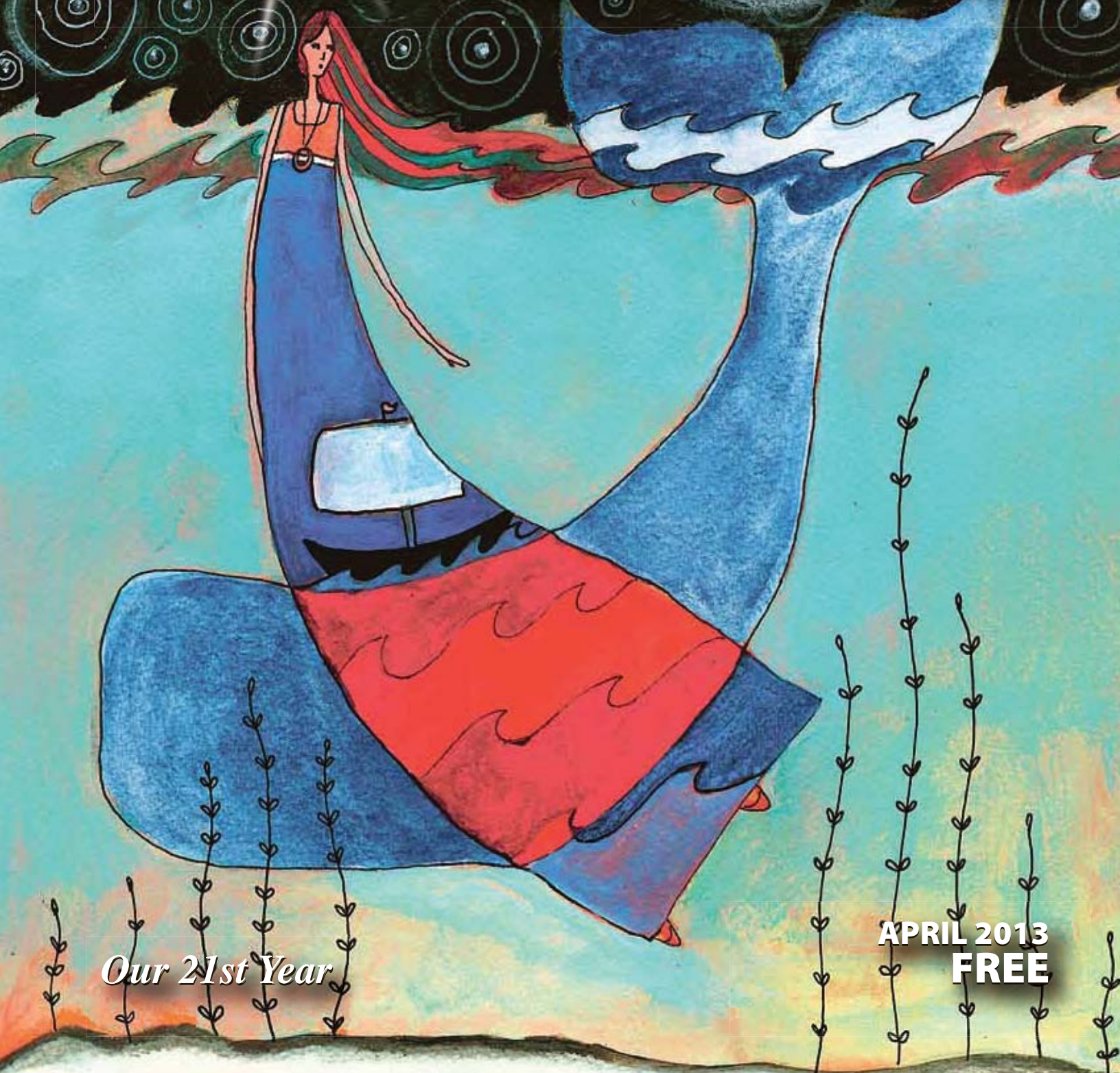


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## HISTORY

Albert Bowes has been a professional Psychic for almost forty years. He lives and works in the Spiritualist community in Cassadaga, FL, a community that has existed for over 100 years as a place where Psychic Mediums and Spiritualist Healers practice. He has devoted his life to helping people find answers to personal problems, save relationships, create businesses or restore them to profitable operations, uncover hidden talents, the list is unending...

## CREDENTIALS

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

# Nellie • Cassadaga

Psychic

Medium

Teacher



## TESTIMONIAL

I've been meaning to email you but wanted to wait & see if things were going to happen according to the dates you gave me, and sure enough, they did (again)!! My 1st visit with you was in May 2010. When I asked about job, you said things were going to change in Oct (some co-workers were going to leave, &/or new employees hired, I would start making more money). I brushed this off since we rarely have turnover at my job. Sure enough, 1 co-worker got fired and 1 co-worker announced she was moving out of state! Because of their leaving, MY income increased. =) I also asked about 2 very important men in my life (1 from the past & 1 current boyfriend) and you described both of them to the T! My other question was health, you told me to be concerned about something that may occur between my abdomen down to my knees & you were right again! My medical condition didn't come to fruition until a yr & a half later, but when it did, I was blown away. My 2nd visit with you was July 2012. I asked about job again, you said my bosses were under a lot of financial stress & would continue to tighten their belts for a while longer, but they were not going to close our doors. You were right on the \$ with that! I asked again, about my boyfriend, you explained our relationship right down to the T. Last but not least, I asked if/when you could see me moving & you said I would sell my house by the end of the year, I would definitely be moving no later than the end of the year & IT YOU WERE RIGHT! When I tell people about our visits, they are completely floored & amazed...just as I have been every time! Thank you so much for your insight. Your gift is amazing. I will be seeing you again & hopefully for many years to come. Thank you so much, Stephanie



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Thursdays 6:30-9:30pm and Fridays 11am-1:00pm

**Friday, April 12, 7pm** GAME NIGHT boards, cards

**Wednesday, April 17, 2013, 7-9pm** "Heart Joined As One" Concert Charley Thweatt [www.musicangel.com](http://www.musicangel.com)

**Thursday, April 18, 2013, 7:00 to 9:30 p.m.** "The Heart of A Course In Miracles" Workshop Charley Thweatt

**Friday, April 19th 7-9pm, Saturday, April 20th, 9-5pm** Art and Practice of Living with Nothing & No One Against You - Lloyd Reiser

**Sunday April 21 10AM** Who do you say I am? with Rev. Prentiss John Davis

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o Sunday, 11:15 to noon. Adult Sunday school – Childcare available.

o Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.


o Tuesdays 7:30 PM A Course In Miracles

o Wednesdays 6:30 PM Midweek Meditation with Michelle Lyon

o 1<sup>st</sup> Sunday of month (Apr 7<sup>th</sup>, May 5<sup>th</sup>) 4:00 PM Reiki Service with Lloyd Reiser

o 3<sup>rd</sup> Sunday of month (Apr 21, May 19<sup>th</sup>) 2:30 PM Mini Service at Carnegie Gardens

o 4<sup>th</sup> Friday of month (April 26<sup>th</sup> & May 24<sup>th</sup>) at 6:30 PM Couples Group meets




