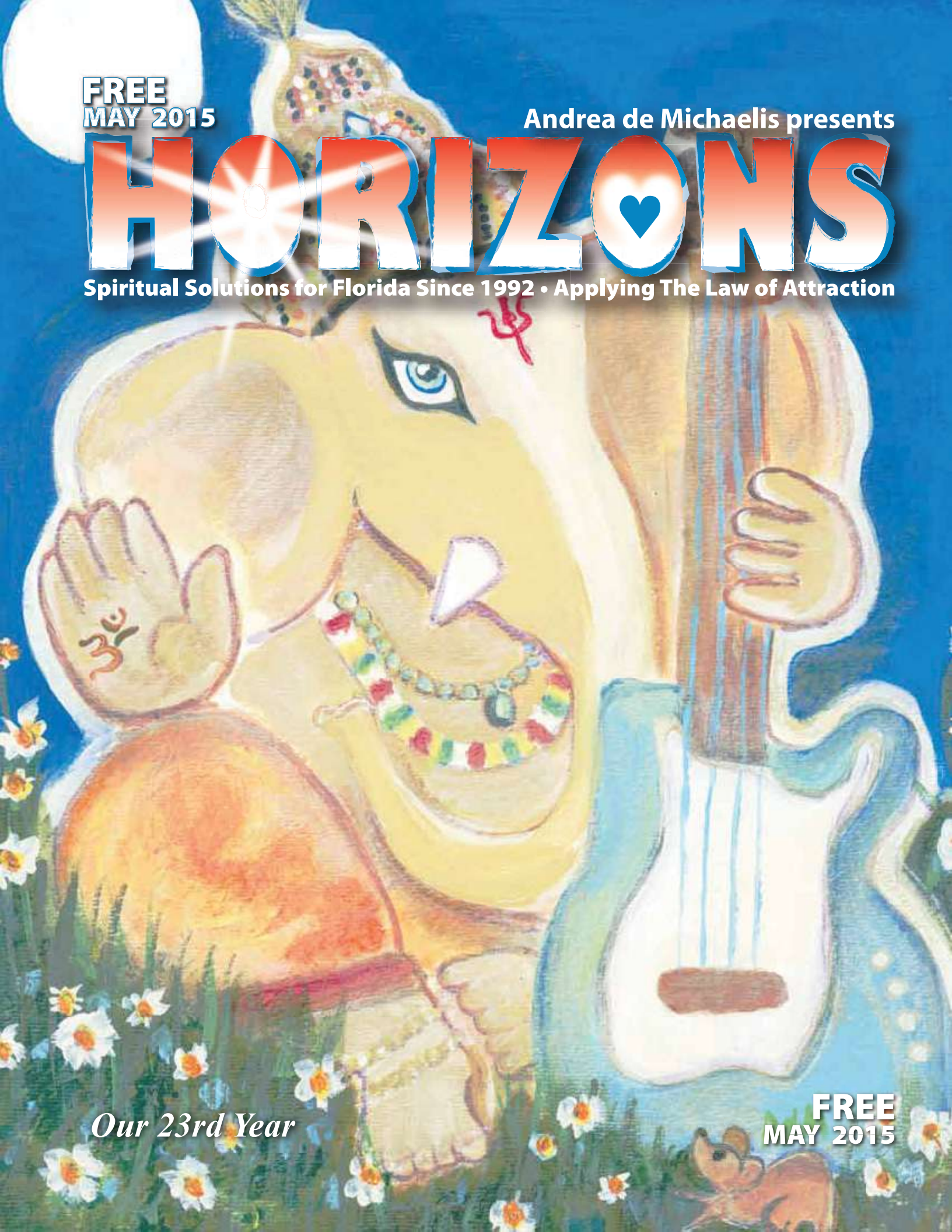


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## HISTORY

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 **Parapsycology 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.

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## 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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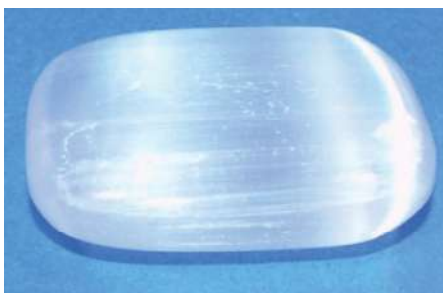


# GEM SPOT

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. Visit [www.MargaretAnnLembo.com](http://www.MargaretAnnLembo.com) and join her on Facebook.com/MargaretAnnLemboPage

## Divine Guidance from Selenite

**Are you feeling out of balance or out of sync with the rest of the world?** Do you need to take some time to seek spiritual fulfillment? Are you experiencing physical aches? Whether you answered yes to one or all of these questions, it's time to take care of yourself physically, spiritually, mentally, and emotionally. Take time to tune in to your own innate wisdom to realign your consciousness with love and well-being. Quiet your mind. Hear the ancient wisdom within. Listen to what your angels and guides want you to know.




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**Use selenite to take time to just "be" and to be receptive.** It is a good stone to connect with the Divine Feminine and the Goddess, Gaia, Isis, Mary Magdalene, Mother Mary, Lady Nada, Kuan Yin, the Asteroid Goddesses as they are represented from an astrological viewpoint (Pallas Athena, Juno, Vesta, Ceres), and many others. The Divine Feminine represents the state of receptivity and being-ness.

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I am receptive. I am grateful for supportive friends and family. I am a spiritual being of Divine Love and Divine Light. My spine, bones, tendons, and muscles are healthy, strong, and aligned. I have access to the ancient wisdom stored within me.

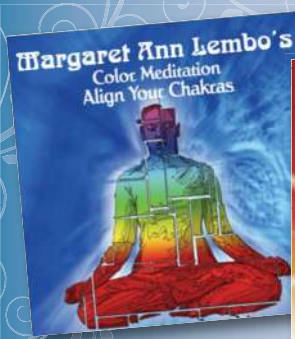


## THE CRYSTAL GARDEN

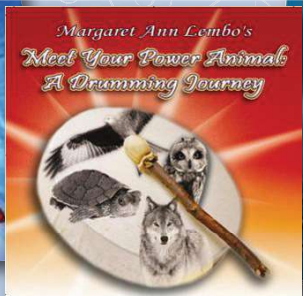
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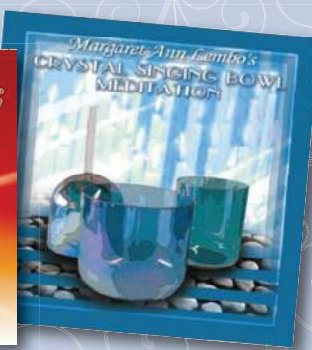
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# HORIZONS

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Andrea de Michaelis

**On the Cover (page 26)**  
Ganesh with Bass  
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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. 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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- 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.



