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The Journal of Evidence-Based Complementary and Alternative Medicine Publishes Study Concluding that Reconnective Healing is **MORE EFFECTIVE THAN PHYSICAL THERAPY** on Range of Motion Limitations

The next Essentials of Reconnective Healing® Seminar, Level 1 will be in Miami on May 10-11, 2014. A Friday night May 9 Essence of Healing presentation at the Miami Beach Convention Center, is open to the public. Dr. Pearl will invite onstage one or more audience members with visible ailments, so as to demonstrate what is often a spontaneous healing response. For more information visit www.TheReconnection.com or call (323) 960-0012.

A study by researchers at The University of Arizona finds that people with range of motion limitations - inability to move without restriction - may find a considerable source of relief in Reconnective Healing. In a paper published in the Journal of Evidence-Based Complementary and Alternative Medicine, scientists determined that a 10-minute session of Reconnective Healing is "significantly more effective than physical therapy."

The scientists set out to determine if one 10-minute Reconnective Healing session could increase the range of motion and arm elevation of those people with medically-diagnosed shoulder restriction or other range-limiting conditions. Oftentimes such restrictions are a result of injuries, mastectomies, other surgeries, arthritis, and/or other joint dysfunction.

The results were definitive: Reconnective Healing yielded more than double the results of physical therapy. Reconnective Healing significantly improved range of motion by twice the degree of physical therapy in people with restricted shoulder mobility. To view, visit: <http://www.hindawi.com/journals/ecam/2013/329731/cta/>

Reconnective Healing was discovered by Eric Pearl, DC, a doctor who has worked with scientists associated with such prestigious institutions such as Harvard, Yale, and Stanford, to quantify and understand the dynamics of what Stanford Professor Emeritus and researcher Dr. William Tiller has termed the "cutting-edge of information medicine." Reconnective Healing appears to engage with a spectrum of energy, light and information that is self correcting - it returns the body to a state of natural balance. More than 90,000 people around the world have been certified in Reconnective Healing, and there are 40,000 active practitioners. Reconnective Healing is a comprehensive, yet easy-to-learn approach to complementary healthcare.

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12-13
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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

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optical illusion
is separation**

HORIZONS

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On the Cover (page 26)

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



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

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

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12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

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

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

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

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

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

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

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

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

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

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

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



YOU ARE LOVED AND GUIDED MORE THAN YOU CAN IMAGINE



Andrea de Michaelis
Publisher

This month's thoughts about things...

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

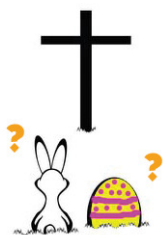
Hello and welcome to the April 2014 edition of Horizons Magazine. Easter is on April 20th this year.

Folk stories of the **Easter Rabbit** began in pre-Christian fertility lore. One popular legend says Eastre found a bird, wounded, on the ground late in winter. To save its life, she transformed it into a hare. But "the transformation was not a complete one. The bird took the appearance of a hare but retained the ability to lay eggs... the hare would decorate these eggs and leave them as gifts to Eastre." Enter the Easter Bunny.



The egg is a symbol of fertility and rebirth, of new life. It stands for the renewing power of nature and, by extension, agriculture. The egg can also symbolize

regeneration in a spiritual or psychological sense. The ritual of colouring Easter eggs stems from the tradition of painting eggs in bright colours to represent emerging from the darkness of winter into the sunlight of spring. **AH, YES!**



Which came first?

Before **Christianity**, early pagans celebrated the return of **Spring** with a festival in tribute to their Goddess of fertility, **Eastre or Ostara**. Eastre is "associated with the coming of spring and the dawn. Her festival is celebrated at the same time as the Christian observance of the Resurrection of Christ, and in the Jewish faith, Passover. The holiday is a celebration of renewal of life.

I love that my birthday falls around **Easter**. It is a yearly reminder that **i AM** always in the midst of new beginnings. Goddess of fertility and new life, at **Easter** we take this opportunity to embrace Eastre's passion for new life and let our own lives take the new direction we've wanted for so long. It's time to drop whatever has not been serving our best good and get on with the best part of our life.



The topic recently has been conscious breakups, sacred endings and honoring friends as intentions change. I'm seeing new life on that topic as well. In my paralegal days, I offered a "friendly divorce," which was an uncontested divorce which included a property settlement agreement. In it, everyone was in agreement, a big difference from the knockdown, drag out **War of the Roses** some turn into. It's like as a society we are somehow uncomfortable with changed intentions and endings. We don't realize that nothing failed, we

simply completed one phase and are morphing into another.

A conscious partner knows how to make the transition from romantic interest to friend and ally while preserving a friendship. Often if one party is unhappy, both are. If an unhappy one has been faking it, the partner is left clueless and blindsided. That's not how you treat a friend. You speak up as soon as what you feel changes, so no one labors under a false impression. It does not have to be a confrontation. If you ended in a blaze with past partners, make amends. The only way out is through. You can go in with guns blazing, or you can go in with heart blazing, recognizing your partner for what you once had, and eager to hear suggestions on how to move into the next phase of your friendship. This is how you stay conscious through a transition and remain friends after it's over.

I had a most interesting reading as I was going to press. A friend heard that her ex recently had "a spiritual awakening" and changed his ways. All she knows is the last time she saw him, it was a drunken public screaming match ending with her coming home to find her clothes boxed up on the driveway and the door lock changed. She'll believe he's had a spiritual awakening when he explains to her what happened. For 6 months she's been wondering WTF? Now he's suddenly this charming, nice, helpful person to everyone in his new circle of friends? But how "spiritual" is that and how "awake" is he if he won't take the fundamental step to apologize to those he harmed in the past, she wanted to know?

