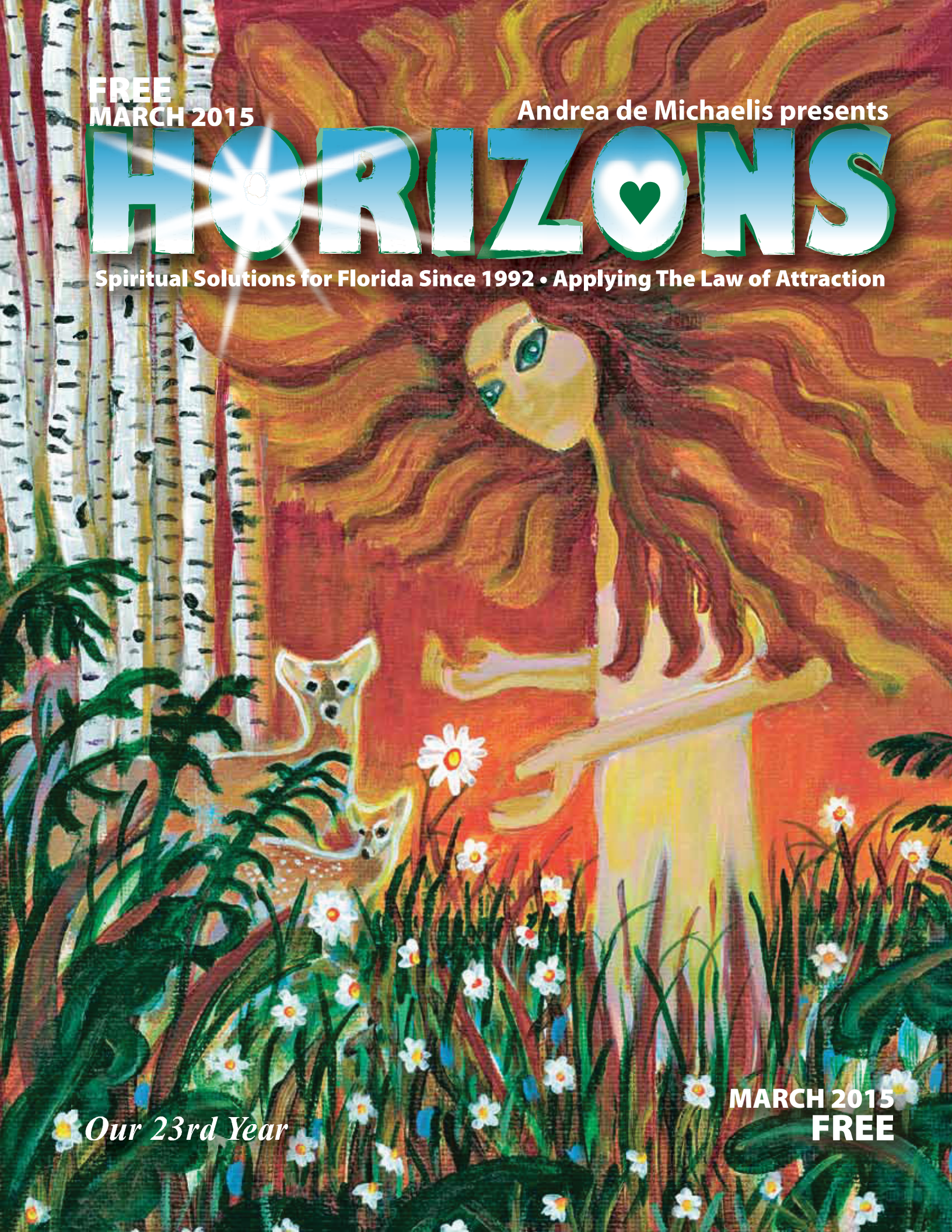


FREE
MARCH 2015

Andrea de Michaelis presents

HORIZONS

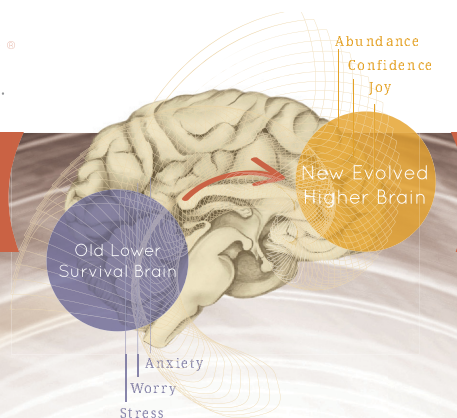
Spiritual Solutions for Florida Since 1992 • Applying The Law of Attraction



Our 23rd Year

MARCH 2015
FREE

HIGHER BRAIN LIVING®
A new brain. A new beginning.



A NEW BRAIN. A NEW BEGINNING.

Transform fear and open to a lifetime of joy, passion and purpose.

Become certified in
Higher Brain Living®.

Do the work you were born to do.

Now, thanks to Higher Brain Living®, created by Dr. Michael Cotton - we can change the physiology of our brains.

This system creates a clear channel and powerful energy surge to the Higher Brain that opens a gateway to true, lasting, limitless and expansive higher living like no psychological, spiritual or physical healing modality on the planet.

Who becomes a Higher Brain Living® facilitator?

Passionate, educated leaders in psychology, life coaching, chiropractic, acupuncture,

homeopathy, yoga and other holistic fields choose Higher Brain Living® because it offers them an unprecedented way to help clients change, grow, evolve and "live with" lasting peace, happiness and confidence.

These leaders have discovered their area of expertise alone is not enough to facilitate the extraordinary spiral of positive change available exclusively through Higher Brain Living®.

Attend the **FREE PRESENTATION AND LIVE DEMONSTRATION** to learn how you can change lives!

Where: DoubleTree by Hilton - The Bahia Mar, 801 Seabreeze Blvd, Fort Lauderdale, FL 33316

When: Monday, March 16, 2015 from 6:30PM - 8:30PM (A/B Room)

For more info and to reserve your spot visit:
www.higherbrainlivingevents.com/florida

Free if Pre-Registered (\$97 at the door)

A Florida Destination for:

7 days a week

Complete Spiritual & Metaphysical services

Our Spiritual & Intuitive Practitioners:



Intuitive Spiritual Guidance & Chakra Balancing: *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.
30 - 40 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



Our Psychics, Mediums & Channels:

Author, Mark Anthony

Kim Cochrane

Laura Wilson * April Rane

Astrological Counseling: Bruce Orion



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
Chakras**



Children's Yoga, Healing & Intuitive Classes

Yogananda Teachings * Vegetarian Lifestyle

Reiki Certification * Aromatherapy

Armand & Angelina Concert

Intuitive Healing * Angels * Crystal Bowls

Yoga for Couples * Organic Gardening

Higher Consciousness * Intuitive Teens

World Religion * Native Flute Workshop



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

SUNDAY Services
10:00am

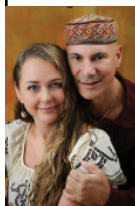
Rev. Beth Head welcomes you

Join us in 2015 ~ A Journey of Spiritual Discovery

Saturday, March 7: **The Connection Practice** –contact Jenny Battig 223-7081
This course is recommended for parents or teachers who want to be able to teach their kids better strategies for interacting with others in a non-violent way, as well as adults who want to strengthen their own tools

Sundays, March 8 & 15 **Information about CHIP** – Complete Health Improvement Program – 11:30 am Kate Chiodini, CHIP Certified Facilitator www.chiphealth.com. CHIP is an affordable, lifestyle enrichment program designed to reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications. The goal is to lower blood cholesterol, hypertension, and blood sugar levels and reduce excess weight by improving dietary choices, enhancing daily exercise, increasing support systems and decreasing stress, thus aiding in preventing and reversing disease. For more information visit www.chiphealth.com.

Saturday March 14: **Family Day WALK MS 2015!** Join our team and walk or sponsor a walker. Register at www.unityofmelbourne.com T-shirts \$15



Wednesday: March 19 7:00pm: Concert: Paradiso & Rasamayi \$25 in adv/\$30 at door This sound healing concert features the world's largest crystal didjeridoo, ruby, diamond, citrine & tanzanite singing bowls, seed mantras, Chao Gong and more. Visit www.onlinesoundhealing.com.

Saturday, March 21, Living in Joy – Loving What Is – Martha Creek Facilitator 9am-4pm

Peace or Pain? You decide! Find out how, now! THE WORK of Byron Katie is a way of identifying and questioning the thoughts that cause all the fear and suffering in the world. **LOVE OFFERING BASIS, NO REGISTRATION REQUIRED. ALL ARE WELCOME.**



Sunday, March 22nd 12:00-2:00 PM Self Differentiated Living – Martha Creek Facilitator

This transformational workshop is designed precisely for a time of rapid changes and supports participants to:

- Develop courageous patterns of relating
- Learn to focus on strengths & cultivate options for future
- Boost confidence in responding to life's challenges
- Learn to lead with calm connectedness
- Guide self toward healthy functioning and presence
- Gain skill/mastery in staying present during difficult times

LOVE OFFERING BASIS, NO REGISTRATION REQUIRED. ALL WELCOME

www.unityofmelbourne.com

Watch our website for information regarding our upcoming move to our new location at 2401 N. Harbor City Blvd. or call our church office 321-254-0313

WAT PUNYAWANARAM

Brevard County's Learning Center Of The Buddha's Teaching, Meditation And Thai Culture

4490 Aurora Road Melbourne 321-255-1465 www.watpun.org

Visiting Hours: 7AM to 8PM Daily

Meditation 7 to 8AM * 7 to 8PM Daily

Thrift Shop: Wed to Sun 9AM to 4PM

Thai Food Served Sunday 10AM - 2PM

We are predominately Thai but many from other cultures join us. We have several Monks and Nuns of the Dhammayut Order in residence.



Community Unitarian Universalist Church



Welcomes you! We reach out to those who seek a spiritual home of diverse beliefs. We welcome Atheists, Agnostics, Buddhists, Christians, Jews, Muslims, Pagans and the Questioning. We welcome straight and LGBT people of all ages.

