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Andrea de Michaelis presents

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# Rev. Albert J. Bowes

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**386-228-3209**

or

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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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## Health Benefits of Floating

There has been scientific research for many years that has proven the benefits of floatation therapy in the support of pain management, mental relaxation, meditative enlightenment, addiction cessations and many other human debilitating conditions. Researchers and float tank users report many different beneficial effects from floatation, from general well-being through to mental and physical benefits. The density of the water provides the floater with the ability to float with complete buoyancy. Over 1,100 pounds of Epsom salts are added to 12 inches of water, which makes it impossible for the patient to sink. The water inside the float tank is maintained at a constant temperature which is very close to the temperature of human skin. This assures that the floater is protected from the unpleasant sensation of overly hot and cold temperature. An alternative name that has been given to floatation therapy is R.E.S.T. therapy. R.E.S.T. is an acronym for Restricted Environmental Stimulation Therapy. Just as the name implies, the idea behind R.E.S.T. is based on the premise that, in today's fast-paced world, we are constantly subjected to external stimuli and stress, so much so that we experience sensory overload. Floatation therapy is a technique where almost all external stimuli are screened out. This greatly reduces the central nervous system's workload, and allows the floater to focus his or her energies inward to promote healing.

## Floating For Stress/Pain Management

Floatation therapy can be a very effective tool for stress management, as outside stimuli are almost eliminated and central nervous activity slows considerably. With nothing to react to, the floater's levels of the stress hormones epinephrine and adrenaline are decreased, while the levels of endorphins increase. These "feel good" substances are produced in the body by the pituitary gland and the hypothalamus, and work as natural pain relievers. With the promotion of relaxation also comes the promotion of the parasympathetic response (Paradise, 2009). The parasympathetic response allows the body to naturally balance itself out chemically and metabolically, allowing healing to take place.

## Effects of Floatation Therapy on the Mind

When a person lies in a floatation tank, the brain gradually begins to relax, and brain waves shift from higher frequency Beta, to Alpha, and eventually Theta. As the brain waves shift into the Theta stage, endorphins are released which help to alleviate pain and fatigue and provide the floater with an overall sense of wellbeing. Usually, the Theta stage is reached only before falling asleep for a brief period, but floatation therapy allows the person to enter the theta stage for a longer period, usually for a few minutes during the last half-hour portion of an hour long float session. During the Theta stage, the person experiences clear mental imagery. The Theta stage allows access to the right brain, which is associated with increased alertness, creativity, mental clarity, problem solving ability, and learning.

## General Health Improvements

- Improves sleep
- Eliminates fatigue and jet lag
- Alleviates stress (mental and physical)
- Energises, rejuvenates and revitalises
- Promotes total calm and peaceful relaxation
- Facilitates freedom from habits, phobias and addictions
- Increases motivation, diminishes depression, anxiety and fear

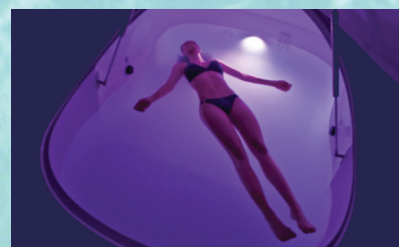
## Mental Benefits of Floatation

- Deepens meditation
- Heightens visualisation
- Creates mental clarity, alertness
- Increases creativity, problem solving
- Stimulates left/right brain synchronisation
- Enhances hypnotherapy and self-hypnosis
- Shifts brain waves from beta to lower frequency alpha, theta, delta
- Expands awareness, intensifies acuteness of all the senses, accelerates learning

## Physical Improvements of Floatation

- Boosts immune function
- Improves athletic performance
- Increases production of endorphins
- Speeds up rehabilitation and recovery
- Relieves pain (arthritis, migraines, injuries and so on)
- Helps prevent sports injuries, speeds healing processes
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**Easter Service – a time of rebirth**  
**Sunday, April 5th 10:00AM**

Join us as we celebrate our last Easter Service in our current location. Join us for coffee and pastries before or after service. There will be an Easter Egg Hunt and activities for our children.



**April 19th**  
**10:00AM**

**New Series:**  
**Jesus Today!**

We will be discussing how Jesus might show up in today's world with a t-shirt, jeans and flip-flops. What might be the sacred texts he would send? Potluck after service, bounce house and activities for children.



**Sunday Message April 12th 10:00AM**  
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**Sunday Workshop April 12th 11:30PM**  
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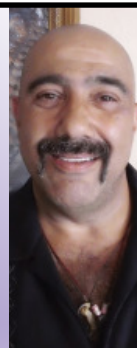
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Pasqualino

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optical illusion  
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# HORIZONS

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**On the Cover (page 26)**  
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**This issue dedicated to  
Ma Yoga Shakti Saraswati  
who entered Mahasamadhi  
February 20, 2015**

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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.

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

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# 12 Steps of Spiritual Freedom

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- 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 2015 edition of **Horizons Magazine**.

It feels good to be back in the gym on a regular basis again. It's too easy to get out of the habit, to tell myself that I need to do computer work instead, or that my yard work constitutes a workout. When I do the gym first thing in the morning before I go into the office, that lets my work day flow more freely and it's a more productive and satisfying day. And my life is all about what satisfies me. I've learned that changing a habit is as simple as training myself to have discipline over where I chose to place my focus. When I immerse myself in the world of that which I strive to be, I attract the circumstances and events that support my vision. If I want to get fit and strong, I'll spend more time in the gym or **Googling** to learn about muscle structure. I'll spend less time watching cooking shows or cat videos and talking with friends about fashion. Staying focused and on purpose helps me attract what I want. It's up to me.

It's been a fun and productive month. I've gone to the gym every day, as well as working out at home. I began clearing the underbrush of my woods, a major raking job. My arms and

shoulders are getting strong! I'm ready for change, which is one reason I cut a new trail each season. I mused that clearing a path is like clearing any path in life: you get a glimpse down a different road and want to explore it a little. On your way to do that, you have to brush your way past old, dried debris. I find whenever I clear out a new space, new things start happening. I feel freer, more expansive and capable of more. And the more I cleared, the more everything in other parts of my life seemed to fall into place as well. This morning I lucked into two friends with a chainsaw and they cut and stacked two dozen bamboo for me. I seem to "luck into" a lot of good situations, a friend remarked the other day. But it's not luck at all. It's that I have an optimistic and hopeful attitude and believe it's possible for the best to happen to me. She's "more practical," she says, and is always on the look out for what to avoid. She anticipates getting a cold each season and she gets one. She anticipates the driver cutting her off, and the server getting her order wrong. We spent a few hours recently side by side at the same event and had two completely different experiences. It all boils down to what we expect from life and what do we believe is possible for us.