I reminded that her only job was to forgive him and not be concerned with what anyone should or should not do. I led her through the **Ho'oponopono Hawaiian healing process** of "Bringing them to mind, imagining an infinite source of Love and healing flowing into your head and out your heart to connect with them, tell them you're sorry for your part in their lack or limitation, and ask them to forgive you. Thank them for their part in your life. Tell them you love them and mean it. "I love you, I'm sorry, please forgive me, I forgive you, thank you."

In speaking with people the past 30 years, I've learned that many not only do not have a vocabulary to express what they feel, they don't even **know** what they feel. This frustrates them when they have a life situation they want to change, yet don't know how to communicate it. So every break up turns into **Armageddon** when a simple conversation would have left everyone going their own way as friends.

...continued on page 28...

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 Secret Behind "The Secret."

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

Question: What causes my fear?

Abraham: Fear is the feeling sensation that is present within you when you have both a desire and a belief that contradicts it. Fear is a response to the state of your vibration. You are a vibrational being, and every moment offering a signal. Your vibration could be called thought, it could be called memory, it could be called fantasy, it could be called imagination, it could be called Energy. In other words, your vibration could be called, "As I stand in my now, and I think about the present, or I think about the future, or I think about the past -- all of that is thought. Whatever it is I'm perceiving is causing me to offer a vibration, and that vibration is being answered or matched by All-That-Is.

So when I feel fear, what it always means is, I am offering a thought that you might call desire and a thought that you

might call belief that are contradictory. The presence of fear always means the presence of resistance. The presence of resistance always means not allowing the Energy of desire to flow through me--always, without exception. Same with confusion; same with vulnerability; same with anger; same with unworthiness; same with guilt. All negative emotions mean the same thing. You just call them different things because they play out differently in your experience -- but they all mean the same thing.

The vibration of fear is usually a very strong vibration, which usually means there is the presence of a very strong desire within you. Often, when you feel fear, it is because you have a belief that contradicts basic elements that are natural to you. Your natural instinct, from your broadest Nonphysical perspective, is to know your power. Fear is a vibration when you feel powerless. Your natural instinctual Nonphysical vibration is to know your worthiness, know your rightness, know your value. And the feeling of fear is always when you are contradicting that thought.

We would want you to say, "Quite a bit of the time I feel fearful or vulnerable or limited, and what that feeling means is: I'm in that moment holding a desire that contradicts my past thought, or my beliefs..." Remember that a belief is just a thought you keep thinking, it's just a habit of thought.

...continued on page 20...



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The dream world is very natural to us. It is next to our skin. If I tell you something which is boring to your mind, you will immediately go to the dream world. If your body gets tired, you will immediately go to the dream world. Your mind always wants to escape. Sleep is our nature. It is very close to our being and that is another world which is called **the Astral World**.

In **Raj Yoga** you practice meditation on your dream. Meditate upon an object until your mind disappears or until the object disappears. If your mind becomes one-pointed, you will fall asleep or go away from this world. We like to meditate because our nerves are soothed, our tensions are gone, we feel very quiet, peaceful and blissful.

The baby likes to sleep more because he is still on that other plane. If we belonged to this plane, we would always be here. However, everybody knows that we are not always here. Not only by death are we taken away to another world, but every day everybody loves to sleep and meditate and be on that other plane. We live in three bodies simultaneously.

At first the **astral** is unrefined, it's in its crude, gross form. The soul has become caged in matter so tightly that it doesn't let us get out of it. By caring for others, **the Astral Body** develops. Caring for others is a milestone in spiritual life.

The more we pay attention that **the Astral Body** should have only Divine Energy, not unhappy energy or negative energy, it becomes perfect. With that spirit you can accomplish things to a greater extent than you are doing today. It does not mean you can dispose of the physical body. The astral and physical bodies are joined together, separated only by death. Nothing else can separate them. This psychic form is made by your thoughts, feelings and emotions.

The body is an instrument, but the power station is **the Soul**. **The Soul** possesses the body and manifests or uses the body. Always forgive and forget. That is the best rule of life, otherwise by holding and harboring many things we spoil our dream world, or astral body. It is very important that we forget everything and start anew.

Also, new show with Morgana Starr: Angels
Unveiled April 10. See page 19

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NOTES from the Universe

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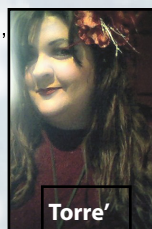
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APRIL 6, 2014 -- Sunday (3:30pm - 4:30pm) -- MEDITATION GROUP - facilitated by Ann Moura. (\$2.00)

April 9 and 23, 2014 (3pm - 6pm) Readings with Torre', Psychic Medium of Cassadaga. Reserve your time at 321-439-3073 or 321-363-4883. (\$50/30 min.; \$75/hr.)

April 27, 2014 (1pm - 2pm and 2:30pm - 3:30pm) Messages From Spirit-- 2 Psychic Medium of Cassadaga, Torre', offers 2 traditional Spirit Circle Sitzings if the first one fills up. Everyone guaranteed a message. Reservations Required by calling 321-363-4883. (\$10)



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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 SHINGLES

Shingles is a viral infection affecting the sensory nerve cells caused by the same virus (varicella zoster) that caused **chicken pox** when you were a child. That virus lays dormant on the nerve cell along the spinal cord; later on in life stress or a weakened immune system causes it to re-surfaces as **shingles** (herpes zoster) affecting your Central Nervous System.

At first there may be a tingling pain that develops into a rash usually on the trunk of the body. As shingles develops, pain and itching begin to intensify usually along one side of the body along a nerve path branching out like branches on a tree. The hardest part is trying not to itch because shingles can be spread by direct contact with the rash and the more you itch the greater the chance of infection. **Shingles** typically lasts about 6 weeks but for some people it can last for months or years; then it's called **postherpetic neuralgia**.

