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(Andrea de Michaelis presents

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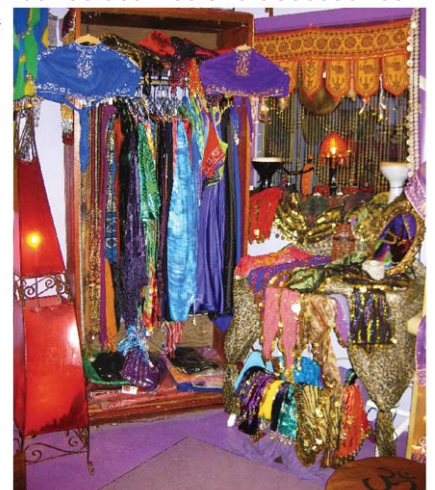


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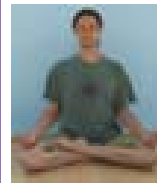


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#### DURING THE WEEK

o Sunday, 11:15 to noon. Adult Sunday school – Join us as we have a  
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o Tuesdays and Thursdays at Noon – Healing Prayer Service open to all.

o Tuesdays 7:30 PM A Course In Miracles

o Wednesdays 6:30 PM Midweek Meditation with Michelle Lyon


o 1<sup>st</sup> Sunday of the month (May 5 & Jun 2) 4:00 PM Reiki Healing Service with  
Lloyd Reiser

o 3<sup>rd</sup> Sunday of the month (May 19 & Jun 16) at 2:30 PM Mini Sunday Service at  
Carnegie Gardens

o 4<sup>th</sup> Friday of the Month (May 24 & Jun28) at 6:30 PM Couples Group

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Rev. Suzan Bailey

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**The greatest  
optical illusion  
is separation**

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Andrea de Michaelis

Thanks for help this month  
Morgana Starr

On the Cover (see page 26)  
Inner Smile Buddha  
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Alan Cohen  
Tom Sannar  
Jeff Brown

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



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

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**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. Please write us with your comments.

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

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# 12 Steps of Spiritual Freedom

By Rev. Tom Sannar

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

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

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

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

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

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

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

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

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

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

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

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

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



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





**Andrea de Michaelis**  
Publisher

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

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

### Hello and welcome to the May 2013 edition of Horizons Magazine. Happy Mother's Day, moms!

Our parents were more likely than we to stay married. We're programmed to think we need a partner in order to be happy. All we need is to be involved in something that gives our life meaning. For some, that is a friend or lover; for some, the camaraderie of fellowship. For some, it is a sense of mission and purpose; others an artistic expression, hobby or interest. I went many years without relationship. Nine days before meeting my ex in Sept 2011, I wrote: "I never had the 'romantic partner for life' dream. That makes life so much easier because I have fewer dashed expectations. It's easier - not to mention more productive and time efficient - to have secret crushes, keep to myself and tend to business, since my work is very fulfilling. I didn't know this was how I was going to feel at this age. I used to always be in a relationship, one after another. I loved it and them. But in my 30's that began to change and I began to want more time to myself. Who I was was expanding and I needed more space between my molecules. I wanted more silence and less in-person interaction. I became more aware that what I think and do and say in the moment has power beyond anything I thought possible. That when those three are in sync, what I give out and what I get back is always instantaneous - and I can make it good and I can make it bad.

I became less interested in having romantic, sexual relationships as I became more interested in researching things I was interested in relative to soul growth and bringing forth inner guidance. Twice I met partners who were into the work and those were intense and exciting times, and very accelerating. But for me, the Path is best walked alone.

I began to see partners as steps on the path rather than the destination. I entered into each one thinking, this is it, this is my partner for life. Then at some point how I felt changed and I wanted to be alone again. When I began to see the pattern, I stopped pair bonding. Less heartache for both when intentions change. The bottom line is, I'm living happily ever after and did not need a Prince to get me there."

Before Sept 2011, it had been a while since I'd dated. I'm pretty focused on work and my private practice. I have a habit of getting secret crushes on someone and then watching them from afar for a few years and see how they act and react to the others around us. Sometimes they date friends, sometimes they date a series of friends.

Once, a particular crush had dated several friends and was about to become available again. I pondered whether I was interested enough to do anything about it, and was surprised to find that - when it came down to it - I wasn't seriously interested after all. I was really surprised. And this was a man I had a secret crush on for over three years. Of course, three years is my typical relationship duration anyway, then I typically monk out again for another dozen years.

Not surprisingly, I've found chemistry to be a big factor in my crushes. And being an energy worker, I've trained my nervous system to be sensitive to subtleties and nuances, so when I have a crush, I allow myself to get stuck in what I call the taffy of it (on an energetic, nonphysical level). Rather like surrendering to the bodywork, when you go in for a massage. The last two crushes were with friends during the course of energy work training.

I took Reiki from LR in the 90's and had a crush of some duration. In 2007, I took a Pranic Healing Course with Master Stephen Co and several friends attended as well. I teamed

...continued on page 28...

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# ABRAHAM-HICKS



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

**The harder you have worked to align with your connection to Source, the harder it is on you when you are not aligned.** A medical diagnosis makes everything worse very quickly because fear becomes your set point. Fear is the vibrational nucleus for worsening illness. Illness matches stress and despair. If you carry around resentment, that's a match to disease. We tell you, there is NO disease that would not be resolved if you could change your emotional position.

You all knew you would be born into the time of awakening with a great intention to utilize the faster energy of this time-space reality. Doctors would do much better to study the people who are well. They study the sick and get a distorted view of health. They teach that you are irresponsible if you don't go see them, implying that you don't know your own body. By their searching, they activate and find things that weren't there otherwise.

Tell yourself, "isn't it nice I found something that makes me feel better. Isn't it nice that I had a little wake up call." Just don't worry about it, and all will be well. Regarding weight, we wonder how anyone finds something to eat, given that you have been so strongly cautioned against. Mealtime has become a hostile zone. Just pick any plan and line up with it. Make peace with where you are.

Guilt, or not enjoyment of what you are eating prevents the body from doing what it could do if you were eating in joy. Consider the emotional journey. Decide you like who you are anyway. You can weigh 100 pounds more than you want to and be embarrassed or weigh 100 pounds more and be hopeful. In the hopeful range, you will find the inspired action.

Vibrational alignment is at the heart of everything. Say, "I like who I am, I like ME!" Just get happy and everything will come into alignment. To a physician who is having trouble with the medical board about alternative therapies, concerned about losing her license: Let them take it, it's not worth much. You don't need a license for emotional work. To be an uplifter, a healer or vibrational aligner is the work that works. You can't have it both ways. We want to let it be known that the best thing that could happen is that someone takes your license away. If you are worried about false hope, you are of no value to them. You have to give real hope. The difference between despair and hope is the key to recovery.