So why do some attract kindness and generosity and others attract aggravation? It all boils down to what we expect from life and what do we believe is possible for us. "*Sure you say that,*" she said, "*everything goes right for you.*" Is it luck or is it that I expect and believe life to support me? Is it that I strive to make the best of trying situations and, knowing it's all related, I engage only in activities that I don't mind coming back to me on a karmic wheel of return?

At this point, I live my life in such a way that there's not too much left in motion to come back and smack me with. I learned that if I left something unresolved, I'd get that lesson over and over in the form of new people and situations.

*...continued on page 28...*

### BOOK AND BEAD OUTLET

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# SOUL BEFRIENDING

Rosalie Deer Heart is author of 8 books that focus on the spirituality journey, healing, creativity, journaling, grieving, and the journey to wholeness. She offers workshops, retreats and delights in doing soul readings. Visit her at [www.heart-soul-healing.com](http://www.heart-soul-healing.com)

**For more than two years, I concentrated my energy and attention on writing my 8th book, Soul Befriending. My twenty-seven month "pregnancy" is now officially over.** The manuscript has covers, a spine and a bar code. I have mailed autographed copies and entertained at book signings.

Today I am aware that my consciousness has gradually shifted from work mode to relaxation mode. Upon reflection, I wonder how my writing experience might have been different if I had consciously included relaxation and pleasure while I organized chapters, edited, and proofed my writing.

I inherited a Puritanical compulsion to work hard and delay pleasure, play, and relaxation until I had completed a project. While writing Soul Befriending, I often fantasized about a spontaneous picnic, a dance on the beach, meandering in the rain, or creating snow angels in the snowdrifts. Yet I plodded along with writing and re-writing the book. A former partner once told me that I was the hardest working person he ever met. I did not believe him then. I do now.

Although I intentionally set an alarm clock to ring at ten minutes before each hour to remind me to take a body break, it was never enough time to evoke leisure or to laugh at myself when I remembered how I had written "authentic elf" instead of "authentic self." Compressed leisure did not satisfy my need for relaxation.

As I continue to muse and journal about opening to pleasure and leisure, I wonder why I did not bring memories of pleasure and leisure into this present life time from past lifetimes? For sure, I can align my future self with the emerging values of leisure and pleasure. When my grandchildren visit, I always ask, "What is your pleasure for this morning, afternoon and evening?" Then we enjoy the myriad ways they instantly respond to my invitation to play. Now I ask the same question to myself at various times during the day and make it my practice to extend pleasure and leisure to myself. I even made a list of my pleasure mates! My newly-born practice of pleasure alerted me to the existence of my bliss body that I now appreciate always co-existed with my demanding work ethic.

As I reflect upon a future writing project, I vow to blend in delight with depth as I commit myself to a more leisurely work schedule. I am curious how writing will flow when my inner split between work and pleasure is healed. For the time being, I will befriend relaxation and when the inspiration to write happens, I will co-create with pleasure and leisure. I promise.



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# ABRAHAM-HICKS



Abraham is a group of nonphysical teachers, speaking their broader perspective through Esther Hicks. Author of Ask & It Is Given, The Amazing Power of Deliberate Intent, The Vortex, Where Law of Attraction Assembles All Cooperative Relationships and NY Times Best Seller, Money and the Law of Attraction, visit [www.abraham-hicks.com](http://www.abraham-hicks.com). The following is excerpted from The Astonishing Power of Emotions

## THE LAW OF ATTRACTION NEEDS NO PRACTICE

**There are three powerful Universal Laws that are of value for you to understand if you wish to guide your life deliberately,** and the Law of Allowing is the last of these.

We are emphasizing this third important Law because it is really the Law that you have come here, in this time and space, intending to master. This is the Law that you must practice if you are to become the Deliberate Creator that you came forth to be. The Law of Attraction is not something that you need to practice or even something that you can practice, for it is a Law that exists in every particle of the Universe—and it just is. Just as your Earthly law of gravity requires no practice but just consistently responds to all

Rev. Andy Conyer

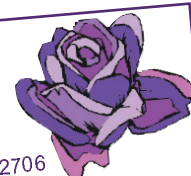
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matter in a consistent way, neither does the Law of Attraction need practice. You do not have “gravity instructors” teaching how to avoid falling up, because falling up instead of down is not an option—or a problem. And, in like manner, you will not need to practice in order to cause the powerful Law of Attraction to respond to you in a consistent way . . . for it will bring things to you that match your vibration, and it will do so even in your ignorance of the Law.

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

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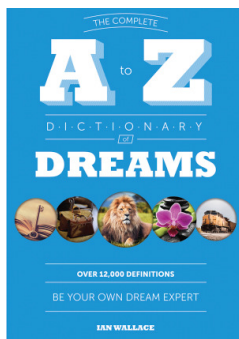
## A Holistic Approach to Vertigo

**Vertigo is a common diagnosis for dizziness where you have the sensation that you or objects are spinning, or moving where your balance is disturbed.** It's not

a disease but a symptom of an underlying health problem. Symptoms of **Vertigo** can be dizziness, faintness, lightheadedness, unsteadiness, disorientation, nausea, vomiting, involuntary eye movements, sweating, ringing in the ears, hearing loss, difficulty walking or double vision. **There are several types of vertigo; inner ear (vestibular)**, which is caused by fluid balance problems. **Subjective vertigo** defined as dizziness, faintness, lightheadedness and a feeling of disorientation as if you are moving. **Objective vertigo** feels as if your surroundings are moving. **Benign Paroxysmal Positional Vertigo** can occur when there is damage to the inner ear and particles within the ear become dislodged and come into contact with the inner ear. This can cause facial weakness, a decrease of cognitive functions. **Vertigo** can be caused by an injury to the head or neck that causes bleeding to the back of the brain, inflammation, an infection or fluid build-up in the inner ear, viral infections, side-effects of medications, decreased blood flow to the brain, kidney deficiency, liver imbalances, constant migraines, motion sickness or altitude sickness. If you experience **Vertigo** you may need a CT scan to rule out brain tumors. Taking a holistic approach to Vertigo will depend on the cause and the severity of the attacks. Natural remedies can help relieve dizziness and nausea associated with Vertigo helping to improve inner ear balance. Herbs can be of benefit especially if you begin early. They will work quickly if you don't feel results quickly please see your doctor. **If the Vertigo is caused by an infection of the middle ear try antibiotic, antiviral, antimicrobial or antibacterial herbs such as Echinacea, Garlic, Olive leaf or Osha.** Ginkgo can help improve inner ear problems because it increases circulation to the inner ear, which can reduce nerve damage to the ears. **Ginger contains volatile oils, phenol compounds, gingerols and shogals;** these constituents help promote circulation, improving blood supply to the inner ear, which can be the cause of the Vertigo. Some ways to take **Ginger** is candied, in soups, syrups, in stir fry or in teas. (**Cayenne** also has the ability to improve circulation.) **Butchers Broom contains ruscogenin, neoruscogenin, saponins, flavonoids and steroids;** these constituents are known to help **circulation.** According to Phyllis Balch the author of *"Prescription for Nutritional Healing"* **Butchers Brooms** vasodilator effects improve blood flow to the brain and the inner ear where the source of the Vertigo is. It also helps to ease the symptoms of dizziness, vomiting, stomach discomfort and mild tinnitus. **Basil** is rich in **beta-carotene, euglena, estragole and vitamin C** these constituents have antibacterial, antimicrobial, and antiseptic properties that can be beneficial in helping headaches and inner ear infections that go along with Vertigo. Remember; **Vertigo** itself is not harmful but if the symptoms persist please call your practitioner.