We meet at Dudley Memorial Chapel

1108 N. Dixie Highway (US 1) in New Smyrna Beach

Every Sunday at 10:30 am

www.dbcuuc.org



Sunday
Services
10:00 am



MINISTER
Rev. Rose M.
Whitham

Listen to our Sunday talks online

www.unitymerrittisland.org

4725 N. Courtenay Parkway

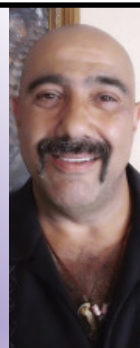
Merritt Island, Florida 32953

321-452-2625

Email info@unitymerrittisland.org



10:30AM
SUNDAY
MORNINGS



The New Way POD
The Aquarian Building
238 Peachtree St in Cocoa

www.thenewway.us

Admin@TheNewWay.us

321-458-7956

Rev. Mark
Pasqualino

*Come find what
you're missing*

**The greatest
optical illusion
is separation**

**Publisher/Editor/Layout
Distribution/Billing
Andrea de Michaelis**

**On the Cover (page 26)
Peeking Doe and Fawn
by Andrea de Michaelis**

Contributing writers:
Michelle Whitedove
James Van Praagh
Janet Straightarrow
Cecelia Aitable
Margaret Lembo
Sharon Salzberg
Robert Thurman
Ma Yoga Shakti
Abraham-Hicks
Karen Williams
Caroline Myss
Doreen Virtue
Deb Strasser
Leo Babauta
Mike Dooley
Ian Wallace
Barbara Lee
Alan Cohen
Tom Sannar
Jeff Brown

HORIZONS

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
Take Charge of Your Money by Caroline Myss	8
The Teachings of Abraham-Hicks	9
Herb Corner with Cecelia Aitable	10
A-Z DREAMS: Put Your Dreams into Action by Ian Wallace	11
Abraham Fun: Soulsongs with Karen Williams	12
GemSpot with Margaret Lembo	12
Solar and Lunar Celebrations with Debra Strasser	13
From The Heart by Alan Cohen	14
Ask Whitedove with Michelle Whitedove	15
Notes From The Universe by Mike Dooley	16
Zen Habits by Leo Babauta	16
Our Classified Ads	17
Our Calendar of Events	18
Soul Shaping with Jeff Brown	19
Be the Medicine with Janet Straightarrow	19
Big Sky Mind by Sharon Salzberg, Robert Thurman.....	20
How to Heal a Grieving Heart Doreen Virtue and James Van Praagh....	21
Our Phone Directory *Horizons may be picked up at most of these locations*	22
About the Cover Art	26
How to Awaken & Ignite The Brain's Highest Potential	26
Monthly Horoscopes by Barbara Lee	30
Yoga: Natural Pathway to Godhood by Ma Yoga Shakti	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 up to 900 words on any area of personal growth and practical spirituality to HorizonsMagazine@aol.com. Time sensitive articles must be submitted 4-5 months in advance. Any article that promotes a particular person, product, service or event is considered an ad and paid for.

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

We accept all credit cards and Paypal

HORIZONS MAGAZINE 321.722.2100
575 Escarole Street SE • Palm Bay, FL 32909-4802

Visit www.horizonsmagazine.com
Email HorizonsMagazine@aol.com

Classifieds \$2.00 per word page 17
 Calendar \$.50 per word. page 18
 Phone Directory \$5 per line pages 22-25

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 AND 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

<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 2015 edition of Horizons Magazine. It was refreshing to have a little taste of winter, but Spring is definitely here! Along with the cooler weather came a giant head cold that made me low energy for 10 days. It's a different kind of meditation when I'm taking meds for a headcold. The sounds in my head increase as I tune into the sinuses singing. As I breathe prana thru the nostrils, I feel detached, as if the giant thunderhead is not a part of me. When the nostrils clog up and I breathe thru my mouth, I feel my consciousness rise outside the body, observing its aches and pains without being too involved in it. Until the next breath. Times like this when my body gets knocked down a bit, I realize I live in my mind WAAAAAY more than I live in my body. Yay for being in control of my own thoughts.

A VISION OF SAI BABA AND AMMA IN... IHOP?

I woke up hungry on Day 6, with an appetite for the first time since my head cold began. On the way to IHOP two miles away, I see a familiar figure, a somewhat scruffy looking gentleman in a wheelchair, heading east. I saw him last week in the park-

ing lot at Publix near Wendy's, eating under a tree next to the duck pond. Living near an I-95 exit, I see a lot of homeless in transit. I didn't think more about it. I went inside and ordered breakfast: a spinach and mushroom omelet with no pancake batter, no cheese and no hollandaise sauce, dry rye toast. As I sat drinking my coffee, he came in and was seated at the table next to me. I got a good look at him. He appeared sun weathered, dirty and dusty from the road.

He asked the server for breakfast suggestions, telling her he didn't eat pancakes or toast or fried potatoes. She suggested an omelet and I immediately thought, "*if he's sensitive to gluten, the omelet has pancake batter in it.*" He opted for eggs with bacon and said "*Waffle House gives me a side of tomatoes.*" The young server seemed confused, so I called across and asked if she could simply substitute sliced tomatoes for his hash browns and toast. He said to her, "*Yes, that's what I want.*"

He told her his hands were dirty from the wheelchair. I asked if she could bring him a wet cloth for his hands and he said, "*Yes, please, thank you.*" I didn't feel I was butting in. He had a hard time getting the words out and the server was young and seemed like she didn't know what he really wanted.

When the server walked away, he turned to face me and suddenly the dirty, scruffy guy in the wheelchair was replaced by the form of **Satya Sai Baba (Swami)** who was smiling and laughing. The entire scene telescoped and it was just he and I. I feel a kundalini rush and was suddenly overcome with wanting to drop to his feet, knowing who He was. I mean, I was aware that I was having an internal vision as I was sitting in an IHOP, surrounded by people who had no idea what was happening. I also knew it didn't matter if I dropped to my knees at his feet or not, He knew and I knew what was happening.

...continued on page 28...

BOOK AND BEAD OUTLET

Knowledge and Gifts from the Earth
950 N. Courtenay Pkwy
Merritt Island, FL 32953
321-453-2665



PSYCHIC FAIR

Sunday, March 22

11:00am - 4:00pm



\$12 for a 10 minute mini-reading with:

DAENA CROGHAN: Rune readings

LESLIE MARLAR: Astrology

GEORGE STANKUS: Tuning fork Healings

ANDREA de MICHAELIS: Tarot Readings

KATHRYN FLANAGAN: Psychic Readings

MARIA TORANO: Psychic Medium, Cross Over Readings

ELLEN DOREEN: Palm Readings

CAT: He does Dream Interpretation

KIM HONNELL: Aura Photos \$20

Located
behind
McDonald's
just north
of 520

Don't be disappointed!
Call for an advance
apptmt in case your
reader is booked by
opening time! I'm
(Andrea) half booked by
the time I get there.

Next Fair May 10

See coupon at website for day of fair

Visit BookAndBeadOutlet.com



**Mon - Fri 10am-6pm
Saturday 10am-5pm
Sunday 11am-3pm**

TAKE CHARGE OF YOUR MONEY



Caroline Myss is a five-time New York Times bestselling author and internationally renowned speaker in the fields of human consciousness, and mysticism. Watch or listen to Caroline Myss live at her workshops at <http://www.myss.com/CMED/learning/>

What is Money?

Money is a neutral substance that flows into and out of our lives, taking its direction from our intentions regarding it. It is those intentions that alter the neutral energy of money. Tribal beliefs and ideas greatly influence our relationship to money.

We often allow money to substitute for life energy, frequently with negative consequences. A result being, every dollar we spend becomes an unconscious expenditure of energy. Scarcity of money can translate into a scarcity of energy in the body.

Your challenge is to achieve a relationship with money separate from your life force. The more impersonal your relationship with money is, the more likely you are to direct its energy appropriately in your life.

Natural Abundance

An organic and healthy relationship to money is natural abundance. Here are the steps to bring this energy to your life:

1. View money as simply another kind of energy that flows into and out of your life.
2. Maintain a relationship with money that is without guilt.
3. Operate from the viewpoint that the more you create the more there is for everyone.
4. Get past the outdated notion that one must be poor to be spiritual.

These perceptions must be at the core of your energy system before natural abundance will be manifested on a physical/material level.

Examine your beliefs about money and what blocks the flow of natural abundance into your life, by looking at how the four central archetypal forces play out in your relationship with money.



THE CRYSTAL GARDEN

BOOKS, GIFTS & SPIRITUAL CENTER

Our full line of aromatherapy products includes over 70 Sprays, Mists, Medical Grade Essential Oils and Oil Blends!

www.TheCrystalGarden.com



New Arrivals!

Evergreen Spray & Oil
Use this forest fresh scent to release negativity and emotional upsets. Allow the emerald-green energy to raise your vibration to restore body, mind, and spirit.



Palo Santo Spray & Oil
Clears your space and invites protection, peace and clarity. Use this pleasant, fresh smelling aroma to raise your vibration for meditation and connection with the Divine. Enhances your creativity and good fortune.



Kuan Yin Goddess of Mercy and Compassion
Spray this mist to help you feel and act with mercy and compassion and to invite the same in return from others. This citrusy floral aroma helps you aid all sentient beings from suffering, including yourself. Enhance your spirituality, wisdom, strength and powers of transformation.



Smoke-free Smudging

Smudge in Spray
Use this liquid alternative to smudge your space. Smudge products for clearing, to replace negativity with love, light and well-being. Use in all environments.



Sage & Cedar Spray
Use this liquid alternative to smudge your space. Smudge products for clearing, to replace negativity with love, light and well-being. Use in all environments.

2510 N. Federal Highway, Boynton Beach • 561-369-2836 • info@TheCrystalGarden.com

ABRAHAM-HICKS



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

A Simple Choice: Which Thought Feels Best? Vibrational Frequencies and Creations of Realities

Guest: I've heard for many years that we create our own reality, and I have always wondered, more specifically, how do we create our own reality? Long before my Spirit took part in this flesh, I have been projecting thought into this reality.

Abraham: When you say, "We create our own reality" or "I create my own reality," the first thing you have to do is



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



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



accept that "I" didn't just start with this body that was born back in whenever it was born. I am a very old being that has been projecting thought into this time/space reality long before my Spirit took part in this flesh. And so, I and others like me, have projected all of this.

Guest: Okay. So what I'm understanding from you is that there are lots of different vibrational frequencies and groupings of frequencies, and the platform that is my current agreement has an average vibrational frequency. And it is out of that average frequency that my contrast occurs, and my desires come out of that. And all I need to do is use my Guidance System to sense the things that are basically of a higher vibration -- things that make me feel better. And by controlling the focus of my attention on those things, then that pulls forth the Energy from my Inner Being that flows toward that and creates more of it...So, the main thing that I should be working on is my ability to focus and to maintain a focus?

Does Your Desire Feel Good?

Abraham: Here's the thing that we want you to hear: The contrast provides stuff to focus upon and gives you the variety that, naturally, without effort, gives birth to the desire within you. So that's just a natural consequence of coming into an environment that produces that.

...continued on page 29...

Love Yourself
Heal Your Life
*Become a licensed
Heal Your Life®
Workshop/Seminar leader*



**Heal Your Life® Workshop Leader
Certification Training**

April 18-25, 2015 San Diego, California

An intensive experience for your personal growth as well as for developing the skills you need to lead your own Heal Your Life® courses.

