angel and Fairy Readings
- Personalized Information Package about Your Archangel

Classes and Workshops

- Learn more about your Archangels, Guardian Angels, Fairies, Ascended Masters and Spirit Guides
- Learn how to attract Fairies and build your own Fairy Gardens
- Law of Attraction

*Selected Items are
20% - 25% Off*

Until March 29, 2014



On Site Readings

320 N. Atlantic Ave., Ste, 3A, Cocoa Beach, FL 32931

321-784-2213

Email Us At:

angelicallyinspired@yahoo.com

Crystal healing and other forms of complementary therapy, spiritual healing, readings or energy work are not intended as a replacement for medical or psychological advice or treatment. If you or someone you know has a health issue you are advised to seek treatment from a registered medical practitioner.

Ask Whitedove



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

Dear Whitedove: What's a father to do when Daddy's little girl turns into a monster? The apple of my eye was brought up with love, guidance and a moral code. Now she is breaking my heart. It's the ultimate betrayal; she has been lying and stealing, even from me. She has always been the center of my Universe. Now I don't know how to cope. What's a parent to do? **-Broken Hearted in Boston**

Dear Broken Hearted, Betrayal is one of the most difficult spiritual lessons to learn. We have certain expectations of a loved one and when they break that trust it can shake us to our very core. Most parents love their children unconditionally and that love doesn't waver; although it's extremely difficult to rebuild the trust that we bestow on our family. Betrayal is a jagged little pill that can cause an emotional reaction to lash out and inflict pain on the untrustworthy. If you retaliate, you are not learning the lesson; you're just fighting fire with fire. As a parent, you will grieve for the loss of the closeness that you once shared. It's through God's strength and your tough

love that forgiveness will eventually take shape. Pray about it. Get to the core of the problem: is she acting out for attention or to buy drugs? Work on your relationship with her. Be an example by living a life of integrity. Be careful not to harbor feelings of animosity and anger because long term that can manifest as illness. And take note; forgiveness isn't forgetfulness! I'm not asking you to forget the awful things that she's done; you don't want to set yourself up for round two. Love her unconditionally as God loves us. That's why forgiveness is divine, because you must overcome the hard lesson of betrayal to get to a place of forgiveness.

Dear Michelle: I have always had a large extended group of family and friends. Recently I've suddenly realized that many of my friendships have burned out, people have moved away and some of my family ties are broken. It's

...continued on page 29...

CERTIFIED MEDIUM

SPIRITUAL ADVISOR

REV. JUDY A. COOPER

PO Box 41
Cassadaga, FL 32706

(407) 921-0411

jacspirit@gmail.com



SACRED GARDENS HOUSE OF HEALING

CREATING MIND/BODY/SPIRITUAL BALANCE

Announcing the Opening of **SACRED GARDENS HOUSE OF HEALING**, located at 916 Columbus Ave, nestled beside the Indian River in Melbourne, FL. We offer classes and modalities that promote higher health and wellness of the body, mind & the spirit.

(321) 821-2389 or (800) 233-1123

www.sacred-gardens.org



Classes & Events: * Yoga * Reiki * Circle of Sisters * Meditation * Crystals & Gemstones * Astrology * Hypnotherapy * Munay-Ki Shamanic Rites * *Angel Classes * Community Healing Circles * Full/New Moon Ceremonies * Native American Drumming * Trance Dance * Angel Healing Chakra Dance * *Reiki Certification*



Home to Cinnamon-Yoga: Connecting the asana through the breath for a transformative & balancing effect with an equal challenge of endurance, flexibility and strength. Our mission is to help you explore your full potential through the practice of yoga. Classes and Workshops available. All Levels Welcome! Mats, blocks & straps sold on premises. www.cinnamon-yoga.com



Featured Healer: Sacred Gardens is excited to announce we are the new home to Psychic Medium, Angel Communicator and Reiki Master/Teacher, Morgana Starr. She is internationally known for her work with Archangel Anael, her books, and group or private sessions. Her readings help clear negative blockages like anger & fear, leaving you feeling peace, hope and a new direction. Contact her at www.morganastarr.com to book a session.

OFFERING PAQO'S MEDICINE PATH:

Your Trusted Source for
Herbs, Resins, Oils,
Incense, Sprays & More.
100% All Natural Products
designed to harmonize
body, mind & spirit.



From the Heart

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



Standing on the Shoulders of Giants

A student told her spiritual teacher that she was suffering under "the slings and arrows of outrageous fortune," quoting Shakespeare's famous verse from Hamlet. The

teacher looked her piercingly in the eyes and asked, "Are you so sure that fortune is outrageous and it must bear slings and arrows?"

The stunned woman replied, "But Shakespeare was a genius. He had penetrating insights into the nature of life."

"Maybe life in his time," the teacher said. "But that time is not this time. "We are moving from an old paradigm of outrageous fortune to a new one of blessed fortune. If you wish to dwell in the new paradigm, you will have to let go of Shakespeare's words. Are you ready? Are you willing?"


Paradigms work for the moments they serve, but then they evolve to more expansive domains. Every belief system gives way to a greater one. Even science, which seems "solid," is constantly casting aside old notions in favor of new ones. Sir James Jeans noted, "Science should give up on making pronouncements. The river of truth has often turned back upon itself." The teachers and methods that once guided you, the ones that changed and saved your life, the ones that seemed solid as steel, may no longer be appropriate for you. To the ego, that suggestion is quite scary. But, as Mahatma Gandhi declared, "I am committed to truth, not consistency." Just because a pathway healed or saved you at one time, does not mean it will serve you in the same way at this time. This does not make the system, the people who represent it, or related experiences wrong. It just makes them outdated. For you, at least.

...continued on page 20...



Rev. Dr. Philip DeLong

Spiritual Counselor, Healer & Teacher
Psychic Medium



Weddings, Christenings, Life Celebrations
Home Blessings & Group Parties
www.revdrphil.com
Phone and Skype readings available
Rev.Dr.Phil@cfl.rr.com • 386-453-9356

**Daytona Flea Market Fri-Sat-Sun Corner
Shops #41**

Once-in-a-Lifetime Opportunity

WRITING from your SOUL

A WEEKEND FOR WRITERS

FORT LAUDERDALE, FL
MAY 3-4, 2014
BROWARD COUNTY CONVENTION CENTER



REID TRACY,
President/CEO
Hay House



DR. WAYNE W. DYER,
Author of 16 New York
Times best-sellers



NANCY LEVIN,
Hay House Events
Director, Author
and Certified
Integrative Coach

Learn writing secrets from
one of the most successful
self-empowerment authors of
all time, Dr. Wayne W. Dyer!

**This Special Event is Limited
to 500 Participants**

**PLUS A Chance to Enter
a Writing Contest!**

Over \$21,000 in Publishing
Packages will be awarded!

**Register by April 4, 2014
and Save \$100**

Call 800-654-5126 or
Register Online at
www.hayhouse.com/events



www.hayhouse.com
www.healyourlife.com

OUR CLASSIFIED ADS

Your listing here for \$1.50 per word. Mail your listing with payment by 10th of the month preceding publication or email to HorizonsMagazine@aol.com

CONNECTING WITH YOUR ANGELS, GUIDES & TEACHERS \$10 mp3 file at http://horizonsmagazine.com/CD_Page/index.html Designed to activate the third eye, expand awareness, develop psychic perception. See page 27.

CHANGE YOUR EATING HABITS \$10 mp3 file at http://horizonsmagazine.com/CD_Page/index.html By the power of suggestion, your desire to overeat will be replaced; your craving for unhealthy foods will be replaced.

OUBE OUT OF BODY EXPERIENCE - YOU ARE NOT THE BODY \$10 mp3 file at http://horizonsmagazine.com/CD_Page/index.html

SLEEPYTIME RECHARGE \$10 mp3 file at http://horizonsmagazine.com/CD_Page/index.html We can retrain our consciousness to create healthy beliefs.

STOP SMOKING easier than you ever thought possible <http://hypnosis-works.net/hypnosisMP3.html>

HEAL YOUR LIFE WORKSHOP LEADER TRAINING. Become a licensed Heal Your Life teacher in the philosophy of Louise Hay. Manuals and materials to lead up to 14 different workshops. Our training is licensed by Hay House, Inc and approved by Louise Hay. www.healyourlifetraining.com

IN 2014, STAY FOCUSED ON YOUR GOALS WITH GENTLE HYPNOSIS <http://hypnosis-work.net> FREE mp3 file!

HYPNOSIS REPROGRAM THE INNER MIND by bringing forth your higher wisdom through gentle hypnosis <http://hypnosis-works.net> Free mp3 file!