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

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- \*Check Website For Dates

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- Wednesday Message Service, Colby Temple 7pm
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- Sunday Church Service, Colby Temple 10:30am
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# A SIGHT FOR SOARING EYES

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



Miten. [www.soulshaping.com](http://www.soulshaping.com)

**If we want to really be here, we just have to open the gate to our heart. Opening the heart unlocks the heart of the universe, and we see what is always before us.**

I set my eyes on the bigger picture: the real learning channel. When we are ready to stop turning a blind eye to the meaning of our experiences, we tune in to the learning channel as a way of being. Through this lens, expectations are meaningless: soul gifts come in unexpected packaging. Seeming failures can be welcome events—sometimes the ego suffers while the soul rejoices. We are knocked to the ground on the Earth plane but tripped up spiritually. One lifetime after another, the soul chooses the life that will expand its shape. It chooses its circumstances and obstacles. It chooses the nasties. It chooses the body that will best bring the lessons home. It is all essential ground to cover before we can inhabit our innate image. Without challenges, there would be no dress to convert into gold, no grist for the soul mill. Holy shit.

In my usual consciousness, I saw no connection between my circumstances and my highest paths. The difficult parents were the false-path that I had to overcome. The great love that couldn't be was just bad luck. Yet in this consciousness a deeper knowing had emerged. It turns out that I knew far more than I had been prepared to admit about the circumstances of my life. There was the superficial level of knowing, and then there was the real knowing. This lifetime called for a radical transformation in my soul's consciousness. After many lifetimes as the archetypal Warrior—the call to arms—the scripture for this lifetime was to stretch into a more loving and surrendered way of being—the call to disarm.

The opportunities began with my family. I chose them because I needed them to learn my karmic lessons. I needed slaps to the head. I needed a mother raging at me from the foot of my bed. I needed cops and debt collectors banging on the door.

*...continued on page 20*



Rev. Andy Conyer




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## NOTES from the Universe

**Be at peace, rest easy, relax, coast and luxuriate to any degree that you can allow yourself, for the day will inevitably arrive when you'll understand all the "reasons" that now elude you, bless the darkness that now seems to separate you, and celebrate the ancient choices that once made you. Just as we do.**

**Trust me,  
The Universe**

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Email [andrea@horizonsmagazine.com](mailto:andrea@horizonsmagazine.com) Andrea de Michaelis is a Certified Hypnotherapist, ABH



# HERB CORNER

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

## THE BENEFITS OF USING ASTRAGALUS

This sweet woody tasting herb has been used in Chinese herbal formulas for centuries. Although native to China and Mongolia, it's now cultivated all around the world. **Astragalus** was used then and is used now to modulate the immune system fending off bacteria, viruses and fungi by enhancing white blood cell production. This makes **Astragalus** a great tonic herb to carry you through the winter months strengthening your bodies' resistance especially when people around you are constantly getting sick from the cold and flu.

As an antiviral herb, research has found that when **Astragalus** is used natural killer cell activity increases from 12-45%. It was also found to have the ability to increase the natural production of interferon protecting your body from viruses. For people with chronic hepatitis it protects the liver from toxic components and reduces the viral load by increasing phagocytosis. As a Respiratory tonic **Astragalus** reduces the hyperactivity of the bronchioles reducing shortness of breath and the symptoms of allergic asthma. In the Circulatory system studies have shown that **Astragalus** may reduce blood pressure by acting as a mild diuretic. It also improves circulation by getting the blood vessels to relax. Besides the benefits to your immune, circulatory and respiratory system **Astragalus** can also protect the adrenal glands helping the body better cope with physical and emotional stress enhancing metabolism, strengthening vitality, stamina and over-all weakness.

For people undergoing cancer treatment, **Astragalus** can help some cancer medications be more effective. Its saponin compounds enhance natural killer cells and its polysaccharide compounds enhance the immune-mediated anti-tumor activity. It possesses cytostatic properties that block tumor growth and encourage bone marrow production (your immune systems first line of defense) which can be suppressed during chemo and radiation. Besides the polysaccharides and the saponins **Astragalus** is also high in linolenic acid, flavanoids (including quercetin and kaempferol) and amino acids. Studies have tried to define which of these constituents is the most beneficial. I truly believe that its greatest ability comes from all its components working together in harmony.

Since **Astragalus** tastes so good a few slices can easily be used in soups or gravies, it can be powdered and added to yogurt or smoothies. I like to add it to apple juice for an immune tonic. **Astragalus** can be taken on a regular basis in extracts, capsules, and tinctures or combined with other herbs to make a nice herbal tea. *But it is not recommended for an acute illness because it may not boost health as productively when you are ill.*

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

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# ABRAHAM \*FUN\*



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

## Soulson #272 Even the Sky's Not the Limit

**No matter where I am in my life's journey, I can go anywhere - in my work, health, finances, relationships, appearance, or other areas.**

However, in order to make permanent changes in outer circumstances, I must be willing to make changes in my inner self - in my thought patterns. My external situation always reflects my habits of thought, and to ignore that principle is akin to signing up for the wrong kind of exercise class - an exercise in futility.

This explains why some people seem to expend little effort but achieve and enjoy much while others, just as bright and talented, work twice as hard for half-the-reward. It's all about mental focus.

To manifest a life that will feel delightfully good, I must learn to spend time in that good-feeling place first, as arse-back-wards as this seems. Then, through the universal Law of Attraction, that which I seek will find me.

Happy, appreciative, grateful, humorous, feel-good thoughts: I practice them. I get good at them. I live my dreams.

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See page 31

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

*Caroline Myss*

## ARE YOU IN SPIRITUAL EMERGENCE-Y?

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

Have you had a major life upheaval such as	hurt
paranormal or mystical experience	angry
near-death experience	irritable
death of loved one	fatigued
change of location	restless
job change	resentful
marriage	melancholy
disability	mentally foggy
divorce	over or under fed
illness	sleepless or overslept
	using addictive substances?

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



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

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

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

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

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

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# YOGA: NATURAL PATHWAY TO GODHOOD



Ma Yoga Shakti is a beloved teacher with ashrams in India and USA. Greatly instrumental in the spread of Yoga in the US. Yogashakti Mission, 3895 Hield Rd N.W. Palm Bay FL 32907 Email [yogashaktipb@yahoo.com](mailto:yogashaktipb@yahoo.com) visit [www.yogashakti.org](http://www.yogashakti.org) (321) 725-4024. Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is of great significance. It is derived from the sanskrit word "Yuj" to unite. It means union or identification, the union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga. Page 31 for map, more info.