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**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 2015 edition of Horizons Magazine.** Last month I read Sonia Choquette's *Walking Home*, about her pilgrimage on the Santiago de Compostela Camino which is a 600+ mile walk across northern Spain to the North Atlantic Ocean. In the book, Choquette mentions the Martin Sheen/Emilio Estevez movie *The Way*. I watched it and was inspired to further learn about those who pilgrimage on the *Camino de Santiago*. In *The Way*, Martin Sheen plays Tom, who comes to France to deal with the tragic loss of his son. Rather than return home, Tom decides to embark on the historical pilgrimage on the *Camino* to honor his son's desire to finish the journey. It was cool and synchronistic that I found the movie in time to get to see the routes she mentions. Later in the book when Sonia describes the church and the public mass at the end of the Camino, I know exactly the ceremony she's talking about and get to relive it again. Choquette writes "*Camino Update: St Jean to Roncavalles. My ah ha's for today. Be open to the gifts of the Camino. I have compassion for me and everyone. Downhill is just as difficult as uphill. I can do more than I think. I like my own company. People are really wonderful. Even when exhausted, I can keep going if I decide to. I can especially keep going if there is*



*no alternative. Resting along the way is important. Singing helps climb up the mountains. Singing helps climbing down the mountains too. Eating is such a joy after a hard day's walk. Blessing for the day I saw an eagle soaring overhead. It was spectacular. It's also my totem."*

No, I'm not making plans to walk the *Camino de Santiago*. There are several routes, ranging from 87km (54 miles) to 1,000km (621 miles.) I'm not physically prepared to walk across Spain. A little neuroma on the ball of my right foot acts up after an hour on it. I've got really high arches and if I'd not worn 4" heels for 30 years, the nerve wouldn't flame on. And my ankles - as a kid I sprained them all the time. And my knee! Wah!

**Will you listen to those excuses?** I see I'm just not ready yet for my world to change the way the *Camino* could change it. By that I mean, how I would allow myself to change by surrendering to forces greater than me and to circumstances beyond my control. But I get a chance to do that every day right here where I am when my consciousness is ready.

I would only embark upon a trek like that after I've done some research and happy pre-paving about it. I just now looked at a globe to see exactly where France and Spain are. I look at maps of the different routes online. Everyone writes about the unexpected cold and rain and mucky trails along the walk especially the last 60 miles. It's suggested April thru June, or September are the best times to walk, since those months are hot or warm. I don't like hot or humid. More excuses!

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

### BOOK AND BEAD OUTLET

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# HEART AND SOUL HEALING

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. [www.heart-soul-healing.com](http://www.heart-soul-healing.com)  
Rosalie is offering a 4 day residential retreat/workshop in Stetson, Maine July 9-12 called "Claiming Your Divinity: Unleashing Your Destiny." Email [rosie.heart@yahoo.com](mailto:rosie.heart@yahoo.com) for more information.

## SHADOW WISDOM TEACHERS

**If you are committed to your spiritual journey, sooner or later you will encounter who will challenge every cherished belief, both spiritual and mundane, as well as your integrity, self-esteem and your patience. This person is your chosen shadow wisdom teacher.**

Why include "wisdom" in their title? Simply because this person teaches you what your soul values in reverse. In other words, eventually you return to your inner values and wisdom through embracing your shadow self. For example, you might discover you value kindness as a result of experiencing its polarity, which may be cruelty. Or you may realize trust is one of your values by experiencing suspicion and distrust. If clarity is one of your values, you may experience confusion. If you value honesty, your shadow wisdom teacher might invite you to collude in ventures that lack integrity.

In my experience, shadow wisdom teachers are masters of impression management. Since intuition is one of their many resources, they excel at reading your energy. Remember that energy is information. Once they attune to your vulnerabilities, they work skillfully to become your ideal friend, lover, advisor, or colleague. For example, if you value sensitivity, your designated shadow wisdom teacher will ooze empathy. If you enjoy adventure, he/she will enthrall you with tales of intrigue and invite you to co-create a life of excitement. If you appreciate knowledge, he/she will impress you with cognitive mastery. If you seek commitment your shadow wisdom teacher will overwhelm you with devotion. He/she may also promise protection, advancement, or special powers, all the while feeding on your energy and light.

Shadow wisdom teachers disguise their real motives while they manipulate and thrive on dominance and control. Publicly they profess their generosity, love and even awe of you. Always look beyond the words to the behavior.

Discernment is seldom present during the seduction phase and especially absent during the take over phase. Here are some questions to answer if you suspect you are or were under the spell of a shadow wisdom teacher: *Did you grow in the relationship? How did your designated teacher treat you when you are alone? How does your designated teacher treat others? Does your designated teacher encourage your friendships with others? Does your designated teacher support you in pursuing your individual passions? Does your designated teacher honor your knowledge, values and your light?*

The key question to ask is, *"In this relationship, are you in alignment with the light?"*

Firing your shadow wisdom teacher can be a fierce struggle. Some describe the encounter as a life or death duel. Remember your designated teacher is an energy vampire and it is unlikely that he/she will cooperate with your desire to end the free banquet. Yet your commitment to end the toxic relationship is a desire to be free in your own energy and to realign with your soul purpose.

Remember that honesty and discernment are essential for self-mastery. Also, remind yourself that shadow wisdom teachers are skillful magicians. First, take responsibility for allowing or inviting your teacher into your life. The first step is taking back your power to take full responsibility for attracting this energy vampire into your life. Next, take an honest inventory of your core vulnerabilities and any unfinished business in your life. *Were you bored, lonely, scared, and ready for an adventure, without direction or seduced by an offer of financial abundance? Did you enjoy the attention or the pursuit?* Be aware you might have been motivated by multiple needs.

Then surround yourself with compassion and send it to the wounded part of yourself that attracted your shadow wisdom teacher. As you let go of resentment, there is room for the energy of forgiveness. Take a moment and think about how you may have played the role of a shadow wisdom teacher for others in this lifetime. Next extend forgiveness to yourself and your teacher. Why? Resentment and judgment dim your light and decrease your ability to love yourself and others.

Now it is time to create a release ritual. Why? A ritual creates a boundary between who you were and whom you are coming. It is an act of empowerment. I wrote this journal entry about firing my shadow wisdom teacher for all time:

*I walked to the deserted beach. The sun was high in the sky. It was almost high tide and the waves crashed to shore. I selected a large black stone and poured all the energy draining incidents that I associated with my shadow wisdom teacher into the stone. One incident that dimmed my light tumbled over another and another.*

*...continued on page 21*



# 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). This is excerpted from Ask and It Is Given.

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

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**Vitex** has been used by **Hippocrates** (460-377BC) "the father of medicine", **Pliny** (23-79AD) and **Dioscorides** for **injuries, inflammations, enlarged spleen and for menstrual conditions**. Double blind studies have been done with **Vitex** in the area of women's health. In these studies **Vitex** was found to give relief to the main symptoms of **PMS**.

Other studies have been done in **Germany**, these studies found **Vitex** decreases estrogen to gestagen the progestational substance that affects the uterus or the group of hormones including progesterone.

Many of the effects of **Vitex** come from its flavonoids, iridoid glycosides (casticin, agnuside, aucubin, luteolin) and terpenoids. These constituents affect the activity of **the pituitary gland** to regulate hormones in **the female reproductive system**.