ANDREA DE MICHAELIS PSYCHIC CLAIRVOYANT, Phone & email, see ad on page 27. 321-722-2100 Email horizonsmagazine@aol.com

Cassadaga Spiritualist Camp

Experience This Peaceful Community Where Certified Mediums and Healers Are Available Daily

- Classes & Workshops
- Tues Nite Bingo 7:00pm
- Historic Tours
- Spirit Encounter Tours
- Readings by Certified Mediums & Healers
- Check the Website for Events



Colby Memorial Temple

- Wednesday Message Service, Colby Temple 7pm
- Sunday Adult Lyceum, Davis Building 9:30 - 10:15am
- Sunday church Service, Colby Temple 10:30am
- Sunday Message Service, Davis Building 12:30 - 1:30pm

Mention this Ad and Receive 10% discount on Select Merchandise in Our Bookstore

Cassadaga Spiritualist Camp Bookstore

Welcome Center Displays Camp Events. Information
Camp Certified Mediums and Healers

Largest selection of books on Spiritualism, Metaphysics & Meditation,
CDs & DVDs, Crystals, Candles, Aromatherapy, Jewelry,
Unique Gifts, Native American Crafts.

Special orders and Nationwide Shipping Available.



Monday - Saturday 10am - 6pm • HOURS • Sunday 11:30 am - 5 pm
Visit www.cassadaga.org • Camp Bookstore 386-228-2880
Camp Office 386-228-3171

Native American & Metaphysical Stuff Store
Readings, Crystals, Jewelry, Incense, Smudge

The Purple Rose Trading Co.

Rev. Tina, Owner

P.O. Box 275 • 1079 Stevens St. Cassadaga, FL 32706

www.cassadaga-purplerose.com (386) 228-3315



All of Life Comes to Me With Ease and Joy and Glory. Access Consciousness, Reiki, Massage

AWARENESS CENTER

Meditation, Classes and more
OurAwarenessCenter.com

321-261-5975
MM28899

JOY WALKER

Independent Distributor #402192



From Seed to Seal
Cultivate, Distill and Bottle Essential Oils
For Mind, Body and Spirit

321-951-2254 or 321 652-5910

Email Joytwobme@aol.com
<http://joytwobme.younglivingworld.com>

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 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

Mondays at 6:00pm. SOS (Sustenance of Self) at Center for Spiritual Living Space Coast, 4310 US Highway 1, Rockledge. For those in search of a healthier lifestyle. Meet for support, accountability, and learning to make healthier choices in a fun, light-hearted environment. More information available on FaceBook and Meet Up. (321) 480-4791 Love offering.

Tuesdays PORT ST. LUCIE Spiritweaver is holding Shamanic Reiki Sessions from 11:00am -5:00pm, DRUMMING from 6:00pm - 7:00pm and REIKI from 7:30pm - 8:30pm at The Owl Butterfly - 772-242-8166 6642 S. US-1, Port St Lucie, FL 34952 www.theowlbutterfly.com/

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

Sundays HOLLYWOOD Tibetan Yoga Vajra Yogini - 10am-noon. \$25 Selections of flowing Tibetan, Taoist, Indian chi gung, tai chi, yoga, meditation. Call to confirm class. Goddess Store, 2017 Harrison Street, Hollywood, FL 33020, (954) 929-2369, www.shentaoinneryarts.com

Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 Love offering www.yogashakti.org

Sundays, FT MYERS 9:15 am and 11am services at Unity of Fort Myers, with Rev. Jim Rosemergy, minister and Susie Hulcher, music. Childrens' ministry 11am. Open to all. 11120 Ranchette Road, 239-278-1511 Visit www.unityoffortmyers.org and Email admin@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) 961-5390
Sunday MELBOURNE 10am Dharma Talk by Al Rapaport at Open Mind Zen 878 Sarno Rd Melbourne 321-427-3511 openmindzen.com

Sundays ORLANDO 10am Meditation 10:30am Service Center for Spiritual Living, 709 Edgewater Dr 407-601-1169 orlandoreligiousscience.com

Sundays ROCKLEDGE 10am Center for Spiritual Living Space Coast (A Science of Mind church) Life Enrichment Series Wed. 7pm 4310 US 1, Ste. A 321-474-2030 www.cslspacecoast.org

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

Sundays MELBOURNE Metaphysicians' Circle held at 307 E. Lincoln Ave 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



LIVE MUSIC, SILENT AUCTION, GREAT FOOD & DRINK, 50/50 RAFFLE MORE.

FUNDRAISER MUSIC FESTIVAL

Sunday March 23, 2014

2:00pm-8:00pm

For Rev. Mark Pasqualino from the
New Way POD at:
The TapRoot Lounge
1385 Highland Ave
Melbourne FL.

Suggested donation at
the door: \$10.

Email Lesley Brindley
if you wish to donate
a silent auction item
or help! Email lbrindley@cfl.rr.com



SPRING EQUINOX OSTARA



Debra Strasser's blog can be found at
<http://the5thingsineed.wordpress.com/>
Email her at dstrasse500@gmail.com



now the trees, dormant for winter are preparing to blossom. Take some time to imagine that you too are drawing up energy from the Earth, ready to blossom and be beautiful!

In the time in between these New Moons, the **Spring Equinox** occurs. After this day of equal light and dark, the days will slowly begin to grow longer. The **Spring Equinox** is often observed as **Ostara**, in honor of the Germanic goddess **Eostre**. **Ostara** is observed with the gathering of flowers and decorating eggs. Carry the traditional symbols of fertility a step further and decorate eggs with more than just color, inscribe them with your wishes and intentions. Bury them in the Earth to 'grow' your intentions.

March 2014 begins with a New Moon on March 1st and ends, like January, in a very unusual way, with a second New Moon on March 30th. This second New Moon is often referred to as a **Black Moon**. New Moons are often a time to consider a new work or endeavor but a **Black Moon** can be a time of divination, introspection and quiet reflection. The **Full Sap Moon** occurs on **March 16th**, so named as

Springtime in Florida is a time of fun and adventure. Many fairs and festivals are held this month as artisans and vendors escape the still frigid north to enjoy our early spring. Additionally, the Pre-Lenten Carnival season is observed here and in many parts of the world. In another occasion of color and joy, on **March 17th the Hindu festival Holi** will be celebrated.

Welcome to March and go forward into the lighter time of year with the themes of anticipation, color and love. Blessed Be!



New show coming every other Thursday at 8pm EST beginning March 13th with hosts: **Morgana Starr & Daena Croghan**
Two dynamic Psychic Mediums come together to unveil the truth about angels. Their spirit guides **Archangels Anael and Azrael** team up like never before to bring us important info.
www.MorganaStarr.com www.SpiritandPsychicReadings.com



Morgana Starr
Daena Croghan

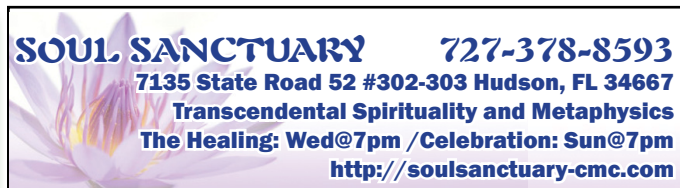


Herbal Consults, Natural Healing School
DAWN'S ENCHANTED GARDEN
Email Dawnsenchantedgarden@yahoo.com
Live Oak School of Natural Healing

Currently offering Herbalist Certification Programs in class and online
352-669-1963 • 407-967-6042

Dawn Gates Registered nurse, herbalist, and aromatherapist, has taken her knowledge of pathophysiology, herbalism, and aromatherapy to create a

FAT BUSTER OIL
Just apply it to the areas that you want to reduce fat in. People report inches being removed in as little as 3-4 days. 4 oz \$25 and 8 oz \$40
Visit and order online at <http://dawnsenchantedgarden.com>



SOUL SANCTUARY **727-378-8593**
7135 State Road 52 #302-303 Hudson, FL 34667
Transcendental Spirituality and Metaphysics
The Healing: Wed@7pm / Celebration: Sun@7pm
<http://soulsanctuary-cmc.com>



Medium, Healer
Rev. Robert (Bob) Johnstone
1138 McKinley St, Cassadaga, FL 32744
www.creativeawakening.com
386-473-2555



ABRAHAM-HICKS

...continued from page 8

She thought that there was a lopsided thing...

The world is awash in money! Do you hear what that means? It is awash in money. It is flowing for everyone. It is like Niagara Falls. And most of you are showing up with your teaspoons. Your economy has always been about, the exchange of human energy: As contrast produces a new idea within any human consciousness, the Nonphysical Energy to supply it flows forth. The economy expands proportionate to the idea. There is no shortage of anything.