## CREATIVITY

**Everybody has creative energy. You must join yourself with God, then His energy will flow through you.** Why are people unhappy? Their energy was not guided properly. Elder people, parents and governments have the responsibility to guide young people. Energy is there but it needs tending and guidance.

It is the nature of God to create, promote or destroy. You spend your time doing one or the other of these three. Learn management of all three i.e. creation, promotion and timely removal.

Everyone has a divine nature. My grandmother was always busy. How did she care for 50 people in the house? When you feel responsible, you will do it right. If your heart is there, nothing is impossible.

Learn devotion and concentration. Yogis give utmost importance to their practices. When you think YOU are doing it you get tired. When you think DIVINE ENERGY is flowing through you, there is no stress and strain. Does fire feel stress and strain in burning?

It is the nature of young people to branch out. Sometimes they rebel against what is existing. Young people want to develop their ego. Resistance is a waste of energy. Instead of condemning or resisting, why not use the same amount of energy to do something constructive?

There must be a contrast, then we will learn. Without wrongs in the world, we will not learn. Pain highlights your joy. If people have everything, they still find something to be unhappy about. Joy and sorrow are two sides of the same coin. Problems make you feel needed. Doing something heals you. Creativity and destruction are one and the same energy. Destruction equals transition. Everything must change. As breathing is a must, a job is a must. If it is your own business you do better. Start from scratch and put all your energy into it. Meditation and mantra anchor you.



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# EVER WONDER “AM I GOOD ENOUGH TO DO MY WORK?”



Rev. Anne Presuel (self-proclaimed “Irreverent Rev”) is the creator and CEO of Divinely Intuitive Business, LLC, and helps spiritual entrepreneurs “Get Their Divine ON!” by tuning into their own 6th sense while building 6-figure businesses on their own terms.

**A spiritual entrepreneur recently had an issue surface that she was struggling with.** What is so great about this issue is that I’ve heard others share with me that they, too, have struggled with it. So I thought I’d pass it on to you here, today...

**QUESTION:** I feel like I should be doing the work I’m doing, and I am building my business. But I get stopped all the time when doubt creeps in. I start to do something (marketing, create something, etc.), and then I start to second-guess myself. I begin to wonder, really, if I’m good enough to do this work at all, that maybe I shouldn’t be trying so hard, or maybe I really don’t know what I’m doing, and so on. Once that happens, it takes me a while to get past it and feel confident enough to get started again.

**ANSWER:** You’re not alone. As a matter of fact, this happens to pretty much everyone. Until you learn to focus better on that which you desire, you will experience the results that doubt causes in your business.

It stops you. Smack in your tracks. And keeps you from moving forward. From the moment you begin to doubt yourself, you allow the element of safety to arise. For isn’t doubt all about staying safe? About not taking risks? About being afraid of what will happen if you take a certain action?

And your business stalls. Your income stalls. Your movement stalls. And you don’t get your gifts out into the world in the way you intend. Or the way that God intended. The way you ache to. The way you know you can. The way you know you are called to do.

Doubt is very powerful. But it doesn’t have to own you. The more you have practiced the experience of doubt, the stronger it will be. So, please know that if you have been a strong practitioner of doubt, you now need to become a strong practitioner of faith.

If you wish to eliminate doubt from your experience then you must begin to recognize when you have choose to let it in. And then demand it leave. Your declaration and intention will remove it from your experience.

But you must recognize when it is knocking at the door. And refuse to answer. It is up to you. (And that’s great news!) Doubt is simply a practiced thought. Faith can be your practiced thought. The good news is: you get to choose.

Now go get your Divine ON!

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**Dear Whitedove:** I have a neighbor that is a Pagan. She claims that Angels are pure myth and they are not protectors and God's messengers. This statement upset me. Since Pagans don't believe in Angels, what is their religion about?  
Angel Lover in Lancaster

**Dear Angel Lover:** As a spiritual medium I can attest to the fact that Angels are among us, in the Heavens and here on Earth. It does not matter if you believe in them or not. In God's infinite wisdom, humanity has been given a gift of free will to spiritually grow at our own pace. God does not force us to follow any religion or spiritual path. As many people outgrow the religion of their childhood and then they move to a broader understanding of what rings true for them; each individual soul has eternity to evolve and grow. An important aspect of true spirituality is non-judgment; it's not for us to condemn another's religious choices even when they don't align with our beliefs. Paganism is an age-old earth religion which predates the Jewish, Christian, Buddhist and Islamic religions of one God. Pagans believe in God, the Goddesses, and the Earth Mother. It includes the practice of shamanism and rituals too. Pagan practices vary from culture and continents. As you encounter people of different practices, just remember: in Heaven there is no religion, there is only love!

**Dear Whitedove:** I was at a metaphysical workshop and one of the attendees mentioned that we all have a gate keeper. Have you heard the term "Gate Keeper" and if so, could you explain this in more detail. -Student in MN

**Dear Student:** Every person has an "Unseen Support Team" and God wants you to know that you are never alone. Your Gate Keeper is a guardian and part of your team along with Angels and Spirit Guides who walk through this life to protect and help guide you on the right path. Your Gate Keeper's specific job is to protect your personal space in the many dimensions of astral the realms. For example, if a deceased loved one wished to come to you through the dream state or even on a rare occasion to physically manifest, they would need permission from your Gate Keeper. This specific helper knows your spiritual safety zone. They work very diligently to make sure that your boundaries are not violated, and that nothing from the other side whether positive or negative can gain access to you unless it is what you need or desire. Gate Keepers provide many obstacles for remote viewers as well; someone who tries to physically spy on another person will often feel the wrath of their Gate Keeper. They also keep evil entities at bay; your Gate Keeper is on the constant look out, like your own spiritual body guard and as such, you should always recognize and give thanks for the protection they provide you every single day of your earthly journey.



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# From the Heart

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



## The Truth about Fairy Tales

I received a letter from Malaysia informing me that the deceased King of Iran wants me to inherit his royal fortune. All I need to do to claim it is send money to an anonymous post office box in England to pay the lawyers who will release the funds to those who have faith in the windfall. You, too, have probably received one of the many scams announcing that some wealthy, famous, royal, or spiritual person has stashed away a fortune, now available to an elite group. Your luck will be proven when you send cash.

As I re-read my invitation from the King's secret agent, I pondered why such ruses are so attractive. There is a shred of truth in every lie. On a subconscious level we all realize that there is a realm of vast wealth waiting for us to claim it. Our soul recognizes that the world we walk daily is definitely not the kingdom of heaven and we long to return to the domain of which we retain a faint but ecstatic memory. The idea that we are heir to a great estate vibrates at a cellular level. So when the email or letter arrives informing us that our hidden estate is now available, we perk up. In a way, it's true. We are heirs to a great kingdom. Not the one the scammers are selling us. The one Jesus referred to when he told his inquisitors, "My kingdom is not of this world."