If you have had Shingles before, **St. Johns Wort**, **Flax seed**, **Spirulina** and **Comfrey** strengthen the fatty coating surrounding the nerves (myelin sheath) keeping it healthy so the virus won't affect them. Adaptogenic or Adrenal supporting herbs can also be beneficial, if your **adrenal glands** are over stressed you tend to have a weakened immune system. **Ginseng**, **Schizandra**, **Ashwaganda** and **Astragalus** help you to better deal with life's stressors. **Lemon Balm**, **Peppermint**, **St Johns Wort** and **Licorice** are herbs that specifically at helping to fight off the virus. You can drink these as a tea or apply the tea as a compress on the sores. I prefer to do both this way I'm getting the virus internally and externally. These herbs work on inflammation, soothe the nerves, reduce pain and help to fight off the virus. Look in your spice rack if you have **Cayenne**, **Ginger** or **Turmeric** you can add a bit of these into a white cream or lotion, when applied to the sores it reduces pain. Just be sure to wash your hands after doing this because it will burn if you get it near your eyes. Another blend I have gotten good results with is equal parts of **St. Johns Wort**, **Lemon Balm** and **Licorice**; this blend helps reduce pain plus it has antiviral, anti-inflammatory and nerve soothing properties.

During an outbreak **avoiding Arginine found in chocolate, red wine, peanuts, colas, sugars and soybeans helps** inhibit the replication of the virus; and increasing foods, herbs or supplements high in Vitamins A, C, E, B12, Folic acid, Selenium, Magnesium and Zinc will help reduce the healing time.



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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 FB and like her FB page, "Soulsongs." karen@karenmoneywilliams.com.

Manage Your Vibration

I manage my finances. I manage my schedule. I manage my weight. I manage my time - at least sometimes.

All this managing can seem like too much work for too little results, for perhaps I'm overlooking the most important management of all: the management (drum roll) of my own vibration. Some consistent effort put into this area will oil and polish every aspect of life.

My vibration, comprised of my habits of thought, ever goes forth from me, acting as an eternal prayer. It says, "Give me more circumstances to match where my thoughts are right now." My vibration reflects my degree of happiness, and it orchestrates the people and events I magnetize via the universal Law of Attraction.

Today I pro-actively manage the thoughts that get to hang out in my mind. If they feel good, I welcome them to stay. If they're upsetting, I send them packing.

This is management at its very best, and it will win me a promotion to things deeply desired.



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OPEN MIND ZEN



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

How to Catch an Ox

I will never forget the words of my first Zen teacher, Kozan Kimura Roshi, as he was departing L.A. for Japan. During my last interview with him he said, "Now that you have started on this path you have to finish it. You must see it to the end to be satisfied with your life."

Roshi's leaving was very traumatic to me, as his help had been indispensable in the first six months of my practice. At the time I wasn't certain I could find the same connection with another teacher. I subsequently discovered how right his departing statement was.

This story brings us to the **Ox Herding Pictures**, a series of ten drawings and commentary on the search for enlightenment by **Kuo-an shih-yuan**, a **Chinese Zen Master** of the 12th century. These drawings are metaphorical in nature, with the Ox representing the experience of oneness, or enlightenment, and the boy or ox herd representing the searcher for truth. We'll examine the first three pictures, which are of the most importance to beginning practitioners.

*The first drawing is called, Seeking the Ox:
The Ox has never really gone astray, so why search for it?*

Because of his defilements he has lost sight of the Ox. Suddenly he finds himself confronted by a maze of crisscrossing roads.

Greed for worldly gain and dread of loss spring up like searing flames, ideas of right and wrong dart out like daggers.

-3 Pillars of Zen, Kapleau, p.314

...continued on page 27...

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A GOOD PSYCHIC TEACHES YOU TO ASK THE RIGHT QUESTION

Andrea deMichaelis publishes Horizons and is a Psychic Reader

In readings, most people just need to ask the right question. Suzie doesn't want to merely know if Joe is going to be her next husband -

she wants to know if she'll ever have a loving reciprocal relationship and how she can help that come about quicker. Maybe he will be her next husband and it will only last a year and then she finds the love of her life. She just didn't know the right question to ask. A good psychic can help her do it.

She thinks she doesn't want to hear a NO answer to her question "Will I marry my boyfriend?" But as the psychic, I have the higher perspective. I know she DOES want a "no" answer, because that will give her a bigger and better "YES" than she herself can see right now. The difference is in the question that is asked.

So the question is not "Should I put my father in a nursing home, or take care of him in my house?" The better question is "What do I need to know to decide on the best living arrangements for my father?"

The question is not "How might I encourage my mother-in-law to move out?" The more relevant question is, "What do I need to know to get along better with my mother-in-law?"

Know in detail what you want. Don't ask "How can I improve my work situation?" but ask more specifically, "How can I improve the flow of work between Joe and me?"

Your question must relate to you. Rather than asking "What is behind Joe's drinking problem?" instead ask "What role do I play in Joe's drinking problem?"

Place no blame. Rather than asking "Why am I the only one doing chores?" instead ask "How can I foster a spirit of cooperation concerning the chores?"

Instead of asking "How can I make people listen when I'm talking?" ask "What is going on when I try to communicate, but feel others aren't listening?"

Be confident. Rather than asking, "Can you help me understand why I always blow opportunities?" instead ask "Can you help me find a way to push on to victory?"

I answer their question but more importantly I help them discover their REAL question, then answer *that*.

Truth be told, if they can formulate the right question, they don't need a psychic to answer it for them. They'll know the answer themselves.