# STOP SLEEPWALKING THROUGH LIFE -- PUT YOUR DREAMS INTO ACTION



Ian Wallace, author of The Complete A to Z Dictionary of Dreams, graduated with a degree in psychology, and has analyzed over 170,000 dreams during his professional career. His method enables anyone to connect the imagery and symbolism in their dreams to situations and opportunities in waking life where they can use this awareness to make a healthy difference. Available wherever books are sold or [www.hcibooks.com](http://www.hcibooks.com)

**In my work with dreams and dreamers, the question I am most frequently asked is 'What does my dream mean?'** Although many people are interested in the dreaming process and how it can reflect a wider awareness of human consciousness, understanding the meaning of a dream is what most people want to discover. When a dreamer asks, 'What does my dream mean?' he or she is actually asking a more powerful question, which is 'What does my dream actually mean to me?'



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Trying to find out what your dream means to you can often be a confusing and frustrating experience. Most dream interpretation sources offer a variety of meanings for a particular symbol. Although it can be interesting to explore the different viewpoints of Jung, Freud, the ancient Assyrians, and many other sources that offer dream insights, it often results in a situation where you end up spending most of your time trying to resolve contradictions between the various opinions. A dream dictionary is different. Instead of looking at all possible opinions, it is firmly based on taking constructive action. The symbol definitions are practical and a great way to ask yourself fundamental questions that will move you into specific action. These definitions have emerged from over thirty years of working with dreams and by consistently working with dreamers to help them identify opportunities that will lead to healthy and fulfilling outcomes. Rather than delving into the more esoteric aspects of working with dreams, this dream dictionary provides a practical method of understanding what your dreams actually mean, so you can put them into real action.

*...continued on page 27*



## GEM SPOT

### COLOR YOUR LIFE WITH CRYSTALS

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

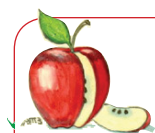
## Citrine -- Brilliance

**Did you know that citrine activates the golden flecks of light in your halo?** Use citrine in jewelry, in your pocket, in a pendant or in a ring with the conscious intention to connect with your divine nature. The more aware you are of this aspect of your spiritual body, the more you will actualize the benefits of the connection with higher consciousness.

Citrine is the stone you go to when you are feeling insecure and need to improve your self-esteem. Allow the yellow frequency of citrine to activate your self-confidence and joy! It can help you climb your way out of depression and relieve feelings of inferiority. This radiant gem emits a reminder to put your thoughts onto things that bring you joy, love, and inner peace.

Use citrine to help you garner the courage to set boundaries and speak up for yourself. At any age, we can encounter bullies or people who are less than kind. These golden rays of citrine are also good for mental clarity. Employ citrine to focus on what you ardently believe and desire for your highest good. Dust off those dreams and wishes and use this stone to awaken your awareness to release self-limiting thought patterns. Focus on the positive thoughts to replace those that dampen your enthusiasm and verve! It is safe for you to be powerful in loving ways so let citrine help you to shine your light.

Place the citrine gemstone in your environment, on your body, or in your pocket and affirm with me: *I am confident and courageous. I shine my light brightly. I honor and respect myself. I allow others to see my magnificence. Whatever I desire, imagine, and passionately act upon becomes a reality.*



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## SOULSONGS ABRAHAM FUN



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

### Soulsong #250 The Magic of Contentment

**Perhaps I know clearly what I want and perhaps I work intensely, both in visualization and activity, to achieve it.** But if my desires have yet eluded me, the missing component may be contentment. If I want my life to improve, I make peace with where I am now.

Today I find ways to feel, if not satisfied, at least OK about my health, my finances, my social life, my family, my home, my job, even (gulp!) my age. I nudge myself to notice what's going right and remember the pleasant aspects of the past.

In order to usher in experiences that will feel good, I must fairly consistently feel good right now. Thus I build a bridge from where I am to the place where my good resides.

I don't postpone my happiness until my desires finally arrive, for they will never come under those circumstances. I practice feeling happier now, and I slowly but surely welcome my dreams.



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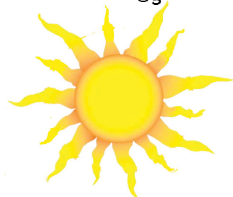
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# SOLAR AND LUNAR CELEBRATIONS



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



**Welcome to April! The month begins with a Full Moon on April 4th**, the same day **Passover** begins. A full lunar eclipse will occur with this moon. The total eclipse will occur over the **Pacific Ocean** and will only be partially visible here in Florida, as the moon is setting in the morning. Eclipses are a magical time where every phase of the moon is represented.

The moon begins full, wanes to dark as the Earth's shadow moves across it and waxes full again. Around the world, observatories and planetariums open their doors to the public for educational events and offer everyone the opportunity to view the eclipse through powerful telescopes. This is a far cry from how many ancient cultures saw eclipses. In **Chinese** lore, it was held that a dragon was eating the moon at this time.

**April's New Moon** occurs on the **18th** and following this date, **Earth Day** will be observed on **April 22nd**. Earth Day celebrations can include public picnics, educational events and tree plantings. It can also be observed quietly at home by making a commitment to reducing your carbon footprint.

Remember, it's more than just the waste going to the landfill. Keep in mind the energy and resources that were spent to produce the item destined to go there. If you decide to plant trees on this day, choose a native variety or plant native plants that attract pollinators. Native plants also thrive with very little maintenance and keep our eco system strong. Have a Blessed April!



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# FROM THE HEART

Alan Cohen is the author of many inspirational books. Join Alan's Life Coach Training Program, beginning September 1, to become a professional life coach or incorporate life coaching skills in your career or personal life. For more information about this program, Alan's Hawaii Retreat, books, free daily inspirational quotes, and his weekly radio show, visit [www.alancohen.com](http://www.alancohen.com).