Romantic love stories also embody a spark of truth. We all want to be enjoy the bliss of true relationship—and rightfully so. Love is our natural state. Yet most of us have drifted far from that state, so we feel like the ashen-cheeked Cinderella

scrubbing floors under the whip of wicked stepsisters. In the midst of our toil we wish, hope, pray, and know that a dashing Prince or Princess Charming will scoop us up on a white horse, sweep us away from our misery and restore us to the castle where we belong. There we will be pampered by plush beds, royal gardens, and servants feeding us grapes. A childish flight of imagination? On one level, for sure.

Yet on another level, part of us knows we deserve true love. We know that the meager substitutes for love for which we have settled definitely cannot be it. So we turn to an endless stream of love songs, novels, and movies to transport us to the realm our heart desires and give us even the briefest taste of how we know it could be and should be.

So in a way fairy tales are true. They remind us of who we are and what we deserve. The tricky part is how to get there. If you are depending on winning the lottery to pay off your credit card bills or for Mr. or Ms. Right to liberate you from your boring relationship, you might have a long wait. You might even need to get a job or deepen your communication with your current partner. When my friend Sandy's trust fund ran out, she struggled to pay her bills. Sandy would do anything for money except get a job. She prayed, affirmed, visualized, created a treasure map, feng shui'd her house, painted her door red, went to prosperity workshops, tithed, and called upon ascended masters. She just didn't want to do anything to earn money. Friends offered her jobs, but she turned them down. She expected the universe to support her, but she didn't want to participate in the process. Sandy was absolutely correct in expecting the universe to support her. She just didn't understand that the money could come through her as well as to her.

In a way, living in the world surpasses the magic of fairy tales. There is as much wonder and sparkle here—maybe more—as in the bedtime stories you were read. God does not hide in remote kingdoms above the clouds. God is revealed by lifting our mundane activities to a level of sacredness. When you follow joy, you experience heaven on earth. As Frederick Buechner nobly declared, "To find our calling is to find the intersection between our own deep gladness and the world's deep hunger."

During the last few decades angels have become very popular. Lots of people use angel cards, shop at angel paraphernalia stores, and become certified angel practitioners. I personally believe in angels and I call upon them. Yet dependence on angels is exceeded only by being an angel. God will not save the world through winged haloed entities descending from the clouds. God will save the world through people like you and me. People who sometimes get irritable, eat extra desserts, and have steamy sexual fantasies. If you would like to meet an angel, look in the mirror. To summon angels is one thing. To be an angel is another. The latter will get you and the world far more mileage. The earth is not a place where angels thrive. It is a training ground to become one.

As the song goes, "Fairy tales can come true. It can happen to you." Don't wait for your fairy tale to come true. For the best fairy tale formula, follow the command of Captain Jean-Luc Picard, chief officer in one of our most popular contemporary fairy tales, *Star Trek*. Daily Captain Picard told his crew, "Make it so."

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Sundays MELBOURNE Spiritual Lecture Series 9am Yoga Shakti Mission 3895 Hield Rd Palm Bay 321-725-4024 No fee, but offering appreciated. Hield Rd is off Minton Road, just north of Palm Bay Rd, go west a mile, on the right look for mailbox

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

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Sept 28, 2013 CAPE CANAVERAL , Noon-10pm SPACE COAST MUSIC FESTIVAL, Manatee Sanctuary Park: 701 Thurm Boulevard, Cape Canaveral FL 32920 9:30pm to 1am an after festival jam will feature the performers from the event mixing it up w/ Mojo Sandwich <http://earthawareness.org> to Benefit Mila Elementary Music Program. VIP evening @ Milliken's Reef Sept 26 - email [info@earthawareness.org](mailto:info@earthawareness.org) for details. Two stages of continuous music: Headliners Rocket Ranch, Truly Blessed, Also Featured No Safe Word, Jqb, Rough Edges, Bitter Sweet, Deluxe Mojo, sunnyland Steve, Susan Rose, Eddie Clevenger And More! Hot Wing Competition, Kids Activities, Eco Awareness, Family Fun E.A.R.T.H. Awareness - Enter-tainers Against Ruining Their Home Visit <http://earthawareness.org> NOW ACCEPTING VENDORS FOR THE EVENT Visit <http://earthawareness.org>





## ABRAHAM-HICKS

*...continued from page 8*

Medicine wants to sell to you drugs and processes, not your God given right to wellness. It takes you being a match to this experience, too. Few go into alternative therapies without pushing against traditional ones. Don't push against them, and they will have less reason to push against you.

Actually, your background helps people trust you. When wellness is truly your dominant focus and intent, your ability to help others will skyrocket. The credential does mean something of value, and you can have it both ways!

The way most people talk about timing is a cop out. Things can happen really fast if you are in alignment. If you want to hear what's on 100.6 FM, you will wait forever if you are tuned to 630 AM. It's not about timing, it's about alignment.

Every now is full of timing - every encounter, every thought is orchestrated. This powerful now is timing. This powerful now is timing. THIS powerful now is timing. You are rendezvousing with something in every moment. The time of the manifestation is the time it takes you to be a match to it. In every moment you could say, "I am getting what I am a match to. I am getting what I am a match to. I am getting what I am a match to." In the moment the match is made, it's here.

Guest: When it feels like the match is made but it isn't here?

Abraham: Figure out why you are deceiving yourself. Poke it with a stick and see how you really feel. When it is activated like that, your guidance works better. You can more easily feel the relief when the shift happens.

Guest: But I feel so close to having my lover come.

Abraham: You don't really. We're having this discussion because you are feeling frustrated. You keep saying: "Why isn't it coming, I feel so close. Why isn't it coming, I feel so close." Stop asking and find ways of enjoying where you are and it will come.

Guest: They say my work is too sweet. I want to embrace what I am in a field that wants edgy...

Abraham: If you are looking at the world and trying to modify your work, you'll lose yourself in that. Let the sweetness and clarity flow through it and Law of Attraction will bring you your audience. You cannot factor in what everyone else thinks about it. Write a screenplay about a world that thought it needed pathos that finds it is now looking for a place there they can go to carve out a good feeling place instead. See that there is an audience calling for your feel good work. Your work is just to be in love with your work.

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People who have the greatest success are the ones who stay focused. What makes it work every single time is they lined up with their dream. It is your cross current that is making a difference. If you want a rough ride, write it that way. Or every day, feel that it is a sure thing, which allows you to wait for the perfect timing to line up.