Authorized by:
Hay House, Inc. and
Approved by Louise Hay

**Mention this ad and receive a
\$400.00 discount!**

Contact us right away for all the exciting details...
www.HealYourLifeTraining.com
800 969-4584
Act now, seating is extremely limited.



**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
www.spiritweavershaman.org



Spiritweaver

321-951-8774



THE HERB CORNER AND LEARNING CENTER

NEW HERBAL CLASSES STARTING JANUARY

**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?

If you are ready to take your health care into your own hands, tired of medicine's undesirable side-effects and the high cost of drugs/prescriptions then stop by The Herb Corner.

The Herb Corner offers a natural approach to your health. Stop in and enjoy a cup of tea and sit with **Cecelia Avitabile, a Master Herbalist and Certified Nutritional Consultant**. She will educate you on individualized natural approaches to your health by creating balance through the use of diet, herbs and easy lifestyle modifications; addressing the underlying/root cause of your specific needs.

The Herb Corner is a member of **Drugless Practitioners** and **The Natural Products Association** offering natural approaches to your health for over 20 years.

We offer **"Reclaiming our Roots"** herb classes, a 7-month learning journey providing you with an in-depth study of the healing properties of herbs.

We have a large selection of: the highest quality affordable organic bulk herbs, teas, tinctures, salves and Individualized blends, essential oils, bottles, tea pots/cups, classes and more.

Please call 321-757-7522

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

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

HERBS FOR POST NASAL DRIP

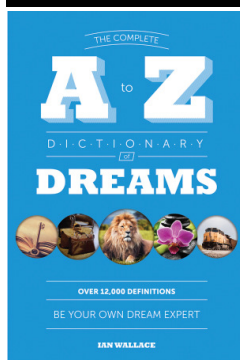
Postnasal Drip (PND) occurs when your sinuses produce excessive amounts of mucous, which feels like liquid dripping at the back of your nose into your throat. Mucous helps humidify the air we breathe. Normally we don't notice mucous because it mixes with saliva and is swallowed. It's only when the body creates too much or too thick mucous due to dry indoor air, sinus infections, hay fever, food allergies or too many mucous producing foods it becomes a problem. If you have a cough that gets worse at night, sore throat, ear pain, sinus pain, constant clearing of the throat, or a feeling that something is at the back of the throat you may be experiencing PND.

Herbs can offer relief to postnasal drip. **Eyebright** and **Elder Flowers** are good for breaking up mucous and irritation of the sinuses especially if PND is associated with profuse mucous. **½ teaspoon Ginger steeped in 8oz boiling water helps relieve congestion.** According to a **Yale University** study, **Ginger** is helpful in treating cold or flu symptoms, helping to clear the head, reduce inflammation and easing pain. **Horseradish mixed with lemon and honey in a tea is antibacterial and helps reduce swelling and thins out secretions.** The essential fatty acids in **Flaxseeds** help stabilize and strengthen mucous membranes making them less likely to react to allergens.

If PND is chronic, **Garlic's** powerful antibacterial, antiviral, antifungal properties helps reduce congestion, inflammation and thins out mucous. For centuries **Mullein** has been used for upper respiratory congestion and reducing PND. It helps soothe irritations, reduces cold symptoms and eases pain. **Osha** acts as a powerful fast acting antimicrobial which is effective in reducing sinus infections. **Echinacea** used by Early American Settlers for its immune-enhancing, antibacterial, antimicrobial and antiviral properties has the ability to raise white blood count, which fights off infections that might be causing PND.

Cayenne helps loosen nasal secretions reducing swelling of the sinus cavities. If PND is due to allergens, **Nettle's** antihistamine properties and ability to remove harmful toxins, a source of PND, can help. **Yarrow** helps dry up nasal secretions and reduces inflammation within the sinus cavities. **Cinnamon (1tsp.) powder in honey and hot water** sipped slowly clear mucous from the nasal passages and helps relieve a sore throat and cough due to its antioxidant, antiviral, antibacterial and anti-inflammatory properties. **Anise** acts as a **decongestant** helping to thin out mucous so it can run down the throat or out the nose easier because of its powerful anti-inflammatory and **expectorant** properties. And **Licorice** helps to break up congestion in the head thinning out mucous so it can be eliminated easier. Depending on the situation these herbs can be blended into a soothing tea to help relieve PND.

STOP SLEEPWALKING THROUGH LIFE -- PUT YOUR DREAMS INTO ACTION



graduated with a degree in psychology, and has analyzed over 170,000 dreams during his professional career. His method enables anyone to connect the imagery and symbolism in their dreams to situations and opportunities in waking life where they can use this awareness to make a healthy difference. Available wherever books are sold or www.hcibooks.com

**Whether you dream
about flying above**

canyons, your teeth dropping out, missing the bus, or standing naked in a crowded room, your unconscious is trying to tell you and how you can use your dreams to help you live a richer and more fulfilling life. By exploring your dreams in a practical way, you'll reach a deeper understanding of what you really want in life - and work out how to achieve it. Here is an excerpt from his book.

1. WHAT IS A DREAM? A dream is how you naturally make sense of all the information and experiences that you unconsciously absorb every day. This individual sense-making process provides you with meaningful insights into specific challenges that you are encountering in your day-to-day life. Your dreams are not just some random occurrence, they are actually a deliberate process that you use to draw on your past experience and help you understand how that can enable you make the most of future opportunities. Dreams don't just happen to you, you happen to the dream and create everything that you experience in it.

2. WHY DO WE DREAM? A dream is how you naturally make sense of all the information and experiences that you unconsciously absorb every day. This individual sense-making process provides you with meaningful insights into specific challenges that you are encountering in your day-to-day life. Your dreams are not just some random occurrence, they are actually a deliberate process that you use to draw on your past experience and help you understand how that can enable you make the most of future opportunities. Dreams don't just happen to you, you happen to the dream and create everything that you experience in it.

...continued on page 27

SPIRITUALIST CHAPEL of Melbourne

Spiritualism +
Mediumship
Classes


Thursdays
6:30-8:30 pm
\$3 members
\$5 others

**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

321-728-4738

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



Spiritual Uplifts
Metaphysical Store

Readings,
Energy Healings,
Crystals, Classes

904-292-4555
3491 Pall Mall Drive
Jacksonville, Florida 32257
spiritualuplifts@comcast.net
<http://spiritualuplifts.com/>

Spirit and Psychic Readings

DAENA CROGHAN 330-472-9716

Phone, skype, In Person \$50 1/2 hr • \$90 1 hr

Group Sessions \$25 per person/ 5 minimum Email Readings \$20 per Question

www.SpiritAndPsychicReadings.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"

SOULSONGS ABRAHAM FUN



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

Soulson #367 - Rewards Program

Life doesn't necessarily reward me for my work ethic, although a fulfilling job can be a wonderful experience.

Life doesn't necessarily reward me for helping others, although being of service can offer me purpose and meaning.

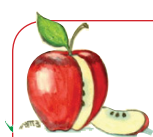
Life doesn't necessarily reward me for being a good, ethical person, although abiding by a moral code helps me to sleep at night.

Life rewards me on the basis of one thing alone: my vibration. My thoughts and resulting feelings comprise a vibratory signal that I emit every moment. The happier my signal, the greater my rewards in terms of health, finances, relationships, "luck," and all my heart's desires.

Thus, working on my vibration is my most important, far-reaching endeavor.

When I feel irritated or resentful, I practice shrugging things off. When I feel self-pity, I try to reach for just a smidgen of gratitude. When I fear the future, I make peace with the worst-case scenario and then seek thoughts of optimism.

Thought-by-thought, I move step-by-step to my dreams. And in the process, I can't help but leave everything I touch a little better off.

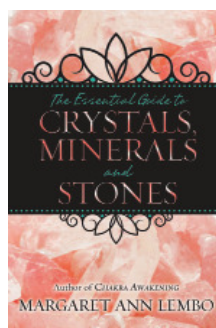


APPLESEED HEALTH FOODS

Specialty and Natural Foods • Organic Produce
Wheat & Gluten-free Foods • Organic Meats
Vitamins & Minerals • Health & Beauty • Reference Library

1007 Pathfinder Way in Rockledge 321-631-1444

www.appleseedhealth.com Mon-Fri 10am-6pm Sat 10am-3pm
See website for ongoing events, classes, recipes



GEM SPOT COLOR YOUR LIFE WITH CRYSTALS

Margaret Ann Lembo is the author of The Essential Guide to Crystals, Minerals and Stones; Chakra Awakening; Color Your Life with Crystals; and the Angels and Gemstone Guardians Cards. She is a spiritual entrepreneur and practitioner, aromatherapist, and owner of The Crystal Garden—a book store, gift store, and spiritual center. www.MargaretAnnLembo.com Join her on Facebook.com/MargaretAnnLemboPage

Garnet: Living a Passionate Life

Are you living life passionately? Are you determined to achieve your life goals?

If you are at a point in your life that you are trying to figure out what you will do when you grow up - regardless of your age - then garnet can help you garner the energy to focus and even amplify some to spare to make it happen.

Turn to **garnet** when you are committed to create the life of your dreams. Use it as a tool for self-empowerment. Garnet helps you find the courage to take charge of a situation and make things happen.

Work with **garnet** when you are in the process of manifesting because it keeps you focused on your creative power. Carrying the vibration of passion and determination, this red gem helps you to follow through on your goals. Use it when you need to stop procrastinating and get motivated.

Allow **garnet** to help add more energy and physical vitality to your life. Put a garnet in your pocket when you are tired yet still need to accomplish a task. Pause to touch the stone and remind yourself that you have plenty of energy to complete what needs to be done.

Take hold of your **red garnet** or wear your **garnet jewelry** when you are in a leadership position. **Garnet** is associated with the element of fire, the planet Mars and the zodiac sign of **Aries**. This is the stone to help amplify your ability to assert yourself and take action.

Use positive thoughts or affirmations to match any stone you use or wear. The gem amplifies your intention and brings your attention back to your dreams and goals.

GARNET'S GEMSPOT AFFIRMATIONS

I have plenty of energy and plenty to share.
I have a passion for life and a passion for living!
I am vital and strong!
I am determined.
My vital life force is strong.
I am healthy, whole, and complete.

SOLAR AND LUNAR CELEBRATIONS



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



Spring continues to march on and the month of March 2015 begins with the Full Worm Moon on Thursday the 5th. The Jewish feast day of Purim will be celebrated on this full moon. On the following day, the Holi Festival of Colors begins in India.

To the north, while most states continue to watch and wait, the signs of Spring are waning here in Florida. Many of the wild Spring greens that sprouted in February are growing tall and turning to seed. Plants like the *sonchas oleraceus* or *sow thistle* have tender edible greens at the beginning and are now getting a little tough. As its yellow flowers turn to a fluffy white seed, they can be harvested and made into a wonderful detoxifying tea.