Those who believe there is shortage, hold themselves over in this place where they disallow the Energy from flowing to them. And so, in their resistance, they have it not. And then they say, "I am proof that there is shortage. And that man over there that is awash in money is the reason I don't have any." He has nothing to do with your shortage. He is evidence that there is an abundance.

Co-creating with another person can be fabulous. Two or more people thinking a little differently — can add balance and breadth, and depth, to one another's desires. Two people, master minding, can add power to a desire. Although you assist in adding variety and further perspectives, you often hinder by worrying about control issues or things of that nature. So the optimum creative experience is to be able to open to the breadth of more input without closing to the breadth of more input. It's like a two-edged sword; it can stimulate you; it can shut you down. So, whether it's one or a hundred that you are co-creating with, use the stimulation factor, but don't allow yourself to get worried about their choice or their control. Just know that Well-being always flows to you. What they think about anything does not matter. Only what you think. But when you start thinking about what somebody else thinks — now you're thinking, and now you've introduced resistance. And then you say, "Well, I didn't feel resistance before I was thinking about what you were thinking, so if you'd stop thinking about it, then I wouldn't have resistance." And we say, you could stop thinking about what they're thinking, and there wouldn't be any resistance, either. And you say, "True enough, but it would be a lot easier for me to not think about what they're thinking if they're not thinking it, especially if they're not speaking it." There is where **allowing** really serves you.

Let's say that I have a specific style of furniture. I hook up with someone who has a very different style in furniture, and they want to bring their bad looking stuff into my life. But I don't get upset, I'm looking for things to appreciate. I'm more focused upon the other positive aspects of our relationship. And we say, as she finds vibrational harmony with her furniture and with her life, and with her relationship, the Universe has the ability to find furniture that pleases you both. And in the process, there's this magical blending. The Universe's ability to please you all, on all fronts, is unlimited. The Ability of the Universe to please you all is unlimited.

Alan Cohen



...continued from page 16...

The teacher or system may be totally valid for those who use it now. But you have a different path, and you must be true to it.

Let's take some beliefs and teachings that many of us have embraced on the spiritual path, and hold them up to the light to see if they still work for us. Karma, for example. Is it the ultimate truth, or does the principle of grace supersede it? The religion you were brought up in—does it uplift you now, or does it bind you? Following an external guru—it works for many, but does it work for you? The notions of having to work to earn a living; or suffer to become free; or to have to walk through hell to earn heaven; or the belief that pain buys you anything worthwhile; or that sacrifice is required; or that one person's self-dimishment results in another's strengthening; or that one person's death gives another life. And do we really reincarnate in a linear fashion, or might we be One Mind living all lives simultaneously?

My mentor once advised, "You must devour your teacher. You must go beyond what your teacher taught you." We must honor the giants who have helped us, but ultimately we must stand on their shoulders. Those who have changed the world for the better have always questioned and transcended the world they inherited. If initial methods were the only methods, we would all still be writing on papyrus. E-mail? Crazy!

I saw a display at an ocean museum showing several nautilus seashells, each larger than the one before it. The guide explained, "The same creature could have conceivably lived in each one of these shells at different times in its life. The animal spins the shell as its 'house,' and when it outgrows the house, it leaves the shell behind and spins a new home to accommodate its larger size."

We, too, outgrow the shells that once housed and protected us. For all of them we must be grateful. But we must also be great-full, allowing greatness to shine to us and through us in ever more expansive ways. In horticulture, there is one sure sign that a plant is healthy: the presence of new growth. If the plant is forming new leaves and flowers, it is in good shape.

Likewise, we must always be forming new leaves and flowers to stay alive spiritually. For new growth to come, the old leaves must fall away. They have done their job. They will be recycled by the universe to create new and more wondrous creations.

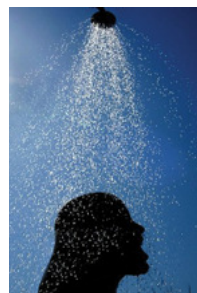
Shakespeare rocks. He was a genius. Yet he was a writer for his time more than ours. Certainly he captured certain eternal themes. Yet new Shakespeares are being groomed even as we speak. Perhaps you are one of them, in your own unique way. The new paradigm might be flowing through you as a painter, inventor, or mother, You must be true to what is, not what was. Then you will be a living corroboration of the bard's visionary prophecy that "there are more things in heaven and earth, **Horatio**, than are dreamt of in your philosophy."

NEED A LIFT? Take a Magical Healing Shower

Andrea de Michaelis



Visualization in the shower can be very powerful, as standing in the flow of water affects the physical body and the energy field. The Magical Healing Shower came to me years ago as I stood exhausted at the end of a long and challenging day. I stepped into the shower and sighed loudly as I lifted my face into the flowing water. I asked that the water remove the stress of the day, and was immediately transported into a standing meditation that felt transformative on all levels. In the shower, you visualize all the stress, any pain or sadness or confusion and pain being washed off you as if it were mud.



Here's the process: Before you step into the shower, set your intention that this will be a healing experience. Inhale deeply, feel the air fill your body, and exhale, feeling your body release all tension. Feel your body release all of the energy that no longer serves you. Begin to shower as you normally would, this time imagining that you are scrubbing a layer of mud away. This mud represents everything you're ready to release from your energy field. In your mind's eye, see it going down the drain to nourish the earth.

After the mud has been washed away, turn your face into the shower and, starting from the top of your head, feel the stress and tension melt away with the flowing water. Your forehead, your face, the back of your head and your neck, feel the stress flow away on the water. Feel it move over your shoulders, into your arms, past your wrists, into your hands and fingers. Feel the energy flow through your chest, your back, your stomach, your hips and legs. Feel the tension flowing away on the water. Feel the flow of energy, flow smoothly from the top of your head, through your arms and body, legs and feet. See all of your tension and stress be washed away, down the drain, making more space for joy, more pleasure. The magical healing shower has washed away all stress and all tension.

With your tension washed away, allow the magical healing shower to energize and fill you with light, right to your core. Stand there a moment and feel your body strengthen and become more secure. Take a deep breath and feel clarity of mind. Feel the water magically balancing and restoring your physical body and your emotional body. Know that you are connected to everything. Feel your own healing power and wisdom being stimulated, and your cosmic connection being intensified. Feel the peace and joy within your own spirit. As you bathe in this magical healing shower, know that you are now cleansed inside and out. You are in peace and harmony. You are in vibrational harmony with all good things. Now, feel that your energy has been refreshed and revitalized.



MAYA

SPIRITUAL COUNSELING • TAROT
904-476-0113 pamela5268@att.net

Lighten Up, Laugh it Off



Over 300 herbs & spices
IN STOCK

Leaves & Roots

9434 E. Colonial Drive
Orlando, FL 32817
www.leavesandroots.com
407-823-8840
Email: leavesandroots@leavesandroots.com

Over 100 Essential &
Fragrance Oils
Herbal research
Aromatherapy
Supplies
Tapestries

Troubles come to pass, they don't come to stay



SPIRITUAL PATH FOUNDATION

**What you are to be,
you are now becoming**


Available for private sessions
Reiki treatments • Regressions • Shamanic Healing •
Counseling in person or by phone
Shamanic Warrior Key of Life Classes

www.spiritualpathfound.org
Email spiritweaver@bellsouth.net and
[Spiritweaver at www.spiritweavershaman.org](http://www.spiritweavershaman.org)

321-951-8774

1st Sunday PSYCHIC FAIR
\$10 for 15 minute reading

2nd, 3rd, 4th, 5th Sundays
Guest Speakers on
Metaphysical Topics



321-474-7348

\$3 fee
7:00 - 8:45pm

307 E. Lincoln Avenue
downtown Melbourne

ALPHABETICALLY BY COUNTY

Place your ad here for just \$5 per line. 20 characters per heading, 44 characters per line
Payment due 10th of the month before 321-722-2100 • Email and Paypal to HorizonsMagazine@aol.com

OUR PHONE DIRECTORY... 321-722-2100

ALACHUA COUNTY (352) GAINESVILLE (386) HIGH SPRINGS

A ROCK SHOP & MORE

HIGH SPRINGS EMPORIUM 386-454-8657
660 NW Santa Fe Blvd (441) Gemstone Jewelry

BOOKS & GIFTS

WILD IRIS WWW.wildirisbooks.com 352- 375-7477

CHURCHES

SERAPHIM CENTER & CHAPEL 352-505-3195
1234 NW 14th Ave Gainesville, FL 32601
<http://www.seraphimcenter.org>

HEALTH FOODS

EARTH ORIGINS MARKET 352-331-5224
EARTH ORIGINS MARKET 352-372-1741

BREVARD (321)

ACCESS BARS

DAWN C. MEYER, LMT (MA67581) 321-261-5975
Access Consciousness Bars (The Bars),
Massage, Reiki, Crystals & more Cocoa Village