Come say hi in person on Mother's day and bring a question for your mini reading



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Andrea de Michaelis: Psychic and Tarot for 30 years, Publisher of Horizons Magazine

Kathryn Flanagan: Psychic, Reiki Master, Shambala Master and 3rd MariEI practitioner

Daena Croghan: Rune Readings, Certified Medium, Melchizedek Method of Healing

April Rane: Psychic medium, channelling, author

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Dear Michelle, Over the years, many fortunate opportunities have arisen for me. I've also been blindsided by tragedy. I know that individually we each create our own reality and so I practice being a good citizen of the world. My life is filled with generosity and kindness towards humanity. So why am I not able to create a strictly positive life and keep the negativity at bay? **What are the Odds, in Norman Oklahoma**

Dear Odds, Most souls come here to Earth to balance their karma and to learn spiritual lessons for the soul's growth. Humanity has been gifted with Free-Will and the ability to co-create; these gifts allow us to consciously create our world. But then there is Destiny, those aspects of life that are non-negotiable. The seemingly negative aspects of destiny are the trials and tribulations that we must endure; these are "soul contracts" or events that we agreed to experience. Major soul growth happens when we triumph over this pre-planned

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adversity. For example: the untimely death of a beloved can be the catalyst to do charity work for Cancer Research or be an activist to stop dangerous food additives. Or, the loss of a job may be needed so that a new career path can lead you to your life's mission. The human spirit is more resilient than we want to believe. Just know that life's stumbling blocks are most often the building blocks for a new foundation.

...continued on page 29...

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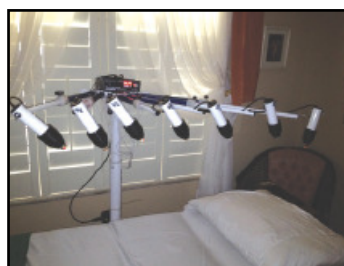
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From the Heart

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



Masters in our Midst

As commuters hustled through the Washington, D.C. metro station on a cold winter morning, a musician stood next to a wall playing his violin, the case at his feet open for tips. He played six Bach pieces for 43 minutes. A few people stopped and listened for a moment, then hurried on their way. Some threw some change or a dollar into the violin case. The musician's most attentive audience was a three-year-old boy holding his mother's hand. He wanted to stay and listen, but his mother tugged him along. Finally the violinist retrieved \$32 from the case, put his instrument away, and disappeared into the crowd. No one applauded or thanked him.

Not one of the 1,036 passersby realized that the violinist was **Joshua Bell**, one of the world's greatest violin virtuosos. The pieces he played were extraordinarily demanding, performed on a violin borrowed from the **Smithsonian**, worth three and a half million dollars. Days earlier, **Bell** had played to a sold-out crowd in **Boston**, tickets at \$100.

Bell's impromptu concert was sponsored by **The Washington Post** as a social experiment to determine if people would perceive greatness in their midst if they were not told about the talent before them. The commuters did not expect genius, so they overlooked the rare gift offered. They were busy. They had jobs to get to, kids to get to school. Who has time to stop and listen to music on the way to work?

Might we all have moments in our life when we are in the midst of genius without recognizing it? What if you smoked pot with **Barack Obama** in a **Hawaiian** high school? Or the band rehearsing in the garage next door was the **Beatles**? Or you performed in a local community play with young **Meryl Streep**? Chances are that at the time you would have had no idea of the skill and fame your peer would achieve. The seeds of greatness lie latent in many places we do not expect them, to sprout and flower at a time destiny claims.

Every Somebody was a nobody at sometime. Every nobody could become a Somebody anytime. We would be wise to keep our antennae raised for divinity masquerading as

...continued on page 20...

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The Essentials of Reconnective Healing Seminar - May 9-11
The Reconnective Healing principle is simple, and the outcome is evolutionary: There are healing frequencies that transcend the limitations of human ability and imagination. By opening to them, without preconceived agendas, we are able to restore balance and harmony in our lives and the lives of others, thus transforming our bodies, minds, and hearts in ways that otherwise may seem impossible. For more information about Eric Pearl and upcoming Miami Reconnective Healing events visit TheReconnection.com or call 323 960 0012. See inside front cover of this magazine for more info.

SOLAR AND LUNAR CELEBRATIONS



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

Welcome to April! The weather continues to warm and the celebrations of Spring

move on with the observances of Arbor day on April 10th and Earth Day on April 22nd. These are both great days to plant a tree or make changes in our lives to make our footprints on the Earth a little smaller. The Spring Holy

Days are on us now too, with Passover beginning on April 14th and Easter on April 20th.

April's Moon events include the Full Moon Seed Moon or Planter's Moon on the 15th. We will have the opportunity to view a lunar eclipse in the United States on this evening. This Full Moon is in Libra, the sign that rules relationships. Examine your relationships with others and with the eclipse, use the dark time to go inward and examine your relationship with yourself. Make decisions on how you can improve your relationship with yourself which will consequently impact how your relationships are with others.

April 29th's New Moon in Taurus will include a solar eclipse not visible in the United States, but take the time now with Taurus's energy of getting things done to put those relationship decisions you made into action.

Finally, on April 30th, Walpurgis Night is celebrated in many parts Europe to welcome spring. Picnics are held and bonfires burn all night to welcome the next day, May Day. Enjoy your April and Blessed Be!




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ABRAHAM-HICKS

...continued from page 8

It's just sort of the way you've always thought it, and so it is the way you are now thinking it. And so, as you are feeling fear, all it means is, "I've got a desire that my belief is not agreeing with. Now, what thought feels better about this? I've got hold of this stick, where my desire is here, my belief is here. What thought feels better?" And as you just softly talk to yourself about that subject, reaching for the thought that feels better, what happens is you shift the Energy.

It's like the teeter-totter on the fulcrum, and it's clearly down here, and you would like it to be up here. And so, you reach for the thought that feels better, and you reach for the thought that feels better, and you reach for the thought that feels better...and it doesn't look like anything's happening. And then, all of a sudden, one more time, you reach for the thought that feels better, and there it goes! The fear is gone without even knowing it, just by reaching for the thought that feels better. There is so much reward in just feeling better in your "now". Because, so often, you're wanting to reach for the thought that feels better because, "Whoop-de-doo, this is big time good fun!" In other words, "I want to get there! I would like every effort to take me there. I would like every thought that I think, and every time I go to a workshop, and every time I make a little bit of effort, I would like it to take me there!" And it's irritating that it doesn't take you there, to that manifestation.