Tests on **Vitex** demonstrated that it works by stimulating and normalizing the pituitary gland, which balances estrogen and progesterone. When these hormones are in balance they can ease uterine pain, swollen ovaries, speed the healing of the uterus after child birth, relieve PMS and menopause symptoms.

**For PMS** a tea, tincture or capsules can be used to help normalize periods, reduce cramps, heavy periods, reduce water retention, acne, breast tenderness, headaches, mood-swings, and constipation associated with PMS. **Vitex** also helps reduce menopausal symptoms such as hot flashes, irregular cycles, uterine fibroids, fibrocystic breasts, mood swings and endometriosis caused by hormonal imbalances at this stage of a woman's life. **Vitex however it is NOT recommended for use during pregnancy** due to its hormonal activity; and if you are taking birth control or HRT it could decrease their actions.

**For men, Vitex** has traditionally been used to suppress the libido, encouraging the chastity of the monks. Today it is used to help reduce an enlarged prostate, swollen testicles and for helping relieve impotence. **Vitex** can also be used to help promote the production of dopamine; the neurotransmitter found in the brain essential for normal functioning of the central nervous system, as a sleep aid and as a remedy for gas.

**To make a tea with Vitex**, place 1 tsp. Vitex berries in a cup. Pour 8 oz. of boiling water into the cup, steeping for 10-20 minutes. Since Vitex tea has a peppery flavor you may want to add 1 tsp. of honey, some mint or lemon to the tea, to reduce its pungency. Read more at

[http://www.ehow.com/how\\_8080514\\_make-vitex-tea.html](http://www.ehow.com/how_8080514_make-vitex-tea.html)



# BEING COMPLETE, NO MATTER WHAT OUR LIFE SITUATION



John Hollandsworth is a physician and writer who lives in the mountainous beauty of Tennessee. He uses his gift and passion for writing to craft spiritual truths that make practical impacts on people's lives, exploring the challenges we all face in relating to others, ourselves, and Spirit. His books *The Sunflower*, *The River*, and *A Conversation with Catbird Creek* are available on Amazon.

**When I was first dealing with the end of my dysfunctional marriage, I explained it to some friends (and myself) using the word picture of my marriage being like an infected gangrenous leg.**

Over the course of years my horribly dysfunctional relationship with my wife affected my soul the same way that a horribly incurable infection would have affected my body. Even though I kept growing sicker and sicker and weaker and weaker from it, all I could think about was "how could I live without my leg (marriage)?" I knew it would be the most painful experience of my life to lose it, like a soldier in an old war movie having his leg sawed off on the battlefield without anesthesia.

But finally I admitted that I was dying, and there was no way to save the leg, and so I sawed it off. I separated from my wife. And I was right-- it was the most horrendously painful experience of my life.

But after the separation, I subconsciously changed my self-image from "man who has a gangrenous leg" to "man who has just had his leg cut off." The way I structured my thoughts, my actions, my plans, my life, was centered around trying to heal from that horrible wound. Now in some ways that was needed, because I was indeed healing from a horrible wound. But looking back I see that in a way recovering from the death of my marriage became my very self identity, instead of just a life situation that I needed to respond to.

In time, as the wound healed, I progressed from "man who just had his leg cut off" to "man missing a leg." And although that sounds like an improvement, in a crucial way it wasn't, because it still meant that I was basing my self identity on a life situation-- the life situation that I was living a life without a significant other.

*...continued on page 27*

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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).

## Soulson Song #414 Conflict Resolution

**Life doesn't feel like much of a picnic if I'm in an adversarial relationship with someone close to me - a spouse, family member, or perhaps a bullying co-worker.** But as I find ways to make the best of things, things will get better.

I need not approve of another's behavior, but I can find ways to minimize my reaction to it. I can stop thinking and talking about how bad things are. I can ignore and shrug off - even laugh off - as much as possible. I can perhaps remember the good times.

I can also find new interests, new friends, and new outlets that help me focus elsewhere rather than on my problem. As one of my most potent tools, I ask myself, "What would I like to happen in this situation?" Then I practice thinking about my circumstance in that way - envisioning myself in an atmosphere of harmony, respect, and understanding.

When one person in an antagonistic relationship stops chronically thinking in antagonistic ways, the dynamics of the situation must shift for the better. The second person must soften his/her stance or move on.

Any interpersonal situation can dramatically improve, and I start the process within me, here and now.

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**When asked why he was surrounded by so many badmash (naughty people), Maharajji said, "Only sick people come to a doctor."**

And like an old and trusted family physician, Maharajji was available day and night for his devotees, and he made "house calls." Thus Maharajji's own behavior was a perfect model for that sadhana he most encouraged in his devotees: selfless loving service.

For the householders, who composed the largest percentage of his devotees, Maharajji did not generally encourage severe austerities, nor extensive meditation practice, nor complex rituals.

Rather, he guided us to karma yoga, a way of coming to God through living life as an act of devoted service. In this way Maharajji mirrored the teachings of the greatest devotional literature, as in the *Ramayana*, the *Bhagavad Gita*, and the *Bible*.

But Maharajji made it clear that hard work alone was not the essence of the matter. Rather, it was work carried on with remembrance of God; that is, work done with love in the presence of God's grace.

- Excerpt from *Miracle of Love: Stories of Neem Karoli Baba*, compiled by Ram Dass



# SOLAR AND LUNAR CELEBRATIONS



Debra Strasser is a principle minister at Church of Iron Oak. Email her at [scribe@ironoak.org](mailto:scribe@ironoak.org). Her blog can be found at <http://the5thingsineed.wordpress.com/>



**Merry Meet everyone, welcome to May 2015!** The first day of May, widely known as **May Day**, is related to an ancient spring festival called **Beltane**. Beltane observances can still widely celebrated and are growing in popularity. Dancing the Maypole and late night bonfires usher in the summer, as they did so many hundreds of year ago.



**May Day** is also an important event worldwide, known as **International Worker's Day**. While we mark this day in America later in the year as **Labor Day**, it is important that we remember the people who fought for the rights laborers enjoy today. The fight continues for fair trade and labor practices to be won for all the world.

The **Full Flower Moon** is on **Tuesday, May 4**, and on the following day, early risers can view the **Eta Aquarids Meteor Shower** between 3 and 6 am. Don't forget to have your wishes ready!

**Mother's Day** falls on **Sunday, May 10**, when our mothers will be honored both in this world and in memory. No matter your maternal relationships or your gender, this is also a good time to reflect on how the Mother is about creativity and the very act of creation. It is also about nurturing, guiding, and supporting. You bring these gifts to the world everyday, so don't forget to honor yourself too!



The **New Moon** occurs on **Monday, May 18**. At this time of year, graduations are occurring or winding down. Maybe you know someone graduating at this time, from preschool, all the way up to a Ph D? If you're not officially graduating from something yourself, take the time to reflect on your personal growth since the beginning of the year. Are you in a spot to move on the the next level of your goals? Enjoy the month of May and Blessed Be!

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# FROM THE HEART

Alan Cohen is the author of many inspirational books, including *I Had it All the Time*. 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).