We are all having a good time. If you weren't asking, we wouldn't be here. Manic depression is a double compliment - It says you are tremendously able to focus and you have incredible power in your original wanting. Only where both of these are true do you get that diagnosis. Whether you continue to take your medicine or not is the action journey. You can be irritated about it, or appreciating the easier balance it provides. We never recommend abruptly changing your action journey. Tend to the alignment first. Do your work on how you feel about it.

The journey from stability to ecstasy is easier than the journey from agony to ecstasy. The medicine helps for now. Stability is a stopping off point on a longer journey to passion and joy. We'd rather see you as peaceful than fearful. You are taking the medicine in fear of lock up psych wards. So, you need to talk your way into a new place. When it is time to take the pill, but the fear is great, take the pill.

*...continued on page 21*

## A SIGHT FOR SOARING EYES



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

I needed to see the holes punched in the bedroom doors. I needed to live in a family haunted by hate. Naturally I jumped into the fray. War was all my soul knew. And, of course, that was the idea: go to war, grow tired of war, become more open to another way of being.

Now I saw my parents for who they were. Their souls were not evil. They were just playing their part in this cosmic dance, learning whatever lessons they needed to learn and giving my soul exactly what it needed to grow forward. They were my greatest karmic teachers. It is such an odd thing to hate people for so long, and then to recognize that they were the best thing that ever happened to you. Our lessons demand that we live through crazy things with the “monsters” in our lives, but once we have brought the lessons through, they look remarkably human, sometimes even inviting.

With grateful eyes, I saw my parents’ humanness. Like so many of us, their real enemy was survivalism, the true enemy of heightened consciousness. They grew up poor and strained, then married each other and the strain intensified. Although I needed to focus on their hurtful actions to learn my own essential lessons, the truth is that they also did many good

things, and every single act of love they performed was extraordinary given the circumstances of their lives. It is one thing for a well-nourished person to be loving, but for those who have lived such difficult lives to focus away from themselves and give love to another is a remarkable feat that resounds throughout time.

My next forum for transformation was Rachel. As I looked out over the valley, I saw our hearts asking for love months before we met. I saw the universal ear listening with an open heart. I saw our guiding angels jumping into action to bring it our way. She was so intrinsic to my innate image that I could see her coming from a thousand miles away. The lesson itself came through the heart. In Rachel’s presence, my Warrior soul abandoned its armor and fell to its knees. Every time I opened, I dove deeper into the broader universe, love’s liquid lava flowing from the heart to the genitals to the great beyond. The more I lingered there, the more I entrenched a surrendered way of being.

Little had I known that the opportunity was not the love itself but what came later. To become the surrendered man that I had identified as my innate image, I had to do more than lose at love. I had to embody the depths of my heartbreak. If not, the Warrior would return with a vengeance and it might take another dozen lifetimes before he could surrender again. Here my soul made its choice. It chose living in the light over living in the night. By embracing my discomfort, I had converted my pain into the lessons held within it. By re-opening my heart when it was most difficult, I realized surrender as a way of being. As it turned out, there had been no love lost between Rachel and me. There was only love’s labor found—everywhere a white flag with a heart at its center. By leaving me, she had made my heart my home.

Now I saw why it could never have happened any other way. It doesn’t matter how much two people love one another if they are developmentally incompatible, or if there is not a shared willingness to become conscious. This is why they call it a relationship instead of a loveship. Love alone is not enough. If you want it to last, you have to relate to each other in ways that keep the ship afloat. Although we had loved each other deeply, the psychological girders were simply not there to support a lasting relationship. We were supposed to touch wings, and then fly away.

Bringing our soul lessons through takes more than awareness. It is an active process that demands a courageous willingness to live our experiences right through to completion. This means staying with our feelings until they are truly done with us, no matter how uncomfortable it is. Oftentimes we distract ourselves out of the learning, particularly when the feelings are painful. We all know people like this. We have all been people like this. We choose not to get the hint. We ignore our grumbles and truth aches at all costs. If we don’t break this habit, we just come back the next time with the same lessons waiting in the wings.

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

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## ABRAHAM-HICKS

*...continued from page 19*

Then having taken the pill, deliberately move to anger, and the next night the same thing. While taking the pill, don't settle for fear, reach for anger. As you do it, night after night, soon, instead of anger, it feels more like frustration, and the next night, you can see it is no longer fear, but impatience. Take the pill because you appreciate its benefit, or because you said you would, but no longer take it because you are afraid of what will happen if you do not take it.

Now that you have dealt with the tailspin of fear, start to think of lowering dosage. From this stable new place, you can make another decision. Consider that you have the opportunity to decide whether to take the pill or not, and think about not taking it sometime and talk your way into feeling peaceful about the possibility. Say, "I can take it again tomorrow night, but I will maybe not take it tonight."

The fear is not nearly as great as it once was, but if the fear comes up and you can't talk it into feeling better, take the pill tonight and let tomorrow night be the night you don't take it. Lay in your bed, knowing you could still get up and take the pill if you wanted to, but find that instead, you drop off into peace. The next day you feel ok, and you can appreciate the freedom from negative emotion the pill has allowed you and taking it every other night becomes a more comfortable experience. Before long, you begin to do everything based on your personal comfort with it. Don't give up the lifeboat until you learn how to swim! Whether you take it or not will become a non-issue.

Manic depressives live fast, know that life is supposed to be good and take quantum leaps that are hard to sustain. Taking the time to stabilize your vibration along the way, looking for relief at each small step, allows you to have creative control. You don't have to settle for the snooze zone of peacefulness. But going up the spiral blasted by too much contrast doesn't allow you to hold the ecstasy. So give yourself time to move deliberately up the emotional scale.

You are liquid love, born into a fabulous environment of contrast. But if you are strongly desiring in a place of strong contrast, you can lose your footing. Just move from despair to peacefulness, then move through it into excitement and joy. Take it easy. Don't let the pill represent inadequacy. It's not true. It's helpful for you now, in time it will seem less necessary. Then in time it will be something that was once helpful and eventually it will be a total non-issue.

Your partner says to you, "If you would do more of what I want you to do, I'd be happy." And in the beginning, you do defy your natural vibration but you can't sustain it for long. And



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then you revert back to being selfish. And you both discover that you, not the other, is the most important thing in your life.

If you don't take the time to connect to Source - you have nothing to offer! They need to know that they are responsible for making themselves happy.

You can be a person whose mate is sort of mad and be mad, or you can be a person whose mate is sort of mad and be understanding. You can ignore them, justify making a big deal about it or get mad, too. You can return the favor of being mad, or focus on other things. If you have practiced focusing on positive aspects, you notice you don't get so upset. You may be able to humor or cajole him into alignment. Your work is not to align his behavior, but to make it your work to stay in balance yourself.