ACUPUNCTURE

SUSAN HATHAWAY, Ph.D., AP 321-723-3017
2105 Palm Bay Rd NE Suite #2 in Palm Bay

ACUPUNCTURE AND LASER LIGHT THERAPY

David Rindge, LAc, DOM, RN 321-751-7001
1601 Airport Blvd, Suite 1 Melbourne, FL 32901
www.CooperativeMedicine.com
www.HealingLightSeminars.com

AROMATHERAPY, OILS

Aromatherapy & Classes by CINNAMON CARROLL
featuring doTerra CPTG Essential Oils. Sacred
Gardens House of Healing, 916 Columbus Ave
Melbourne. www.Sacred-Gardens.org

HERB CORNER 277 N. Babcock Melb 757-7522

JOY WALKER 321-652-6910
<http://joytwobme.younglivingworld.com>

MAMA JO'S SUNSHINE HERBALS 321-779-4647

VINCANNA HERBALS, AROMATHERAPY 473-9015
12 Stone Street, Suite 1 Cocoa, FL Gifts, more
<http://vincannaherbals.com/>

ASTROLOGY REPORTS

ANDREA de MICHAELIS \$22
3 month Future Prediction Reports.
By mail or email horizonsmagazine@aol.com

BOOKS & GIFTS

AQUARIAN DREAMS AIA Indialantic 729-9495

BOOKANDBEADOUTLET.COM 950 N. Courtenay
Pkwy Merritt Island 321.453.2665 50% off bks

CREATIVE ENERGY 952-6789
Crystals, Jewelry, Drums, Singing Bowls, Books
More! see pg 9 ad 835 E. New Haven Ave Melb

ENCHANTED SPIRIT 320 N. AIA CB 784-2213

OWL VISIONS Rev. Terri McNeely 292-9292
501 Florida Ave Cocoa Village 2-6pm call 1st

CHURCHES

CENTER FOR SPIRITUAL LIVING SPACE COAST
A Science of Mind Church Rockledge 474.2030

THE NEW WAY www.TheNewWay.us 458-7956

SPIRITUALIST CHAPEL OF MELBOURNE 961-5390
UU Church OF BREVARD www.uubrevard.org

UNITY OF MELBOURNE 10am Sundays 254-0313
1745 Trimble Rd www.unityofmelbourne.com

UNITY OF MERRITT ISLAND 452-2625
4725 N Courtenay 32953 unitymerrittisland.org

UNITY CHURCH ON THE SPACE COAST
2000 South St in Titusville 383-0195

GLUTEN FREE CAFE

THE BALD STRAWBERRY 321-458-5529
1248 Sarno Rd 32935 thebaldstrawberry.com

HEALTH FOODS

APPLESEED 1007 Pathfinder Rckldge 631-1444

NATURE'S MARKET & CAFÉ 254-8688

PINETREE HEALTH 777-4677

SUNSEED CO*OP Cape Can AIA 784-0930

THE JUNGLE ORGANIC AIA 773.5678

HERBS, OILS & GIFTS

HERB CORNER 277 N. Babcock Melb 757-7522

MAMA JO'S SUNSHINE HERBALS
1300 Pine Tree Dr. IHB 321-779-4647

HOME BIRTH SERVICES

PAM PEACH L.M. www.Birthingpath.com

HYPNOSIS

FREE MP3 AUDIO DOWNLOADS
Weight Loss - Stop Smoking
Discover the easy way to Self Hypnosis
www.hypnosis-works.net

MEDITATION, CDS MP3S

ANDREA de MICHAELIS \$10
Connecting With Your Angels, Guides, Teachers
Breath and Meditation since 1972
Make contact • Breathe awake The One inside
See horizonsmagazine.com/CD_Page/index.html
horizonsmagazine@aol.com 321-722-2100

PSYCHIC READERS

ANDREA de MICHAELIS 321-722-2100
Clairvoyant, accurate, illuminating see pg 12

JORIE EBERLE 321-638-0367
Spiritual Teacher, Reader, Advisor, Classes

ELLEN DOREEN Psychic/Medium 321-298-1624
www.ellendoreen.com MC/Visa/AmEx/Disc

KATHRYN FLANAGAN 321-458-7956
Advisor • Teacher • Tarot • Weddings

REV. TERRI MCNEELY 321-292-9292
Spiritual Advisor/Medium. Classes in Medium-
ship at Owl Visions Cocoa Village. Also
crystals, jewelry, essential oils and blends.

REV. APRIL RANE 321-639-8738
Psychic/medium & Channel-www.aprilrane.com
Also last Friday of month at Aquarian Dreams

MORGANA STARR 321-506-1143
Psychic-Medium, Classes. Private or group

AAMichael Gabriel AM St.Germaine Reader
lilapsychic@yahoo.com 321-264-8930

Please email feedback about readers to
horizonsmagazine@aol.com

SPIRITUAL DEVELOPMENT

ANDREA de MICHAELIS 321-722-2100
What's it all about? What's happening to me?
Working thru spiritual emergence
horizonsmagazine@aol.com see page 12

THERAPY

SPIRITUAL PATH FOUNDATION 321-951-8774
Reiki, Regressions, Shamanic Healings,
Counseling (in person or by phone)

WEBSITE MARKETING

GARY LEGGETT 321-544-5440
Website creation and marketing coach
FREE Consultation - Get Traffic!!
www.spacecoastwebsites.com

YOGA

SUNDARI YOGA STUDIO 321-613-5999
46 North Brevard Ave Cocoa Beach, FL
http://sundariyogastudio.com/

THE YOGA SPACE 321 223-4285
1103 W Hibiscus Blvd, West Melbourne 32904
http://theyogaspacemelbourne.com/

YOGA, MEDITATION

CLASSES, RETREATS

YOGA SHAKTI MISSION 321-725-4024
Books available by Ma Yoga Shakti
3895 Hield Rd in Palm Bay (see page 31)

ZEN MEDITATION

OPEN MIND ZEN openmindzen.com 427-3511
Al Rapaport/Sensei•Breathwork•Zen Dialogue

BROWARD (954) FT. LAUDERDALE

BOOKS & GIFTS

ANGEL HAVEN Las Olas Blvd Ft Laud 522-4720

CENTER FOR HUMAN DEVELOPMENT
5809 Hollywood Blvd. Hollywood, FL
954-989-6400 www.espcenter.com

CRYSTAL VISION 3160 Stirling Rd 981-4992

DIVINE LOVE INSTITUTE 954-920-0050
Hollywood, FL www.divineloveinstitute.org
Gifts, Free Reiki Circle, Life Coaching,
Akashic Record Certification, Angel Work-
shops, Magnified Healing and IET Certification

NATURE'S EMPORIUM 755-2223

NEW AGE BOOKS & THINGS 771-0026
4401 N. Federal Hwy Fort Lauderdale

CHURCHES

RELIGIOUS SCIENCE FT LAUDERDALE
Center for Spiritual Living 954-566-2868

UNITY GATEWAY CHURCH 954-938-5222
3701 N. University in Coral Springs

UNITY CHURCH OF HOLLYWOOD 954-548-9320
2750 Van Buren Street www.unityoh.org
Services in Spanish 6pm Sunday in the sanctuary

HEALTH FOODS

HEALTH FOODS PLUS 989-3313
3341 Hollywood Blvd in Hollywood

WHOLE FOODS MARKET
810 University Drive Coral Springs 753-8000
7220 Peters Road in Plantation 236-0600
2000 N. Federal Hwy Ft. Laud 565-5655

WILD OATS MARKETPLACE 566-9333
2501 East Sunrise Blvd in Ft. Laud

PSYCHIC READERS

JANICE SCOTT-REEDER 954-698-6926
Tarotist and Astrologer, e/snail mail readings.
In person readings at the Cosmic Salamander

CHARLOTTE (941)

HEALTH FOOD STORES

EARTH ORIGINAL MARKET 941-255-2179

COLLIER COUNTY (239) NAPLES

BOOKS & GIFTS

SACRED SPACE 239-390-2522

CHURCHES

UNITY OF NAPLES Books, gifts 775-3009

HEALTH FOOD STORES

EARTH ORIGINS MARKET 239-434-7221

FOR GOODNESS' SAKE 353-7778

FOOD & THOUGHT MKT CAFE 213-2222

NATURE'S GARDEN 643-4959

SUN SPLASH Market & Cafe 434-7721

SUNSHINE Discount Vitamin 941-598-5393

DUVAL (904) JACKSONVILLE

BOOKS & GIFTS

BLACK SHEEP BOOKS 880-1895
9735 St. Augustine Road Jacksonville 32257

EARTH GIFTS www.earthgifts.com 389-3690

SPIRITUAL UPLIFTS 904-571-2586
3491 Pall Mall Dr Jax32257 spiritualuplifts.com

CHURCHES

COSMIC CHURCH OF TRUTH 904-384-7268
1637 Hamilton Street - in Jacksonville

UNITY CHURCH FOR CREATIVE LIVING
2777 Race Track Rd Jax 904-287-1505
www.unityinjax.com/