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optical illusion  
is separation**

# HORIZONS

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

**Thanks for help this month**  
Morgana Starr

**On the Cover (see page 26)**  
Whale Dreams  
by Leah Piken Kolidas

**Contributing writers:**

Michelle Whitedove  
Cecelia Avitable  
Ma Yoga Shakti  
Abraham-Hicks  
Karen Williams  
Barbara Lee  
Mike Dooley  
Alan Cohen  
Tom Sannar  
Jeff Brown  
Eric Pearl

**"And the day came when  
the risk to remain tight in  
a bud was more painful...  
than the risk it took to  
blossom." Anais Nin**



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

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

<http://oneheart-onemind.org> Email [dr.tomsannar@gmail.com](mailto:dr.tomsannar@gmail.com)

**1. Recognition - God Is First.** I recognize that there is an Infinite Power and Presence greater than I am. This Presence is on purpose and knows the answers to all of my questions and has the ability and the willingness to fulfill all of my desires.

**2. Unification.** I unify my consciousness with the consciousness of God. I am willing in total faith and trust to allow Spirit to guide me and direct me in my daily affairs.

**3. Willingness To Change.** I am willing to assess my life, to honestly look at and face all my fears.

**4. Dominion.** I take dominion and responsibility for my life. I give up blame and judgment. I accept myself and all others.

**5. I Live On Principle.** I know that I am a Spiritual Being. I live my life with honesty and integrity.

**6. I Live On Purpose.** I am willing to commit to the process of purposeful living. As I discover my purpose and live it with courage, I am transformed.

**7. Forgiveness.** I forgive myself for any past mistakes and I forgive all others who I think have harmed me.

**8. Positively Present.** I maintain a positive attitude, regardless of what is occurring in my life. I know that behind every seeming crisis, there is opportunity for good.

**9. Persistence.** I persist through faith. I maintain focus and discipline.

**10. Service.** I know that the floodgates of opportunity open wide by my giving myself in unconditional service to others.

**11. Gratitude.** I am grateful for my life and all aspects of my life. I see all people as the goodness of Spirit in form.

**12. Tithing.** I come to understand and embody the principle of tithing, so that I freely and unconditionally give one tenth of my time, my treasure, and my talent to my spiritual source.



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





**Andrea de Michaelis**  
Publisher

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

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

Hello and welcome to the April 2013 edition of Horizons Magazine. If you'd been following the story of my relationship split, you know there've been many opinions about it. They are all on my blog at <http://horizonsmagazine.com/blog/>.

Many friends are tell me they've gone through the same thing repeatedly. *How can I not hate him for what he's done to me? They ask. How do they let it go? That's easy. I only ever wish for anyone else what I wish for myself. Because what I wish upon another is what I am asking the Universe to bestow upon me.* Yep, that's how that works. Disappointed in someone? What do I wish for myself? Do I wish myself love and happiness and good fortune and everything my heart desires? Then I must wish that for them as well. And mean it.

That doesn't mean I have to talk to them. That just means I work it out in my head as often as I have to until I can mean it. That's how it comes back to me. Only ever wish for anyone else what you wish for yourself.

Me living a transparent, daily public life on Facebook means people will have their say. My life is my message. I tell what

happens, what my reactions and opinions are, especially as I go through conflict resolution. I get enough feedback that I know what I write is helpful in making people perceive things more optimistically, which in turn makes them attract a better life. All of us reading this are going through the same things on some level or know those who are. That's how it works.

One Facebook friend wrote "I'm happy you're putting your life "out there" so we can learn from it. You are very brave. I, for one, don't think I could remain so calm after being treated (as you were by an ex who deceived). I love how you are able to compartmentalize, which is I guess is the right thing to do. But I don't think I could do it. I would probably just negate the person." I responded, *"I understand. I feel like when people see I'm no different, no more enlightened nor above anything than they are, and how much I screw up and what steps I take to unscrew myself, then it is helpful. I get so much feedback that I know it is."* That's why I do it, even when a particular topic is out of my consciousness until the next person asks me about it. I don't dwell on anything. I just address it each time it comes up.

Another wrote: "I went through a similar thing several years go. It's like reading my story only this gives me the opportunity to look at it somewhat differently by you writing your experience. Bless your trusting and beautiful heart!"

And another: "You are an inspiration to me, a gifted writer and teacher. I honor you. Your words always speak to me and I am sure many others. You helped someone along the way in that relationship - helped heal a part of all of us. Thank you!"

For those who ask isn't it difficult since he lives across the street to see and hear his new relationship unfold, I say, *not at all. We would not still be together regardless if there was a new girlfriend or not. Only ever wish for anyone else what you wish for yourself.* So what do I think about having it all right in my face? I think: *Love when those around you love; let their love fill you.*

...continued on page 28..

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# 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](http://www.abraham-hicks.com).

**GUEST:** So, Abraham, if you were in our physical shoes, what would you do when you woke up in the morning, and what processes would you use on a daily basis?

**ABRAHAM:** It's a big question. Isn't it? Because it would depend upon the circumstances. Different circumstances would require different responses, but we'll give you a run down here because what you are really asking for is "How could I ever begin to apply the never-ending spewing of processes that you've been giving us over the years?"

We're going to start the night before. We would put ourselves in our bed and we would lie there in the bed and try to achieve the feeling of appreciation. We would appreciate our bed. We would appreciate our day. We would compliment ourselves on the day's achievement no matter how big or few they are. We would do our best to bask in our bed.

## THE END OF YOUR PERFECT DAY

Before drifting off to sleep, we would set forth a thought, which is what we call prepaving, of pleasant anticipation of tomorrow. We would say something like, "Tomorrow will be a wonderful day." And then we would try to find the feeling place of one of the most wonderful days we'd ever had. We'd try to find the feeling place of waking up and being glad to be alive and feeling happy about our physical life experience. We wouldn't spend a lot of time on it because you don't want to stimulate yourself into a lot of thought right before you're trying to go to sleep. We would just try to generate the feeling of subtle, good feeling, peaceful, loving appreciation.

We might say, "And if I dream and there is anything important, I want to remember it." When we awaken in the morning, the first thing we would do is acknowledge we're glad to be alive and awake and physical, and then we would ask, "Did I dream?" because if you wait too long you won't remember. Often you won't have a dream that you remember, but if you do recall something, then lie there and try to recapture the feeling of it, because the feeling is what gives you your information. In other words, the emotions that you felt in your dream are the contrast that lets you know what you don't want and what you do want, just like your feelings that you live in your real life-experience help you to know when you're including something not wanted or when you're including something wanted.