We want you to not get so hung up on the manifestation, and start taking pleasure in the incremental relief. Pleasure in the fact that this feels a little better. Pleasure in the fact that you can actually, with your own will power and your own determination, choose a thought that feels better.

It is Unnatural to Not Feel Good

We offer an analogy, about the cork bobbing on the body of water. It's up here floating, floating, floating. And in our analogy this cork is bobbing in the place of Pure Positive Energy. When you take hold of the cork and hold it under the water, that's what negative emotion is. You're not allowing the natural quality of the cork, you're doing something that does not allow the cork to do what it usually would do. You're holding it in an unnatural place with your attention to this thought of something that you do not want.

But when you withdraw your attention from it, and you let go of the cork, it bobs right back up there. It is natural for you to be in this pure positive place. It is unnatural for you not to feel good.

...continued on page 26

Alan Cohen



...continued from page 16...

humanity. To find **God** showing up as people. Grace and divine intervention rarely appear as a big golden hand descending from the clouds. That's **Hollywood**. **God's** gifts to humanity are delivered through people—sometimes those you would never expect.

I saw an inspiring documentary called **Bötso** (www.botso-movie.com), about a boy who grew up in the **Soviet Union** during the **Stalin** regime. **Botso's** father was arrested as an enemy of the state and sentenced to death. On the eve of his execution he was allowed twenty final minutes with his son. That precious time proved to be a defining moment in **Botso's** life. He went on to endure many hardships, including fighting in the **Russian** army, being captured by the Nazis, and never seeing his mother again. Yet in spite of his challenges, **Botso** remained true to his love of life and music. He eventually came to the **United States** where he became a beloved music teacher and changed the lives of thousands of students. At age 91 he is spry, healthy, creative, and more vital than ever. He celebrates every moment and transmits his passion to all.

While **Botso** would not be considered a spiritual teacher, his huge spirit teaches by example. He has chosen happiness. Is there any better teaching? Many books and seminars tell how to be happy. One man modeling happiness is more powerful than all the words that point to it.

Let's take the greatness vision one step further: What if the genius in your midst is you? What if your passion and unique talent has the potential to change many lives, including your own? What if you own a gift no one else can give, and your purpose on earth is to deliver it? What if the master you seek lives within you, and is calling for expression?

While overconfidence can be a drawback, underconfidence is a killer. The enemy of humanity is not bloated ego. Often people with bloated egos deliver talent to the world that less confident egos would hide. The real enemy of humanity is deflated ego. Humility does not imply self-diminishment. Real humility recognizes the gifts that Great Spirit has given you, and you humbly go about delivering them.

The story is told about a group of old monks who lived in a monastery dying due to lack of passion. One night a mysterious stranger showed up and stayed with the monks for several days. "One of you is the messiah," he told them, and departed. Soon a new air of excitement filled the monastery. All the monks treated each other as a potential messiah. Many wondered, "*Could it be me?*" Their vocation was renewed, and in the light of their newfound inspiration many spiritual seekers visited for inspiration and upliftment. Ultimately no one monk became the messiah. In a way, they all did.

There are masters in our midst. Let us recognize and celebrate them.

SOUL SHAPING



A former criminal lawyer and psychotherapist, Jeff Brown is the author of "Soulshaping: A Journey of Self-Creation," "Ascending with Both Feet on the Ground," and "Love it forward." He is also the producer and key journeyer in the new spiritual documentary - Karmageddon- also starring Ram Dass, Bhagavan Das, Seane Corn,

David Life, Deva Premal and Miten. Visit www.soulshaping.com
An excerpt below from the 'Sacred Feminine Rising' Healing Course, visit <http://soulshaping.com/sacred-feminine-rising/>

It's often difficult to distinguish a soul-mate from a wound-mate because powerful connections excavate the unresolved emotional material that each of us holds. The stronger the connection, the stronger the light shining on those dark places. Some wound-mates truly do contain the seeds of our soulular expansion. But not all wound-mates are soul-mates. Sometimes they are toxic connections masquerading as something more heightened. Sometimes they are destructive battle-grounds with very little possibility for expansion. It's an important distinction. We want to go where we grow.

It's important to remember that people often cannot acknowledge their flaws and mistakes because their self-concepts are not strong enough to handle the admissions. Swimming in a pool of self-hatred, they can't take one more drop of contempt.

When I had a terrible self-concept, I could never admit I was imperfect or that I was wrong. My healthy ego was not developed yet, so admitting my shadow was too much to bear. I so wanted to see something good about me, after a childhood of negative feedback. After working hard to work through my shame-body, healing it and proving my value with various achievements, it became a lot easier to admit my shadow characteristics, my mistakes, my arrogance. And, then, because my issues were more transparent, I could actually begin the journey of working them through.

What separates the healthy from the unhealthy is not their histories - for all of us have screwed up at one time or another - but their willingness to learn from their mistakes.

It is always good to remember that we have all the healing tools we need inside of us. For every wound, there is a healing path. That is not to say that we don't need support, but if we can just give ourselves permission to move the darkness out, more light will come in to fill the empty space.

We can do 1,000 workshops and read another 1,000 books, but if we don't make the courageous decision to let go of what we carry, we won't move an inch.