March's new moon occurs on Friday the 20th, the same day as the Spring Equinox and the turning of the astrological wheel to its first sign of Aries. Many cultures and countries also mark this as their New Year's observance.

The ancient Persians celebrated Nowruz and it is still a national holiday in many places. The neopagan festival of Ostara marks the Spring Equinox and the Anglo-Saxon goddess of the same name is honored.

Have a Blessed March!



HANDBASTINGS AND WEDDINGS

in your home, on the beach,
any beautiful spot you want.
I would be Honored.

Rev. Mary Jo Woolley
MaryJo.Woolley@gmail.com
321.795.7230



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

**The Cosmic
Church of Truth**
1637 Hamilton St.
Jacksonville 32210

www.thecosmicchurchoftruth.net

Sunday Service 10:30am
(904) 384-7268

Rev. Dawn Casseday

Psychic, Clairvoyant, Medium
Reiki /Energy Healing, Tarot
Past Life Regression Specialist

386-478-0341
www.revdawncasseday.com
CASSADAGA

*Phone
readings
available*



**ALWAYS GOOD
TRAVEL SERVICES**

Travel for the sheer JOY of it!

Ginger Combs
alwaysgoodtravel.com
ourbusinesshome@lycos.com
Travel, Tours, & Outstanding Accommodations

321.795.5647 Cell
321.373.5506 Off



FROM THE HEART

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



Whatever Spirit Wants

A friend of mine was eager to get her book published, so she attended a panel discussion by successful inspirational authors at a large publishing convention. The authors went into gnarly detail about all the requirements for a new author to be published. As prerequisite piled upon prerequisite and the number of hoops she would have to jump through added up, my friend grew discouraged. "I'll never be able to do all these things they are telling me I need to do!" she anxiously thought.

Then the spotlight turned to panel member Clarissa Pinkola Estés, author of the hugely popular *Women Who Run with the Wolves*. Her comment was brief: "If Spirit wants your book published, it will be published."

And so it is. When I wrote my first book, *The Dragon Doesn't Live Here Anymore*, I submitted the manuscript to a dozen publishers, all of whom went thumbs down. So I published the book myself, using money my mother gave me—her life savings. As I was about to leave the printer's office after making the deal, he said to me, "You know they say you don't make any money until your third book." Not what I wanted to hear. I replied, "That's what they may say, but what they may not know is that my agent is God." I was not being arrogant; I just had to uphold my work rather than letting it fall prey to negative limiting beliefs.



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



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

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



Soon after the book was printed, I found a brochure from the company that printed and distributed *A Course in Miracles* and related books. I considered sending my book to this company, but being shy to promote myself, I tossed the brochure in the wastebasket. The next day I received a letter from a friend, containing a copy of the exact brochure I had tossed. "I think you should send your book to this company," she told me. Taking the clue, I sent the company my book. They printed and distributed the book and sent out gratis copies to churches and spiritual centers. Before long ministers were quoting the book from the pulpit, it became a bestseller, I received a multitude of invitations to speak, and my life changed in amazing ways.

...continued on page 26...



High Springs Emporium

North Central Florida's **ONLY** Rock Shop
The most unusual store in town
Rocks, Crystals, Gifts, Jewelry
Spring Is Here!

Come out to the Emporium to experience all the beauty our Florida Spring has to offer - plus all the crystals, fine minerals and jewelry you can imagine.

New material from the Tucson show:
 Naica selenite
 Mongolian mangano calcite
 Black tourmaline/chrysocolla spheres
 Red quartz from Morocco
 Arizona azurite
 Pyromorphite/plumbogummite
 pseudomorphs from China
 Spanish yellow fluorite with pyrite
 Citrine and rose quartz from Brazil
 Plus so much more!



Rose quartz, Brazil

Melissa Harris is back for the Spring Equinox -
Spirit Essence portraits, psychic readings, and collage workshop.
 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>

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, I have a service dog that I love so much. It's very interesting to see the healing effect that Dogs have on the elderly and handicapped children too. One thing that I've found very unusual: a girl had a very serious case of lupus but as she was getting better her dog got sick with the very same disease. How can this be explained since obviously they are not consuming the same foods? -- **Animal lover in Alexandria**

Dear Animal Lover, Dogs are very special animals. Dogs live in the moment and will even cut their life short to help a human. They represent loyalty, unconditional love and service to humanity. As you may know, some service dogs are now trained to alert humans to an impending epileptic seizure or alert a diabetic to a severe drop in blood sugar levels and can even detect some cancers. You have sensed an important connection between a human and their beloved canine. These are not coincidence; it is another way that a dog proves that their love is unconditional. Interestingly enough our pets are not afraid of death and they know their way back to paradise the level of Heaven in which they reside.

Dear Michelle, We've all heard about "The Book of Life", the place where the history of our human life is kept in the Heavens. My church says that it records our sins and our good deeds. Then it is used at Judgment Day. Can you tell me more about it? -- **Librarian in Lubbock**

Dear Librarian, I assure you that "The Book of Life" is unlike the volumes at the local library. These are special scrolls and each one holds the records for a single soul. There are many chapters and the number of chapters depends on how many lives that you've lived. These books are stored in the Hall of Records; it's an endless library with shelves of beautiful old books from the floor to ceiling and reaches higher than the eye can see. The hallway is lined with rows and rows of bookshelves that stretch endlessly. It is quite impressive.

These aren't books with compiled lists of good deeds and bad, it's more complex. Every book is multi-dimensional. The pages actually come alive much like a 3-D movie that is re-played for viewing and understanding but with the added dimensions of feeling and knowing. These scrolls are records of the soul's journey, used as tools to re-experience the moments

...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

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

Metaphysicians Circle

DAWN'S ENCHANTED GARDEN

Herbal and aromatherapy consults, products
including the amazing Fatbuster Oil.

LIVE OAK SCHOOL
OF NATURAL HEALING

Learn to be a healer today! A natural healing school with a Herbalist and Master Herbalist certification programs. Live or online classes available. Our comprehensive programs offer classes that help you heal people with herbs and essential oils and open your own healing practice.

Dawnsenchantedgarden.com Liveoakschoolofnaturalhealing.com

1-877- 281-0447

Call me for class dates Joy Walker 321-951-2254



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>



NOTES from the Universe

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

When given the choice, think about smiles rather than frowns, laughter rather than crying, health rather than sickness, gains rather than losses, and income rather than expenses, because, after all, your followers are anxious to know how tomorrow's going to turn out. Like, wink, share - The Universe

HEALTH CONNECTIONS DENTISTRY



**Mercury-free, Ozone,
& Anti-aging Dentistry**

**Snoring & Sleep
Apnea Options**

Nutrition • Smile Makeovers

Headaches • TMJ Therapy

Non-extraction Braces for Children & Adults

ONLY BREVARD PROVIDER FOR THE DNA APPLIANCE®

Claire Stagg, DDS, MS, FAACP
SLEEP APNEA
How Would You Like To Be Treated?



CPAP

◀OR▶



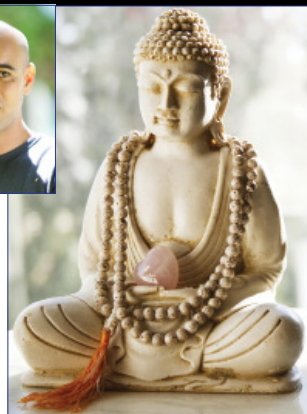
ORAL APPLIANCE

For alternatives call Dr. Claire Stagg
HEALTH CONNECTIONS
2120 Highway A1A, Indian Harbour Beach

321-777-2797
SmileProfessionals.com

ZEN HABITS

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



Practicing Slowness and Being Present

In our rush to get through the tasks of our day, to complete our errands and answer emails, to look at the next video or link we find ... when do we think we'll find happiness? If it's not here right now, when will it come? Maybe we think it'll come when we improve our lives, or meet our goals, or succeed at our business, or finish our college degree. Maybe it'll come when we go on that next trip, or when we find time to relax. Maybe tomorrow.

Or we could try this:

- Slow down instead of rushing.
- Pause to savor the current moment.
- Really notice everything about the moment and find small things to appreciate.
- Be grateful for what there is right here, right now.
- Allow the things that are bothering you to just be in your life, without fighting with them, without pushing them away.
- Don't allow little things to offend you. They're not worth ruining this moment.

Let the beauty of this moment wash over you like a warm foamy wave.

These are all things we already know. But we don't actually do them. The key here is practice.

If you don't practice being present, slowing down, enjoying the moment right now, when will you practice? What are you practicing now instead?

Start your practice this moment.

'When you live completely in each moment, without expecting anything, you have no idea of time.'
~Shunryu Suzuki

OUR CLASSIFIED ADS

Your listing here for \$2.00 per word. Email your listing with payment by 10th of the month before to HorizonsMagazine@aol.com

ANDREA DE MICHAELIS PSYCHIC CLAIRVOYANT, By phone & email 321-722-2100 Email horizonsmagazine@aol.com

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

NEW BUSINESS OWNERS, GET NOTICED! I CAN CREATE a website, newsletter or more for you and set you up to make money from your own website. There are many ways to do this. FREE CONSULTATION Gary Leggett 321-544-5440 Email gleg@usit.net and visit www.spacecoastwebsites.com/

ANDREA'S CDS AND MP3 FILES: **CONNECTING WITH YOUR ANGELS, GUIDES & TEACHERS** Activate the third eye, expand awareness, develop psychic perception
CHANGE YOUR EATING HABITS By the power of suggestion, your cravings, your desire to overeat will be replaced.
OOBE OUT OF BODY EXPERIENCE - YOU ARE NOT THE BODY
SLEEPYTIME RECHARGE Train your consciousness to create healthy beliefs -- \$10 mp3 files at http://horizonsmagazine.com/CD_Page/index.html and \$19.30 CDs mailed to you, order from <http://kunaki.com/MSales.asp?PublisherId=138979>

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

WWW.WISESPIRIT.NET ~ Create the Life You Deserve!