You all expect to be able to complain and get the problem fixed. You think the squeaky wheel gets the attention. And it does. Until you decide to get a new wheel that doesn't squeak!

They can not like your choice and you can be unhappy about it, or you can be all right with it anyway. Sometimes it is hard on the other one if you are happy anyway, because they want more than anything to be happy, too. Law of Attraction is constant - to have someone there as an example is really the best gift you can give anyone.

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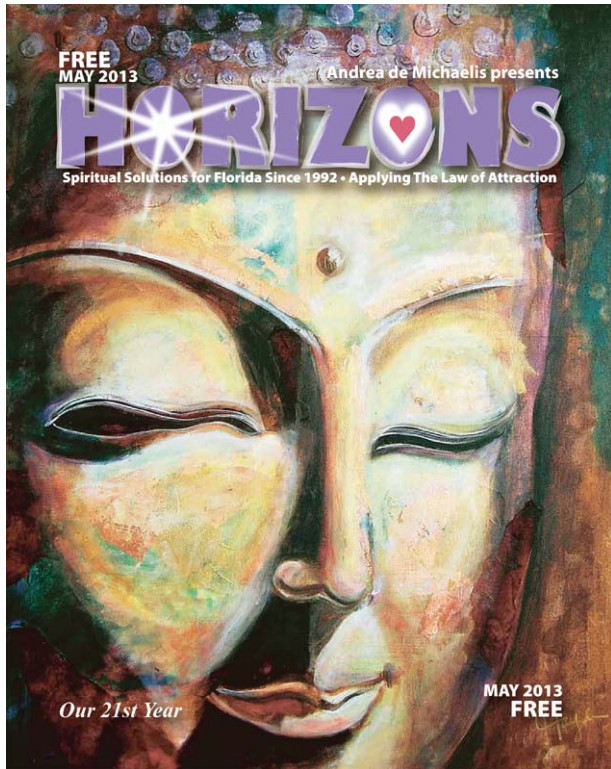
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# COVER ART

## INNER SMILE By Candice Hayden



Candice Hayden is a mother, daughter, sister, partner, ceramic artist, painter, writer, expressive arts facilitator, and equine assisted learning practitioner. Born in Chicago, Illinois, she now resides in Parker, Colorado with her partner, Michael and her horse Kalila.

An artist born in to a long family of artists, she was trained in the way of the masters but found that painting method stressful and confining. So she has given up her relationship with self criticism and perfectionism, finding solace in nature, solitude and befriending her own unique creative muse.

She may be reached at [embarr2000@yahoo.com](mailto:embarr2000@yahoo.com).

## A SIGHT FOR SOARING EYES



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

In order to grow forward, we must bring our suffering through our emotional body until our spiritual lesson is birthed. The recipe is simple. Be authentic and true to your felt experience. Feel the heartbreak. Feel the anger. Feel all of your feelings. If you had a cruel father, move your anger and feel into the heartbreak below. If you lose a loved one, go through all the stages of grieving. Don't stop halfway. Let the feelings tell you if the fire was destructive or benevolent. Some fires are creating the way for new life.

Be careful not to go into your head. There is a meaningful difference between a cerebral interpretation of an experience ("I know why this came into my life") and an embodied awareness of it ("I feel why this came into my life"). Unless your knowing arises from your felt experience, it is meaningless. Stay with the emotional process until your soul food is digested. It will be difficult at times, but the feelings will only hurt until they convert. Repressed emotions are unactualized spiritual lessons. Once they make it all the way through the conversion tunnel, the spiritual lesson will be revealed.

My callings began to flash before me. What a surprise—I had seen them all before! What a surprise—all that stumbling in the dark had been grounded in a deeper knowing. By becoming a surrendered man, I could now do the work I was called to do. This loving work was the gift back to the universe that every soul longs to make.

At the heart of my callings was the presumption of Essence. I was here to invite others to surrender to Essence and to ask the real questions of their lives: Who am I, really? What are my soul-scriptures? Why am I here?

The most pressing call was to write my first book. I saw myself writing other books as well, including an uncommon-bond love story. In that book, the couple would get lost in the triggers as Rachel and I had, but they would take a different path. Instead of turning away from the fire, they would do the work to heal the issues that kept them apart. They would fight tooth and nail for their gateway to God. I also saw myself working as a body-centered psychotherapist, perhaps one day constructing an approach that integrated more subtle and surrendered ways of working into the therapy. Although the images were clear, it was also clear that it didn't have to happen in exactly these ways for me to live a complete life. There were ways that better honored my gifts, to be sure, but the key was the intention behind it. The key was staying true to the surrendered heart, wherever that path might lead.

This is an excerpt from Jeff's first book, *Soulshaping: A Journey of Self-Creation* published by North Atlantic Books, copyright © 2009 by Jeff Brown.





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## WILD JOY!

Paul Goldman, author of Journey Into Oneness, is an Ecstatic Poet, engaged in transcribing the words of the Beloved, much like Rumi. Just another one on the path of awakening, Paul's passion is fostering awakening in others.  
Visit <http://stonespiritlodge.com>

## WHAT IF?

I left putting off any longer all  
that needs doing now? Immediately  
I set to recast the canvas of my life,  
to paint anew each of the karmic  
stains carried from lifetime to lifetime  
accumulated now above palette  
and paints.

Pure white shimmered around the perimeter  
as I emptied each act, thought or deed gathered  
from they myriad moments of eons  
onto the empty slate.

To my surprise each splatter dried, casting  
clues to unseen mysteries heretofore not  
revealed. Still, the picture painted did not  
yet satisfy these eyes.

With brush raised, I begin to channel all  
the masters: Van Gogh, Monet and even  
Titian-

new hues dotted, stroked and spattered  
as whole bits and chunks of karma  
transformed until a beautiful panoramic view  
unparalleled dropped me to my knees as  
I settled on the scene of my life set before  
me now.

What if I had finally solved the puzzle  
of my self-created Zeno's paradox to reveal  
a continuum in space and time where I-  
a motionless runner-  
had always been?

Unvarnished now, I sit  
waiting - beside the tender shoots of the  
newly planted Bodhi Tree  
in my own backyard.



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

*... from page 7...*

up for exercises with my friend MB and about 8 hours in we decided we were each other's soul mates. After the workshop was done, and over the course of the next week, we realized LOL we were not, in fact, each other's soul mates after all. We'd just gotten caught up in the taffy, accelerated by doing the pranic exercises together.

### **PUTTING THE INFATUATION ENERGY TO GOOD USE**

The great thing about the crush with MB was that, while very different, we are very much alike. We're both on a mission and both feel guided to do the work we do, although it's different work. We're both voracious researchers and recognize our personal relationships contain enormous capacity for soul growth. Both Aries, we know we can be fickle. We know we can get infatuated with a new spark, and then lose the feeling pretty quickly.