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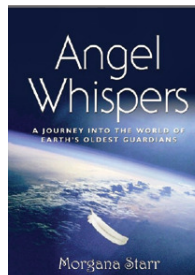
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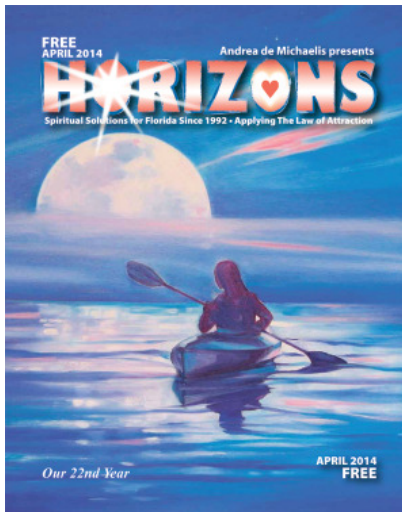
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COVER ART

Moon Path

By Jane Delaford Taylor



This is an incredibly peaceful scene, with the solitary figure kayaking over a calm sea towards a rising moon - and at first glance that's all you'll see. But there are some deeper symbolic meanings to the elements in this painting. The moon and water are somehow such perfect companions, and maybe it's because the lady of the night represents all that is feminine, wise and gentle in our souls, and the water our emotional life. So not surprising then, since images speak directly to

the subconscious, that we feel peaceful when looking at this image as the moon's radiance sheds a path of calm bright light over the ocean!

I've been painting and drawing since I could hold a pencil, and worked as a professional illustrator for many years, but am now doing far more of the thing I love best - painting in oils on canvas. I regularly sell worldwide and love connecting with the people who buy my work (it's all original art - no prints here I'm afraid!) Most of what I do nowadays is what's termed 'inspirational' art. That's art for healing, using images and colours that touch us at a deeper level, so that the simple presence of the painting on a wall provides a continuous gentle reminder to lift the soul to joy.

For me painting is one of the necessities of life, - I find it energising and transformational and couldn't imagine not doing it! I tend not to plan too far ahead but just move with the spirit, literally, although themes of subject and colour do tend to develop anyway - at the moment it's nature, big time! Or nature spirits and angels - sometimes I have no idea what is going to materialise on the canvas before I pick up my brush!

What I do find is that folk will often say that a particular picture speaks to them on a deep level, and brings them a great deal of joy - and selling my work like this is so rewarding on a personal level too! I also do commissions for clients who have a specific image in mind that they want to bring to life - there are some samples on my website, which you may like to check out just for fun - you can find my work at <http://janetaylorart.weebly.com/> Email chalicewell@hotmail.co.uk



ABRAHAM-HICKS

...continued from page 20

But what happens in your physical environment where you've been trained by other humans who didn't feel so good either, is that you've come to accept the way you feel as being the natural way that you feel.

And now, through meditation, or through consciously reaching for the better feeling, you set higher standards. Until then it becomes consciously uncomfortable for you to dip into the lower Energies. You will never be at a place where you won't feel negative emotion. Nor would we ever want you to be at that place, because that would be like shooting Novocaine into your fingers so that you don't feel anything hot or sharp. You say, "Well, it sure is a lot better now that I can bang my hands on things. You know, I can shut my hands in car doors and it doesn't even bother me any more. I feel no pain." But it's not good for your fingers. Pretty soon you have flat, little flabby hands flapping around. You've destroyed your hands, even though it was painless.

And so, that's what that fear is. It's sort of an acquiescence. It's submission to a vibration that's not natural to who you really are. And you're awakening now to those higher standards.

Take mood checks and ask yourself, what is my mood? Well, I'm feeling fearful. And then ask yourself, well overall, do I have reason to fear? And as you reach for the more general statement, you recognize, you don't have anything to be fearful about.

We think what you're doing is sort of very specifically, channeling the worries of a larger mass consciousness. You are susceptible to Energy. And so, for example, if you were living in a retirement community where there were many people who were feeling vulnerable about their money, or feeling worried about what their future would provide, and you are sensitive to Energy, you could very well be picking up on the consensus of the group around you, even though it has nothing to do with who you are.

But you must have a little spattering of that within you, or you could not be finding harmony with that greater consensus. Every thought that has ever been thought exists. And then, by Law of Attraction, those thoughts coalesce, so that there are pockets of Thought Forms. And so, very often, just driving from city to city, if you are sensitive to vibration, you can feel different Energies in different cities. Well, what we are wanting you to do, is get so good at setting your own Tone, that it doesn't matter what the fluctuations of Energies are around you, you are always holding a steady course.



OPEN MIND ZEN

...continued from page 13

At this level we feel confused and mill about seeking that which we think we have lost. In many cases people doubt that the Ox exists, and ridicule those who seek it as a way of covering up their own uncertainty about the nature and meaning of life. This is a sorry state to be in, and it only leads to suffering for ourselves and others, and yet all practitioners on the Path have experienced it. Take special note of the first sentence, The Ox has never really gone astray. Zen teaching is that our True Nature is always a part of us, but that we can't see it for our own delusion.

This state of confusion is somewhat ameliorated by a seeker who has experienced the state alluded to in

The second Oxherding Picture, Finding the Tracks:

Through the sutras and teachings he discerns the tracks of the Ox. He has been informed that just as different-shaped golden vessels are all basically of the same gold, so each and every thing is a manifestation of the Self.

But he is unable to distinguish good from evil, truth from falsity. He has not actually entered the gate, but he sees in a tentative way the tracks of the Ox.
-Ibid, p.315

This picture refers to one who has encountered the dharma, or Buddhist teaching, on an intellectual level, and has begun meditation practice, but who has not yet personally experienced the reality of the Buddha-mind. A person in this state can be encouraged by the fact that since the tracks of the Ox exist, an Ox must have made them! In other words even though he has not experienced Enlightenment, he has encountered the teaching and believes intellectually in enlightenment. Master Shih-yuan explains further with this poem:

***Innumerable footprints has he seen in the forest and along the water's edge.
Over yonder does he see the trampled grass?
Even the deepest gorges of the topmost mountains
can't hide this Ox's nose which reaches right to heaven.***

-Ibid, p.315

...continued on page 29



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SOME KIND TESTIMONIALS:

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

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

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

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

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

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

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

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



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."*

When you find the words to express what you feel, what you feel will no longer drive you crazy and control your life. Instead of an angry outburst at frustration, you might realize the anger is because you feel trapped in a situation of your own making. It might be something you do again and again, and you would really like to stop the pattern, but can't seem to. Maybe you love your partner now more in a platonic way and you once again want to feel that free flowing feeling of new love and infatuation flowing through you. Maybe you want to be free to find it and you don't want to hurt their feelings, but you want out. Now.