## Remember What's Important

**I attended a concert by the Brothers Cazimero, two talented and well-loved Hawaiian musicians.** Early in the evening one of the brothers, Roland, fell ill and had to leave the stage. Suddenly his brother Robert found himself on stage in front of a thousand people without his partner, unable to perform the two-hour repertoire they had rehearsed. He had to wing it.

The audience was quite disappointed. Here we had paid for tickets and come out for this big event, and it wasn't going to happen. We wanted Robert and Roland, not just Robert. Instead of complaining, however, the audience mounted massive support for both brothers. People called out, "We love you,

Roland!" as he left the stage. We applauded wildly for Robert as he tried to patch together a concert. He made some chord errors, and one of the male hula dancers in his ensemble had his costume nearly fall off on stage while the troupe improvised a dance. None of that mattered. We all understood this was an emergency situation, and everyone pulled together to make the best of it. By the end of the evening the musical presentation was not at all what we had expected, but the concert hall was filled with celebration. After the finale, Robert received a standing ovation. Many in the audience inwardly held Roland in prayer. Higher Mind reframed an awkward situation as a call for love, and transformed the event. As a result, the evening was far more rewarding than if we had simply heard the concert as planned.

A Course in Miracles tells us that the world we see is inside out and upside down. We value the trivial and overlook the monumental. We are enamored with things and ignore people. We worship at the altar of limitation and forsake our potential. We live disconnected from the worthwhile and then wonder why we are in pain.

Dee and I recently had to reorder checks from our bank. We were amazed to find all the different motifs and mottos we could have imprinted on our checks. Finally we chose one that spoke to us: "Remember what's important." Now every time we sign a check we are reminded to value love more than money. And see money as an expression of love.

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

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# ASK WHITEDOVE



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## Dear Whitedove,

I've found it fascinating and I've done much research on Past Lives and how they affect us during this lifetime. Recently I learned of "Progression" a type of reading that goes into a future life. What is your feeling on the possibility of seeing future lives for a soul? [TimeTraveler in Tucson](#)

## Dear TimeTraveler,

As you can imagine, eternity is a long time and the prospect of many future lives is inevitable. So yes, tapping into a future life is possible. Only on a handful of occasions "The Masters" revealed a future life during the course of a reading. I find that this is helpful to a soul when they are on track in this life and are working towards a goal that will help them in their next incarnation. Such was the case when I read for a doctor who was doing his own research to find a medical cure. I was given clear visions that he would become a well-known scientist in his future life and make great discoveries. This information was very valuable to him.

God and *The Ascended Masters* oversee *The Book of Life* and the overall journey for each soul. Looking into a future life is rarely given because it's usually difficult for our limited human mind to comprehend really advanced knowledge: imagine explaining to a Caveman the concept of a laptop. Past Life and Future Life information is granted not of mere curiosity but when there is a higher purpose.

## Dear Michelle,

From a spiritual perspective I am wondering about assisted suicide when it comes to fatal disease. Is there a difference between someone killing themselves when the end is near? [Nurse in Nassau](#)

## Dear Nurse,

In the heavens before birth, we preplanned this life with God's supervision. Life is a physical adventure filled with soul to soul interactions, with karmic debts to repay and spiritual lessons to learn. We make soul contracts or agreements that assist us and those we meet up with; to learn many spiritual truths. This is why traditional suicide is an unacceptable method of leaving this life because in essence we are breaking our promise to God.

*...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)

**A MILLION YEARS FROM TODAY**, umpteen lifetimes away, no matter where time or space may find us, I promise that you and I will be locked arm-in-arm, dancing through reality, daring each other on to ever more adventures, tempting the most alluring illusions, and looking for distant worlds to create and explore. Simply because we can, because it will bring us immeasurable joy, and because there just isn't anything that could ever stop a pair like you and me. Uncanny, huh, how a million years ago I was able to be so spot on. Ohh-wee-ohh,

**The Universe**



# 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](http://www.zenhabits.net)

## The Girl Who Saw Through the Illusions

**THE GIRL WAS AT WORK WHEN ONE OF HER COWORKERS SAID SOMETHING DEMEANING ABOUT HER WORK**, and she immediately got upset,

felt defensive, and thought all day about how the coworker was wrong and how she could prove it to him.

At home, her boyfriend left his dirty dishes in the sink and the trash was overflowing and she felt irritated by his lack of consideration. She thought about how wrong he was, and why couldn't he just do these little things to be more considerate?

As she was stewing in her anger over these two people who had wronged her ... she wondered what was going on. Why did she have to be so frustrated, angry, irritated, by these little comments and actions?

The next day, she went to work, and noticed other people also frustrated and stressed out and angry at different times in the day. She saw it in the faces of strangers on the street, then in the complaints of her friends when they went out for a bite to eat after work.

What was going on? Then she began to see something strange.

What she saw was this: each person had a treasure they were protecting. A beautiful gem that no one else could see, but that they felt was really valuable and that needed guarding. An Inner Gem.

When one person would interact with the other, even if the actions or conversations had nothing to do with the Inner Gem ... each person would worry that the other was trying to attack their Inner Gem. Everything became about guarding the gem, protecting it from attack, making sure it was safe.

The girl realized that the gems didn't really exist. She realized that we just imagine them to be real, and don't realize we're doing it.

She realized that it's all an illusion.

And it's making us unhappy.

So that day, she stopped trying to protect an imaginary gem. She stopped trying to be right, to be seen as good and competent and smart and perfect, to see herself as a good person at all times. She stopped thinking that other people's words and actions had anything to do with what she imagined herself to be. She stopped trying to protect her position and self-image.

And, gently letting go of these illusions, she became happier. She would smile when someone else would start protecting their imaginary gem, and realize that their frustration or rudeness had nothing to do with her, but everything to do with the gem they were protecting. She would go about her day, enjoying herself, and trying to make the world a better place.



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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 & Miten. see [soulshaping.com](http://soulshaping.com)

**Those who condemn another's sexual orientation merely reveal the absence of depthfulness in their own sexual lives.**

Because when you have had the highest form of sexual experience- one that is soul-sourced and heart-driven- you immediately recognize that gender is entirely irrelevant. The soul doesn't care about body parts. It simply loves who it loves.

Through the eyes of essence, I saw gender for what it is: a way station on the karmic quest for wholeness. Perhaps this is what it means to be transgender, in the ultimate sense? You identify with gender until you are ready to transcend it.

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# EARLY MORNING MOMENTUM

The following excerpt is taken from *Co-Creating at Its Best: A Conversation Between Master Teachers with Dr. Wayne Dyer and Esther Hicks*. It is published by Hay House and available at all bookstores or online at: [www.hayhouse.com](http://www.hayhouse.com).



## NOTE TO READERS

This book is based on the Hay House live event that took place on **November 13, 2013**, in **Anaheim, California**, and the transcript of that event has been edited slightly in these pages in order to enhance readability. Since there aren't always physical English words to perfectly express the Non-Physical thoughts that Esther receives, she sometimes forms new combinations of words and uses standard words in new ways—for example, capitalizing them when normally they wouldn't be—in order to express new ways of looking at old ways of looking at life. For ease of reading, the questions and comments from **Dr. Wayne W. Dyer** will be boldface, while the comments from **Abraham** will be regular typeface.