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

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# Apologies To The Sacred Masculine

(The letter this warrior in transition would like to receive)



A former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," and the just released "Ascending with Both Feet on the Ground," endorsed by authors Elizabeth Lesser, Oriah Mountain Dreamer and Katherine Woodward Thomas. He is also the producer and key journeyer in the new spiritual documentary - Karmageddon- also starring Ram Dass, Seane Corn, David Life, Deva Premal and Miten. [www.soulshaping.com](http://www.soulshaping.com)

I apologize for those moments when I couldn't see beyond my projections to your true nature. With so much relational trauma in the rear view mirror, I couldn't distinguish the heartless from the benevolent warrior. With my lens blurred by unhealed emotions, I was unable to see you in your wholeness. I unknowingly projected my negative expectations without recognizing those moments when you were moving from love. Please forgive me my projections, and know that below my pain was a heart that genuinely longed to merge with yours.

I apologize for pushing you to open your heart when you weren't ready. I longed to be met in my openness, and I couldn't bear the disconnect between us. I am nourished by direct communication, and I took your silence personally. I didn't understand the relationship between your detachment and your warrior conditioning. I do see this now. From the beginning, you have been cast in the role of warrior protector and your emotional armour was fundamental to your task. Without it, you would not have been able to remain vigilant on the battlefield, nor succeed in the competitive marketplace. As our world moves away from survivalism as a way of being, I am hopeful that you will feel safe enough to live from an open heart. Such beautiful light comes through that opening.

I apologize for not always seeing your limitations and struggles. There were times when I could not see past my expectations and fantasies. I had grown up with a fairy tale of a great knight that would save me, and I clung to that vision, preferring the perfection projection to the reality of humanness. As a result, I didn't always see how much stress you carried, how difficult things were, how hard it was to hold it all together. Of

...continued on page 20



Rev. Andy Conyer




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Orlando, Saturday, April 20<sup>th</sup> 10 AM – 3 PM  
The Villages, Tuesday, April 23<sup>rd</sup> 1-5 PM

**Music and It's Influence on us Spiritually**  
With **Rev. Frank Walker**  
Apopka, Friday, April 19<sup>th</sup> 7-8:30 PM  
The Villages, Monday, April 22<sup>nd</sup> 6:30-8 PM

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

## NOTES from the Universe

**When you say "me," "myself,"  
or "I," do you remember to  
think of yourself as an  
intergalactic, supernatural,  
indomitable, unstoppable,  
joy-bound, on-fire gladiator of  
love... matador of illusions...  
and supercoolhappylovethings?**

**Good. The force is with you,  
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Email [andrea@horizonsmagazine.com](mailto:andrea@horizonsmagazine.com) Andrea de Michaelis is a Certified Hypnotherapist, ABH



# HERB CORNER

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

## LEMON BALM

A lemon scented perennial herb in the mint family brought to America by the Europeans for its culinary and medicinal uses. **Lemon Balm** was regarded then as a "cure-all" plant for its ability to help heal wounds, toothaches, fevers, digestive disorders, insomnia, arthritis, headaches and many other ailments.

**Lemon Balm's** history goes further back than the Early Americas; the first centaury philosopher Avicenna said "it maketh the heart merry" today herbalists still call **Lemon Balm** "the gladdening herb" for its ability to relieve depression, anxiety and grief. Students of ancient Greece wore **Lemon Balm** in their hair because they believed it would strengthen their mind. In the tenth centaury it was used as a medicinal tonic and for cooking by European Monks and by Arabian physicians they make *Eau de Melisse* a very popular tranquilizing tonic for raising spirits, anxiety and nervousness.

Today the leaves, stems, flowers and its aroma are used for its healing properties. The essential or volatile oil has a soothing effect on the nervous system; just its scent is useful for depression, grief, insomnia, anxiety, ADHD, tension headaches and neuralgia. The tannins, citronellal and eugenol components found in **Lemon Balm** help to reduce inflammation and muscle spasms making it good for menstrual or abdominal cramps, gas, burping, nausea, diarrhea, and other digestive disorders. Plus the eugenol has anesthetic properties this is good to know if you get stung by a bee or get cut because **Lemon Balm** not only numbs, it helps to fight off infections. There are constituents found in **Lemon Balm** that are specific towards herpes viruses which can cause shingles, chicken pox and cold sores helping to fight the virus and relieve nerve pain.

**RECIPE:** *A simple tea can be made by infusing 1 teaspoon **Lemon Balm** in 8 ounces of boiling water, after steeping 10-15 minutes strain off the herb and enjoy. This tea can help you to calm down and relax after a hectic day or for a better nights sleep, it can also be helpful for calming an over-active child. Sipping this tea can help you to focus better on your studies and calm a nervous stomach if you were nervous about taking tests. For an added effect you can add Rose Petals, Lavender and Chamomile to your tea for a deeper relaxing effect.*

This is a nice herb to use in a bath; to prepare use 1 cup herb steeped 20 minutes in 2 cups of boiling water. After your tub is full add the tea to the tub. As a bath **Lemon Balm** helps you to relax so you can sleep better, it also eases abdominal cramps and relieves the pain of shingles.

**Lemon Balm** is also useful as a compress or poultice for bug bites, cold sores, boils or to enliven the skin.

I have to agree with Paracelsus **Lemon Balm** truly is "an elixir of life".

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

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

This is an in depth study of the healing properties of herbs for women, men, children and pets; covering all of the systems of the body the conditions that are associated with that system; and the herbs that are of benefit to these systems and conditions.

Included in these 15 classes are herbs for kids, herbs for pets and 2 planned herb walks.

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

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# ABRAHAM \*FUN\*



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

## NOTHING IS MORE IMPORTANT THAN I FEEL GOOD

**Wowzers, woke up today and about 10 little details of life started vying for my attention: "Worry about me!" "Feel frustrated about me!" "Obsess about me!"**

They seem to lie in wait until I feel caught up in other areas of life and then they ambush me.

I was more successful than I've ever been, I think, in turning them away, saying, "With all due respect, I cannot think about you details and feel good at the same time, so you need to get the heck out of my cranium."

I know that nothing is more important than that I feel emotionally good, and I also know that as I continue to make that my priority, all these details will get taken care of in easy ways at the perfect time.

Thanks in part to all the sharing we do in the Facebook group at [www.facebook.com/groups/AbrahamFun/](http://www.facebook.com/groups/AbrahamFun/) I'm stronger in my knowing of this than ever.

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See page 31

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

*Caroline Myss*

## ARE YOU IN SPIRITUAL EMERGENCE-Y?

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

Have you had a major life upheaval such as  
paranormal or mystical experience  
near-death experience  
death of loved one  
change of location  
job change  
marriage  
disability  
divorce  
illness

hurt  
angry  
irritable  
fatigued  
restless  
resentful  
melancholy  
mentally foggy  
over or under fed  
sleepless or overslept  
using addictive substances?