Why is it so hard to say what you want? The sooner you say it, the sooner everyone can move on and begin new lives. Honesty is the best policy. Otherwise it keeps them asking a million questions. It keeps the situation alive in their consciousness. Once someone knows the truth, they can process the info and eventually move on. They will no longer be involved in your life and they will stop looking for a better answer from you because you've given it to them. You cared and respected them once, care enough to give them closure with an honest answer so they can begin to move on.

STAYING CONSCIOUS WHEN INTENTIONS CHANGE: HOW TO SURVIVE CHANGES WHEN LOVERS MORPH INTO FRIENDS

We make promises we mean in the moment. "I'll love you forever" means, "in this moment I feel such love for you that I want this feeling to last forever." **Why don't we say that instead?** Be honest and open at every stage about involvement in the relationship with each other. That way there are no surprises when it's time to transition into another phase of beingness. *If you initially talked marriage and children and you're going through a phase where you think that's no longer what you want with this person, that's a change of intention that a conscious partner would make their mate aware of.*

"Hi, I've been thinking, I may be changing my mind about having children. Let's have a chat about it, see where we are on that page." Your words will be better because they will be the truth. "I'm wanting to feel more freedom before I settle into so much responsibility. I love you and you're my best friend so I hope we can decide together what to do. I'd love for us to remain as we are now, but take future plans off the table and see where it goes. What would you like?"

We change our minds as we grow in consciousness. When we change, we grow apart from some people and grow closer to others. It's the law of attraction at work. We hang with those we vibe with, and our vibration changes with every

thought. Discord erupts when one partner has a change of heart yet does not tell the other and begins living a lie, pretending everything is ok. Living the lie weighs on them, they feel oppressed, stuck, resentful. Wanting to avoid conflict, they isolate and say nothing, but they don't hide their disdain. Maybe the other will just leave on their own and think it's their idea. *WTF is that all about among friends?* That's not how conscious partners behave with each other.

We choose to live the lie thinking it's the least likely to cause a rift, but life is not about avoiding conflict. Conflict comes to pass, it doesn't come to stay. Conflict comes to help us hone exactly what it is we want out of life, it helps us identify what our next step is and points us toward doorways we never noticed before. It does not have to be a conflict to bring up the fact you've been thinking about your life situation and other options are wanting thought-time in your mind. You'd like to know what your partner thinks about those topics as well. *Their mind may have changed as well since the last discussion on the topic. Only by having the talk will you discover what they think today about it.*

You will also discover how your partner reacts when they've learned your intentions may be changing. If you've spoken of future plans and she's rearranged her entire life to make those plans come to fruition, she deserves to know the minute your intention changes so she can stop wasting that time, and begin to focus on her own self and a life elsewhere if need be. She may feel hurt either way, but the lie does the damage, and it's completely avoidable. The conscious partner doesn't hold their mate emotionally hostage by letting them live under a false impression and waste time thinking everything is fine when it's not.

But... you don't want to make waves and you don't want anything to change right now and you really like the cooking and the sex and the laundry service and the warm bed partner. Yes, but by not talking to her about it, you are letting her think that the two of you may still have a future together while you're looking to be elsewhere. A conscious partner does not perpetuate a lie.

THE REMEDY: As soon as you realize that your friend is no longer the destination you thought they'd be, you owe it to them to chat about what you are feeling. It is important for you to contemplate these things alone first, so you can come to clear understanding before putting them into words for your partner. That will also give you the kindest words to use to convey the truth you want to convey, with no mistake and no wrong impression. You wanted it to last, you want them to be the One. Now your mind is focusing on things other than relationship. That helps them in their own transition process.

If they don't know what your thoughts are on the topic, they will stay in your life longer because they will keep wanting you to answer questions to clear up the unspoken. Friends don't do that to friends. The conscious partner seeks to make the transition amicable and harmonious. Closure is easiest when there's been disclosure all along the way. It's not hard and all it takes is respect and doing unto others.

Accept all things. It's the only way to wake up...anything else perpetuates the dream.
Enjoy our offering this month. Hari Om.

Andrea



OPEN MIND ZEN

... continuee from page 27

Obviously, the grass had to have been trampled by something! But what is it? Enlightenment is all around us. In fact, we are it! It can't be hidden anywhere, as everything manifests it. Although it might take many years, the seeker can rest assured that the Ox will someday be found.

Next is the third Oxherding Picture, which refers to an extremely important event in the life of a spiritual practitioner:

First Glimpse of the Ox:

*If he will but listen intently to everyday sounds,
he will come to realization and at that instant
see the very Source.*

*The six senses are no different from this true
Source. In every activity the Source is manifestly
present. It is analogous to the salt in water or
the binder in paint.*

*When the inner vision is properly focused, one
comes to realize that that which is seen is identical
with the true Source.*

-Ibid, p.316

The experience of glimpsing the Ox is our first true taste of enlightenment, our first solid confirmation that the Buddha and the enlightened masters of old were not leading us astray. There is no substitute for this experience, and words cannot convey the radical shift in awareness it brings. Seeing the Ox puts us squarely on the path of the Buddha himself, and transforms our view of life and death. In Zen teaching, this understanding must be continually clarified and deepened as time goes on.