HYPNOSIS, CHANNELING

INNER FOCUS COACHING 904.270-9686
Get YOUR questions answered! Explore Past
Lives, (Dolores Cannon QHHT). Channeling of your
Higher Selves. Phone, Skype, In Office. Email
heather@innerfocuscoach.com

ESCAMBIA (850) PENSACOLA

UNITY OF PENSACOLA 850-438-2277
716 N. 9th Ave. www.unitypns.com

FLAGLER (386) PALM COAST

ART, GIFTS, GATHERINGS

THE SOURCE LIMITED 386-437-3230
4601 East Hwy 100, Unit F-3 Bunnell 32110

HIGHLANDS (863) SEBRING

CHURCH, CLASSES

UNITY LIFE ENRICHMENT CENTRE 863-471-1122
10417 S. Orange Blossom Blvd, Sebring 33875
http://www.unityofsebring.org

HILLSBOROUGH (813) TAMPA, LUTZ

BOOKS, GIFTS, READINGS

MYSTIKAL SCENTS 813-986-3212

GAIA SPIRITUAL DOORWAYS 813-943-3666
26300 Wesley Chapel Blvd, Lutz Florida 33559
http://www.gaia-spiritualdoorways.com/

INDIAN RIVER (772) VERO, SEBASTIAN

ACUPUNCTURE

COMPLEMENTARY MEDICINE 772-766-4418

BOOKS & GIFTS

SPARK OF DIVINE 772-257-6499
1789 Old Dixie Highway Vero Beach, FL 32960

CHURCHES

UNITY OF VERO BEACH 772-562-1133
950 43rd Ave 32960 www.unityofvero.org

LEE COUNTY (239) FT. MYERS

BOOKS & GIFTS

THE LABYRINTH 239-939-2769
12995 S. Cleveland Avenue #108

CHURCHES

UNITY OF FT. MYERS 239-278-1511
www.unityoffortmyers.org

LEON CTY (850) TALLAHASSEE

BOOKS & GIFTS

CRYSTAL CONNECTION 878-8500
1233 Apalachee Parkway in Tallahassee

STONE AGE Tallahassee Mall 383-0233

HEALTH FOOD STORES

HONEYTREE 1616 N. Monroe St 681-2000
NEW LEAF MARKET 942-2557

MARION COUNTY (352) OCALA

BOOKS & GIFTS

SOUL ESSENTIALS Ocala 352-236-7000
Crystals, rocks, gems, unique gifts, healing gifts
805 SE Ft. King St jensoul@embarqmail.com

CHURCHES

UNITY OF OCALA 101 Cedar Road 352-687-2113

HEALTH FOOD STORES

EARTH ORIGINS MARKET 352-351-5224

OCALA GHOST WALKS

www.ocalaghostwalks.com 352-690-7933

MARTIN COUNTY (772) STUART

BOOKS & GIFTS

DREAMCATCHER 772-692-6957
Emerald Plaza 1306 NW Federal Hwy Stuart
http://www.thedreamcatchersweb.com

MYSTIC CHRONICLE 772-468-0111

HEALTH FOODS/CAFE

PEGGY'S 5839 SE Federal Hwy 286-1401

SPIRITUAL CENTERS

UNITY OF FORT PIERCE 461-2272
3414 Sunrise oneness@unityoffortpiercer.com

MIAMI-DADE (305)

BOOKS & GIFTS

CELESTIAL TREASURES 3444 Main Hwy 461-2341

9TH CHAKRA 1621 Alton Rd Miami Bch 538.0671

FAIRY'S RING 86 Miracle Mile 446-9315

HEALTH FOODS

WHOLE FOODS MARKET
21105 Biscayne Blvd in Aventura 933-1543
1020 Alton Road Miami Beach 938-2800
WILD OATS MARKETPLACE 532-1707
WILD OATS MARKETPLACE 971-0900

MONROE (305) KEYS, KEY WEST

HEALTHFOOD/JUICE BAR

GOOD FOOD CONSPIRACY 305-872-3945
US 1, Mile Marker 30 on Big Pine Key

MASSAGE & COLONICS

CAROL CHRISTINE 305-849-3263
1217 White Street in Key West, FL 33040

NEW AGE BOOKS, GIFTS

BLUE MOON TRADER 872-8864
CRYSTAL LOFT 872-9390

OKALOOSA (850) FT. WALTON BCH

CHURCHES

UNITY CHURCH FWB 864-1232

HEALTH FOOD STORES

FEELIN' GOOD! Hwy 98 Destin 654-1005

GOLDEN ALMOND FWB 863-5811

YOGA, CLASSES, MORE

THE BAREFOOT YOGA STUDIO 850-678-8498
www.thebarefootyogastudio.net

ORANGE COUNTY (407) ORLANDO

BOOKS & GIFTS

AVALON Hillcrest St in Orlando 895-7439
SPIRAL CIRCLE 750 Thornton Orlando 894-9854

CHURCHES

CENTER FOR MIND BODY SPIRIT CONNECTION A
Religious Science Church 407-671-2848
www.mindbodyspiritone.com

CENTER FOR SPIRITUAL LIVING 407 601-1169
709 Edgewater Dr. Orlando, Florida, 32804
www.orlandoreligiousscience.com

HERBAL CONSULTS

DAWN'S ENCHANTED GARDEN
Live Oak School of Natural Healing
352-669-1963 and 407-967-6042
Dawn @ Dawnsenchantedgarden.com

HERBS, GIFTS

LEAVES & ROOTS 407- 823-8840
9434 E. Colonial Drive in Orlando

MEDITATION CLASSES

BRAHMA KUMARI MEDITATION CENTER
FREE Meditation Classes www.bkwsu.org
407-228-0026 CALL 407-493-1931

MEDITATION GALLERY

SHIRDI SAI BABA CENTER 407-830-1276

PALM BEACH (561)

BOOKS & GIFTS

EXPEDITO ENLIGHTENMENT CTR 561-682-0955
CHANGING TIMES 640-0496
CRYSTAL CREATIONS 649-9909
SECRET GARDEN 844-7556
SHINING THROUGH 276-8559
DREAM ANGELS 561-745-9355
SPIRITUAL AWAKENINGS Lk Worth 561-642-3255

CRYSTAL GARDEN 369-2836
2610 N. Federal Hwy Boynton Beach

COFFEE & GIFTS

MOTHER EARTH COFFEE & GIFTS 561-460-8647
410 2nd Avenue North in Lake Worth, FL 33460

CHURCH / CLASSES

UNITY OF THE PALM BEACHES 561-833-6483

HEALTH FOOD/CAFES

NUTRITION S'MART 561-694-0644
4155 Northlake Blvd Palm Bch Gardens
www.nutritionsmart.com

HEALTH INSTITUTE

HIPPOCRATES HEALTH 561-471-8876
http://hippocratesinstitute.org WPB 33411

SPIRITUAL DEVELOPMENT

ANDREA de MICHAELIS 321-722-2100
Phone Sessions • What's happening to me?
Working thru spiritual emergence
Email horizonsmagazine@aol.com

PASCO CTY (727)

BOOKS & GIFTS

SOUL SANCTUARY 727-378-8593
7135 State Road 52 #302-303 Hudson, FL 34667
The Healing: Wed@7pm / Celebration: Sun7pm
http://soulsanctuary-cmc.com/

PINELLAS (727)

ST PETE, CLRWATER

BOOKS & GIFTS

MYSTIC GODDESS Largo 530-9994
OTHER WORLDS St. Pete 345-2800

CHURCHES

UNITY OF CLEARWATER 727-531-5259
PEOPLE'S SPIRITUALIST CH 727-823-5506
TEMPLE OF LIGHT 727-538-9976

HIGHER LEARNING

COLLEGE OF METAPHYSICAL STUDIES 538-9976
Distance or on campus classes, www.cms.edu

HEALTH FOOD STORES

EARTH ORIGINS MARKET St. Pete 727-347-5682
EARTH ORIGINS MKT Palm Harbor 352-786-1231

ST LUCIE (772)

BOOKS, GIFTS, EVENTS

THE OWL BUTTERFLY 772-242-8166
US-1, Port St Lucie 34952 theowlbutterfly.com

SPIRITUAL CENTERS

CRYSTAL CENTER OF ILLUMINATION 465-9327
Course In Miracles, TM, Tai Chi & Yoga

SARASOTA (941)