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



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

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

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

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

**Andrea de Michaelis 321-722-2100**

Email [horizonsmagazine@aol.com](mailto:horizonsmagazine@aol.com)

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

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# YOGA: NATURAL PATHWAY TO GODHOOD



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

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

## The Uses of Adversity

*If you can change your own life and be happy within yourself, you will be fulfilling the divine purpose. If you are good and happy, you will be promoting happiness in the world.* Therefore, it is essential that you seek your own peace and a solution for your own problems. This will be a great help to the world because you will stop injecting negative things into the world. By improving your own life you will make others also happy. Mostly people are inspired by those who have set things right in their own lives.

Have courage and enthusiasm. Always feel inspired, enthusiastic and encouraged. Life is like climbing up a hill. Always have the attitude, "We have to go on". Keep on walking. Don't sit. Don't look back. Keep your eyes always ahead of you. Never entertain thoughts which bring you back or down or which are negative

. Remember that one aspect of God is bliss. The scriptures mention, "Practice joy all the time" because God is joyful. By practicing joy you are coming closer to Him and this joy is to be practiced in all circumstances, favorable and unfavorable.

Think that every work is God's work and derive joy from it. You are serving God. Whatever comes to you, do it in a spirit of love dedication and joy. All these practices will lead you on the Path.



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# Reconnecting with the Power to Heal: Eric Pearl Shares His Extraordinary Gift



**When Eric Pearl is asked to describe his most dramatic healing, he always has a different answer.** "It's not something I put over the mantelpiece to dust off, bring down and present," he says. "It doesn't work that way." Instead, he'll tell you about his most recent healing; when we spoke, it was a five-year-old boy's heartwarming, instantaneous recovery from cerebral palsy. Another day it might be the time he cured a woman's cancer, helped a young man straighten his deformed arm, or assisted a stroke victim in regaining the use of his body's left side. Logic defying, mind boggling and scientifically impossible, yes, and yet these stories are not fiction. They are occurring on a nonstop basis as Pearl travels the world spreading the teachings and beautiful simplicity of this skill he calls Reconnective Healing.

Twelve years ago Pearl was not an internationally renowned healer. He was not the author of a book that has been translated into 36 languages. And he most certainly had not been a teacher for tens of thousands of people. He was simply a chiropractor working in West L.A. But then, in the span of a day, his life changed. There were no warning signs or gradual indications that Pearl was acquiring a new "skill." Reconnective Healing just happened.

By the dozens, Pearl's patients started reporting that they felt his hands on them—working their muscles, easing their strains—when in fact he wasn't making any physical contact. Merely holding his hands above their bodies was eliciting the sensation and involuntary physical responses (muscle flexes, eye twitches) that such touching would produce.

Soon patients were calling to tell him that not only had their pains and illnesses vanished, so, too, had those of their loved ones. It was then that Pearl realized his gift of healing was not just instantaneous and applicable to most ailments, but also transferable. "The thing is, this is timeless to the universe. But it's new to us here," explains Pearl, who credits this form of healing to a broader spectrum of energy, light, and information that recently became available to us due to a shift in consciousness on our planet.

The healings are (generally) instantaneous and (most often) long-lasting, he says, but what's most important is that people can heal themselves and no longer need to search for a "cure" elsewhere.

"We keep buying into fear-based healing techniques and I think it's part of divine design that we finally got to a point where we don't have to do that anymore," explains Pearl. "In other words, the gift of this work is that it allows us to completely transcend those approaches and facilitate something much more comprehensive, instantaneous and lifelong."

For more information about Eric Pearl, Reconnective Healing and The Reconnection visit [www.TheReconnection.com](http://www.TheReconnection.com), call 323.960.0012, or read *The Reconnection: Heal Others, Heal Yourself* by Eric Pearl.



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**LOCAL CONTACTS**

Annette Diaz [Annette@annettediaz.com](mailto:Annette@annettediaz.com) +1 305 720 8348

Beth Major [Miami2013seminar@gmail.com](mailto:Miami2013seminar@gmail.com) +1 407 687 3238

Tatiana Petrovich [TatianaPetrovich@gmail.com](mailto:TatianaPetrovich@gmail.com)

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# Ask Whitedove



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

**Dear Whitedove,** Two months ago, my Mother died very unexpectedly and I feel such a heaviness and so very alone in this world. Have you been given proof that there is life after death? ~ **Mama's Boy in Memphis**

**Dear Mama's Boy,** The grief that you're feeling is a natural part of the healing process. We mourn, grieve and feel abandoned, but grief is only for the living. Our loved ones are still with us, just in their lighter body. Did you know that the soul can travel at the speed of thought? Just concentrate your thoughts on that person and your loved one will come to you. They can hear you. Know this: it's easiest for them to show themselves and interact in your dreams. These are actual visitations. For me, I have proof every day; I see souls and they often ask me to relay a specific message. I know that you will have your own experience through the dream time and it's a blessing when you feel reconnected. In this way, you will know that life continues after the transition that we call Death.

**Dear Whitedove,** Some people believe that each life is mapped out before we come to Earth and that is our fate. Others believe that we can change our life's path at any time. So I would like to know, is there a difference between fate and destiny or is our life's mission preordained? ~ **Trined in Trenton, NJ**

**Dear Trined,** There is a great deal of planning that goes into a life's mission. As we prepare for our Earthly journey we make an agreement with God. We select lessons to learn and also lessons that we agree to teach others; these are called Soul Contracts. So we map out our journey. There are very few events etched in stone, but if there is something that we MUST experience it's preordained or called fate. Then there are other events that will only happen if everything is lined up with divine timing as destiny or a synchronicity. One of God's greatest gifts to humankind is the gift of free will. This affords us the opportunity to co-create our life on Earth. We can get caught up in drama and create a hellish life OR we can dream big and create personal heaven on Earth. Know this: Your spirit has the ability to overcome any hurdle: poverty, abuse, illness, financial loss. Every great master has taught this truth. So I would like to encourage everyone to monitor your thoughts because they are your building blocks. Visualize the future as you want it. Then take action. Heaven is within your reach!



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# From the Heart

Alan Cohen is the author of many popular inspirational books, including the newly-released *Enough Already: The Power of Radical Contentment*. Join Alan in person for *Living Miracles*, a celebration retreat May 29-June 2 in Loveland, Colorado. For more information about this program, Alan's other books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com), email [info@alancohen.com](mailto:info@alancohen.com), or phone (800) 568-3079 or (808) 572-0001.



## The Secret Voice

**This year, like every year, ABC will air *The Ten Commandments* around Easter and Passover.**

Originally released in 1956, the movie remains a perennial favorite, dominating the ratings whenever it shows. Even though the dialogue is campy, the special effects old school, and the elder Moses' long white beard totally fake, the film holds up. It is an inspirational classic, replete with meaning and loved through generations.

I purchased *The Ten Commandments* DVD and listened to the commentary by film historian Katherine Orrison, who was privy to many behind-the-scenes secrets about the making of movie. The sage came to its second most famous scene, where Moses encounters God at the burning bush atop Mt. Sinai. When Moses asks God why He has not rescued the Hebrew people from the bondage of slavery in Egypt, God tells Moses that He will execute the deliverance through Moses himself. Moses asks God what is His name, and He answers, "I am that I am."