## Humbled and Exalted

**Would you mop the floor of someone who defeated you? Probably not. Yet there might be gold in such an experience.** Akoni Pule was elected to the Hawaii State House of Representatives in 1947. He served for two years and then he was defeated for re-election. Then Mr. Pule did something hardly anyone would do. He took a job as a janitor in the congress building so he could continue to be in the energy of politics and learn more about how the legislature worked. It must have been very humbling for Mr. Pule to mop the floor behind the man who defeated him.

Two years later Pule ran for election again, he was elected, and he went on to serve continuously from 1952 until 1965—one of the longest runs in the history of Hawaii. During that time he championed highway construction, a thriving seaport, and progressed the state such that he became a beloved congressman. After a ten-year effort to build a road that allowed local residents to get to jobs at a new hotel, the highway was named after him.

The Bible tells us, "He who humbles himself shall be exalted." When you feel disappointed or hurt, it's tempting to get on a soapbox of ego. Yet if we can trust that somehow the tide of events is moving in our favor, we are often led to higher ground.

When I was looking for a business manager, I narrowed the field of candidates to two, one a fellow who was new to the industry and another who had more experience. When I hired the more experienced applicant, the other fellow was disappointed, but he told me that if I had any projects for him, he would be happy to work on them. I gave him one project. After a few months I found the new manager's motivation lacking, and he did such a poor job that the business was faltering. It was clear that I needed to let him go. The other fellow had done a great job on his one project, so I hired him to take over the business. He did an excellent job and we worked together for seven years, during which the business prospered.

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

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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 Michelle,** I've heard of people being able to access their past life records to help them heal from traumas. Is this an effective method? [Counselor in Chicago](#)

**Dear Counselor,** Most people have reincarnated thousands of times: we spend eternity refining our soul through joyous events and difficult spiritual lessons. Here on Earth there are a couple of methods that you can get glimpses into your past lives for therapy. By either a Past Life Regression which is hypnosis or a Past Life Reading by a Spiritual Medium that can hold the vibrational level and purity to be granted access to the Book of Life: also called the Akashic records.

As a pioneer in the field, psychiatrist Dr. Brian Weiss found that he could hypnotize a client and take them back in time to the person's trauma. Once his client re-experiences the event as the cause of their modern day fear or phobia, then the person may release that pain and heal. This is a wonderful method although many people are not easily hypnotized.

As a Spiritual Medium that accesses past lives, I have found Past Life Readings to be the most effective method for healing. Because "Spirit" is leading the session, great detail is given about past life trauma, what was the deeper lesson and how to let go of that pain that no longer serves the soul.

Just know that glimpsing a past life is not usually glamorous; it's going into the trenches to re-experience a misdeed or hardship. The emotion that is brought forward helps to heal your wounded soul by understanding the difficult lesson for personal growth... but it's well worth the journey.

**Dear Whitedove,** Brought up as devoutly religious, the concept of reincarnation is totally foreign to me. Why do most religions scoff at the notion but many New Age people believe that we have more than one life? - [Growing in Georgia](#)

**Dear Growing,** Many religions debate whether Reincarnation is fact or fiction. Eastern philosophies have maintained their belief in reincarnation and soul migration throughout the centuries but in the Western world it's a newer concept. As we individually evolve and grow spiritually it's important to examine our core beliefs. Through my connection to Spirit, I discovered that reincarnation is truly a central element of our eternal journey.

...continued on page 27...



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# NOTES from the Universe

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

**Did you know that you have so many fans in the unseen who love you so much, that you never dream alone,** cry in vain, or sleep without guardians protecting you? No matter how things may appear.

Cozy, cozy -  
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## ZEN HABITS

Leo Babauta is a simplicity blogger & author. Zen Habits is about finding simplicity in the daily chaos of our lives. It's about clearing the clutter so we can focus on what's important, create something amazing, find happiness. Visit [www.zenhabits.net/books/](http://www.zenhabits.net/books/)



### THE CASE FOR CARE FILLED WORK

**Less than a decade ago, it seemed to become a trend to create "passive" income and outsource everything and go live on a beach** while the money piled up in your bank account. The idea seemed to be that doing less work is good, and automation is the way to go.

I too became lured by that dream for a little while, so I don't judge anyone who goes down that path.

But I'm here to say that there's another way: doing things yourself, and really caring about the work you do.

This is the way of the old craftsman who spends days, even weeks, working on a single piece because he wants to create something useful, beautiful, and meaningful. Not mass produced, not factory made, not mindlessly manufactured and consumed. Something to enrich your life.

This is the way of the writer who pours her soul into a novel, not to crank out a best-seller every year but to change the way someone sees the world.

This is the way of anyone who works at a company not just to clock in and get a paycheck, but to make a contribution, to do work he's proud of, to create something powerful in the world.

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# SOUL SHAPING



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

**MANY OF US KNOW the moment when a love connection is over, but few of us stop then. I'm not talking about reactive endings.** I am talking about the deep intuitive knowing that it's time to move on. Yet we are either too afraid, or too stubborn, or too concerned about the other's feelings to make our move. But it's perilous to delay, both because we suffer in the wrong connection and because we hold two souls back from finding the next step on their individual paths.

Whether there's another love waiting around the next corner, or whether it's simply time to be alone, no one benefits by staying in an outgrown union. We have to notice the moment of ending and take it to heart. Everyone's expansion depends on it.

# BE THE MEDICINE



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**DO NO HARM. To heal is to make whole. To love. To support. To uplift out of wounding and pain.** Over the years I found many traditions, allopathic, psychology, and holistically oriented practices and modalities that reinforce the wound instead of healing it. We do not need to play the devils advocate, as was taught decades ago.

Bringing up hidden problems with love allows them to dissolve. To attack, as we were once attacked, or replay the story over and over again, hurts and causes more separation.

As humans we are love and light. We are not the suffering we have lived in the world.

As we bring more light in, what is not us surfaces. From here, instead of judging, attacking, or blaming others and self, we can release the illusions and problems, and come into wholeness again.

When we stop owning the dark, it has no power, as we **TURN OUR LIGHT ON.**



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# How to Stop Absorbing Other People's Emotions

Judith Orloff MD is the author of many self-help books including, *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life*, *Emotional Freedom: Liberate Yourself from Negative Emotions and Transform Your Life*, and *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and Love*. visit <http://www.drjudithorloff.com/>

**Emotions such as fear, anger, frustration, and immobility are energies.** And you can potentially ‘catch’ these energies from people without realizing it. If you tend to be an emotional sponge, it’s vital to know how to avoid taking on an individual’s negative emotions, or even how to deflect the free-floating negativities in crowds.

Another twist is that chronic anxiety, depression, or stress can turn you into an emotional sponge by wearing down your defenses. Suddenly, you become hyper-attuned to others, especially suffering with similar pain. That’s how empathy works; we zero in on hot-button issues that are unresolved in ourselves.