We knew right away that the infatuation we were feeling could energetically be put to good use. *We knew that if we turned out to NOT be each other's soul mates, at least we were each a signal to the other that we're getting close. We could stay in the mystery of it and know that neither of us would take it personal if it turned out to be not the case.* We're good buddies to this day and still flirt because that feels fun to us. We recognize the power of the fun and loving feeling that flows during initial meetings and infatuations, the "what-if" stages. *We know that the longer we can stay in the mystery and hold to thoughts of what it is we want, we are attracting it closer to us.* What I call "the taffy" is a crucial component as far as additional emotional fuel to our creative visualizations.

Sometimes getting into a new project, I want to amp up my desire and attraction mechanism, and so I will find someone to have a crush on. I will use those thoughts and fantasies to fuel my creative visualizations. Of course, to maintain the momentum, I can't actually interact with them in person because that can turn into a whole 'nother ball of wax. But I know the value of harnessing my own brain and body chemistry, and using it to benefit health and manifestation.

While 2012 was an interesting experiment in living the life of the householder, I learned that is not the most fulfilling life for me. What satisfies my soul is to be involved in meaningful projects with people who care about the same things I do. While I do lament the loss of one I thought was a sincere brother on the Path, I also know that for every anything I lose, more come to take its place.

### **FOR EVERY ONE I LOSE, A DOZEN MORE WILL COME**

My basic belief about business, clients, anything is: *"For every one I lose, a dozen more will come."* I never lament the loss

of anything. Something else always takes its place. Growing up, I have a history of being a survivor of those who died. More recently, in 2008, I lost Danny, a close pal from childhood. In 2013, I said goodbye to one I thought would be a lifelong friend. In March, three loved ones passed at the same time in a car accident, my 14 year old Maine coon kitty Izzy passed, and a week later I lost Wally Smith, my closest childhood friend of 54 years. That was the loss that took me by surprise and devastated me. With whom would I share history now?

Even in my emotional distress, I knew there would be those who came out of the woodwork to fill in the spaces, even if I could not imagine right now who that might be. In 2003, after 37 years apart, my brother Jerry resurfaced, after our father said he'd died in 1968. So it was no surprise when a handful of cousins began finding me on Facebook within a week of losing Wally. In addition, I reconnected with a fellow devotee and I learned one client has similar background as I do and she's a soul sister for sure. Wally's sister Linda and I have become closer through the shared loss. It never fails: when the Universe "takes" one person from me, a handful more show up in their place. I am blessed indeed.

### **A SPRING CLEARING ON THE HOUSE AND PROPERTY**

Two days before my birthday on New Moon at April 10 was my parents' wedding anniversary and the celebration date of my mother dropping her physical body. I had a very fun time hanging with spirit sister Jann - she is a most delightful playpal. I showed her around the woods and the gardens, the firepit area, the winding staircase oak on the northeast corner of the property. I showed her all the magical spots. I love sharing my wooded space with someone who appreciates the little special vignettes in the house and on the land. She gets it! Since my birthday was the same as New Moon last month, she helped me clear and sanctify my personal space. It was truly a joy to bask in Jann's holy light all afternoon!

When she left, I had new energy, so I rearranged all the furniture. In the sitting room, I took down all the wall hangings I use as area dividers and moved the daybed into the guest room. I pushed the couch against the wall, which left everything wide open and spacious. In retrospect, I realize the last 12 months I'd been putting myself into a smaller and smaller box with room dividers and curtains for privacy. I was not used to sharing space and found I don't function well in captivity. When I let myself feel bombarded, the quickest way to heal is in the quiet, alone: no one's attention on me and no one expecting my attention on them. There's breathing room in the house again, with everything wide open now. It's good to learn what helps me expand and what makes me contract.

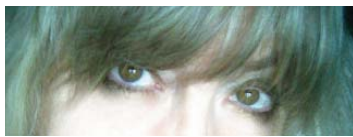
### **DÉJÀ VU ALL OVER AGAIN**

One evening later, I was awoken at 8:00pm by a knock on the door. I was going to ignore it, since who shows up without calling?? It was a friend I'd not seen for maybe a dozen years. Domino was in town visiting family, he'd gotten sober a few years earlier, and became a Baptist after half a lifetime of studying paganism. I'm interested in the evolutionary journey of his beliefs and perceptions.

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



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



Andrea de Michaelis, Editor

...from page 28...

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

Having all my Aries planets in the 12th house, it is part of my path to be in contact with people who've been restricted and in recovery. As a 22 year criminal defense paralegal, I recognize that sh\*t happens. For more than a decade, I've had metaphysical discussion with Domino and knew him to have a grasp of the bigger picture. Since becoming a Baptist, he said, his "business was booming. He worked out the karma with his demons." I was sound asleep when he'd arrived, the entire visit unfolded in an almost dreamlike state.

Domino and I had lessons together in the past, many synchronicities and, as we're both writers, and seekers on the Path, we recognize them as lessons and discuss them. On some level, we have unfinished business. I could see myself being presented with an opportunity to repeat a lesson.

*This thought flashed through my mind as I sat with Domino: I can see how I'd attracted my last relationship, being focused on the convenience of someone who lived near and who expressed intense interest in my work. It took me a year to realize he had no real interest. He also had no role model for ending a relationship honorably. As an adult, my "Dear John" is "Hey, I love ya pal but I don't wanna do the boy/girl thing anymore so if we can morph into buddies, I'd be cool with that."* No lies, no hurt feelings, that's always the reason. I've never had an unhappy parting. All are still friends but him.

My ex had never developed the tools to do anything other than what he did: habitual lying and behind the scenes stirring up for ego's sake. Someone I thought was a brother on the Path was not. Bless him. It took me a year to see it. *The point is these thoughts were flooding my mind as Domino sat before me in my newly cleared space.* In the home we had just cleaned and smudged to remove all traces of unwanted energy on New Moon night, he was the first one through the door.

I'd wondered who would be the first through the door after the energy clearing. I was not surprised it was Domino. We have much in common; lessons behind us, perhaps more ahead. I tried to find him a year ago, but no one had a current contact number for him. As it turns out, I had his current number in my bookkeeping program but didn't look there. That was because I wasn't supposed to find him in 2012. *But because the thoughts of the ex came up out of nowhere as Domino sat in front of me speaking, I knew that was meant as a signal for me to pay attention.*

### PAY ATTENTION TO WHAT?

I'm not sure pay attention to what. I have zero interest in a romantic or sexual relationship with anyone anytime soon. As I'd contemplated my ex, I brought to mind that I liked the fun and playful parts of him while I agreed I could do without several x-y-and-z parts of him. He could be a very cool guy,

and we had fun times together. While playfulness is always a plus, I prefer a man with mutual interests, on a similar Path, who's honest and who's dealt with their past. No matter how much I think I'm happily out of the vibe of my ex, if I'm attracting someone with a similar story, that tells me the vibe I'm in right now.