BOOKS & GIFTS

ELYSIAN FIELDS Midtown Plaza 941-361-3006

HEALTH FOOD STORES

EARTH ORIGINS MARKET Beneva Rd 941-365-3700
EARTH ORIGINS MARKET Stickney 924-4754

SEMINOLE (407) SANFORD

CHURCH, BOOKS, GIFTS

UNITY CHURCH OF CHRISTIANITY
4801 Clarcona Ocoee Rd ORL 407-294-7171

CRYSTALS AND GEMS

TIMELESS TREASURES 407-321-7100
Flea World - Sanford - A/C GOLD Bldg #18-20

GIFTS, CONSULATIONS

LUNASOL ESOTERICA Sanford 321-363-4883

HEALTH FOOD STORES

EARTH ORIGINS MARKET 407-936-9470

SPIRITUAL COUNSEL

PSYCHIC MEDIUM TORRE' 321-439-3073
Teacher, Healer www.venusinvelvet.com

VOLUSIA (386) DAYTONA, NEW SMYRNA, DELAND

BOOKS AND GIFTS

CASSADAGA CAMP BOOKSTORE 228-2880
Certified Mediums Available Daily

ENCHANTED BOTANICALS 386-478-0341
120 South Woodland Blvd. Deland, FL 32720

CHURCHES

CASSADAGA SPIRITUALIST CHURCH 386-228-3171
1250 Stevens Street, Cassadaga, FL

COMMUNITY UNITARIAN UNIVERSALIST CHURCH
1108 N. Dixie Highway (US 1) New Smyrna
Beach Sundays at 10:30 am www.dbcuuc.org

HERBS AND GIFTS

SPICE OF LIFE HERBS 734-0035
214 W. Beresford Ave Deland Open Wed 11-6pm
Thurs, Fri, Sat 11-5pm spiceoflifeherbs.net

PSYCHICS ROCKS, GEMS

PURPLE ROSE in Cassadaga 386-228-3315

GEORGIA

BOOKS & GIFTS

PHOENIX & DRAGON 404-255-5207
5531 Roswell Road • Atlanta, GA 30342
inside I-285 www.phoenixanddragon.com
Unique gifts, jewelry, psychic readings

Morgana Starr

Featured on Best TV Network,
Sisters for the Soul



Psychic Medium

Angel Communicator

March 19th

**Psychic Development Class
at new Melbourne location**

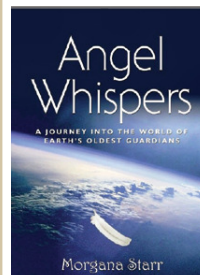
Internationally known for her work directly
with Archangel Anael,
her books, and group
or private sessions. Her
readings help clear
negative blockages like
anger & fear, leaving you
feeling peace, hope and
a new direction. She is
the go-to Psychic for Celebrity Lacey Wildd,
Reality TV Star and Actor, who has been
featured on MTV, LIFETIME, TLC, 20/20.



15 MIN. READINGS, ONLY \$40.
PHONE & IN PERSON

**New Show: Angels Unveiled
debuting March 13th!**

"3 Simple Ways to Connect with
your Angels" available on website for
FREE (\$30 Value).



**Purchase a
signed copy
of Angel
Whispers from
her website**

Sign up for her
newsletter at

www.MorganaStarr.com

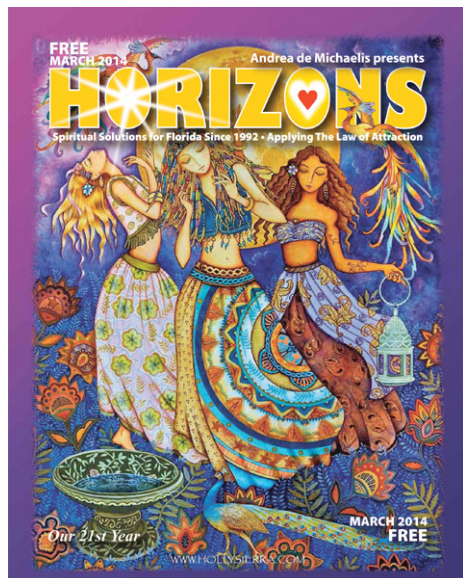
321-506-1143

Find me on Facebook!

COVER ART

Moon Dance

By Holly Sierra



For quite some time, memories of tantalizing evenings in my youth, Beltane Fire Dances and evocative music from the past have banded together, urging me towards the creation of this painting. In the tradition of 'King Harvest' and Van Morrison's 'Moon Dance' this painting captures the joyful celebration of summer nights,

twinkling stars, good friends, free spirits and merriment amongst the fireflies! My paintings are about color, magic and mystery. I am inspired by languorous meadows, the buzz of the honeybee, the wildflowers of the wood and the moon's reflection in the sea! I love creating Goddess and Mystical beings. My paintings are filled with decorative details from a myriad of ethnic cultures and mystical lore.

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

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

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

Visit www.hollysierra.com Email hollysierra@yahoo.com

SUGGESTED READING WATCHING LISTENING



CDS:

Relaxation Zone by Dean Evenson www.soundings.com
Reiki OM by Dean and Dudley Evenson www.soundings.com
Getting into the Vortex Guided Meditations CD and User Guide by Esther and Jerry Hicks

BOOKS:

The Honeymoon Effect by Bruce H. Lipton, Ph.D.
Osho, The First Buddha in the Dental Chair: Amusing Anecdotes by His Personal Dentist by Swami Davageet
Paranormal, My Life in Pursuit of the Afterlife by Raymond Moody, MD
Emotional Equations, Simple Truths for Happiness by Chip Conley
Spiritual Partnership by Gary Zukav
Be Love Now, The Path of the Heart by Ram Dass
The Seeker, the Search, The Sacred by Guy Finley
Dreaming Heaven by Gentry/McCormick/Rico/Walden
The Physics of Miracles by Richard Bartlett, DC. ND
The Now Effect by Elisha Goldstein, Ph.D.
How to appreciate an Aries by Mary English
Question Your Thinking, Change the World by Byron Katie
How to Hear Your Angels by Doreen Virtue, Ph.D.
Healing Words from the Angels Doreen Virtue, Ph.D.
The Age of Miracles by Marianne Williamson
The Hidden Spirituality of Men by Matthew Fox
The Secret Life of Water by Masaru Emoto
The Miracle of Water by Masaru Emoto
Understanding Human Design: The New Science of Astrology:
Discover Who You Really Are by Karen Curry

From <http://www.johnhuntpublishing.com/>

The Angels' Book of Promises by Billy Roberts
The Transformational Truth of Tarot by Tiffany Crosara
Bedtime Stories For Elders by John Robinson
Good Living in Hard Times by Stafford Whiteaker

WWW.ABRAHAM-HICKS.COM

Ask And It Is Given
Money & Manifestation
The Astonishing Power of Emotions
The Law of Attraction: Teachings of Abraham
From Grief To Joy: Moving Up The Emotional Scale
Money and the Law of Attraction: Learning to Attract
The Vortex, Where Law of Attraction Assembles All Relationships
Getting into the Vortex Guided Meditations CD and User Guide

MUST SEE DVDs

Project Happiness

The Secret Behind The Secret www.abraham-hicks.com

The Secret - the Original edition with Abraham-Hicks. It's the one with "the secret" actually in it, although The Secret "extended version" (with Abraham-Hicks edited out) has good info also, it just left out the actual "Secret" with the deletion of Abraham-Hicks.



OPEN MIND ZEN

...continued from page 13

mountain appears solid, then empty, then as form manifesting emptiness.

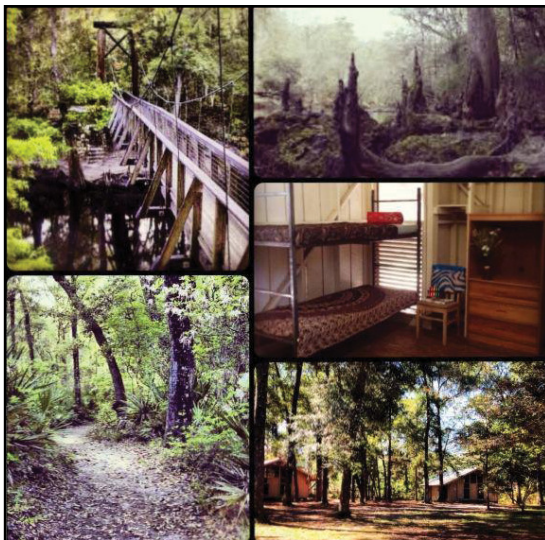
Those with deep meditation experience know that the third stage of there being a mountain again is experientially very different from the initial state. It describes a way of seeing the universe in which all forms (sounds, tastes, sights, etc.) are seen as not simply being empty, but as expressions of emptiness. A mountain is just a mountain, a sound just a sound. Both aspects have to be experienced in order to understand Zen. Unfortunately, many meditative systems only teach discovery of emptiness, and do not teach that remaining attached to that realization is a serious dilemma. So, according to this teaching, everything in the universe is empty, including our self. If we can fully experience this fact it is a tremendous relief. Why carry around a dead self that is actually a concept rooted in non-reality? It takes a tremendous amount of energy to maintain the nonexistent self. There is, however, a lingering sense of self that at first defies all efforts to let go of it. No matter how many times we are told that the self is unreal, it feels as if there is an observer. This feeling that the observer or self exists is the root of our problem with meditation and our life. To solve this dilemma, we must go

beyond our normal, intellectual way of viewing reality - go deeply into the mind/ body feeling of separateness. Since the body is the only way we have of feeling anything, we cannot overlook it in our spiritual search. Remember, mind and body are one - when we meditate we must employ everything at our disposal in our search for oneness.