From an energetic standpoint, negative emotions can originate from several sources: what you’re feeling may be your own; it may be someone else’s; or it may be a combination. Here is how to tell the difference and strategically bolster your positive emotions so you don’t shoulder negativity that doesn’t belong to you.

## STOP ABSORBING OTHER PEOPLE’S EMOTIONS

**1. IDENTIFY WHETHER YOU’RE SUSCEPTIBLE.** The person most likely to be overwhelmed by negative energies surrounding you is an “empath”, someone who acts as an “emotional sponge”. Signs that you might be an empath include:

- People call you “hyper-sensitive”, “overly sensitive”, etc., and they don’t mean it as a compliment!
- You sense fear, anxiety, and stress from other people and draw this into your body, resolving them as your own physical pain and symptoms. It doesn’t have to be people you don’t know or don’t like; you’re also impacted by friends, family, and colleagues.
- You quickly feel exhausted, drained, and unhappy in the presence of crowds.
- Noise, smells, and excessive talking can set off your nerves and anxiety.
- You need to be alone to recharge your energy.
- You’re less likely to intellectualize what you’re feeling. Your feelings are easily hurt.
- You’re naturally giving, generous, spiritually inclined, and a good listener.

- You tend to ensure that you’ve got an escape plan, so that you can get away fast, such as bringing your own car to events, etc.
- The intimacy of close relationships can feel like suffocation or loss of your own self.

**2. SEEK THE SOURCE.** First, ask yourself whether the feeling is your own or someone else’s. It could be both. If the emotion such as fear or anger is yours, gently confront what’s causing it on your own or with professional help. If not, try to pinpoint the obvious generator.

- For instance, if you’ve just watched a comedy, yet you came home from the movie theater feeling blue, you may have incorporated the depression of the people sitting beside you; in close proximity, energy fields overlap.

- The same is true with going to a mall or a packed concert. If crowded places upset or overwhelm you, it may well be because you’re absorbing all the negative energy around you.

**3. DISTANCE YOURSELF FROM THE SUSPECTED SOURCE,** where possible. Move at least twenty feet away; see if you feel relief. Don’t err on the side of not wanting to offend strangers. In a public place, don’t hesitate to change seats if you feel a sense of depression imposing on you.

**4. CENTER YOURSELF BY CONCENTRATING ON YOUR BREATH.** Doing this connects you to your essence. For a few minutes, keep exhaling negativity, inhaling calm. This helps to ground yourself and purify fear or other difficult emotions. Visualize negativity as gray fog lifting from your body, and hope as golden light entering. This can yield quick results.

**5. FLUSH OUT THE HARM.** Negative emotions such as fear frequently lodge in your emotional center at the solar plexus (celiac plexus).

- Place your palm on your solar plexus as you keep sending loving-kindness to that area to flush stress out.
- For longstanding depression or anxiety, use this method daily to strengthen this center. It’s comforting and it builds a sense of safety and optimism as it becomes a ritual.

**6. SHIELD YOURSELF.** A handy form of protection many people use, including healers with trying patients, involves visualizing an envelope of white light (or any color you feel imparts power) around your entire body. Think of it as a shield that blocks out negativity or physical discomfort but allows what’s positive to filter in.

*...continued to page 21*





# Stop Absorbing Other People's Emotions

...continued from page 20

## 7. MANAGE THE EMOTIONAL OVERLOAD.


You don't need to be beholden to your ability to absorb other's emotions; turn the curse into a gift by practicing strategies that can free you:

- Learn to recognize people who can bring you down. People who are particularly difficult for emotional empaths include criticizer, the victim, the narcissist, and the controller. I term these people "emotional vampires". When you know how to spot these behaviors, you can protect yourself against them, including removing yourself from their presence, and telling yourself that "I respect the person you are within even though I don't like what you're doing."
- Eat a high protein meal before entering stressful situations such as being part of a crowd. When in a crowd, find places of refuge, such as sitting on the edges, or standing apart.
- Ensure that you don't have to rely on other people to get you out of difficult situations. Bring your own car or know how to get home easily when needed. Have sufficient funds to be able to make alternate arrangements if you start feeling overwhelmed.
- Set time limits. Knowing how much you can stand and obeying that limit is vital to ensure your mental well-being. Also set kind but meaningful boundaries with others who overwhelm you; don't stand around listening to them talking for two hours when you can only cope with half an hour.
- Have your own private place in a home shared with others. Ask others to respect your downtime during which you can rejuvenate. This is especially important to prevent you from taking on your partner's feelings too much. A study, man cave, sewing room, reading nook, etc., all offer your own space.
- Practice meditation and mindfulness.

## 8. LOOK FOR POSITIVE PEOPLE AND SITUATIONS.

Call a friend who sees the good in others. Spend time with a colleague who affirms the bright side of things. Listen to hopeful people. Hear the faith they have in themselves and others. Also relish hopeful words, songs, and art forms. Hope is contagious and it will lift your mood.

- Cultivate positive emotions that boost your inner strength. If you're surrounded by peace and love, you'll flourish as strongly as negative emotions cause you to wilt. Respecting your own needs through healthy self love will increase your ability to respect others.
- Learn to use compassion as a way to defend yourself against overwhelming emotions. Compassion allows you to be empathetic to the plight of other people but also requires that you are compassionate toward yourself. This means that you don't need to feel guilty about seeking respite from being



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overwhelmed; doing so ensures that you can be more engaged with others in the long run, rather than less so. It also means that you keep yourself whole by not immersing yourself in the world of negative people.

## 9. CREATE AND MAINTAIN A HAVEN FOR DISENGAGEMENT.

Leave many paths open that lead to communing with the resonance of nature. Returning to your rightful home as a creature of nature switches off your victim mentality and recharges you energetically and spiritually.

- Keep a picture of a waterfall or a lush forest with you and look at it when overwhelmed.
- Step onto the quiet of a forest path or absorb the coolness of a gently babbling brook from beneath a weeping willow.
- Maintain a your personal space of cozy retreat where you hook into your own personal power and energy.
- Practise Yoga and breathing techniques. These draw upon emotional centering and provide safe harbor in times of storm.

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# COVER ART

## Pele the Fire Goddess

By Andrea de Michaelis



**I've published Horizons since 1992. I use painting as one medium for my spiritual path.**

When I feel led to paint a person, I take them as a guide who's come to give me a message, then I wait for the message to unfold itself to me. They tend to have wild hair since hair is a natural extension of the nervous system, like fine antennae enhancing intuition and guidance. They tend to have large eyes for seeing the broader picture than I do.