Domino and I went to lunch and it's nice to have a friend with a similar practice and metaphysical understanding. How predictable to see the Universe work so quickly once I began focusing my thoughts on how good my life is and how much better it gets every day. Another reminder that for every one I lose, a dozen more will come.

**AFTER THE HOUSE CLEARING, THE NEW MOON CELEBRATION**  
Last month after dusk, I headed out to the firepit for New Moon ceremony. This one was special, as it fell on my birthday. My intention for this new moon was simply to attract honest, like minded friends with whom to engage in fulfilling and meaningful projects. It's already begun and more appear every day. Last month's ritual had more to do with gratitude, since I'm already in the flow. First I dug up the crystals I buried earlier and rinsed them in rainwater. They were now freshly charged. I laid them on a scarf to dry as I prepared the small fire for the evening puja. After the fire ceremony, I went back into the house and began placing my crystals on the altars and in their areas. I slept the best sleep I've had in a year. I awoke feeling refreshed and energized.

Walking through the house the next morning, the energy felt vibrant and alive. I was glad for the shaking up of 2012 as it threw me into another life, giving me a break from my own. That made the return to my own life that much sweeter. My renewed vibe also attracted the synchronistic return of a fave brother on the Path. *It's as if, although I had no real wishes of "wanting" something for my birthday, I just automatically got everything I could ever have wished for.*

I've found that if I do what satisfies my soul - whether I make money at it or not - then my life is filled with joy. When my soul feels satisfied, other streams of joy start coming in as if from nowhere. Or I might start making money doing what satisfies my soul. But the feeling satisfied part has to come first. My job is to find out what satisfies my soul. All else will follow.

Now to remember to pat myself on the back for having maintained, in the face of discord, a happy and fun enough vibrational resonance - via gratitude, forgiveness, creative visualization and clearing up past karmic debt - to make the evidence I see now, which includes evidence of my past momentum, be pleasant to me. The Universe/God conspired with me to do it. And as hard as the work can be sometimes, especially when the Universe puts the lesson literally right in your own front yard, it's just an opportunity to do what needs to be done. If I can do it, you can do it.

Only ever wish for others what you wish for yourself and forgive everyone everything. They are doing the best they can with what they know and being surrounded by the ones they are vibing with right now. We all are. Always. Make sure it's always where you want to be, or be elsewhere.

Enjoy our offering this month.  
Hari Om.

Andrea





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 [barbaraleellc@gmail.com](mailto:barbaraleellc@gmail.com)

## HOROSCOPES MAY 2013

**Aries: May 20 to April 19 "I Am"** Don't be alarmed when relationships in your life are exiting through dramatic events. Be clear about yourself and you will have no issues or regrets with outdated friendships leaving your life. When a vacuum is created, you make room for what you need.

**Taurus: April 19 to May 19 "I Have"** Happy Solar Return! Looks like you have all your energies moving in the right direction. Since the recent changes you have experienced, you cannot go back to the drama you were co-creating in your life. Shared resources will really come in handy until you can get back on your feet.

**Gemini: May 20 to June 20 "I Think"** Your mind is on the verge of a major medical shift for all concerned. Expansion of all other worldly realities will come back to haunt you if you do not step up to the plate and do your homework. You know what I am talking about.

**Cancer: June 20/21 to July 22 "I Feel"** You are at a point in your life that you want to call all your children, everything they be by body, mind spirit. Surround yourself with love and do what you need to do to come full circle with your life, and all that you hold dear will surround you with love and light.

**Leo: July 22 to August 22 "I Will"** You have an opportunity to rise to the top of your profession which could threaten others, but don't worry: they will soon become a big fan of all you do! Your marriage will become

more important this month, and if unmarried a very important relationship will soon enter your life.

**Virgo: August 22 to Sept 22 "I Analyze"** Be very watchful of your eating habits this month, especially on Cinco De Mayo. You are receiving lots of intuitive information from the spirit world. Your creativity is increasing and you will be helping many people. The lesson of this month for you is to trust your gut feelings.

**Libra: September 22 to October 22/23 "I Balance"** Your finances are in need of balance this month. May will be the beginning of many creative opportunities that will improve your life mentally and spiritually. If you work for yourself, the incoming knowledge will spill over into your profession.

**Scorpio: October 22/23 to Nov 21/22 "I Transform"** Allow this to be the best May ever. Know that you never have to go through what you went through in the past. It is time for you to get clear on what is important to you and spend more time communicating with your soul family making memories.

**Sagittarius: November 21/22 to December 21 "I Perceive"** Transiting Jupiter in Gemini is making an opposition to your sign for one year. You may be feeling like hanging out by yourself, but the stars have other plans for you. Have faith you will have everything you need to go to the next level.

**Capricorn: Dec 22 to January 19/20 "I Use"** Change can be hard sometimes but necessary, especially what you have been through in the past three months. The issues that you have been dealing with have been ancestral, it is time for you to break the pattern. Stand your ground, you know you deserve better!

**Aquarius: January 19/20 to February 19 "I Know"** You may be celebrating the news of an up and coming new family member this month, what better month than Mother's Day to receive such positive news! Any important decisions you may have coming up in the near future be sure and realize if the information makes you feel expansive or contracted, go for the gold!

**Pisces: February 19 to March 20 "I Believe"** You are coming out of a bad situation but victory is just around the corner. You have come full circle and are able to have compassion for those who have hurt you. You needed the nudge to get you out of your comfort zone. You are well on your way to success.



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# HORIZONS MAGAZINE MISSION STATEMENT

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

## OUR PURPOSE IS:

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

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

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

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

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

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

*From my heart to yours,  
Andrea de Michaelis*

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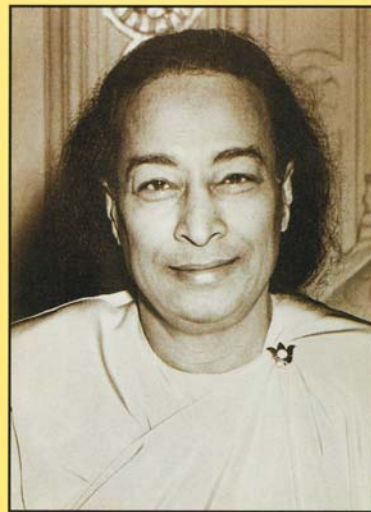
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