DR BEV DREAM INTERPRETATIONS, EMPATHIC READINGS For Info on consultations 407-957-4044 Email Luminata53@aol.com

HEALING THROUGH REIKI IN PALM BAY Rev. Denise Meyer at Mystic Gems and The House of Enlightenment. 321-327-8996

MASSAGE THERAPY ROOMS AND CLASSROOM FOR RENT in a quiet healing center in PALM BAY. Call Raul 321-327-8996

CASSADAGA PROPERTY FOR SALE. IN THE HEART OF TOWN; retail space, offices, living quarters and garden! Live where you work! Owner financing possible. \$79k 386-717-4100

***CASSADAGA* RENT ACROSS THE STREET FROM CASSADAGA HOTEL**, 3 bdrm 1 bath, large yard. A great place for psychic readers. First, last, deposit. Credit & background checks. \$900/month 386-228-3666



To Promote the Religion,
Science, and Philosophy
of Spiritualism



IFSK Director
Marilyn Jenquin

**Private
Readings
BY APPOINTMENT**



407-673-9776
www.ifsk.org

On-Going Psychic/Medium Spiritual Development Classes

www.ifsk.org for locations/times
dependablepc@earthlink.net

Melbourne Tuesday March 3rd
7:00 – 9:30 PM

Tallahassee Thursday March 5
7:00 – 9:30 PM

Tallahassee Friday March 6th
11:30AM – 1:30 PM

Gainesville Saturday March 7th
2:00–4:30 PM

Orlando Monday, March 16th
7:00 – 9:30 PM

Jacksonville ~ Wednesday March 25th
7-9:30 PM &

Jacksonville ~ Thursday, March 26th
1-3:30 PM & 7-9:30 PM

Mystic Gems and the House of Enlightenment

offers education, healing services and products for those seeking alternative healing modalities and spiritual enlightenment. Wide assortment of Quartz crystals, gemstones, rocks and minerals specimens, Gemstone jewelry, Statuary like Buddha, dragons and fairies and much more. Community class/meeting room and private therapy rooms are available.



Palm Bay

STORE HOURS:
Tues-Fri 11am-6pm
Saturday 11am-3pm
2280 Harris Ave. Suite 5
Palm Bay, FL 32905

321-327-8996

Luna Sol Esoterica, LLC



METAPHYSICAL/NEW AGE SUPPLY STORE OF
Award Winning International Author Ann Moura
311 S. Park Ave in Sanford, FL 32771
Wed-Sat 10am - 6pm; Sun 11am - 6pm



Ann Moura

Spring Festival & Psychic Fair March 21
Readers & Healers; Dropt Skulls of 2012
Ritual 1pm by Alfodr Troth Kindred

www.lunasolesoterica.com **321-363-4883**

CALENDAR OF EVENTS

Call to confirm and learn of last minute changes 50c 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

Wednesdays - PALM BAY- Meditation 6-7pm by Jashua, Palm bay's resident Angel Medium. Mystic Gems and The House of Enlightenment 2280 Harris Ave. #5 321-327-8996

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

2d, 4th Thursdays MELBOURNE/PALM BAY 7pm Wiccan-Pagan Outer Court Classes, Church of Iron Oak email scribe@ironoak.org 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 MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 www.yogashakti.org

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

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

Sundays MELBOURNE 10am Spiritualist Chapel of Melbourne 1924 Melody Lane behind Melbourne Auditorium 321-266-2117

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 www.orlandoreligiousscience.com

Sundays COCOA VILLAGE 10am Center for Spiritual Living Space Coast 602 Brevard Avenue 321.474.2030 www.cslspacecoast.org

Sundays 10:30am NEW SMYRNA Community Unitarian Universalist Church at 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 307 E. Lincoln Avenue 7:00 to 9:00pm \$3 admission \$10 for 15 minute readings 321-474-7348

Sunday, March 8, Spiritualist Chapel of Melbourne, Dr. Rev. Louis Gates, "Spirit Flame Card" readings following service - Members \$10.00, Non-members \$20.00 1924 Melody Lane behind Melbourne Auditorium (321) 321-266-2117

Sunday, March 15, Spiritualist Chapel of Melbourne, Jai Maa, CHt, "Break Through Your Threshold" workshop following service - Members \$10.00, Non-members \$20.00 1924 Melody Lane behind Melbourne Auditorium (321) 321-266-2117

Sunday March 22 MERRITT ISLAND, Psychic Fair at Book and BeAD OUTLET, 50 N. Courtenay Pkwy, 32953 321-453-2665



Airs March 26 from 8-9pm EST on Google TV & YouTube. Hosts: Morgana Starr & Daena Croghan talk with their angels, **Anael & Azrael**, about spiritual principles, such as life after death, mediumship, psychic protection and more!

FREE TO WATCH AND CALL IN FOR FREE READINGS.

www.MorganaStarr.com

www.SpiritandPsychicReadings.com



BE THE MEDICINE



Janet StraightArrow is a Practical Mystic, Shaman, Healer, Teacher, Sage, Astrologer, Medical Intuitive. Be The Medicine is a simple and profound way to assist people in all aspects of life, health, relationships, career, discovering and living life purpose.
www.Bethemedicine.com

SEE THE WORLD THROUGH THE EYES OF LOVE

When love is the lens, you experience the truth and beauty of life. You can see great possibilities, and the best in you and me.

There are many realities to live in and through, what lens do you choose? Instead of dancing with the shadow, focus on the sun, who is always lighting your way to a greater experience of life and all. Delighted to Be Love.

YOGA SHAKTI MISSION



Annual Friends of the World Gathering

Sunday March 29, 2015

Noon to 4pm

FREE

Yoga Shakti Mission
3895 Hield Road, NW
Palm Bay, FL 32907
321-725-4024

<http://www.yogashakti.org>
Email yogashaktipalmbay@gmail.com

See
page
31 for
details

SOUL SHAPING



Former criminal lawyer and psychotherapist, Jeff Brown is author of Soulshaping, Ascending with Both Feet on the Ground, Apologies to the Divine Feminine and the spiritual documentary - Karma-geddon - which stars Ram Dass, David Life, Deva Premal and Miten.soulshaping.com

I have long been a student of the relationship between chaos and order. When I was younger, my inner world was emotionally chaotic and unresolved. In an effort to create a measure of balance, I was obsessed with external order- a perfectly clean house, a straightly hung picture, everything in its place. But it never quite worked- just when I got one thing 'perfect', I was looking for the next thing to perfect. And then I turned my attention to the real issue- my inner chaos. Interestingly, the more work I did to clear my emotional debris, the less I cared about having everything perfect on the outside. The balance had shifted. This is my way of saying that what matters most is inner peace. Through that lens, the dust of the world is of little consequence.

Enjoy a visit to...

Cassadaga
Spiritualist Camp
A Community with Spirit!

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

- Classes & Workshops
- Historic Tours
- Spirit Encounter Tours
- Special Events
- Readings by Certified Mediums
- Certified Spiritual Healers



Wednesday Message Service, Colby Temple 7p.m.
Sunday Adult Lyceum, Davis Building 9:30 - 10:15 a.m.
Sunday Church Service, Colby Temple 10:30 a.m.
Sunday Message Service, Davis Building 12:30 - 1:30 p.m.

Cassadaga Spiritualist Camp Bookstore & Welcome Center

Largest Selection of Books on Spiritualism, Metaphysics and Meditation.
CD's • DVD's • Crystals • Jewelry • Candles • Unique Gifts and Crafts

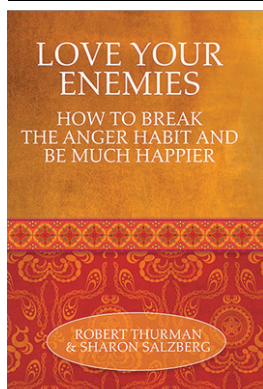
Monday - Saturday 10am - 6pm Sunday 11:30am - 5pm
Camp Bookstore 386-228-2880 • Camp Office 386-228-3171

1112 Stevens Street
Cassadaga FL 32706

www.cassadaga.org



BIG-SKY MIND



An excerpt from *Love Your Enemies: How To Break the Anger Habit & Be a Whole Lot Happier* by Sharon Salzberg, Robert Thurman

In his teachings on compassion, the Buddha encouraged us to develop “a mind so filled with love it resembles space.” CAN

YOU PICTURE YOUR MIND BEING AS LIMITLESS, UNCONSTRAINED, FREE AND OPEN AS SPACE? Spaciousness

of mind and heart is a fundamental component of a resilient spirit. It brings us a kind of well-being that isn’t dependent on the successes or failures we encounter on any given day. Unconditional well-being does not exclude pain but surrounds it with wisdom and love. This radical kind of happiness is the antidote to suffering. And it is available to us at any time and even in the most unlikely circumstances.

Consider what’s happening at one of America’s highest-security prisons, deep in the Bible Belt in Alabama. The state’s most violent and mentally unstable male prisoners are incarcerated in **Donaldson Correctional** outside **Birmingham**. **Donaldson** has a history of inmate violence—both between inmates and against the prison staff.

As harsh and violent as life is in the cell blocks, inside the prison gym, it’s a different story. Three times a year, for ten days, the gym is transformed into a hall for **Vipassana**, or **Insight meditation**. (A follow-up three-day retreat is held once a year.) For the duration, two dozen or so inmates rise at 4 A.M. and retire at 9 P.M., meditating for much of the 17 hours in between. Led by volunteers from **S. N. Goenka’s Prison Trust**, they eat a strict vegetarian diet, abstain from smoking, neither read nor write, and observe total silence.

Apart from the occasional one-on-one with a teacher, the only “conversation” consists of the inmates’ internal dialogue or examination of what’s going on in their bodies and minds. “It’s a rude awakening for some prisoners,” one of the teachers, **Carl Franz**, told a reporter for **NPR’s Morning Edition**. “Everyone’s mind is a kind of Pandora’s Box, and when you have 33 rather serious convicts facing their past and their own minds, their memories, their regrets, rough childhood, their crimes, lots of stuff comes up.”

That said, the transformations are remarkable. “Before I went to a **Vipassana meditation** . . . I was probably the angriest man in this prison,” said a convicted murderer named **Grady Bankhead**, who came within hours of being executed before his sentence was reduced to life imprisonment and he was moved off death row. He had reason to be angry. When **Bankhead** was three years old, his mother left him and his little brother in a farmhouse, telling them she would be back soon. He didn’t see her again until he landed on death row. Meantime, his brother had died. Meditation helped Bankhead get to the root of his anger. Now he’s recruiting other inmates to take the challenging course. “We have to have some kind of balance back in our lives from the horrible things that we’ve done,” Bankhead said. Another inmate agreed: “Meditation changed my life.”

Like the meditating inmates, we can come to understand we don’t have to live beset by constant turbulence, anxiety and regret. We may be incarcerated in a prison of our own making, but we can spring the lock and live in greater peace, serenity and joy. The practice of compassion reminds us we are larger than our anger, our misfortune, and even our pain. Because we have suffered, we want to make this a better world and we can act without timidity or equivocation. Our vision of life can become vast, fueled by compelling moral force.

Years ago, I met **Myles Horton**, who founded the **Highlander Folk School**, a training center for civil rights activists. (**Rosa Parks** attended a course there before her historic bus ride.) Myles asked me what I did, and when I mentioned lovingkindness meditation, he said, “Oh, **Martin Luther King, Jr.** used to say to me, ‘You have to love everybody.’ And I would say, ‘No, I don’t. I’m only going to love the people that deserve to be loved.’ And Marty would laugh and say, ‘No, no, no, you have to love everybody.’” When Myles told that story to people, they would sometimes say, “Well, look what happened: King was assassinated”—as if this were a case of cause and effect, and King would not have been killed if he hadn’t tried to love everybody. But do we really believe that if **Martin Luther King, Jr.**, had been vicious and small-minded and full of hate, he would have been protected from harm? —S.S.