I've never been particularly drawn to **Pele**, the Hawaiian goddess of fire and the volcano. I've never studied the mythology and I've only recently looked her up, after it came to me to paint a version of her. I've been working on a series of paintings depicting archetypal women as a form of shamanic soul retrieval. It came to me during meditation that I wanted someone who would sit in the coals of the fire and burn up the dross. As gold is heated to burn away impurities so its essential character can be revealed, just so the intent of my soul retrieval project was to do the same with me. I saw someone sitting in the coals of a fire, with fire all around her, laughing. The image of molten lava came to me and a volcano appeared behind her. The name **Pele** came to me, so I began adding her to the series and researching to learn about her. *I've learned that Pele's fires and lava are what builds and rebuilds the island she sits on. Through volcanic activity, it is always being renewed. Just so, this creative force comes into our lives to cleanse, transform and rebuild.*

As I look at her now, I sense frog energy from her eyes. The frog as totem animal reminds us of the transient nature of our lives in any one body. A symbol of transition and metamorphosis, frog supports us in times of change. **Ted Andrews** in **Animal Speak** says, "Frogs have an ancient mythology about them. Being amphibians with links to the water and the land, they are often associated with the magic of both elements. This also links them to the lore of fairies and elves. Many shamanic societies - especially North and South American - link the frog with rain and control of the weather. Its voice is said to call forth the rains. Frogs are known to be heralders of abundance and fertility, for rains make things grow. Because of its connection to water, it is also linked to lunar energies (the moon moves the tides of waters upon the planet) and those goddesses associated with the moon. Emotions are often associated with water. If frog has hopped into your life, it may be time to call forth some new rains. Maybe old waters are becoming dirty and stagnant. Frog can teach you how to clean them up." That explains it. I wondered how Pele ended up in my shamanic soul retrieval series since the other paintings either feature the moon or moonstone jewelry, clearly the water element. I don't ask ahead of time what the symbolism is for or what it means. I simply paint it as it comes to mind and then research it and contemplate its meaning as it pertains to my life.

Prints available \$20. [Horizonsmagazine@aol.com](mailto:Horizonsmagazine@aol.com)  
Read Horizons at: <http://horizonsmagazine.com>  
Andrea's blog -- <http://horizonsmagazine.com/blog/>



## Alan Cohen

*...continued from page 14...*

In the **Talmud** we are told, "He who seeks reputation shall lose it. He who does not seek reputation shall gain it." The alternative to seeking reputation is to seek to help people. **Albert Schweitzer** said, "The only ones among you who will be really happy are those who will have sought and found how to serve."

When things appear to be going wrong, they may be part of a bigger picture that is going right. The ego judges by individual incidents. The spirit is more interested in themes and energy. A friend of mine used to sell cars. One day a big deal fell through and he got depressed. "Don't worry about it," the boss told him. "It's all in the averages." The record books never show the score at halftime.

The fascinating documentary, **Kings of Pastry**, showcases an exclusive contest in **France** held once every four years. Talented chefs came to compete for a coveted title as Master Pastry Chef, bestowed only upon a few. One chef, **Philippe**, prepared for months to create a complex pastry sculpture, a towering jaw-dropping work of art. Just to look at it was inspiring! As **Philippe** delicately placed his *piece de résistance* on the judges' table, a piece at the bottom broke off and the entire sculpture crumbled to the floor, into a thousand pieces. What a gut-wrenching loss for this chef who had put his heart and soul into the project! In the wake of such catastrophe, there was no way he would win the title. The man broke into tears, along with the previously stone-faced judges. It was a disastrous moment.

But instead of dropping out, **Chef Philippe** went back to the kitchen and fashioned a very modest replacement, nothing like the original. He submitted it not for the quality of the piece, but for the sake of dignity.

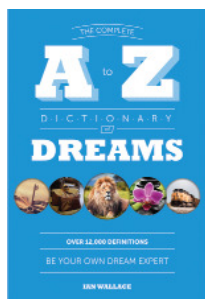
At the end of the contest, five of the sixteen applicants were awarded the coveted title. To my amazement, **Chef Philippe** was among them. I believe he won because the judges evaluated him not on the basis of the one piece that fell apart, but because they had observed him in the process of creating it and they saw it before it hit the floor. They judged him on his overall talent rather than one presentation.

We all have experiences that are humbling, as well as those that are exalting. If we seek praise, we shall crash. If we seek talent, integrity, and service, we shall soar. Even if you do not have a highway named after you or you do not get the coveted title, your soul will be satisfied and you will be at peace with yourself. Life asks no more of you than this.



# PUT YOUR DREAMS INTO ACTION

*...continued from page 11*



## What Do My Dreams Actually Mean?

Everyone dreams. Every one of us dreams, but many of us tend to dismiss our dreams as bizarre experiences that don't appear to mean anything. Nor do our dreams seem to be of any practical use, as we often assume we cannot readily use any of our dream experiences in the real world of waking life. However, we keep being drawn back to the dreams we create every night because they may contain information that can help us realize our ambitions in waking life.

The word dream has two meanings for us. It can be the adventures we create for ourselves every time we sleep, and it can also represent our greatest hopes and aspirations in our day-to-day reality. Although our nighttime dreams may just seem to be a distraction from our pursuit of health and happiness in everyday life, they can provide us with vital insights that enable us to ask ourselves powerful questions about how we can turn our dreams into reality in our waking lives.

Trying to find a way to work out what your dream means can often be as bewildering as the imagery from your dream experience. There appear to be countless theories about dreams and seemingly endless debates about the function of dreams, where they come from, what they are. Dreams don't just happen to you; you create the dream and all the imagery and emotions you experience in it. Understanding that you are the author of your dreams immediately begins to empower you by allowing you to question why you created that particular dream experience. Instead of being unwelcome neurological intrusions or mysterious visitations, your dreams become a form of self-expression that can help you understand more about who you are, what you need, and what you believe. As you expand your self-understanding, you naturally begin to connect more deeply with your hopes and aspirations in waking life. This encourages you to step into your individual power and take action on your dreams.

## What Is a Dream?

A dream is how you naturally express a fundamental aspect of your self-awareness. This fundamental awareness is your unconscious self and is quite simply all the areas of yourself you are not consciously aware of. Although these may seem to be of little consequence in waking life, most of your behaviors are driven by your unconscious self and all the info you absorb with it in every waking second. When you create a dream, you are using it as a natural way to make sense of all the information and experiences you are unconsciously aware of in day-to-day reality. This individual sense-making process can give you meaningful insights into specific challenges you encounter in waking life. The language you use to express yourself as you make sense of your unconscious awareness is the language of imagery. As well as using visual imagery in the dreams you create, you can also use auditory (hearing), olfactory (smelling), and tactile (touching) imagery. The images you create in your dreams reflect how you see your self-image in waking life and enable you to imagine the person you have the power to become. A dream is how you imagine yourself. That's what a dream is.