At that point in the commentary, Ms. Orrison explained that for many years the identity of the actor who played the voice of God was kept a secret by director Cecil B. DeMille. Finally the legendary filmmaker revealed that the voice was none other than that of actor Charlton Heston, who played Moses. Heston's voice was technologically manipulated so it sounded deeper and more resonant, but Heston it was.

This admission packs a huge metaphysical wallop. While it appeared that Moses was addressing an entity outside of himself, he was really talking to his own higher self. The mortal man met the divine being, and they were one. We pray to God until we pray from God.

In the classic Hindu epic *Ramayana*, Hanuman, depicted as half-monkey, half man, is the dedicated servant of Ram, the incarnation of God.

At a poignant moment Hanuman says to Ram, "When I forget who I am, I serve you. When I remember who I am, I am you." Sometimes we are monkeys and sometimes we are God. Ultimately we are only God.

The other significant revelation of the Mt. Sinai dialogue, straight out of the biblical book of Exodus, is that God reveals that Moses himself will lead the slaves to freedom. Their liberation will not be executed by a cosmic hand coming down from the heavens, scooping them up, and placing them in the Promised Land. The drama was played out on the human stage. Many biblical scholars say that Moses was unconfident to accept the mission because he had a speech impediment. When He asked God how he could he possibly confront Pharaoh to plead for his people's liberation, God told him, "I will tell you what to say." So Moses didn't have to do it all himself. He just had to show up and be willing, and God would take care of the details.

So it is for you and me. You don't have to know how. You just have to know what. When you are clear on the what, the universe will take care of the how. In *A Course in Miracles*, a passage known as "the healer's prayer" reveals a formula for how to pray before entering into any situation in which you feel unsure of yourself. "I am here only to be truly helpful. I am here to represent Him who sent me. I do not have to worry about what to say or what to do, because He who sent me will direct me. . . ." (*A Course in Miracles* Text, p. 27). We are all Moses leading the world from the slavery of fear to the Promised Land of inner peace. You may not be assigned to move an oppressed nation from one country to another, but you have many opportunities each day to see yourself and others as capable and deserving to live in a domain far broader than the one to which you are accustomed. We all feel trapped in one way or another. There is a better, richer, freer way to live. One way or another, we will find it. Not through magical intervention, but through waking up to our true selves and innate power.

I also find it fascinating that the true identity of the speaker of God's voice in the movie was kept secret for many years. This also bears significant symbolic value. Your true identity has also been kept secret for many years. You have been told that you are a limited human being, confined to the boundaries of your body and a very small world prescribed by fear.

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



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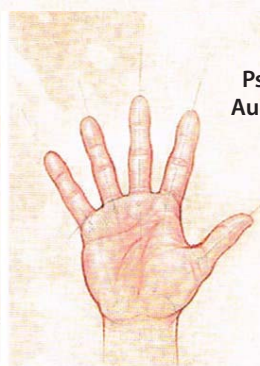
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## ABRAHAM-HICKS

*...continued from page 8*

Next we would lie in our bed for 2-3 minutes basking and appreciating. Now, can you feel that what we're saying about generating a feeling? You see, when you slumber, your thoughts withdraw from the physical. So your Energy, your physical body energies, have been aligned. So when you first awaken, you're like a new born baby. You're lined up. You're tuned in, tapped in and turned on. Have you ever awakened and felt immediately heavy as you come back into consciousness? It doesn't happen all the time, but occasionally it happens, and what that is is the feeling of coming from the high pure vibration of Nonphysical into the denser heavier Energy of the physical. And it usually only happens to you if you've got some problem you're struggling with, but once you get your Energy lined up, you won't have that heavy feeling. Esther remembers, in the early days of speaking for Abraham, often when she would awaken in the morning, it was a sensation of her body weighing a thousand pounds as she came from high fast vibration into a denser vibration of a bit of worry.

### BEGINNING YOUR PERFECT DAY

Once you have awakened and you're lying there sort of basking for three or four or five minutes — whatever you have time for — really five minutes is optimum, then we would begin making some statements of what we anticipate for this day. Now, if you have already been doing your daily process, you probably already have some things lined up for this day. But if you haven't, the sooner you do it in your day the better. So we would encourage you to get up, make yourself comfortable, go to the bathroom, brush your teeth, get something to drink, maybe even eat a little bit of breakfast...

### PLACE MAT PROCESS

The Place Mat Process is the most effective one that we've seen for getting the day started, and that is where you, on the left side of a page, make your list of things you plan to do today. Be true to yourself about it, don't put 5,000 things on today's list. Don't put more on today's list than you can do, or it defeats you. It makes you feel overwhelmed to begin with. Go through your lists of things. And then on the right side of the page make a list of things that you want, but for whatever reason you're not ready to act on, and just let them come freely from you. Don't carry the list from day to day to day to day. Don't make work of it. Just, every morning, ask yourself "What are some things that I want that I'm not ready to act on? Things that I would like the Universal staff to get going on", and just list those, because making a decision about what you want with an attitude that "it's not for me to do, but I do want it done" is a very good alignment of Energy. Often if you say, "I want to do this" and you know you don't have time, then your Energy is split even when you write it on the list. But if you say, "I want to do this, and while I don't have time, I'm not putting it on my list. I'm just telling the Universe, work

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on it if you will, please?" Then there's a freedom about it. There's no resistance in the vibration. You're actually doing what Creation is. You're defining what you want and you're staying vibrationally out of the way of it. That's it. Then we would move through our day.

Now, if something happens, like somebody calls us on the telephone and we have a little run-in with someone where we feel negative emotion, then the process we would offer is "Hum, I feel negative emotion. That means I've got my pencil in the fan, which means, I am including in my vibration something that I'd really like to exclude. But there's no such thing as exclusion. So I'm shouting 'No' at it, including

*...continued on page 21*

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# Apologies To The Sacred Masculine

A letter I'd like to receive



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

course, we perpetuated the projection together- you hid your humanness from view while I chose not to look for it. I look forward to the day when our relationships are not predicated on illusions, but on a deep recognition of each other's authenticity.

I apologize for giving you mixed messages about how I wanted you to manifest. At times, I wanted you to be soft and tender. At other times, dominant and protective. How confusing this must have been for you, how challenging to go back and forth between such differing feeling states. It has been so confusing for all of us, trying to straddle the line between our needs for both safety and vulnerability. One day, the perversions of polarity will fall away and we will arrive at a sacred balance between all healthy ways of being. Women will feel safe to assert their voice and embody their wholeness, and men will feel equally safe disarming and speaking from their vulnerability. On the rivers of essence, everything flows in the same direction- towards the ocean of wholeness.