Sunday Services
@ 11 a.m.
(332) 220-3472
www.uubrevard.us



**Unitarian Universalist
Church of Brevard**

2185 Meadowlane Ave.
West Melbourne, FL 32904

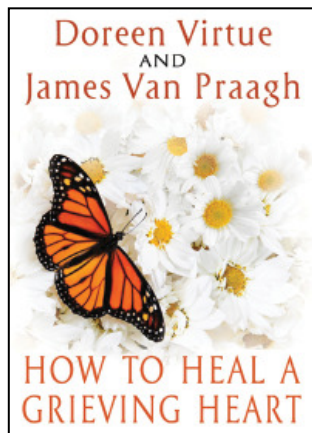




HOW TO HEAL A GRIEVING HEART



An excerpt from *How to Heal a Grieving Heart* by Doreen Virtue and James Van Praagh, published by Hay House and available at bookstores or online at www.HayHouse.com.



Grief is a mixture of many emotions, and nothing we can say will bring your loved one physically back. However, we can help you go on with your life. We can also help you better understand why your loved one transitioned, and how you can connect with his or her eternal soul. And we can reassure you that no one ever truly dies, and you will be reunited someday.

Here are 7 healing messages to help you through the transition:

1. Days Can Be Like Butterflies: Some Days You Can Soar and Fly, and Others You Just Need to Sit Back and Look Beautiful

Be gentle with yourself. You have been through a life-changing experience, and you just need to step back and relax. The world and life as you know it are different now. Even though you are strong and have always been there for everyone else, now the Universe wants you to be there for yourself. This is a wonderful opportunity that has been given to you—not only to recharge your batteries, but in these still moments, to remind yourself once again just what a beautiful and unique being you are.

2. Time Is Just a Placeholder Until You See Each Other Again

Time is truly an illusion, for what is felt in the heart cannot be measured by any clock. But as you live each new day, let it reveal wisdom and insights from your past so that you can have a fuller understanding and appreciation of your tomorrows. As the moments pass, realize that each one is preparing and perfecting you for your reunion . . . so that when that day comes and you step outside of time, you realize the fullness of your love expressed and experienced in its ultimate glory.

3. Let Silence Open Up Your Heart So You Can Hear It Sing

The beginning of all prayer is silence. Honor these moments of self-reflection, and let this journey take you deep within so your soul may speak to you. Only by being in the silence will you truly find the insights you are looking for . . . for your soul has traveled eons of time discovering, experiencing, molding, and creating exactly who you are today. When the voice of the soul begins to unfold, you will witness the true essence of your being.

4. “I Should Have . . .” and Other Regrets

Please do not beat yourself up mentally, berating yourself for something you think you should have done. Yes, you probably could have visited more, spoken up, said “I love you,” driven that day, or taken a whole host of other actions. But regrets will not bring back your loved one. Instead, see your regrets as life lessons never to be repeated. Realize that you were doing the best you could at each moment, based upon what you knew at the time. And direct your regrets in positive ways, such as teaching others what you now know.

5. The Amount of Grief We Feel Is Equal to the Love We Shared

Never believe anyone who tells you that there is a finite amount of time you should grieve. There are no rules when it comes to mourning. Grief, like love, is immeasurable. No one loves the same, nor grieves the same. Some people demonstrate their sorrow openly, while others keep it deep within their being. It is a very personal human and spiritual experience. They say that tears cleanse the soul, and grief validates the love you felt. Rest assured, knowing that your heart and the invisible beings in heaven will assist you in your transformation to a new life filled with ever-growing love and ever-evolving experiences.

6. A Soul Never Leaves Without Leaving Gifts Behind

What a blessing to have walked this earthly path with another quality soul. The best in you recognized the best in the other person, and together you created unique and special memories that can never die. What wonderful aspects of your being did you share with your loved one? How has his or her beautiful presence impacted your life, and what wonderful gifts did he or she leave with you to assist you in appreciating life differently? You are a better person, and now it is up to you to share those gifts with the world.

7. God Creates No Accidents, Just Divine Timing

When shocking things that appear to be accidents occur, it is impossible for the human part of us to comprehend the fullness of the workings of the Universe. We become mad at God and ask, How could He do this? But maybe, somewhere just outside of our human perception, there is a rhythm and a destiny that a soul might have had to fulfill. Perhaps we can eventually transform our shock, anger, and pain into reassurance that just like the stars shine in the sky and the planets revolve around the sun, there is a perfect timing and a rhythm to all things, and one day it will all be revealed to us.

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

UNITY OF GAINESVILLE 352-373-1030
8801 NW 39th Ave 32606 www.unitygainesville.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

BOOKKEEPING

ACCOUNTING BY CATHI BRENNAN 321-266-1660

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

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

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! 835 E. New Haven Ave downtown 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

BUDDHIST TEMPLE

WAT PUNYAWANARAM 321-255-1465
4490 Aurora Road Melbourne www.watpun.org

CHURCHES

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

THE NEW WAY www.TheNewWay.us 458-7956

SPIRITUALIST CHAPEL OF MELBOURNE 728-4738

UU Church OF BREVARD www.uubrevard.us

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

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-WORKS.NET

FREE MP3 AUDIO DOWNLOADS
Weight Loss - Stop Smoking

MEDITATION MP3S, CDS

ANDREA de MICHAELIS \$10 MP3 files, CDs
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

PSYCHIC READERS

ANDREA de MICHAELIS 321-722-2100
Clairvoyant, honest, accurate, illuminating

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
Spiritual Counselor * Teacher* Tarot
Reiki * Weddings* Public Notary

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

BREVARD CONT.

THERAPY

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

TRAVEL

Where in the world do you want to go?
What on earth do you want to see?
How many things would you like to do?
Then ... When are you ready to leave?
CALL Ginger at 321-795-5647
ALWAYS GOOD TRAVEL SERVICES

WEBSITE MARKETING

GARY LEGGETT 321-544-5440
Website creation and marketing coach
FREE Consultation - Get Traffic!!
Ask me about our \$99 New Year Special
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

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
http://cosmicsalamander.com/

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

COLUMBIA COUNTY (386) LAKE CITY

BOOKS & GIFTS

KEIPSAKE BODY EMPORIUM 386-758-1666
182 S. Marion Ave. Lake City, FL 32025
Apothecary - over 120 herbs, healing blend
teas. We have a detox spa, and offer Reiki and
attunements, tattooing and body piercing.

DUVAL (904) JACKSONVILLE

BOOKS & GIFTS

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

RECONNECTIVE HEALING

www.tadenergyhealing.com 904-613-7608

ESCAMBIA (850) PENSACOLA

CHURCHES

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

WELCOME TRUTH SEEKERS

UnlimitedHorizons.org 850-710-0728

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

CROW'S CROSSROADS SHOPPE 352-235-0558
3810 S.E. Lake Weir Ave, Ocala FL 34480

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>

HEALTH FOODS/CAFE
PEGGY'S 5839 SE Federal Hwy 286-1401

SPIRITUAL CENTERS
UNITY OF FORT PIERCE 461-2272
3414 Sunrise oneness@unityoffortpierce.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

MONROE (305) KEYS, KEY WEST

HEALTHFOOD/JUICE BAR
GOOD FOOD CONSPIRACY 305-872-3945
US 1, Mile Marker 30 on Big Pine Key
<http://www.goodfoodconspiracy.com/>

HELP YOURSELF FOODS 305-296-7766
829 Fleming Street in Key West, FL 33040
<http://www.helpyourselffoods.com/>

NEW AGE BOOKS, GIFTS
BLUE MOON TRADER 872-8864

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

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](http://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

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

PALM BEACH CONT.

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

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

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,** **LAKE MARY**

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, CONSULTATIONS

LUNASOL ESOTERICA Sanford 321-363-4883

HEALTH FOOD STORES

EARTH ORIGINS MARKET 407-936-9470

MASSAGE/REIKI

Holistic Massage Therapy - REIKI Energy
Sessions, Reflexology, Ear Candling,
Smudging. Kimberly Parsons, LMT/Usui REIKI
Master, MA 76599. 407-907-2011 New Leaf
Oasis, llc - Lk Mary, FL

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

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

Morgana Starr

Featured on Best TV Network,
Sisters for the Soul



Psychic Medium
Angel Communicator



Three Simple
Ways to
Connect with
Your Angel,
FREE
(\$30 value)

See www.MorganaStarr.com

March 28

Angelic Arts™ **Certification** **Level two**

Astral travel, activation
of your Merkaba,
channeling, phone
readings, healing
with crystals, psychic
surgery, ancestor work,
time/space continuum
work and more

**Readings on PHONE
or in Person**

Visit www.MorganaStarr.com



321-506-1143

COVER ART

Peeking Doe and Fawn

By Andrea de Michaelis



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

like fine antennae enhancing intuition and guidance. They tend to have large eyes for seeing the broader picture than I do.

I love to paint aspen trees. I first saw them in 1996 and felt a real connection. Individual aspen trees live only 100 years. However, aspen trees reproduce by sprouting shoots from their roots. This allows them to grow in a cohesive grove. Thus, a grove is actually a single living organism which can reach several thousand years in age. Even fire damage will not kill a grove of aspen trees if the roots remain alive. Scientists who study tree networks have found that vast underground tree root systems are kind of like giant brains. Like the neurons in our own brains, trees send messages via their roots. So when you walk into a forest, it's likely that all the trees are networked with each other, including other species of tree, as far as you can see. Aspen tree symbolism shows that it's all connected, and includes determination and overcoming fears and doubts.

A doe and her fawn once stepped into my campsite and I was frozen by their grace and beauty. Watching them was a reminder to go about my life with grace, gentleness and an open heart, while standing strong on my path, in my beliefs, and not allowing myself to get distracted by outside influences.

The sun is hidden in this painting, but we know it's there by the Light it provides. If we're seeing clearly yet don't see the source of Light, it's likely shining through us, a reminder we can be the source of our own Light when we realize it.

Prints available \$20. Horizonsmagazine@aol.com

Read Horizons at <http://horizonsmagazine.com>

Andrea's blog -- <http://horizonsmagazine.com/blog/>



Alan Cohen

...continued from page 14...

In the musical **Damn Yankees**, seductress Lola sings, "*Whatever Lola Wants, Lola Gets.*" We might even more authoritatively say, "*Whatever Spirit wants, Spirit gets.*" **A Course in Miracles** tells us that there are not conflicting wills in the universe. There is only the will of **God**. What **God** wills is always good, and it will always happen.