## ASK WHITEDOVE



*...continued  
from  
page 15*

In fact the concept of reincarnation as justice for earthly misdeeds is an excepted truth by **Jewish Kabbalists**. They believe that souls reincarnate to complete a certain task, repay a debt, or to rectify a wrong doing.

Even though the **Christian Bible** has been edited and translated through the centuries, you can still find traces of reincarnation.

In **John 9:1-3** The disciples observe a man who was **BORN BLIND**, and asked of **Jesus** whether the man himself or his parents' sins, that caused his blindness. This question asks: if a baby was born blind, was it his previous sin that caused it or his parents. Previous Sin would mean previous life sins because a newborn baby could not sin.

Then in **Matthew 17:11-13** The disciples tell **Jesus**: the scribes say that The True Son of God will not come until **Elijah** returns. **Jesus** replied: "I tell you that **Elijah** has already come, and they did not recognize him." Then the disciples understood that he was speaking to them about **John the Baptist**." This is a reference by Jesus that **Elijah** was the reincarnation of John the Baptist.

I've come to realize that my personal belief system is ever evolving. I know that The Law of Reincarnation is the journey of the soul, lifetime after lifetime of polishing and refining our spirit to perfection in Heaven and on Earth.



## 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 I figured out how that worked, I cleaned up my act. So now, when I feel change is about to happen, I don't fear it, I'm not worried about what is going to come back to haunt me. I'm not afraid to initiate change by clearing my garden of tangled undergrowth because I know it means I'll have less to trip myself up on.

One thing that always upgrades when I do a major clearing out of my physical world is that dollars begin flowing more freely. Just yesterday before the work day began, I affirmed the Universe would provide what I wanted to put into my bank account for the day. \$1,350 I said aloud and the man said "it's already done." During the evening review of the business day, he asked how I did. I added it up. \$1,358.30.

Some say I'm a lousy business person because, except for a few months ten years ago, in 23 years no one sells ads for the magazine. The most I make ad calls is never, but a few times a year I'll create an ad out of the blue on a whim. I woke up one morning last week thinking of a particular business who has never advertised with me, ever. I checked out their website. It related to an article I'll publish next month, so I created an ad for them just for the fun of it. I emailed it with a note and within hours, they purchased my last minute full page ad space. An hour later, a former advertiser emailed me for a copy of her paid 2014 invoice. When I sent it to her, I included a note and a new little ad I created. She booked the ad for six months! In the afternoon, a galpal asked for a copy of her unpaid invoice, which I'd forgotten was outstanding. She not only paid, she wants an ad for the April Horizons.

My intent and attitude all month has been, "I wonder what exciting new person might call for an ad," and "I wonder from what unexpected source today's dollars will come?" I do that on purpose when I am up on my publishing deadline and have ad space to fill. I take stock of what space I have available and translate that into a dollar amount, then I set my intention to bring in that amount by deadline. On these deadline days, I make a point to ask myself several times an hour, "I wonder what exciting new person might call for an ad," and "I wonder from what unexpected source today's dollars will come?" I ponder for a few moments the last time unexpected dollars came to me, and how cool it feels when new advertisers find me. I bask in the good feeling of the memory for a few moments and remind myself I can feel that again, I can have that feeling again of new people and dollars flowing. Then I go back to working on what is fun to do -- which last month has been clearing my woods. I've learned that when I create something just for the fun of it, I'm rewarded with dollars whether I "work" for them or not.

**Our Mataji, beloved guru H.H. Ma Yoga Shakti Saraswati Maha Mandleshwar, passed on to the next stage of her journey and entered Mahasamadhi February 20, 2015.**

When we check out of our physical bodies, our work can take on a new dimension. When we die a physical death, when we pass from this Earth plane, we move on to the next where we survive in consciousness and continue what we incarnated to do. Knowing this, grief doesn't have to be grim.



*"How does it feel now that she's gone?"* I've been asked.

It's hard to find words to express what it feels to lose someone I've never lost. I cannot grieve when I know there is no separation. My mother passed in 1996, but there's been no grief as I still feel her with me. I know that's how it works. I was drawn to move from Miami in 1983 and have my home built just 6.9 miles from Mataji's Palm Bay ashram, the Yoga Shakti Mission. She was a disciplined teacher. She did not coddle; it was all about taking what you learn and doing practical work with it in the world. The guru/disciple relationship is a very private, internal, subjective relationship. It goes beyond darshan and satsang, beyond having conversations and attending public events. There is an inner connection made strong through daily meditation and internal dialogue. In meditation, you are essentially practicing a separation of consciousness to enable you to experience your existence apart from your physical body. In doing so, you come to know the Universe as being responsive to your thoughts and internal dialogue.

So right now it's hard for me to find words to express what it feels to lose someone I have never lost. Osho said, on the eventual passing of him as a guru and master, "Just look silently and deeply and you will find your master everywhere. The whole existence will become suffused with your master. And of course the moment a master dies, he makes the whole existence sacred for his disciples. In the stones they will touch him, in the flowers they will see his colors, in the rainbows they will see his beauty. Even if I leave the body I will be as much available as I am right now. But the only thing to remember is - are you available to me? I am available to you, and I will remain as available forever. If you are available to me then there is no need to be afraid, then a link exists. It is a personal relationship, it is a love affair. If you are open to me, even if this body disappears, it is not going to make any difference. I will be available to you."

Mataji remains as available to me now as she's ever been, and as available as I am to her. As Ram Dass said: "My guru died in '73 and we've never been closer."

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



Andrea



## ABRAHAM-HICKS

*...continued from page 9*

### LIVING THE LAW OF ALLOWING

And while these first two Laws are of extreme importance and your awareness of them is of great value to you and to All-That-Is, your understanding and application of this third Law, the Law of Allowing, is really where all of your personal power lies. The Law of Attraction says, "The essence of that which is like unto itself, is drawn." And what that means is: If I feel unappreciated because of circumstances that have recently occurred in my experience, the Law of Attraction cannot now surround me with people who appreciate me. That would defy the Law of Attraction. If I feel fat and unhappy about the way my body looks and feels, I cannot discover the process or state of mind that is necessary to achieve a good-feeling, good-looking body. That would defy the Law of Attraction.

If I feel discouraged about my financial situation, it cannot improve. Improvement in the face of discouragement would defy the Law of Attraction. If I am angry because people have been taking advantage of me, lying to me, dishonoring me, and even defacing my property, no action that I can take can stop those unpleasant things from happening, for that would defy the Law of Attraction.

The Law of Attraction simply and accurately reflects back to you in a myriad of ways an accurate response to your vibrational output. In short, whatever is happening to you is a perfect Vibrational Match to the current vibration of your Being—and the emotions that are present within you indicate that vibrational state of Being.