I apologize for being passive aggressive towards you. I was not taught to express anger directly, and I was frightened of your aggressiveness. I know that you have had similar challenges with experiencing your sadness and releasing your tears. In the world we are moving towards, I am hopeful that both genders will have seamless access to all emotional states and healthy forms of expression.

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I am sorry that I expected you to fill my emptiness, when the only one who can fill it is me. I have often looked for answers in relationship, somehow imagining that another could complete me. After so many centuries of disempowerment, I didn't realize that I had the tools for my own self-creation. But I am recognizing it now. Where before we met as two fragmented beings, we will soon meet as two whole beings - each of us healthily boundaried, well-integrated and intrinsically complete. Two soulitudes.

I am grateful for all those moments when you held me safe and operated within the heart of compassion. The backlash of recent decades was a necessary response to generations of suffering, but many of your contributions got lost in the shuffle. In my efforts to find my voice and stand my ground, I have not always given credit where it is due. I encourage you to re-claim anything you have lost along the way, and to proudly embody the sacred masculine as you once did. I apologize for those moments when I discouraged your power. I could not distinguish it from its historical misuses.

I am grateful for the many positive contributions you have made to my reality. I realize that you often communicated your love for me and the village with deeds, not words. I thank you for helping to construct the structures that my expansion relies upon. I thank you for labouring long and hard to establish rule of law. I honour the warrior spirit that built the railroads, the cities, the bridges that bring us into contact with one another. I honour those warriors who fought and died on battlefields in an effort to protect us. You have sacrificed so much in order to hold us safe. Praise to those benevolent warriors who came before.

I am grateful for GrandFather, for holding the space for my expansion with patience and wisdom. I am grateful for Father, for defending and sheltering me. I am grateful for Father Sky, for showing me a vision of possibility that transcended my circumstances. I am grateful for the Divine Father, the real Father of us all. I now feel his divine presence, so close. Fiercely compassionate, he was always right here, holding me safe.

There has been so much blame between us, so much hatred and name-calling. To be sure, it is essential that we express our anger and heal our hearts. Nothing should be swept under the rug in that process, everything should be exposed. But it is also important that we have compassion for each other and endeavour to understand the context for our actions. We have all been victims of a sociological landscape that impacted on our identifications and behaviours. Like two different species in the same bed, we were compelled by circumstances to inhabit roles that kept us miles apart. Those roles have caused us great suffering, each gender suffering in its own way. To the extent that one gender was denied wholeness, the other was denied it as well. Women were denied the right to basic protections and pathways of expression, men were denied access to a tender, receptive way of being. No one got off easy, despite appearances.

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





## ABRAHAM-HICKS

*...continued from page 19*

it anyway, lowering my own vibration, disallowing my Core Energy, and mucking up my vibration. I don't want to do that anymore. So since I know what I don't want, what is it that I do want?" And then we would make the statement of what we do want.

### FOCUS WHEEL PROCESS

Now, if you really want to take the time to clear this Energy up right now, do a Focus Wheel. In other words, you have this newfound knowing of what you now want. It's stronger and clearer than it's recently been. In other words, it just happened. It's hot off the press. It's right there big and loud. You know that you want to feel such and such. So sit with your Focus Wheel, which is a piece of paper with a little circle in the middle, and just start making statements. Writing them. Writing is your strongest point of focus. Your mind doesn't wander as much when you write. Your Energy doesn't get split as much when you write. You keep your vibration purer when you write. So then, begin writing your statements clockwise around the middle circle.

We'll do a **Focus Wheel** relative to the offering of our friend about her sister's phone call about the sauerkraut. She would write something like "I want to get along well with this wonderful sister. I like it best when we are adoring each other, and there are so many things about her that are easy to adore, and life is so good. I am glad that we live close enough that we can share intimately in each other's lives, and we're going to have a wonderful time at this party today, and it's going to feel so good to be there and realize that our relationship is bigger than this stupid little incident. And so, we will rise above it and feel wonderful." And in the middle circle she would write, "Aren't I glad that I have this person in my life." With just a little bit of effort, you've totally brought yourself not only back into alignment but into stronger, clearer, better alignment than you would have been if the incident hadn't happened to begin with. For the most part, that's the way we would live our lives. We would be aware that the way we feel is an indicator of what we are vibrating.

For the most part, that's the way we would live our lives. We would be aware that the way we feel is an indicator of what we are vibrating.

### I LOVE FEELING GOOD

Now, somewhere in there — and you can do it or not do it — but we would offer it maybe a hundred times a day: "I love feeling good. I love feeling good. Nothing is more important than that I feel good. I want to be true to myself. The better I feel, the more connected I am." In other words, we would make lots of those kinds of statements reminding ourselves that feeling good is really all that really matters. People



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sometimes worry about that. They say, "Abraham, you're screwy because you're teaching people to feel good, and what about the monster that feels good when he monsters something?" And we say, "No one ever feels good when they are not in vibrational harmony with their Core. You don't need to worry.

If you can teach people how to connect with that feeling of Well-being or that feeling of love or that feeling of appreciation and they are working to harmonize their thoughts, words and actions with that feeling — your troubles would cease on this planet. No one would ever push against anyone ever again about anything. Good.

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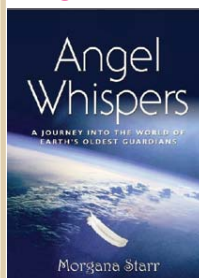
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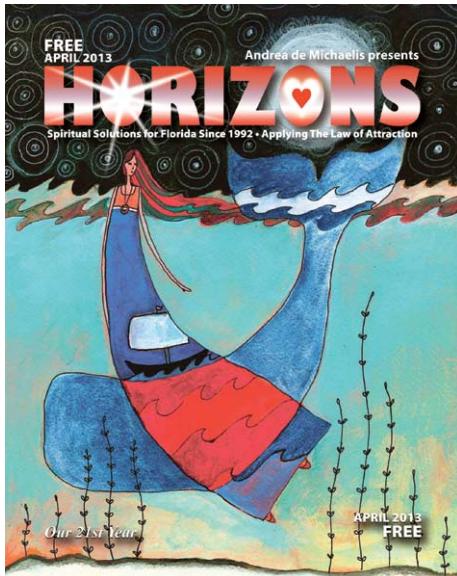
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# COVER ART

## WHALE DREAMS

by Leah Piken Kolidas



**Whale Dreams came to me in an intuitive fashion. I didn't even realize that as I painted it, it was the night of the Full Moon!** I draw a lot of women swimming with whales. I'm not sure exactly why, but I've always been drawn to them. In the book, *Animal Speak*, Ted Andrews writes about whales, "By drawing upon your own creative instincts, you can sing forth your own song." Whales are often associated with creativity, which makes sense because I am dedicated to daily creative practice. But mostly, for me, whales inspire awe, I believe they are a spiritual symbol in my work. This piece was painted in acrylic paint on paper.