## Early-Morning Momentum

**I wake up every morning at around three o'clock. Many years ago there was a great poet named Rumi, who said, "The morning breeze has secrets to tell you. Do not go back to sleep. Do not go back to sleep. Do not go back to sleep."**

**I've written many of the books that I have written when I've been awakened like that. What is it? What is it that awakens me? It's like I can almost tell you the exact time.**

**In a film I did years ago, called *The Shift*, they show a clock and it is 3:13 a.m., almost to the second, every single time. Is that the angels? Is that Divine Source? Is that someone saying, "This is your purpose; this is the time when there are no distractions"?**

**The thing we most want to say is that Source is available to you at all times. But what is important about your story is that for some reason that is the time that you decide to listen.**

**But there's nobody else around to distract me.**

**And that's the important conversation to have. So what is it about that time? What is it that's happening that makes you more resonant, more receptive? It is that the momentum of your thought has stopped while you are sleeping so there is no contradictory vibration going on within you. So now you are more likely to hear.**

Esther has been saying to herself when she awakens in those early-morning hours, "Am I awake? Because if I am awake, I am going to get up." In other words, she can more easily pick up on the thoughts we are offering because of the absence of resistance at that time. That's what you're talking about.

**Yes. But I find for me, the most creative moments are during that middle of the nighttime.**

Well, think about why that is. When you think a thought for as little as 17 seconds, Law of Attraction will bring another thought like it to it. So momentum ensues.

**What do you mean? Law of Attraction will bring another thought like it to it? What is Law of Attraction?**

Let's say that you wake up in the morning, and rather than finding that clear space that is potentially there for you, instead you begin thinking about the trouble that you had yesterday at work. You remember the dilemma you were in the middle of. You think about the discomfort. You think about the discord. And as you focus for as little as 17 seconds upon that, more thoughts like those come into your mind. If you continue to think those thoughts for another 17 seconds, there will be more momentum still. Another 17 seconds, more momentum still, until you cross something as brief as the 68-second threshold. In just that short amount of time you have missed your window of resonance with Source.

That happened to Esther recently and so we said to her, "Well, you can always begin again tomorrow with more positive thoughts." And Esther said, "I refuse to accept that I have to wait all the way until tomorrow to get back on my high-flying disc. I know I can do it by focusing."

And we agree that with some deliberate focus Esther could return to a stream of more-positive thoughts, but it is much easier to do it before negative momentum begins than after negative momentum has begun.

So we like to talk about Law of Attraction because it is the vibrational engine that manages everything. And we can't talk about Law of Attraction without talking about momentum, because there is a momentum in thought. And if you think a thought long enough, it becomes a strong habit of thought. That is what a belief is. A belief is just a thought you continue to think.

*...continued to page 21*





*...continued  
from  
page 20*

Sometimes you continue to perpetuate beliefs that do not serve you, but when you first awaken, those beliefs are inactive enough that you could find a fresh one. A fresh one that comes from Source that is about who-you-really-are and what you really know.

**Is the reverse of that if you awaken and you have a very positive thought, such as, I'm going to heal myself of this . . . ?**

Well, that is a wonderful thing, once you get that momentum going.

**But would the 17-second rule apply to that as well?**

The 17-second rule applies to everything. It is very helpful for you to acknowledge that Law of Attraction—whether you are aware of it or not—is responding to the vibration that you are offering right now, and therefore momentum is occurring.

So, if we were standing in your physical shoes and the thought felt good, we would focus on it. We would think more about it. We would talk about it. We would write it down. We would discuss it with others. We would deliberately encourage that momentum.

But if it is an uneasy thought that feels uncomfortable, then we would do our best to generalize it.

The more specific you are in a thought, the faster the momentum. The more general you are in a thought, the slower the momentum.

**Esther** remembers being in **San Francisco** and driving to the top of one of those hills. She couldn't believe that people were actually driving up and down them. So imagine perching your car at the top of one of those hills and taking it out of gear and taking the parking brake off. And now, just for fun to see what will happen, you nudge your car a little bit from behind. Well, you know what will happen. With only a slight nudge your car will careen down the hill.

But if you step out in front of it right away and let it bump up against you, you can easily stop that

unwanted momentum. You would not want to be at the base of that hill trying to stop the momentum.

And so your thoughts are the same way. Every thought is vibration, and Law of Attraction is responding to every thought, and therefore the thought is going to increase. The only question is: Is this thought one that you want to increase? Because it is going to increase. Law of Attraction insists that it will.



## HEART AND SOUL HEALING

*...continued from  
page 8*

When I felt finished with my story, I said out loud:

*I, Rosalie Deer Heart, from the Essence of my Being hereby dissolve and disintegrate all my links and cords with you from the past, present, and future.*

I breathed deeply into my belly and imagined letting go of my shadow wisdom teacher. When I felt like I had more room in my energy field, I continued:

*I, Rosalie Deer Heart, from the Essence of my Being, now bless and release you to the schools of wisdom where you may grow within the light. I thank you for teaching me the consequences of not listening to myself, not loving myself, and for teaching me in reverse how much I value kindness, peace, love, creativity, and community. I command you to leave. Now.*

Then very unlady-like noise arose from my belly. I repeated the breathing exercise a few more times to be certain I was free. Then I ran into the cold ocean and I flung the stone as far into the water as I could.

When I returned to dry sand, I breathed in and reclaimed qualities that are in alignment with my soul purpose. I giggled and moved my arms, legs, and hips as I breathed in the energies of clarity, self-love, trust, creativity, power, humor and joy. Then I celebrated my freedom by dancing barefoot on the wet sand. My return to myself felt like a glorious homecoming and I giggled and yelled, "Yes" to the universe and to my heart.

Looking back, if I had remembered to ask my intuition if the person who pursued me was in alignment with light, I may have saved myself much pain, isolation and soul searching.

Then again, maybe the crash course offered by my designated shadow wisdom teacher was important. For sure, I recovered myself and learned to trust my instincts.