It is important to see that emptiness does not negate individuality. Each particular person is completely individual and unique without having to do anything about it, and yet a powerful experience of emptiness destroys the concept of a self separate from everything around it. It's like the five fingers on a hand - each finger is totally unique and different from the others, and yet they are all connected. A finger that does not realize it is part of the hand can't function when the hand is called upon to perform a task. Likewise, if we insist on clinging to the illusion of separateness, our vital energy and ability to function in the world is hopelessly impaired. We feel that we are continually swimming against the river of life instead of letting it carry us to our goal.

This concept of emptiness is not unique to Zen. In the Bible, for instance, it is said that we are made in God's image. This image of God, which is the totality of the universe in its pre-conceptual state, is the realization we attain through meditation. Thus we could just as easily substitute the word God for emptiness although both have their conceptual traps: God can too often bring up anthropomorphic associations, whereas emptiness can bring up nihilistic ones. We have to always remind ourselves that the experience is the important thing, not how we describe it.

...continued on page 29

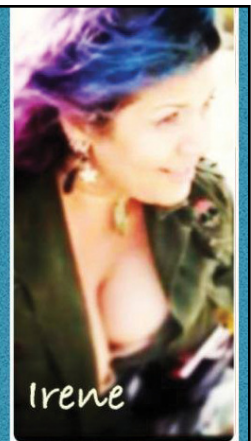


The Master Within Presents

"Balancing the Shift" Holistic Retreat

April 8th-10th 2014

At O'Leno State Park
High Springs, FL



A 3 day journey of self-discovery "An Interactive Experience Buffet"

Featuring: The 7 Stations of Zen, Guided Meditations and Journeys, Food Healing Menu, Color, Crystal, and Vibrational Experiences,

Vendors, Guest Speakers, Free Demos from our local Holistic Community

\$370 for package includes: accommodations/ meals/ workshops /activities.

Group and couples rates available. For more details and to book your

package, visit our Website and Facebook Page. 386-697-8400

<https://www.facebook.com/themasterwithin> <https://www.keipsake.com/balancetheshift>

Presented by:





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."*

8. In addition to your meditation time, spend at least 10 minutes twice a day in creative visualization, visualizing such as this: *You are sitting and feeling an expanded awareness around you. As you breathe, you sense your energy field expanding, getting larger with each breath. You feel yourself becoming very magnetic and you begin attracting thoughts that answer questions you have been asking the universe. You feel your psychic perception becoming enhanced and you feel your third eye opening. You feel that your magnetic self causes those with questions to reach out to you, and you are able to attract the appropriate answers for them. You feel connected to them and to the Universe around you.* This exercise is like priming the pump to get the water flowing.

9. For 90 days, take a drug and alcohol fast. This just removes another layer of clutter that clouds accurate perception. If you have to medically take a prescription, do so.

10. For 90 days, eat lightly and eat as few processed foods as possible. If it is processed, it has a label. Fresh vegetables, meats and fruits are not considered processed. This eases the layer of digestive process. I don't eat 2 hours before a reading, so the cells of my body are not all involved in digestion. When I do a reading, I want to be able to tune into the person with every cell of my body, as well as with my intuition.

11. Get outside in nature as often as you can, just to contemplate a natural scene with natural sounds. Take note of signs and symbols in the form of birds or animals you see, cloud formations, anything that catches your eye. For everything that catches your eye and makes you notice it, ask internally, *"What message do you have for me?"* Take note of the answer, even if it does not make sense. You take these notes to piece them together later.

12. Test yourself often. Tell yourself that you are becoming in tune with whoever will be calling next. When the phone rings, who is the first one that comes to mind?

13. Test yourself while driving. Tell yourself that you are becoming in tune with the drivers around you. Ask what the driver ahead of you will do and where he will turn.

14. Test yourself on the way to work. Tell yourself you are becoming in tune with your co-workers. Ask who you will see first, who will speak to you first, and what someone will be wearing today.

15. Test your power of prediction. Tell yourself you are becoming very successful with predictions. Make some predictions for each day, whatever comes to mind. Keep note of them to check later.

16. Test yourself with the lottery. Tell yourself you are becoming successful at choosing lottery winners. Make a note each morning of your lottery number choices for the day and check them each night. When you begin to see a pattern, buy a ticket. Following it without buying a ticket is good practice - no resistance!

17. Test yourself with your friends. Tell yourself you are becoming very in tune with them. Ask a few close friends to each put a sheet of white paper on top of a dresser, face up, with 4 numbers written on it in giant letters. For each one, ask "What are the numbers? What color is the paper? What color are the letters?"

18. If you are going to be doing readings during this time, **avoid any temptation to give broad, general statements** if you feel the information is not coming forth quickly enough. This is a mistake many novices make. It's one case where "fake it til you make it" is not cool. Mostly because if you're talking, you're not listening for guidance. And you should be more focused on listening for that quiet voice, than you are wondering if your client thinks you're taking too long to tap in and answer.

19. Practice channeling for yourself. Write a question and tell yourself that the answer will be given through you. Sit and follow your breath as you wait for an answer. You may repeat the question in your mind. Write what comes to you, as it comes. *If it's one word, write that word. Don't wait for the next word or for a sentence to come.* If you are doing it verbally with a recorder, say each word as it comes. If you wait for an entire sentence, that's not how it works. Especially in the beginning. *If you get just one word, don't make up an entire sentence around that word unless you get one. That's another mistake novices make. Don't fill in the blanks.* After you've been at it awhile, it will become easier and you'll get more at a time.

20. Record your dreams. Before you go to bed, place a notebook and pen and light within easy reach in case you have any dreams to record. Once again in your mind, go over your creative visualization in #8 above, that your awareness is expanding and your perception is becoming enhanced. Your third eye is opening and your psychic abilities are ever increasing.

After 90 days, you will find your nervous system more attuned to subtleties in the energy field around you. You will find your abilities enhanced and they will continue to grow as you exercise them. Keep me posted with your progress.

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

Enjoy our offering this month.
Hari Om.

Andrea



OPEN MIND ZEN

... continuee from page 27

Samadhi& Satori

There are two more Sanscrit terms which are useful to understand, mainly samadhi and satori. Classically, these words can have numerous meanings, but in Zen practice samadhi normally refers to the constantly deepening state of effortless concentration which develops from prolonged meditation. This state is often accompanied by feelings of bliss, centeredness and well being, and has many different levels of experience inherent in it. This state, however, differs from the experience of satori, which is an instantaneous awakening to one's own true nature, or we could say the true nature of the entire universe.

Various meditation methods are employed by different systems depending on whether the experience of satori is being emphasized, or the experience of samadhi. Even the two major schools of **Japanese Zen** have differing opinions in this regard. In the **Soto School**, **shikan taza** or just sitting is taught, with the idea being that a gradual deepening will result in eventual insight. Conversely, the **Rinzai School** uses **koan practice** as its primary tool in an attempt to push the student to experience a radical opening, or satorias soon as possible. This battle between the philosophy of gradual awakening verses instant enlightenment has been going on in **Zen** circles for over 1,000 years! Both of these methods have their strong and weak points, and we should be very clear as to what these are. Ideally, we should have the experience of both shikan taza and koans in order to achieve a balanced understanding.

It seems that the determining factor when evaluating a course of practice is our own personality type. Those who love intensity or going for it are the ones that can handle the intensity of koan practice, which can result in a relatively quick experience of enlightenment. The danger in this method is twofold. Number one, the initial experience is often very shallow, and those that mistake their limited experience for total realization can seriously fool themselves if they discontinue meditation practice. Number two, it can lead to a very goal oriented attitude about spiritual practice, which may work in the short term but can hinder progress in the long run.