Once aware of the powerful Law of Attraction, many people make a conscious decision to be more in control of their own thoughts, for they have come to understand the power of focusing thought. People attempt to control and more effectively focus their thoughts through a variety of methods—ranging from hypnosis or an attempt to control unconscious thoughts . . . to meditations, affirmations, and strong methods of mind control.

But there is a much easier way of going about the Deliberate Creation of your own experience and of fulfilling your intention for this joyous life experience, and that is an understanding and application of the Art of Allowing. It is the conscious, gentle guiding of your thoughts in the general direction of the things that you desire. And as you come to understand this powerful Stream of Life that we are explaining, and as you get a glimpse of the larger picture of who-you-really-are, and, most important, as you become convinced that your true work is to simply realign with who-you-really-are, the Art of Allowing will become second nature to you.

### GO WITH THE FLOW OF WELL-BEING

The most common misunderstanding that prevents people from getting control of a situation and gaining their personal balance is the belief that I need to get to where I want to be right now or as quickly as possible. We certainly understand your desire to find the answers to your questions quickly or to solve your problems as fast as you can, but still, that urge works against you. When you feel an urgency to be somewhere else, you are pushing hard against where you are. That is upstream. But an even more important flaw in the premise you are beginning from is this: In your belief that you must hurry to an improved place, you are discounting the power of the Stream, its speed, its direction, and its promise. And in the forgetting of those things, you are definitely pointed in the opposite direction of who-you- truly-are and all that you have become.

So now, turn your attention once again to the upstream/downstream analogy, and feel for a moment the sensation of relief that you would experience if you had been paddling against the Current in an upstream direction and then suddenly just stopped paddling, in an attitude of giving in to the Stream and letting it just turn you and take you downstream. Let this picture soothe you even further as you try now to remember that this Stream is benevolent and wise, and it is actually taking you toward the things that you want. In your mind's eye, lie back in your boat, feel it turn naturally downstream, and relax into the idea that this Stream will carry you to your inevitable Well-Being and to a fulfillment of your desires.

You Are Adding Power to the Stream

The following pages of this book have the potential to help you quickly align with everything you have ever wanted. But that alignment will not be likely unless you have taken the time to accept the validity of the analogy of the Stream.

If you can accept that from your Non-Physical vantage point before your physical birth, you had set forth intentions, and those intentions account for part of the momentum of the Stream . . . and that as you are here in this physical body, life causes you to ask for more things, and that those things account for part of the momentum of the Stream . . . and that in all that you have lived, you are constantly shooting vibrational rockets out ahead of you, and that those rockets account for part of the momentum of the Stream . . . and, most of all, if you can accept that your Inner Being, the Source within you, now stands in vibrational alignment with all of that becoming, and that the Law of Attraction is drawing to that furthestmost summoning point . . . now you understand the power of this Stream.

So now, before you read further, just lie back for a moment and contemplate this wonderful, powerful Stream of Well-Being, which moves unendingly in the direction of your becoming, and toward the fulfillment of that which is you. . . .

And now you are ready to apply the upstream/downstream comparison toward any and all aspects of your own life experience. It is our expectation that you are now ready to personally acknowledge, thought by thought, if you are pointed upstream or downstream; and whether you are closing the gap between you and You or are holding yourself unnaturally apart.





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 2015

**Aries: May 20 to April 19 "I Am"** Be prepared for deep change that can occur in a blink of an eye during this last phase of Uranus in Aries square Pluto in Capricorn. A time of dramatic change and upheaval to encourage you to get on your appropriate path and do what you came here to do with gusto.

**Taurus: April 19 to May 20 "I Have"** Venus is in on your Sun sign, part of a grand trine with the Moon in Virgo and Pluto in Capricorn. Your spiritual beliefs have taken on a more grounded and creative approach to life. You are happiest when you can express your spirituality as you reform your self.

**Gemini: May 20 to June 21 "I Think"** With such an early Spring, the restlessness that you feel is your mind on overload. Sleepless nights come and go depending on inactivity or too much stress. This month is a time to regroup from too much unexpected change. Be peaceful as you allow the dust to settle.

**Cancer: June 21 to July 22 "I Feel"** This April, your life will take a turn for the magical. Any issues that have been hidden from your recent awareness will come to the surface to be healed. The Universe has a flash light on your life; whatever emotions you have not dealt with are ready to be released into the light!

**Leo: July 22 to August 22 "I Will"** This month you may have to fight for the lime light, which is not normal for you. Your success this life is wrapped around what fulfills your soul. You can fill a journal full of emotional feelings that can heal any unresolved family issues. Keep your heart open and you will live to a ripe old age.

**Virgo: August 22 to September 22 "I Analyze"** This month, be aware of your boundaries. Don't give in order to receive, but give from your heart because you want to be of service and help where you can. You are in an incredible phase of increased energy right now and now you can have an outlet of creativity.

**Libra: September 22 to October 23 "I Balance"** It may be time for you to make a change in the way you deal with stress; in other words, don't make mole hills into mountains. Your mind and your heart can go to battle too easily when you are over tired. The biggest lesson for you this month is to turn the volume down on your mind as you open your heart.

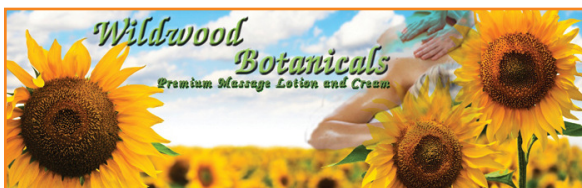
**Scorpio: October 23 to November 22 "I Transform"** Your heart is the depth of the ocean, but only a few will ever swim in your waters. The ones that do are few and far between, hold on to those that understand your playful side and your passion for life. Choose a partner that is willing to enjoy the oneness that is possible to create.

**Sagittarius: November 22 to December 21 "I Perceive"** This month your home and garden have captured your undivided attention. You are on a mission to remodel your basement into an art studio or sun room. Your yard keeps sending you visions of what it wants you to plant. Make a plan for lots and lots of colorful flowers as well as vegetables.

**Capricorn: December 21 to January 19 "I Use"** This month you are put on notice that your health is begging you for some rest and relaxation in nature near a large body of salt water. Now is the time to wash all your worries away and bask in the light of the warm Sunshine. Be bold and go for the gold.

**Aquarius: January 19 to February 18 "I Know"** Your one on one personal relationships are up for renewal and reinvention, if there is something that is not working between you then now is the time to talk it over before it is too late. If you are not happy, why do you settle for less than you want to experience? Think it over.

**Pisces: February 18 to March 20 "I Believe"** Your gift to the world is a compassionate heart and an understanding mind with a visionary dream that faith, hope and love will cure all. Your willingness to accomplish your mission is true sacrifice beyond what was needed from you. Do what you do as long as it fulfills you.



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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

When we think that the  
world has unlimited  
resources, our world  
becomes unlimited.  
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