Leah Piken Kolidas lives with her husband and daughter near Boston, MA. She is a mixed-media artist and creativity guide. She spends her days chasing an energetic toddler, singing *Old McDonald Had a Farm* over and over and over, squeezing in time for art-making, and finding that creativity abounds in everyday life. She has always been drawn to certain imagery, including the moon, trees, the ocean, and whales. Leah creates in an intuitive fashion, letting her dream-like images come forth. Her work can be found at <http://www.BlueTreeArtGallery.com>

## Apologies To The Sacred Masculine

A letter I'd like to receive



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

As we move towards a more enheartened interface, may we create space for new visions of possibility. We must begin the process by healing the generation gap that exists between us. We must soften the edges perpetuated by our reactivities. We must heal the rifts along the gender continuum that keep us apart. In my most clarified imaginings, I envision a world that fully celebrates the healthy feminine and the healthy masculine. Instead of throwing all gender differences out with the bath water, we make a conscious distinction between benevolent and destructive identifications. We craft a sacred balance of our healthiest aspects. Each of us identifies the unique fusion of feminine and masculine energies that aligns with our essential nature. And we openly learn from one another - men teach healthy manifestation, women teach healthy womanifestation- and we come to humanifestation together. We meet each other in our entirety.

May we never forget the relational and co-transformative nature of human expansion. Although the ultimate romance is with your own soul, it is our experiences together that give birth to the essential lessons. We are each here to participate in this dance of sacred imagination, stepping on each other's toes and turning each other toward God one clumsy step after another. We trip, and then we get back up with greater awareness. With this in heart, I am hopeful that we can learn to accept one another in our humanness. We are going to continue to make mistakes, but there is grace in that if we see our errors through to the lessons they contain.

I look forward to the day when we can meet one another in our true nakedness, stripped free of unresolved emotions, pain-induced projections, the distortions of duality. For too long we have been on opposite sides of the river, the bridge between our hearts washed away by a flood of pain. But the time has come to construct a new bridge, one that comes into being with each step we take, one that is fortified with benevolent intentions and authentic self-revealing. As we walk toward one another, our emotional armour falls to the ground, transforming into the light at its source. And when we are ready, we walk right into the Godself at the centre of the bridge, puzzled that we ever imagined ourselves separate.

May you feel the presence of the Divine Mother close at heart, inviting you to rest deeply on the tender shores of your own essence, nestling you in the grateful arms of those you have protected. Those who have received your blessings may not always acknowledge it, but your acts of love have landed within us, growing us stronger and infusing us with love's light. Rest dear warrior, rest. I hold your heart safe.





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The Bond: How to Fix Your Falling Down World by Lynne McTaggart  
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# From the Heart

...continued from page 16...



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Class is \$25 -- Reservations being taken now -- call 321-363-4883 to sign up for this once in a lifetime experience with someone with a proven track record!



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

***... from page 7...***

When those around you feel in love, share in that love by taking it into your meditation and basking in that feeling of new infatuation, that feeling of free flowing love coming into you from the Universe and flowing out from your heart area into the world around you. Bring to mind any time you ever felt that for anyone and amplify the feeling and let it fill you.

I really feel this way. They say when we go to pray, that we come to the altar having first forgiven anything in our lives that needs forgiveness. That's the part many folks leave out of the equation. They'll pray for this and that but still be pissed at this one or hold a grudge against that one. It's all related. Everything.

### **Only ever wish for anyone else what you wish for yourself.**

love and happiness and good fortune and everything your heart desires? Wish that for them. And mean it.

Only ever wish for anyone else what you wish for yourself. Because what you wish upon another is what you are asking the Universe to bestow upon you. Yep, that's how that works. Pissed off at someone? What do you wish for yourself? Do you wish yourself

**Love when  
those  
around you  
love; let  
their love  
fill you.**

Not unrelated, it's amazing how the right people fall into your life as soon as others make room for them and your vibration changes.

Who'd have thunk it? Oh right, ME because I know how law of attraction works. I know to pivot grouchy thoughts to fun ones when I realize I'm in it. I know to spend time prepaving - via visualization - what I want to experience in the future. I know to have an idea of what I want to do or have or be, yet I stand ready to change all of it dependent upon my evolution of consciousness.

**Energy Management 101:** Use whatever energy you find yourself in and transmute it into fuel for your own benefit and upliftment of consciousness.

What do you do when friends misunderstand you, when they misconstrue what you say and feel you are coming down on them, being judgmental, feeling superior and being a know it all? YOU LET IT GO. You don't hang on to it or try to sort it out or rehash it. You let it go.

### **FOCUS YOUR ATTENTION ON YOUR NEXT GOOD THING.**


You remember it is not your job to fix or educate anyone. They misunderstand because they see things as THEY are, not as YOU are. You get yourself back into an emotionally good feeling place and move on.

**Albert Einstein:** "The single most important decision any of us will ever make is whether or not to believe the universe is friendly." I believe it's friendly, that it wants for me what I want for myself and that it conspires through synchronicities via people and circumstances to delight and fulfill me.

### **THE ONLY WAY UNHAPPY PEOPLE CAN STAY IN YOUR LIFE IS IF YOU FOCUS ON THEIR UNHAPPINESS**

The only way unhappy people can stay in your life is if you focus on their unhappiness. The only way hateful people can stay in your life is if you focus on their anger and keep bringing to mind past angry events. The only way happy and self sufficient people can stay in your life is if you focus on their happiness and keep bringing to mind all the good and glorious times. Imagine that. No, really, IMAGINE that.

***...continued on page 29...***



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

### PSYCHIC READINGS FOR SPIRITUAL EMERGENCE


As we pursue a spiritual path, we all deal with the issues, "What am I doing here?" "What is my purpose?" "What steps may I take to attract this or that?" Often you just want to know about the timing for a new relationship or a new job. I can provide you with accurate and illuminating predictions.

**\$50 for 45 minutes**

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**SINCE 1977**



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



Andrea de Michaelis, Editor

...from page 28...

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

### YOU DON'T NEED TO BE ANNOYED BY ARGUING NEIGHBORS, USE THE SOUND TO TRIGGER YOURSELF BACK TO CENTER

A fellow devotee back in the ashram days used to interrupt his meditation to chide each new chela who entered the temple too loudly. *"Be quiet, we are meditating!"* The guru corrected him later, saying if one were truly focused in meditation, he would not be disturbed by anything around him. I think of this anytime I hear sharp neighboring voices when I'm out wandering my property. I take the vocal cues as triggers to go into meditation and wish for them what I wish for myself: I want a happy life with friends who support my dreams, with all of us having as much as we need forevermore, however the universe wants to bring it to us. So far, so good.

### IT'S ALWAYS GOOD TO SPLIT AWAY FROM ANOTHER'S KARMA

In a recent reading with Domino, he was concerned that he lost his job when he and his wife split, as it was her business. He's without transportation or driver license, and due to the nature of the split, no job reference. He feels three years just went down the drain. I told him nothing could be farther from the truth. *She just set him free.*

Getting and keeping a job through what is attracted by someone else's consciousness and karma will never be yours to keep. If something is not yours by right of consciousness, it's not yours for long. It will drop away when the momentum stops being fueled.