Those who are more the slow, steady type often identify with the gradual cultivation of awareness over time. Eschewing spiritual materialism, these practitioners see the tangible effects of meditation over the course of their lives. Eventually, this gradual opening does result in satori, but it can take many years to achieve. The advantage of this method is that when opening does occur it usually is very deep. When doing gradual practices, though, we must guard against falling into a blissful or soporific state in which the edge of true inquiry is allowed to wane. However, many long time meditators find that changing techniques or focus at various times is the best course, as one's needs vary throughout one's life. This works well provided we explore the practice we are practicing to a very deep level, and not just quickly jump from technique to technique indefinitely. We begin our journey with the **Zen Dialogue Method**.



Ask Whitedove

... continued from page 15

strange because I find myself surrounded with only a small group now. *What happened to my peeps?* - **Feeling Alone**

Dear Alone, Spiritually speaking, there is a quickening happening. Some of us are experiencing relationships like a revolving door. Why, because we come to Earth to learn lessons for our souls growth. We are working through our karma both positive and negative and we do this because we made agreements in Heaven. These agreements are called Soul Contracts. We meet up with souls/people with whom we need to work out past karma. Then we move on. Next! Another soul comes waltzing into our life; we work on our karma and move on. So as your relationships come to a close, you might want to take stock. What did you learn from that person? What did the person take-away from their interactions with you? There is a lesson in everything. Life is a journey and it's a natural process that we outgrow relationships, religions, careers and even family members. Outgrowing means growth is happening and that's positive! Just remember; you are never alone. Your unseen support team is always there for you. So, call upon God, your angels and spirit guides because they are truly your best friends

Dear Whitedove: A good friend of mine has been struggling with some very difficult family issues. Although these issues are no fault of her own, she has guilt about the situation. She goes through all the "What If" scenarios and the guilt weights heavy on her. From an outsider's perspective, I can clearly see that she did everything right and I give her positive encouragement. Ironically, this week I am facing the very same family crisis. And now I am assessing blame on myself even though intellectually I know that I'm not responsible. *What the heck is our problem?* - **Blaming in Buffalo**

Dear Blaming, Often times we feel a deep sense of responsibility for those that we love. That's why it is important to do your best in-the-moment so that you don't have any regrets later. I see that you've been a cheerleader and a confidant to your friend. Now you are mirroring to each other; a scenario that needs to be understood from a different viewpoint. This is an important spiritual lesson for you both. Stop the self-blame and guilt, these are wrongly placed negative emotions. Don't be a martyr, use the mirroring to your advantage, take stock of all positive aspects that you see in your friend and apply compassion to heal this wound. Negative emotions rob you from your peace. Life is difficult enough, so be kind and gentle with yourself. You are not responsible for the choices that others make. You can guide your family, mentor and teach them but ultimately their path is their own.



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

HOROSCOPES MARCH 2014

Aries: May 20 to April 19 "I Am." This month, you may be traveling at the drop of a hat to connect with a long lost relative from the past. Your journey this time around has brought you to your knees in ways you never thought possible. Your experiences have taught you to access your intuitive gifts, and to live by them.

Taurus: April 19 to May 20 "I Have." You have found within you a strong sense of self and a will to survive. You have been through so much in the past 5 years, anybody else would have given up. Now is your time to shine; you have the dreams and ideas to put into action to be successful.

Gemini: May 20 to June 21 "I Think." You may be consumed with the family history of your life. You are destined to share your life's history with children, grandchildren and great grandchildren to preserve your heritage. In your end times, your life will come full circle with healing and forgiveness at a very old age.

Cancer: June 21 to July 22 "I Feel." Whatever has been hidden is knocking at your door to be released. You are here to perpetuate peace, love and family values. Your behind the scenes career may be changing, you may find yourself at a spiritual retreat for rest and rejuvenation to get clear on your next move.

Leo: July 22 to August 22 "I Will." In your efforts to reevaluate your financial climate, get clear on where your money is going. Your lesson this month is to learn the correct way to delegate your resources for yourself and others. Security and serenity will be very important for you all year long.

Virgo: August 22 to September 22 "I Analyze." This month you will be busy getting to know your neighbors; maybe a door to door March of Dimes campaign or an activist in local affairs. There is something that is very important to you that you have been wanting to communicate with your family, but the time has not been right. After the 10th of March, you will find the perfect time to connect.

Libra: September 22 to October 23 "I Balance." With Retrograde Mars in your sign, you will be very active in the planning of your home remodel. Just like your own life, look to your foundation to make lasting positive changes, as well as your home to strengthen any flaws and repair damages.

Scorpio: October 23 to November 22 "I Transform." March is a month of increased sunshine that will help you learn how to relax and have a good time more often. In your moments of peak experiences, you will be divinely guided towards trying new and unusual ideas towards increasing wealth in your life.

Sagittarius: November 22 to December 21 "I Perceive." In your efforts to take pride in your work, now is the time to get organized from the inside out. Start with your health, exercise and eat right according to your body type. Keep a journal with positive affirmations and prayers of forgiveness. Everything else will balance out.

Capricorn: December 21 to January 19 "I Use." In the last six months, you have paved the way towards harmony and good relationships on the job. In your efforts to win your coworkers over, tone down the cakes, cookies, and donuts. Some have issues with self control, find another way to win their hearts other than sugar.

Aquarius: January 19 to February 18 "I Know." This month, you have a high desire for more intellectual stimulation. You might be planning your garden, looking up recipes or taking on line classes to improve your skills. Good advice is for you to be clear in your communication and agreements with family, friends and employees.

Pisces: February 18 to March 20 "I Believe." There is a lot behind the scenes that you are sensitive to this month. This is a time to sew up any last minute changes and finish projects that have been on the back burner, keep up your spiritual practice because it is the key to your success.



Visa / MC accepted
Email barbaraleellc@gmail.com
www.IntuitiveReflections.com

Psychic & Astrological
Phone Consultations
Astrological Chart Service

Barbara Lee
208-640-9524

Order a Natal Report
receive a one month
Transit Report FREE



Wildwood Botanicals Premium Massage Lotion & Cream
Visit website at www.wildwoodbotanicals.net
Email info@wildwoodbotanicals.net

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



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

Annual Friends of the World Gathering Sunday March 16, 2014 Noon to 4pm



We have such fun this day, under the giant pavilion watching the performers, the cultural dances and music, eating the yummy international food, checking out the vendors. In an atmosphere of openness and genuine appreciation of each other's special talents and



cultural heritage, we promote understanding and friendship of all races and cultures.



* Still accepting vendors for the event *

If you are interested in having a booth (only \$15, you bring your table and chairs), performing, or helping us to spread the word, we appreciate it.

Contact:

YOGA SHAKTI MISSION

3895 Hield Rd NW Palm Bay

321-725-4024

Email yogashaktipalmbay@gmail.com

Visit www.yogashakti.org

HORIZONS MAGAZINE
575 Escarole Street S.E.
Palm Bay, FL 32909-4802



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

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

Quality Paperback Revised Edition

PHILOSOPHY: One Reality,
Life, Power, and Substance

- Categories of Cosmic Manifestation
- Understanding Your True Nature
- Fundamentals of Yoga Practice
- Awakening Your Inner Potential
- Enlightenment

LIFESTYLE: Discover the Purpose for Your Life • Be in Tune With the Infinite • Fulfill Your Life-Enhancing Desires • Be Prosperous in All Aspects of Life

- The Science of Self- and God-Realization

MEDITATION: Mantra and Primordial Sound Meditation • Expansion of Consciousness • Moving Awareness Through the Vital Centers • Routines for All Levels of Practice

160 pages 6 x 9 format
\$7.00 plus \$3.00 postage

Center for Spiritual Awareness
P.O. Box 7
Lakemont, Georgia 30552-0001

With credit card (weekdays)
706-782-4723 8 a.m. – 3 p.m.
info@csa-davis.org

Order online at:
www.csa-davis.org

A COMPREHENSIVE COURSE IN
HIGHER LEARNING AND SPIRITUAL
PRACTICE IN THE KRIYA YOGA
TRADITION

SEVEN LESSONS IN CONSCIOUS LIVING

*Philosophical Principles, Holistic
Lifestyle Guidelines, and Effective
Meditation Routines*

**ROY
EUGENE
DAVIS**

A Direct Disciple
of Paramahansa
Yogananda



Also Available—Spanish Language Edition
Siete Lecciones para Vivir Conscientemente
Or Read or download FREE at **www.csa-davis.org**

Frequently Visit Our Web Site

Free: Read Truth Journal and articles in several languages.
Video and audio talks by Roy Eugene Davis.
Meditation seminar and retreat schedules.
Order Books, DVDs, and CDs online.

www.csa-davis.org