**Rosalie Deer Heart is offering a 4 day residential retreat/workshop in Stetson, Maine July 9-12 called "Claiming Your Divinity: Unleashing Your Destiny. Email [rosie.heart@yahoo.com](mailto:rosie.heart@yahoo.com) for more information.**

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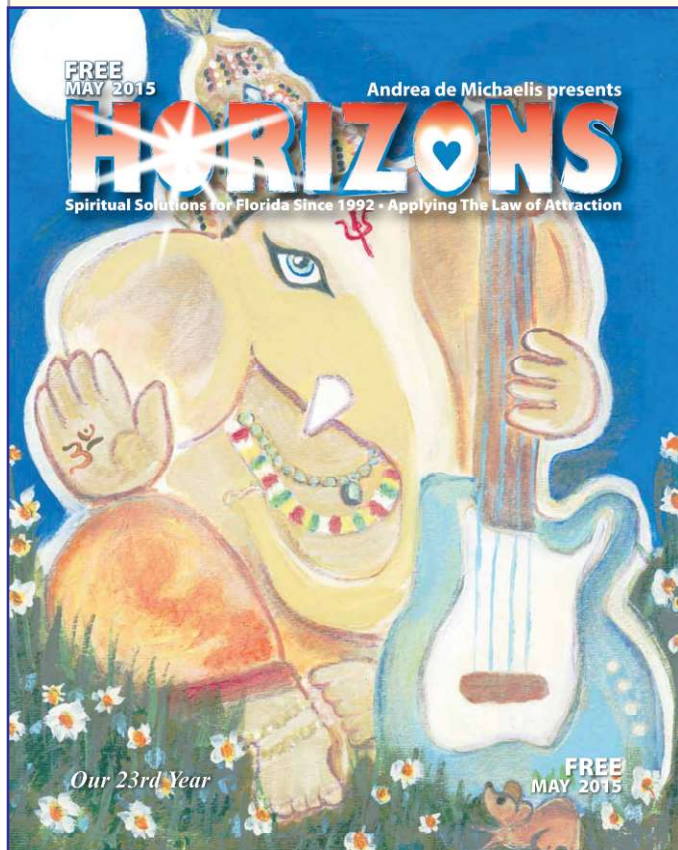


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# COVER ART

## Ganesh with Bass

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 someone, 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.

I love that my burst of painting has given me almost two years worth of cover art. Here's my **Ganesh With Bass**. Known as the remover of all obstacles, the first prayer during puja, bhajan and kirtan is traditionally to **Ganesh**. Any auspicious work or project in Hinduism is begun with an invocation to him. Ganesh's vehicle is the rat, because the rat can chew thru anything. I show him here with a bass guitar, painted for the bf, who plays bass in the kirtan band **Rayananda**. The bass is symbolic with **Ganesh**, as it provides the bottom and is deep and foundational in nature. It holds the groove and locks the band together. Just so, giving your first prayer to **Ganesh** before any new undertaking gives it a good foundation and helps hold the vision for its successful completion.

**Ganesh** can be seen all over my home and office in many forms. He never fails to touch the lives of everyone who sees him.

Prints available \$20. [Horizonsmagazine@aol.com](mailto:Horizonsmagazine@aol.com)  
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## Alan Cohen

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

Jewish Theologian **Abraham Joshua Heschel** said, "When I was young, I admired clever people. Now that I am old I admire kind people." Contemporary education fills our minds with facts, but leaves our hearts empty. Children are taught how to follow, not how to lead. When kids have to walk through metal detectors to get into elementary school, one must question what kind of education goes on behind those walls. A college degree does not mean you know who you are or what you are here to do. A professor at one of the most prestigious universities in the world told me that faculty members are fighting with each other constantly. One has to wonder how intelligent these people really are. They have amassed extraordinary technical expertise, but they have not learned how to get along. Are they truly successful?

I saw a documentary about a man who was killed in a crazed gunman's spree on the **Long Island Railroad**. His wife tearfully reported, "When I said goodbye to him that morning, I thought for sure I would see him that evening—but I didn't." We all expect that we will see our beloved family and friends again. Most of the time we will. Sometimes we won't. How much more meaningful would our moments with loved ones be if we treated them as if this might be our last time together? We would not squabble over petty issues. We would remember what's important.

Author **Diane Cirincione** tells that she used to get irritated when her husband **Jerry Jampolsky** would make toast in the kitchen each morning, and then leave crumbs on the counter. Diane asked him to please be more conscious about cleanup, but then the next morning she would walk into the kitchen and find crumbs again. "Then one morning I had a stunning thought," Diane reported. "The only thing worse than finding crumbs would be to not find crumbs because Jerry was not there. From that time on the crumbs didn't bother me. They were unimportant in the light of the love we share."

The purpose of our journey through life, including all of our experiences and relationships, is to remember what's important. As children we knew what is important. We had light hearts, laughed often, expressed ourselves honestly, and gravitated to people we loved. Then we were trained in what is important instead, and our lights began to dim. At some point we begin to recognize that what we were told is important, is not, and what we know is important, is.

You can tell what you believe is important by what you are doing and what you are getting. We are always choosing between one thing and another, and getting more of what we focus on. We can focus on the love or the crumbs. We can complain that our partner came home late, or celebrate that they came home at all. Every moment is precious.





## Being complete, no matter what our life situation

*...continued from page 11*

But what I didn't see at the time was that when you view yourself as a man missing a leg, when you view yourself as missing anything, then you're defining yourself as incomplete. And when you define yourself as incomplete, then you have to live your life ruled by that definition. You might sink into being a victim and think "Yes, that's me, the person who's incomplete" or maybe be consumed by a quest to somehow become complete. In other words, you either choose being stuck in a corner mourning that you're a cripple or you choose for your life to be spent desperately searching for a new leg.

But last week I woke up, looked down, and suddenly saw that I wasn't missing a leg anymore. How did that happen? How did it magically appear? It was actually very simple-- I just realized that what I saw as that diseased leg, that horrible situation, wasn't actually ever a part of me in the first place. That my self identity, my eternal soul, is not determined by whether I'm in a bad marriage or a good marriage, whether I'm in a bad relationship or a good relationship or no relationship, whether I'm physically healthy or ill, whether I'm wealthy or poor, --- my eternal soul is not any of my current life situations at all.

The crucial truth is that our life situations are not us--- they can never define who we are, and they certainly can never define whether we are whole or not. They are more like our clothes-- we put them on and wear them for a time. We find some we like and some we don't. Some may even become our favorites and we end up wearing them for many years, and some that used to be favorites eventually don't fit right anymore and need to be given up.

You see, your physical clothes are a necessary part of your human life and are meant to be enjoyed. So go ahead, try on as many as you want, build a wardrobe that really suits you and enriches your life--- but remember that your clothes are not you, and never will be.

And remember that your life situations are the same--- they will change over time, you'll have "outfits" you love, others you regret, and others you hope to someday have, and you know you'll never have everything perfect.

But whether you're wearing Armani or Goodwill today, your clothes are not you, and never will be. Your life situations are not you, and never will be. You are perfectly whole and perfectly complete within yourself, within who you are. Remember that nothing can ever change the wholeness and the completeness that you eternally are.



## ASK WHITEDOVE

*...continued from  
page 15*

Consequently when you renege and decide to take your life to go to Heaven early, this completely changes the outcome for your soul's growth, your family, loved ones and the countless souls that you were meant to interact with.

When I asked "Great Spirit" about assisted suicide I was clearly told that each situation was looked at individually but on the whole, these people are only steps away from an inevitable death. They are only lessening their suffering for which God has much compassion. So God honors our Freewill and Euthanasia is a humane way to slip from this life into the next realm.

I'm glad that the courts are now considering the rights of our loved ones and their wishes too. Watching a slow and painful death is heart wrenching for everyone. After all, most of us would have mercy for our beloved pets and put them "to Sleep" if they were suffering greatly. Euthanasia is a humane consideration for people too.



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

... from page 7 ...