In some Buddhist traditions, this experience is called, entering the stream. In a way, it might be more accurate to say that this is the experience of getting wet in the Buddha-mind-stream. This stream is the unborn mind-state that exists previous to birth and after death, and is the source of our entire existence.

However, the depth of our immersion in this stream varies greatly from person to person, and it is extremely important for one who feels they have seen the ox to seek out a genuine teacher to have the experience confirmed. I've met numerous practitioners throughout the years who were totally convinced their enlightenment was an extremely deep one, but by traditional zen standards this was not the case. The ego is a great trickster, and it is easy to be fooled.



Ask Whitedove

... continued from page 15

Dear Whitedove,

As an American pilot, I'm aware of the **Bermuda Triangle** and **Alaska's** version in the **Barrow** mountain ranges. It's a topic of conversation for my aviation friends. Can you tell us, is there a scientific explanation for the disappearances of ships and aircraft or is it a paranormal phenomenon and therefore unexplainable? **Logical in Lake Mary, FL**

Dear Logical, Modern scientific beliefs are always evolving with each new discovery. There are locations on **Earth** that coincide with scientific theories although they haven't been proven yet. The **Barrow Mountain Range Triangle** and the **Bermuda Triangle** are sites of energy vortexes that pulsate much like a galactic black hole. When it is open, magnetic and electrical instruments don't always obey the laws of science, and objects such as ships and airplanes might appear to get sucked into the vortex and disappear forever.

Not every disappearance can be credited to an energy vortex; other scientific phenomenon is at work. **Alaska** and other **Arctic** locations are also subject to erratic instrument readings, loss of GPS and satellite communications due to the effects of the **Aurora Borealis** or **Northern Lights** which is connected to the solar storms. Hence inaccurate instrument readings can may cause pilot error and ultimately missing planes that crash into the snow covered mountain range.

Dear Michelle, It seems to me that there are a great number of people dying this year. I've suffered four great losses and many of my friends are also experiencing the death of friends, family and co-workers. Spiritually speaking what's going on? **Mourning in New Mexico**

Dear Mourning, I believe that most of us are aware that many people are transitioning now. As a Medium and a Spiritual teacher, I know that we will continue to see a mass exodus of souls. We are in a quickening, the mother **Earth** is in time of cleansing and a cycle of rebirth. Humanity is divided into three groups: the greedy and warmongers, souls that can't handle the harshness of this current reality and then there are those of us that are seeking a positive change for the betterment of all and are working towards that goal.

During our life before birth, we opted to come here and to take part in this grand spiritual revolution on **Earth**. For every revolution, it must get worse before a victory can be celebrated. Humanity is being shaken to its core and many are spiritually waking. Millions of souls will transition back to our true home **Heaven** during this time - for it is destined. Know this: we are greatly celebrated for our brave journey to Earth, and there is a wonderful Home Welcoming Party being awaiting each of us. Don't worry you will see your loved ones again!



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 APRIL 2014

Aries: May 20 to April 19 "I Am." You have some powerful energy pulsating through your veins this month. Now that Spring has sprung you compare your life to the tiny seed that has been battling the crusty layers of dirt reaching for the Sun. Great job! You are out of the dark and into the light.

Taurus: April 19 to May 20 "I Have." This month is the now or never time to be creative with your vision of how you want to make yourself happy. Be on notice that all your intentions are manifesting; Be mindful of the words that come out of your mouth and your moodiness. Take time to relax and dream big!

Gemini: May 20 to June 21 "I Think." April is the month that you need to be persistent in developing your goals for the next five years. Sit down with your loved ones and plan your vacations, remodels, and plan your financial environment. Communication will be your best asset this month.

Cancer: June 21 to July 22 "I Feel." This April in particular you are put on notice to not dwell on fears and negativity, because you are manifesting everything very quickly. Rise above any drama and focus on what you want instead of what you don't want.

Leo: July 22 to August 22 "I Will." This April you bring a flair for the dramatic to all you do. You have walked the line and towed the rope and you are far from needing people's approval. Be yourself, strut yourself and have fun. Yes the life of the party you are, and you are not shy.

Virgo: August 22 to September 22 "I Analyze."

This is the month for you to put your ideas into action at the work place. Any communication issues that have not been addressed should quickly be resolved to avoid the threat of any miscommunication. Clarity is your friend.

Libra: September 22 to October 23 "I Balance."

You will be exactly where you need to be at the time you need to be at the time you need to be there. In your efforts to be persuasive, you will get more with honey than vinegar. Also, be clear about what point you want to make in any negotiations, and stand your ground.

Scorpio: October 23 to November 22 "I Transform."

Issues this month could revolve around one of your parents needing help. You will be determined to do what ever is necessary. Family traditions are very precious to you right now, and you will be pleasantly surprised at the discovery of some lost family heirlooms, pictures and stories.

Sagittarius: November 22 to December 21 "I Perceive."

Now that Spring has sprung, you can hardly sit still. You have just stepped into a high level of creative energy. You are feeling like a risk taker this month so choose wisely when it comes to romance and money. This is also a time for you to pay attention to your health, bodywork, exercise, organic food.

Capricorn: December 21 to January 19 "I Use."

This Spring you are especially magnetic and desirable by the opposite sex. You yourself are feeling extra amorous as well. Remember to be some what cautious in your search for love; meaning be mindful of your recent choices in relationships so you can make better choices.

Aquarius: January 19 to February 18 "I Know."

You will soon find yourself in the public eye and enjoying more harmony and fulfillment in your primary relationship. In fact your entire life will be operating on a much higher frequency and all you have to do is think of what you want and it appears.

Pisces: February 18 to March 20 "I Believe."

This month beware of the red flags in all of your relationships and trust your instincts to avoid any further drama. The time has now come for you to reap huge benefits for all the hard work you have done over the past several years. Enjoy the reward.



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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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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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