Bob Friedman, then-president of **Hampton Roads**, the company that published the wildly popular **Conversations with God** series by **Neale Donald Walsch**, was giving me a tour of the company's facilities. "When I received Neale's manuscript, I was not impressed, so I tossed it in the wastebasket," he told me. "Then my daughter, who was working for me, noticed it and was intrigued by the title. She took the manuscript home, read it, and the next morning told me, 'Dad, you have to publish this book.' I reconsidered and published it." Bob laughed as he pointed to the warehouse full of **Conversations with God**. "This is the house that Neale built."

More accurately, "the house that Spirit built." **Higher Power** gave that book to **Neale**, who eloquently followed through and did his part. That same Spirit worked through **Bob Friedman's** daughter. It was no accident that that book and **Neale's** subsequent books have been so successful. *Whatever Spirit wants, Spirit gets.*

If your life and your work are aligned with the intentions of Higher Power, the same **Force** will give you all you need to succeed. **God** will help bring your creative expression to the people who can benefit from it. You don't need to manufacture success alone. You are in partnership with the Intelligence and Love that guides the entire Universe.

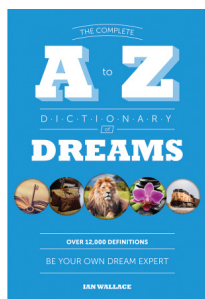
Great events are not random. They are a part of a divine design. Author **Ayn Rand** found her way to **America** from her native Russia in 1926. Struggling to earn a living, she landed in **Los Angeles**. On her second day, she missed an early bus and took a later one. As she walked along a street in **Hollywood**, iconic movie director **Cecil B. DeMille** was exiting his driveway.

She said hello to him, they chatted, and he invited her to go to the studio with him, where he was filming **King of Kings**. **DeMille** gave her a job as an extra and later hired her as a junior screenwriter. **Rand** worked her way up to being a screenwriter and eventually wrote the classic novels **The Fountainhead** and **Atlas Shrugged**, two of the most intellectually influential books of the 20th century. None of the events in that chain were an accident, they were Spirit's will.

If **Spirit** wants your book published, or your song, or your art, or for you to be with a particular partner, it will happen. Don't be daunted by all the human rules you are told you must follow. Humans make up human rules, and **God** makes up **God** rules. **A Course in Miracles** tells us, "Your holiness reverses the laws of the world." Listen to the lecture on how things get done, but remember how things really get done.

PUT YOUR DREAMS INTO ACTION

...continued from page 11



3. WHAT DO MY DREAMS MEAN?

Although your dreams may seem like a stream of random imagery that makes absolutely no sense, you are just expressing yourself in a different and far more creative way. To understand why you are dreaming a particular dream, all you have to do is work with the imagery and emotion that you have experienced in the dream. The images that you create in your dreams are your natural way of connecting what is happening in your inner world of imagination and ideas to your outer world of realities and facts. These connections from your inner world to your outer world are also known as symbols and identify where you can take meaningful action in waking life.

4. WHY DO PEOPLE CREATE SIMILAR DREAM IMAGERY?

We tend to create similar themes in our dreams, such as being chased, falling or flying, because they reflect natural aspects of human behavior. Although we are all individual human beings, we also have generally similar behavioral patterns and so we create similar types of dreams as a way of exploring our waking life behaviors and how we can use them to identify opportunities and make the most of them. Understanding the meaning of a particular dream theme enables you to apply that awareness to a specific situation in your waking life.

5. DO WE DREAM EVERY NIGHT?

We tend to sleep in 90 minute cycles and we usually create dream episodes during each of these cycles. The first of these episodes will last for 10 to 15 minutes and the length of your dream episodes increases with each sleep cycle until the final episode before waking, which can be around 40 to 45 minutes long. On average, you will spend about two hours dreaming every night, so a twelfth of your life is experienced as a dream. You also create some dream imagery at the start of your sleep cycle as you begin to relax and drift off. This is known as the hypnagogic stage and it usually takes the form of apparently random flashes of imagery, most of it drawn from the previous day's events.

Excerpted from *The Complete A to Z Dictionary of Dreams*, available wherever books are sold or www.hcibooks.com

ASK WHITEDOVE



...continued from page 15

of life that need to be evaluated from a Heavenly perspective of awareness. "The book of life" is always used when you enter Heaven during your Life Review Process. It's used in **Heaven** much like a text book to review negative scenarios and understand the underlying spiritual lessons. These scrolls are viewed like a movie wherein you are ALL of the characters so that you see the experience from all perspectives. If you were greedy in life and refused to share inheritance money with a sibling; by watching your interaction in The Book of Life, you will re-live the event. You will feel the emotions from your sibling's perspective. You will feel what they felt in that moment: the disappointment, the loss, the hurt, the division in the family and you will truly understand the impact of your actions and words and the ripple effect on outsiders too. In this way hopefully you will then learn the spiritual lesson and the importance of love and generosity. By viewing the Book of Life and re-living those moments, you would have understood that by sharing the proceeds you would have acted with brotherly love instead of selfishness and greed. This is how we learn in the heavens and grow spiritually through God's wisdom and the discernment of the truth.



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

We're in and out, call first please



REV. TERRI MCNEELY

Spiritual Advisor
Medium
Reiki Master

Email OwlVisions@aol.com

http://smile-village.com/OwlVisions/



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."

I was overcome with Joy at the private interchange between us. I knew it would go on as long as I held my gaze upon him. I knew from experience that as soon as I glanced away, the Moment would be gone. And it was. I went back to my coffee as he went back to his. A moment later I hear what sounds like a fork dropping to a tile floor. I look up and see he's got his fork (and there is carpet beneath us, not tile.) But now he's turned into the form of **Amma, Mata Amritanandamayi, The Hugging Saint**. Again, there is the telescoping of the entire scene into a pinpoint focus and it's only Amma and I, and she is smiling and laughing. Again I am overcome with the urge to drop to my knees at Her feet and again I realize I am in the middle of the neighborhood IHOP and it would probably draw a lot of attention. The attention is irrelevant, I know this is all about ME and HIM/HER — God in whatever form.

I realize this is walking the razor's edged path, living in both worlds at once. I knew it was irrelevant to **Swami** and to **Amma** whether I acknowledged Him/Her publicly. They knew what was in my heart. They knew that I knew that They knew. Again, I held the gaze as long as possible and then the Moment was once again gone.



I got up to leave and he half turned to the side and half looked up and again said **Thank You**. I touched his dirty hand with both of mine and said Thank You back. I paid his bill when I paid mine and asked the server not to tell him who had paid it. Like a lover having had a glimpse of **The Beloved**, I didn't wash my hand for hours, not wanting to break the spell.

It was refreshing to have the few weeks of winter this year, now Spring is here -- time to open the windows, shake out the rugs and clear any clutter from the last few months. For some, that includes recognizing and releasing personal baggage -- my fave! Several people I know, including my friend **Domino**, are having a problem with hemorrhoids, so I looked up the metaphysical cause. It said "**holding onto past angers and being afraid to let go of them**." **Domino** told me, "*I don't know how to release the past hurt and anger. My dad passed when I was 15. Two years later, I got a blood clot in my brain. I was the youngest and the only child left at home. My mom never liked me. At an early age, I just didn't like her either. I had just run away from home and within a month I got the blood clot. Since I was on mom's insurance, she was called. She was beyond livid. She felt somehow I purposely developed that blood clot just for the attention. She really never spoke to me again. Not that she spoke to me much, or kindly before that.*"

I honestly don't know how to get over it all. I have tried several ways. And I seem to keep reliving my childhood...I am in situations I perceive I am "stuck in and unloved. I wish I knew how to release the past hurt and anger." I shared with **Domino** a process that works for me for releasing hurt and overcoming grief. I felt great relief after I did the process for the first time. As time went on and the hurt and grief arose again, I would repeat the process. Here it is for you:

AN EFFECTIVE 10 STEP PROCESS FOR RELEASING HURT AND OVERCOMING GRIEF

1. Get in a meditative state of mind where you can have 30 minutes to yourself. Bring to mind a happy place, a peaceful place. A place where you can detect the presence of God.
2. Can you detect the presence of God there? Can you invite ____ into this scene with you, to share in the presence of God?
3. What emotion do you feel?
4. What degree of sadness/anger, whatever do you feel when you bring ____ into the scene with you? Where on your body do you feel it? (for me it was heart)
5. Can you describe what it looks like? (for me it looked like clasped fists, tangled ball of string)
6. What color is it? (for me it was red, pink)
7. Would you be willing to give that to God, to let God take that feeling away from you? (for me it was yes)
8. Do that now. (I imagined God up in the sky and me handing the red tangled ball to him)
9. What is that emotion now? (for me it was gone)
- 10./ What emotion do you feel when you invite ____ into the scene with you now?

I've done this process with husbands, with exes, and friends who had passed. Some I felt the hurt and grief released after one session. some it was 4-5 times before I felt it go for good.

Robert Burney, M.A. says, "We are attracted to people that feel familiar on an energetic level - which means (until we start clearing our emotional process) people that emotionally / vibrationally feel like our parents did when we were very little kids. At a certain point in my process I realized that if I met a woman who felt like my soul mate, that the chances were pretty huge that she was one more unavailable woman that fit my pattern of being attracted to someone who would reinforce the message that I wasn't good enough, that I was unlovable. The way to stop reacting out of our inner children is to release the stored emotional energy from our childhoods by doing the grief work that will heal our wounds. The only effective, long term way to clear our emotional process is to grieve the wounds which we suffered as children. Until we start releasing the hurt, sadness, rage, shame, terror - the emotional grief energy - from our childhoods we will keep having dysfunctional relationships."

Enjoy our offering this month. Hari Om.

Andrea



ABRAHAM-HICKS

...continued from page 9

So now, the desire is within you. It was born out of the lovely contrast, and now your work is, singularly, to align your Energy with this new-found desire, which means think about this subject that has been born within you -- and feel good at the same time. That's the modulation process: Think about your desire until it feels good. Think about it until it feels familiar. Think about it until feeling like this, feels like the most normal thing in the world to you. And when you and your new desire are in alignment -- then the manifestation occurs.

We often say to you: "Think about what you want and decide what you want; decide what you want." And the reason that you hear us hammering about that, so much, is because most people are running around making decisions about what they don't want. We are wanting you to let the contrast, of course, tell you what you don't want, but then always look for the nugget within it. We want you to feel the nugget, the prize, the wonderful uncovering. The fresh new desire that is born is the reason that the entire Universe exists -- and once the desire is born within you, then the Non-physical Energy will answer it.