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

I'll find a map and see what temperature and humidity they are talking about. I have no relativity until I have more info. I can see I'm interested and I'm learning more about the **Camino** every day. That is helping me pre-pave an enjoyable trip, a "*Buen Camino*," if I ever decide to go.

After reading about the Camino for a month, I bought a **FitBit Zip** to count my steps. I learned I walk far more each day than I thought. Just walking around the office during a work day I can do a mile and a half. It's encouraged me to begin waking up wanting to walk right away. I love when that happens; when my body readily agrees to whatever my mind comes up with.

I'm used to walking when it's dark out, but since I've been expanding my territory walking into other neighborhoods, I like to wait until daylight so I can see the new sights. I don't think I'll be walking the **Camino** anytime soon but it's fun to trek around my 'hood pretending I'm crossing the **Pyrenees**. There's not much traffic on the blocks I walk, unless I choose to wander out onto **Eldron** or **Emerson**. It is an equal mix of residential homes and wooded lots. Walking the new route at daybreak, I get to observe the wildlife at the edge of the woods out at the road. Bunnies, armadillos, opossum, raccoons, turtles, squirrels, birds, bats, snakes, lizards, butterflies, dragonflies.

When I'm walking in new territory, I notice I can walk longer. Maybe that's because I'm allowing myself to be invigorated by my own excitement of the new sights. The new sights and sounds set up new thoughts in my mind, and those new thoughts replace whatever self-talk I had going on.

When I began, my left ankle had a twinge and my right knee as well. By the time I'd walked a few minutes, both stopped. I walked farther than previous, so I was aware of my shins getting a workout. I have several pairs of walking shoes, so was surprised to find my pair of \$8.00 padded flip flops feel the best walking on the pavement, better than my **Asics** or my ultra padded **Timberline** hiking boots. The walking is a moving meditation and doing it several times a day is becoming part of my daily spiritual practice.

Just wandering around new neighborhoods, I did two miles twice one day and four miles the day before. Four miles! I wouldn't have begun the walk if I'd have known it was four miles. Until I measured it later with my car, I thought it was two. Afterward, I drove the route and it was 4 miles round trip. I can't believe I walked that far without knowing it.

*My own thoughts and beliefs would have limited me and prevented me from beginning, but my thought and expectation that it was just two miles allowed me to do it with ease. As always, what I expected and believed to be true came to pass. Cool how that works.*

Reading about **The Camino** really inspired me and now my legs wake up wanting to walk. At first, my shins hurt from the extra walking and I found myself walking a little fast, but this is a strong body and I'm up for it. I've been taking one of my trekking poles with me and sometimes **Daddy's** old wooden walking stick. I posted on **Facebook** that I was taking a day of silence, and a pal wrote: "*Not sure if being silent and posting 13, I'm counting 13 posts. How is that being silent?*" I told him "*LOL thanks for counting and good point! Silence to me comes in stages. The first stage is having no conversations with anyone except myself, entertaining surface thoughts. That's the stage I'm in. A next stage is deeper thoughts with myself, and I will even share those, since I'm a writer and I journal my thoughts. A next stage is thoughts that are unnecessary to share. A next stage is no thought, simply observation and basking in the goodness of It All. I may not get there this weekend...*" But I did.

I spent time that weekend clearing the paths in my woods so I could begin making the official trail to walk all around the property in a wooded setting. I cut back the grapevine I'd let overtake the giant oaks over the firepit area the past ten years. Most of the vines I cut were about as big around as my thumb, but some were as big as a garden hose and some twice that thick. When the wild grapevine gets close to the ground, such as the thicket near the firepit area, it sends out little root like suckers into the earth, which all have to be cut with the big pruners.

Think of a 100 foot long garden hose that has been dropped all tangled up onto the ground where it began taking root while the bushes and trees grew over it, dropping dried leaves and dead branches over it for ten years. *It's kind of like our tangled relationships with discarded people. It won't go away by itself, we have to do the work of severing ties and clearing the landscape.*

What I did was, a section at a time, cleared the dried leaves and dead branches to expose the tangled ropes of grapevine on the floor. Then I took my giant pruners and cut the grapevine into sections I could easily lift out. Then I swept the forest floor clear enough to walk on. I walked the route several times, so I now have a one mile trail on my own property under the cool canopy of the tall oaks and pines.

It's important for me to have private space to be alone with my thoughts, and being in motion in nature at the same time. Sometimes I need to stick close to home, and this way I can go for a nice long walk in my own yard. I've learned to make my home and property a sanctuary that is beautiful to look at, since I will be living there. Oh, it may not be beautiful to everyone, but it's beautiful to me. I am at a place in my life now where I am completely loving what is. Not loving "what is" will always cause suffering according to **Byron Katie**. Enjoy our offering this month.

Hari Om.



Andrea





## ABRAHAM-HICKS

*...continued from page 9*

The navigational system never asks: "Where have you been?" It does not ask: "Why have you been there so long?" Its only mission is to assist you in getting from where you are to where you want to be. Your emotions provide a similar guidance system for you, for their primary function is also to help you travel the distance from where you are to wherever you want to be.

It is extremely important that you know where you are in relationship to where you want to be in order to effectively move closer to where you want to be. An understanding of both where you are and where you want to be is essential if you are to make any deliberate decisions about your journey. You are surrounded by many influences in your physical environment, and often, others ask or insist that you behave differently in order to positively affect their experience. You are deluged with laws, rules, and expectations that are imposed by others, and almost everyone seems to have an opinion about how you should behave. But it is not possible for you to stay on track between where you are and where you want to be if you are using those kinds of outside influences to guide you.

Often you are pulled this way and that in an attempt to please another, only to discover that no matter how hard you try, you cannot consistently move in any pleasing direction, and so, you not only do not please them, but you also do not please yourself. And because you are being pulled in so many different directions, your path to where you want to be usually gets lost in the process.

### **Your Greatest Gift to Give Is Your Happiness**

The greatest gift that you could ever give to another is your own happiness, for when you are in a state of joy, happiness, or appreciation, you are fully connected to the Stream of pure, positive Source Energy that is truly who you are. And when you are in that state of connection, anything or anyone that you are holding as your object of attention benefits from your attention.

No one else needs you to be or do things for them in order for them to be fulfilled-for all of them have the same access to the Stream of Well-Being that you do. Often, others (who do not understand that they have access to the Stream) suffer in their inability to hold themselves in a place of feeling good, and ask you to behave in a way that they believe will make them feel better. But not only do they hold you in a place of discomfort as they try to make you responsible for their joy, they hold themselves in a place of bondage as well. For they cannot control the way any other behaves, and if that control is necessary for their happiness, then they truly are in trouble.

### **Your Happiness Does Not Depend on What Others Do**

Your happiness does not depend on what others do, but only upon your own vibrational balance. And the happiness of others does not depend on you, but only on their own vibrational balance, for the way anyone feels, in any moment, is only about their own mix of Energies. The way you feel is simply, clearly, and always the indicator of the vibrational balance between your desires and your vibrational offering, which, from your vantage point, you have launched.