What this means is that now Domino will attract what is his own doing, what he owes no one other than himself for delivering to him. He can attract something to be proud of, something he did not have to rely on anyone else to motivate and make happen for him. He's now got the freedom to man up and show everyone what he is capable of. These are exciting times. Anything is possible and anyone can do it.

### YOUR SELF TALK DETERMINES YOUR FUTURE OUTCOME

Your self talk determines your future experience. Is your story that you are out of a job and the economy is bad and everyone is worried about money? *Or is your story that you are between jobs, eager for a new one and that miracles happen every day?*

Is your story that your husband of 40 years ran off with some bimchette, divorced you, emptied the bank account and left you to fend for yourself? *Or is your story that you're starting over, testing untried waters, and excited about the possibilities?*

Your self talk determines your future outcome. Give it a spin that keeps you hopeful and psyched for future possibilities.

*Don't think about how bad it is. Think about how good it will be as soon as you stop thinking about how bad it is.*



Andrea



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

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



Barbara Lee is a Reiki Master Teacher, Psychic and Professional Astrologer. She offers phone consultations and a state of the art astrological chart service with six types of computerized reports. Call Barbara at 1-208-640-9524, visit on the web at [www.IntuitiveReflections.com](http://www.IntuitiveReflections.com), or email [barbaralee11c@gmail.com](mailto:barbaralee11c@gmail.com)

## HOROSCOPES APRIL 2013

**Aries: May 20 to April 19 "I Am"** Is it time to save face for something that has recently been exposed? Did you let the cat out of the bag? You have much going on right now. With the New Moon in Aries on **April 10<sup>th</sup>** (Editor's note: *Andrea's birthday!*) you will be able to put the past behind you and so will they.

**Taurus: April 19 to May 19 "I Have"** What you see is what you get, now is the time to take the mask off and allow others to see who you really are. No sense in trying to hide behind empty promises, actions speak louder than words. Put your best intentions out there and move forward with what you say you will do!

**Gemini: May 20 to June 20 "I Think"** It appears that you may be hanging on to an air balloon or have gone on a magic carpet ride, and can't touch the ground yet. Expansion is equal to the words needed to express the life force within you. It is time to come back down to earth, it takes time and effort for dreams to come true, you have to be willing to do the work.

**Cancer: June 20/21 to July 22 "I Feel"** You live in a sea of emotions, is the water clear or murky? What have you been feeling lately that makes you see the world from such jaded eyes? Life depends on you and what you are willing to give of yourself. Who are you and what do you want to be when you grow up? You know it is the journey.

**Leo: July 22 to August 22 "I Will"** I would avoid any and all confrontations with Scorpio women at any cost, at least until

the Full Moon Lunar Eclipse in Scorpio on April 25th. You will be having enough intense emotions of your own, so take some space to integrate the new energies in your life.

**Virgo: August 22 to September 22 "I Analyze"** This is the time of year for you where challenges become a bountiful harvest later this Fall. Spring is the time to plant seeds of what you want to manifest on all levels, prosperity and abundance in all areas of your life. If you can use all your senses you can have everything you desire.

**Libra: September 22 to October 22/23 "I Balance"** You can be very compassionate because with your Libra mind you think things through so much and see the opposite side of every issue that you are not one who jumps to conclusions, how refreshing. Mother Mary would be very proud. You can still be a powerful peacemaker and speak your truth.

**Scorpio: October 22/23 to November 21/22 "I Transform"** A Full Moon Lunar Eclipse in your sign on April 25th will be very powerful!! Tread lightly, avoid conflict but be sure and focus on the positive. Exercise this month will save you and your relationships. Do whatever you need to do to feel balanced, take care of you first!

**Sagittarius: November 21/22 to December 21 "I Perceive"** Are you still playing the field, any chance of feeling more settled in the near future? Does impatience have the best of you? If you answered yes to any of these questions, you might consider trying a life style change and enroll yourself into a yoga and meditation class.

**Capricorn: December 22 to January 19/20 "I Use"** Your creative efforts have really paid off, and this is only the beginning. You are creative about your work so much so that it has become your passion. How wonderful to have your passion support you and your family. In your efforts to be happy pay close attention to your body care needs.

**Aquarius: January 19/20 to February 19 "I Know"** There still seems to be some serious issues left over from 2012 in the relationship arena that need to be dealt with. Partnerships are headed for change in the utmost positive ways. Be strong and don't settle for less. Focus on yourself and everything else will come around, be the lightworker that you are and shine your light.

**Pisces: February 19 to March 20 "I Believe"** You survived Mercury Retrograde in your sign last month! Now just go through your finances with a fine tooth comb to make sure everything adds up like it should. Do what you need to do to pull your energies together. Mercury retrograde scattered the energy in your life, time to regroup!



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# HORIZONS MAGAZINE MISSION STATEMENT

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

## OUR PURPOSE IS:

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

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

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

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

We're here to find and relate to others, and everyone who reads these words or writes a word in these pages seeks to be connected with those who seek likewise.

So, if you read an article that touches your heart, or an ad that intrigues you, call and get together with the person listed; or just call and introduce yourself and discuss their offering with them. Connect with each other, come to know each other, exchange information. We believe that as we all work together, we are making the world a better place.

*From my heart to yours,  
Andrea de Michaelis*

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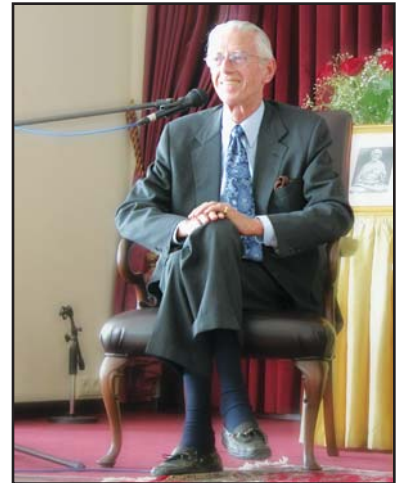
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As hopeless as any situation feels, it's really only your thoughts that you're dealing with. And you have the power to change those. Louise Hay

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**[www.meditation-csa-florida.com](http://www.meditation-csa-florida.com)**

**LIVE OAK: Sandra Faye [Sundari2S@aol.com](mailto:Sundari2S@aol.com) Tel: 863-529-4113**

**MIAMI: Clifford Rosen [cdrosen@rosenassoc.com](mailto:cdrosen@rosenassoc.com)**

**PUNTA GORDA: Linda Weser [wellspring7@verizon.net](mailto:wellspring7@verizon.net) Tel: 941-423-0029**

**STUART: Hascia Marder [hascia.mar@gmail.com](mailto:hascia.mar@gmail.com) Tel: 772-463-9239**

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**Tim O'Brien [Timobr@aol.com](mailto:Timobr@aol.com) Tel: 850-668-0696**