The saddest thing that exists in the human experience is when a being allows the contrast to let a desire be born, and then keeps himself, through old habits of thought, vibrationally out of sync with the new desire. Almost all of the philosophies that you have inherited, and that you teach to one another, on this planet about why things work the way they work, come from that "not understanding how I could possibly be deprived of the things that I want?" And yet it's such a simple thing, once you begin to understand the vibrational nuances, and once you begin to understand: The reason that I have feelings, is because of two things: I'm summoning the Non-physical Energy by virtue of my desire. And I'm allowing it, or not allowing it -- by virtue of my thought or belief.

When we first began articulating through Esther, the words that we used were these: When your desire and your belief are the same -- it is. And, in those early days, the words that Esther found to express what we are offering here, with many more words, said: When there is something that you want -- you must believe it.

That's a hard thing for people to grasp, because you've been carrying some of these uncomfortable beliefs around for a long time. And we would like to help all of you let yourselves off the hook, because you can't buck Law of Attraction (That which is like unto itself is drawn). If you've been thinking this thought and thinking this thought and thinking this thought, that's the thought that's active in you now. And Law of Attraction is going to bring you more stuff that matches that thought all the time.

HOW TO AWAKEN & IGNITE THE BRAIN'S HIGHEST POTENTIAL

Research shows that 90% of all doctor visits today are the result of stress. Our primitive lower brains fear change. They were designed to protect us and to keep us safe; and alive. Today, they encourage an unnecessary state of hyper-vigilance, stress, anxiety and fear. Now, thanks to Higher Brain Living®, created by Dr. Michael Cotton - we can actually change the physiology of our brains and you can now get trained in this breakthrough technique.

This system creates a clear channel and powerful energy surge to the Higher Brain that opens a gateway to true, lasting, limitless and expansive higher living like no psychological, spiritual or physical healing modality on the planet.

With Higher Brain Living® you and your clients will experience: Joy • Confidence • Purpose • Passion

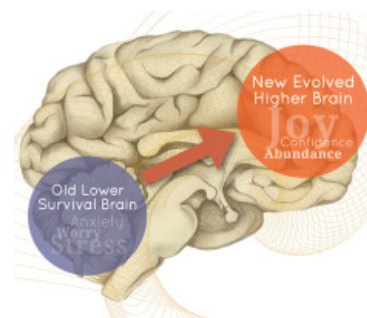
Who Becomes a Higher Brain Living® facilitator?

Passionate, educated leaders in psychology, life coaching, chiropractic, acupuncture, homeopathy, yoga and other holistic fields choose Higher Brain Living® because it offers them an unprecedented way to help clients change, grow, evolve and "live into" lasting peace, happiness and confidence. These leaders have discovered their area of expertise alone is not enough to facilitate the extraordinary spiral of positive change available exclusively through Higher Brain Living®.

Attend a LIVE presentation and watch a mind-blowing demonstration of this exclusive technique that sends a surge of energy to the higher part of the brain to melt away stress, open up potential and experience more happiness. Join Higher Brain Living, a revolution in personal life transformation.

**Monday, March 16,
2015 6:30pm - 8:30pm
at The Bahia Mar - A
DoubleTree by Hilton
801, Seabreeze Blvd,
Fort Lauderdale (State
A/B Room)**

For more info or to register visit: <http://higherbrainlivingevents.com/florida> Free if pre-registered, \$97 at door





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 2015

Aries: May 20 to April 19 "I Am" You have all the power you will ever need behind you now. Your Sun in Aries is part of a grand trine with Mars in Aries, Moon 29 degrees in Cancer and Saturn 4 degrees in Sagittarius. Your foundation is secure and you feel safe to express your deepest and darkest secrets that will most likely alter your belief system.

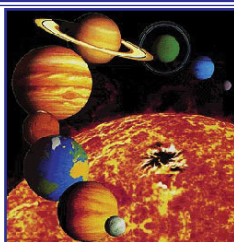
Taurus: April 19 to May 20 "I Have" The very core of your being is calling out for change and transformation on so many levels. Just take a step in any direction and life will put you where you are needed the most. Take the time to look within, be still and take the time to listen what your heart and mind are saying to you! Go with the flow as you learn to be gentler with yourself and others.

Gemini: May 20 to June 21 "I Think" Balance speaks to you in so many ways; nature, romance, family, food and healthy ways. The answers to the questions you seek are all around you. Take a moment to be present and aware of what you are feeling and you will once again feel at home with yourself and others. Things are not as bad as they sometimes seem. Find a fresh perspective.

Cancer: June 21 to July 22 "I Feel" You have foundation, intense emotion and a drive as strong as an ox. Make a plan and go for what you want; believe that it is real and it will be! This month you have the opportunity to clear out some past hurts and misunderstandings with your family members. You will feel like a whole new person.



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



Psychic & Astrological
Phone Consultations
Astrological Chart Service

Barbara Lee
208-640-9524

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

Order a Natal Report
Receive a One Month
Transit Report FREE

Leo: July 22 to August 22 "I Will" You're a big dreamer but you have the power to manifest those dreams when you set your ego aside and put another person's needs first. When you are undisciplined, egotistical, and irresponsible, you can cause great difficulties with yourself and others.

Virgo: August 22 to September 22 "I Analyze" You can spend time and money lavishly on others when you have it. Your greatest service is to help others when they turn to you for guidance. This month you will be very practical and helpful when it comes to being of service to those you care about. Now is a great time to get clear about what is important.

Libra: September 22 to October 23 "I Balance" There will be many important changes in your home environment this month, it is up to you how you handle it. You can definitely turn this into a fortunate experience. If there is something that you need to let go of; now is the time to release what ever is not for your highest and greatest good.

Scorpio: October 23 to Nov. 22 "I Transform" Recently you've been driven to your knees in the amount of emotional pain you have gone through, you now know there is no changing the past and that the future is a dream waiting to be realized. Going to the depths of your soul is the solace that keeps a positive perspective on your life.

Sagittarius: November 22 to Dec. 21 "I Perceive" This month you have chosen to take a ride on the wild side of life like never before. You will be protected and shown things and avenues of being that you have only heard of but never experienced. You are ready to walk through the door of expression into unknown worlds and altered states of consciousness.

Capricorn: Dec. 21 to January 19 "I Use" The choices you make on a daily basis have to do with work and relationships. You get more fulfilled from work than from partnership. Sooner or later reality and the need to be honest will catch up with you. Decide to be happy.

Aquarius: January 19 to February 18 "I Know" This month you decide to communicate your truth; hold nothing back! Declare to the Universe what you want and intend to receive it. Life is about to become more amazing than you ever thought possible. You've tuned into profound vibrations that are changing your life for the better, trust and allow it.

Pisces: February 18 to March 20 "I Believe" This month your gift to the world is an understanding heart, and a solid bank account with money to burn. You are in a healing cycle that can regenerate every area of your life, and then what? You keep your energy moving and helping people feel better, an endless cycle of improvement.

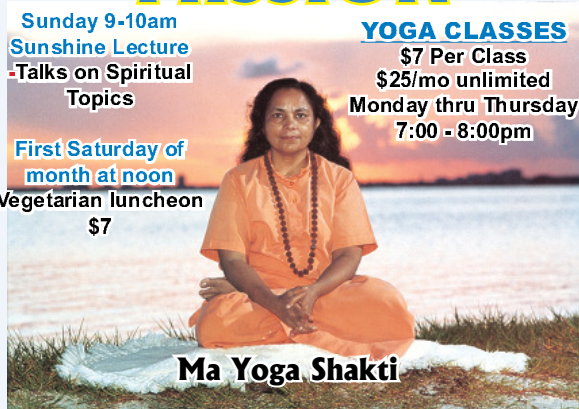
YOGA SHAKTI MISSION

Sunday 9-10am
Sunshine Lecture
-Talks on Spiritual
Topics

First Saturday of
month at noon
Vegetarian luncheon
\$7

YOGA CLASSES

\$7 Per Class
\$25/mo unlimited
Monday thru Thursday
7:00 - 8:00pm



Ma Yoga Shakti

Annual Friends of the World Gathering

Sunday March 29, 2015

FREE Noon to 4pm

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



* Still accepting vendors for the event*

If you or anyone you know is interested in having a booth (only \$15), performing on stage, attending the function or helping us to spread the word, we appreciate it.

Please contact:

Yoga Shakti Mission
3895 Hield Road, NW
Palm Bay, FL 32907
321-725-4024

<http://www.yogashakti.org>
Email yogashaktipalmbay@gmail.com

FREE

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 Email yogashaktipalmbay@gmail.com visit www.yogashakti.org (321)



725-4024 See inside back cover for info. Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga 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.

The main cause of man's unhappiness is that he wants to bring about a change in others and not in himself. He regards others as being the cause of his sorrow and never blames himself. However, the reality is altogether different. Man himself is the main cause of his unhappiness but it is in his nature to put the blame on others.

Let us take the example of the tree. Even if you throw a stone at it, it gives you fruits. It gives the benefit of its shade to all whether they are good or evil minded. Even when it is cut down and felled its wood is used for making furniture and fuel.

Be as large-hearted as the tree. Without expectations from anyone, raise yourself high above the earth like the tree. Turn your eyes which see the faults in others to see inside your own self. If you desire to find fault, make efforts to find your own faults and failings. Lo! You will find peace of mind. Hari Om.

YOGA SHAKTI MISSION



Ma Yoga Shakti

Sunshine
Lectures
Sundays

9 - 10am

Talks on
Spiritual Topics

YOGA
CLASSES

7-8pm

\$7 Per Class or
\$25/month
unlimited

Mojday
thru
Thursday

First Saturday
at noon

VEGETARIAN
LUNCHEON

\$10 donation
(children free)

YOGA SHAKTI MISSION
3895 Hield Rd NW Palm Bay
yogashaktipalmbay@gmail.com
321-725-4024

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**

NEW

In the Sanctuary of Silence

**How to plan a daily
schedule of superconscious
meditation and effectively
practice it**

Prayerful, affirmative, mantra,
analytical, attentiveness, and
transcendent forms. Routines
and techniques for all levels
of experience.

**Softcover 32 pages \$2.00
postage & handling \$1.00**

By mail, check, or credit card:
Center for Spiritual Awareness
P.O. Box 7
Lakemont, Georgia 30552-0001

**Phone or e-mail with credit card:
706-782-4723 Mon-Fri 8 a.m.—3 p.m.
e-mail: info@csa-davis.org**



In the Sanctuary of Silence

**How to Plan a Daily Schedule of
Superconscious Meditation and
Effectively Practice It**

ROY EUGENE DAVIS

A CENTER FOR SPIRITUAL AWARENESS PUBLICATION

Roy Eugene Davis has been teaching spiritual growth processes for sixty years in North and South America, Europe, West Africa, and India. He was ordained by Paramahansa Yogananda in 1951. FREE: read Truth Journal, listen to Mr. Davis' talks, and see meditation seminar and retreat schedules at www.csa-davis.org