There is nothing in all of the Universe more important for anyone to understand than how the vibration they are offering is matching the vibrations of their desires, and the way you feel is your indicator of whether you are allowing your connection to Source or not. Every good feeling; every positive creation; all your abundance, clarity, health, vitality, and Well-Being-and all the things that you consider to be good, are dependent upon the way you are feeling right now and on the relationship that that feeling-vibration has to the vibration of who you really are and what you really desire.

### **Each Thought Moves You Closer to or Farther from San Diego**

Just as it is easy for you to contemplate a successful trip from Phoenix to San Diego, it will be easy for you to contemplate a successful trip from financial insecurity to financial security, from sickness to wellness, from confusion to clarity. On your trip from Phoenix to San Diego, there will be no major unknowns, for you understand the distance between the two cities, you know where you are along the way, and you understand what moving in the wrong direction means to your success. Once you understand your own Emotional Guidance System, you will never again be confused about where you are in relationship to where you want to be. Also, you will feel, with each thought that you offer, whether you are moving closer to, or further from, your desired outcome.

If you are using any other influence as your source of guidance, you will get lost and go off track, for no others understand, as you do, the distance between where you are and where you want to be. But even though they cannot understand your desires purely, they will still continually add their desires to the mix. And so, only when you pay attention to the way you feel can you guide yourself steadily toward your own goals.

### **Why Does Saying No to It Mean Saying Yes to It?**

Your vibrational Universe has the Law of Attraction as its basis. That means that your Universe is about inclusion. When you give your attention to something that you desire and you say yes to it, you are including it in your vibration. But when you look at something you do not want and you say no to it, you are including it in your vibration. When you give no attention to it, you do not include it, but you cannot exclude anything that you are giving your attention to, because your attention to it includes it in your vibration, every time, without exception.



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 2015

## Aries: May 20 to April 19 "I Am."

Beware of unexpected emotional spending; retail therapy may not be the best fix at this time. You know where you have been and where you're going. It is just the juicy filling in the middle that needs to be addressed, not the destination but the journey, it is up to you to fill in the blanks.

## Taurus: April 19 to May 20 "I Have."

With the arrival of your birthday month, be mindful of accepting the help you have asked for. You have to give the Angels permission to help you. You want the help now, just open your heart and arms to receive what you have asked for and trust it. You will feel expansive.

## Gemini: May 20 to June 21 "I Think."

It does not matter if your birthday comes in May or June, you are being called out on the carpet to communicate clearly and with everyone you know. Sounds like a big party brewing. Boundaries may be a red flag this month as well, remember to allow yourself to receive your heart's desire.

## Cancer: June 21 to July 22 "I Feel."

You know what is true for your soul this month because it is about to come into reality. You have imagined it for so long and you know it to be real. Now all you have to do is play like a child, don't think for a minute that the Universe is ever going to say no. You have chosen to say yes to life!

## Leo: July 22 to August 22 "I Will."

Your inner inspiration is ready to serve humanity in ways beyond what your mind can comprehend. As you spend quality time tuning into Spirit, your love of life and the joys you receive will increase beyond measure. You do have the Midas touch lately on so many levels.

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

Whatever you do this month, do it with drive and passion. You have just entered a profound cycle of change and transformation. By the end of the year your life will look completely different than it does now. Nothing to fear, only good is here. You have paid your dues.

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

The recovery of self worth is your first step in healing your life, your body and your relationships. What is important to you may fluctuate now and then, but your loved ones are there for you always. Stay strong and expect to step outside of your comfort zone once in a while so you can learn.

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

You are on a mission to make some positive changes in your life, be like the warrior athlete and surge ahead toward the top of your field. The real key is hidden inside your head; what do you spend most of your waking hours thinking and talking about? Change your thinking, change your life.

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

It is time to come out of your shell now, take a yoga class, do some deep breathing and meditation. The funk is over, time to play and have some fun. Take a philosophy class to get some perspective on yourself, everything is okay. For the next few weeks talk to people and serve as best you can.

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

Your soul is set on change this month, it may not be instigated by you, but you will have to change in order to perceive the best avenue of manifestation. The best choices are when we have no control over them and we have to find the good in what was finished as we walk through new doors.

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

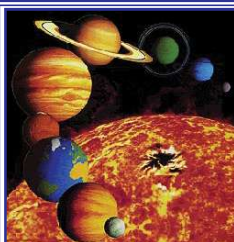
You have entered twilight time, where you are able to sense and hear messages from the Angels and Archangels, and higher beings so much clearer. You are at a place in time where your gifts are expanding. You are needed to help heal the planet on so many levels. Be kind to yourself.

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

Relationships are lighted up for you this month, is there anybody that you need to forgive? You have the opportunity to serve humanity on so many levels that you can sometimes lose your self in your work. Have good boundaries, take relaxing baths and do yoga to keep your channel open.



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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*

# YOGA: A Natural Pathway to Godhood



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Yoga is a spiritual approach concerned with the fundamental mental aspect of every human life. The word Yoga is derived from the sanskrit word "Yuj" to unite. It means union

or identification, The union of the Jivatma, the Individual Soul, with the Paramatma, the Supreme Soul, is known as Yoga.

**Yoga has many techniques to remove the obstacles that hinder our realizing our Self.** Wherever you go you

have to change your moods. All the time you have to adjust your personality to relate to different sorts of people. You have to play with your consciousness and have psychological balls to play with other personalities. Learn the art of how to adjust your personality, how to relate with different people. If you can adjust with yourself, you can adjust with others. Conflict is within you, not outside.

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## Memorial Day Retreat May 22 - 24th

Mokshapriya Shakti writes: "Self-empowerment begins when we decide to actively take control of our lives, which means we come to the awareness that we are responsible for our thoughts, feelings and actions. In this retreat we will systematically go through some of our chakras or energy centers. If we work and meditate on the energy, ray, color and attributes of the eight centers there will be a profound change and self-empowerment"

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

Louise Hay

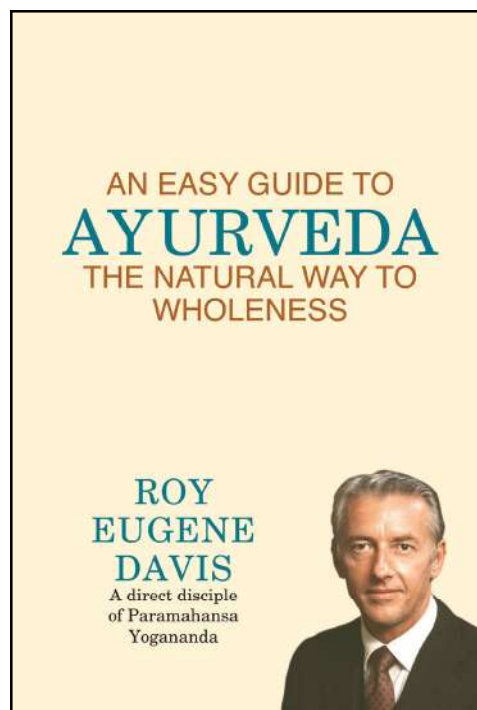
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*Appendix*

**The Inner World of Colors, Gemstones, Metals, and Mantras:  
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